

DISTANCE RUNNING NEWS

THE WORLD'S DISTANCE RUNNING MAGAZINE



JANUARY, 1968

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A note from the EDITOR

This issue marks the beginning of our third
year and again another step forward. Not only
have we changed the page size on you but also
this issue represents our first Special Edition.
We are very proud of this issue; however, we
know that there is much to be desired, so please
send in any helpful suggestions.

With this new page size the number of pages
may be less than last year but please keep in
mind the size of the page. One page today is
equal to about two of last year.

Since we have made another step forward
(anyway in our opinion), we need even more help
from you than before. It takes support to
produce the kind of magazine you and I want.
Won't you encourage others to subscribe?

Thanks so much for all the help I have got-
ten these last two years and I only wish I had
the time to express my appreciation more.

John R. Anderson, Editor

INTERNATIONAL MARATHON RACE FOR VETERANS ONLY

On May 25, 1968 in Baarn, Holland (20 miles
South-East of Amsterdam) the Dutch Veterans
Athletic Club will hold a big international
marathon race for the first time in the his-
tory of athletics. Long distance runners of
40-years and older can enter. The marathon
will be organized in three classes:
Class I Runners 40 to 49 (on May 25, 1968)
Class II Runners 50 to 59 (on May 25, 1968)
Class III Runners 60 and over (on May 25, 1968)



Start of a veteran race in Holland. Veteran
distance running is very much alive in Europe
and in Holland in particular.

This race will be organized grandiosely and
marathoners from around the world will enter.
When you complete this race you will receive a
splendid certificate and a valuable memory to
never be forgotten.
Overseas competitors will receive free accom-
modations during their stay in Holland.

Prize-distribution will take place at a great
feast-dinner. The day after the race a trip
through Holland will be made.
Interested marathoners in the US can obtain
more information from: President "Veteranen -
Nederland," Mr. Erik Steutel, van Musschen-
broekstraat 26, Hilversum (Holland). Hope to
meet some American marathon-friends in Holland
on May 25th.

LETTERS TO THE EDITOR

Your publication gets better with every issue and at this time it is difficult to give comments for doing a better job.

By the way I like the poems because it's a good break from the regular material.

John D. MacLachlan
Escondido, California

I was happy to see you drop the SP--DRN. I personally feel that people enjoy donating money to good causes, but the SP--DRN made me feel I was asking for a favor in return.

Enclosed is \$10.00 for a one year subscription with the remainder for your fine magazine.

Tom Osler
Collingwood, New Jersey

In England, many athletes write articles of their own for major magazines, airing gripes discussing training, or simply describing major races. Our athletes are literate; why can't we do that here in DRN?

For example, it's great to have Dr. Kelling write an article about Larry Young, but I think it would have been infinitely more interesting to have Larry write it himself. An article like Kelling's has to be too sketchy to be of real interest; it is just a factual outline of Larry's brief career. No color at all.

I would much prefer hearing Larry tell his own story about starting out in race walking, when, why, and how he made the change from short races to the 50 kilo, about his long training jaunts on the Palos Verdes Peninsula, about the Pan Am Games, the things that are uniquely Larry Young.

Jeff Johnson
Wellesley, Mass.

I do not agree with P. G. Burkhardt, in his "Move the Marathon" article (DRN, July, '67). For one thing I am going to Mexico to see the Athletics (Track & Field) at the Olympic Games there, not to travel 280-odd miles to see one of the events.

I have had some experience, both as to walking and running at 6,000 and 7,000 feet and many times I have walked at higher altitudes. My conclusion is--if the athletes were taught (since they do not seem to have the ability themselves to originate their own techniques) to fully fill their lungs they will not suffer any real disadvantages or disabilities competing against athletes who are born at higher altitudes, or from competing against them at Mexico City.

I have observed Keino closely. It is true he breathes more deeply and fully as does Ron Clarke for instance. But this is due to developing a different arm movement that permits his lungs to more fully fill than do the arm movements as usually seen.

The orthodox arm movements as are customarily seen restrict the upper body movements (rising of the shoulders), and without some such movement the upper lung area just cannot fill with air. Just as the lower lung area cannot fill without full movement of the diaphragm, neither of which movements are seen in the great majority of athletes.

Here in Australia some experimental work has been done at altitudes of 6,000 and 7,000 feet. We know that the orthodox running movements do not permit more than one third, and at the most, one half of the lung area to be used by the athlete as he runs. Overcome this

problem by better technique of arm and body movement and you overcome most of the advantages, if not all, of the Kenyans and others.

Incidentally, I am certain DRN fills a very real need in World Athletics (Track & Field).

Percy Wells Cerutty
Portsea, Australia

I wrote the short stories (The Sudanese Ten, The Runners of Kigezi, etc.) because of my love for Africa and its people and because I am interested in running. I know that they are different to the usual athletics (track & field) article, but this might not be a bad thing. We tend to be too obsessed with statistics and even stories about great runners seem to be concerned with athletic habits rather than real people. And after all real people is what running is all about.

These articles were never intended to be of technical value, although as a senior A.A. Coach in the Marathon and with a fair amount of road running and coaching behind me, I have my own thoughts on these matters.

Looking over the articles once again, however, I see that they reflect my own attitude to long distance running and training.

When I went to Africa I took with me preconceived notions about marathon training. They seemed to have a sound basis. After all Britain was producing some of the finest distance men in the world.

Yet African runners with a different outlook, a different heritage and a vastly different culture proved that these theories were by no means universally applicable.

These were climatic factors of course. But the greatest variables occurred in the personalities of the individual athletes.

African runners taught me this. There is no universal method of coaching for the long distance. Every individual is different, has different needs and one prescribes for the individual, not the event.

Geoff Fenwick
African Editor
Southport, England

WE THANK YOU

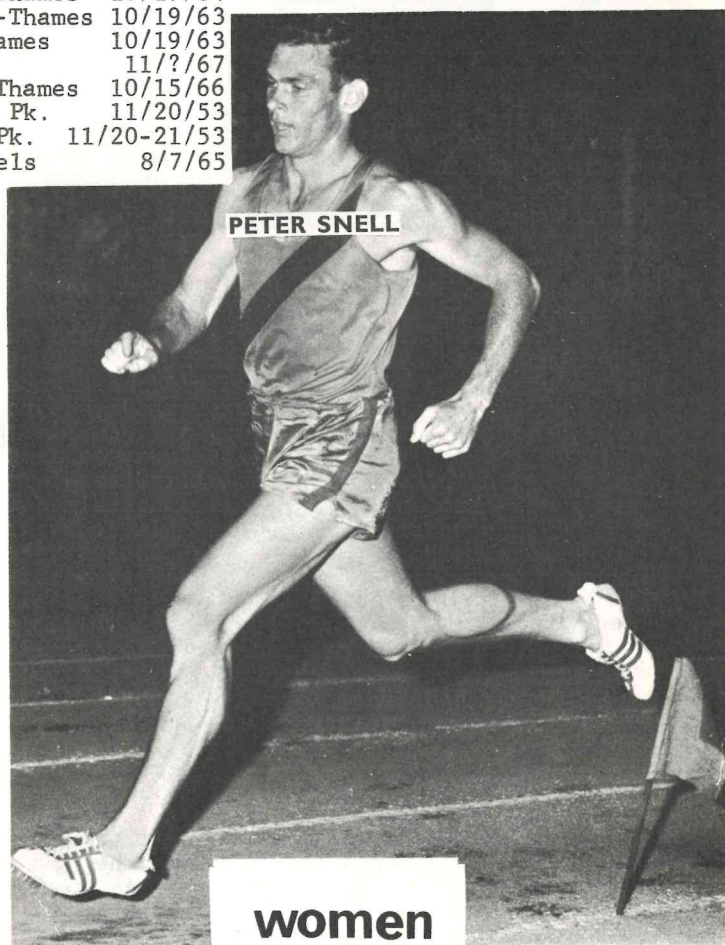
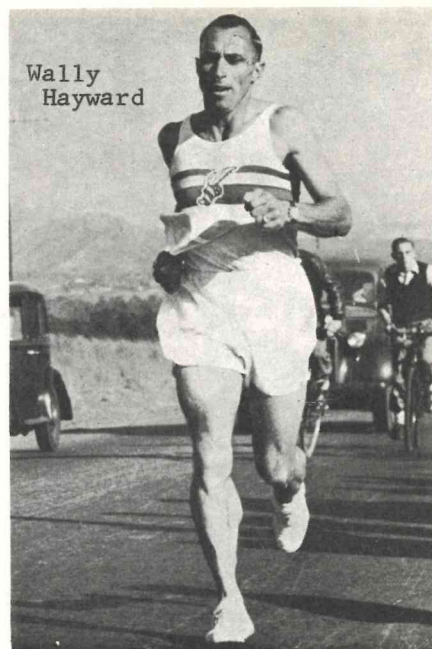
(The following persons have given donations to DRN during the last two years. Most were for membership into the SP--DRN but many were not too. All of us at DRN want to give a big thanks to the following for their help in making DRN what it is today.)

Tom Osler, Don Brown, Ted Corbitt, Stanley Danukas, Mark Willis, Lloyd Wood, Major John F. Lee, Edward Phillips Jr., Dennis Heller, Alan Alter, George Major, Harold Canfield, Mark Doster, Neil Weygandt, Frank Lagotic, Peter M. Barres, Donald Jacobs, Clifton Young, Mike Reif, Joe Henderson, Richard Ruguist, John A. O'Neil, Charles Fells, Garnett Williams, Michael Swintonowski, Robert Kaldenberg, Rick Peterson, Michael C. McFarland, M.J. Kilvington, Neville King, Bob Porter, Thomas Woodall, Keith Otwell, Roland Dyer, Jim Colpitts, Allan Laskowski Jr., Harry Berkowitz, Wayne S. Comer, Frank Scaletta, Arne Richards, Don McMahill, Clay L. Dunlap, Hugh Sweeny, III, Fred Hurd, Francis Paris, Bill Wyllie, John T. Hurley, Gary Lehman, Jim Swann, Jerry Arvin, J. Fisher, Charlie Eagan, Steve Price, Michael Oliver

WORLD distance RECORDS

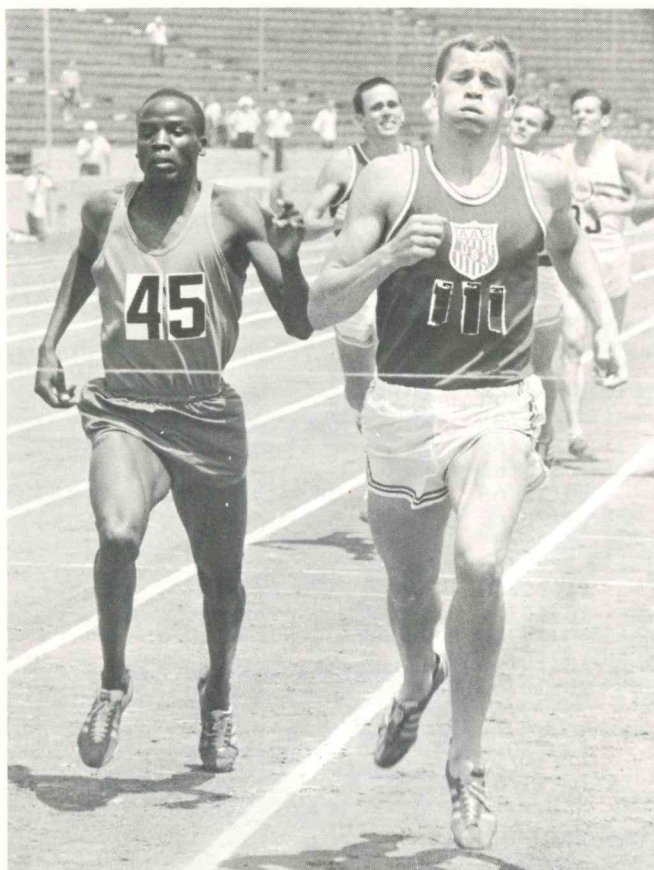
men

800m	1:44.3	Peter Snell (NZ) Christchurch	2/3/62
880y	1:44.9p	Jim Ryun (US) Terre Haute, Ind.	6/10/66
1000m	2:16.2	Jurgen May (EGer) Erfurt	7/20/65
	2:16.2	Franz-Josef Kemper (WGer) Hannover	9/21/66
1500m	3:33.1p	Jim Ryun (US) Los Angeles	7/8/67
Mile	3:51.1p	Jim Ryun (US) Bakersfield, Calif.	6/23/67
2000m	4:56.2	Michel Jazy (FR) Saint-Maur, Fr.	10/12/66
3000m	7:39.6	Kipochoge Keino (Kenya) Halsingborg	8/27/65
2 Mile	8:19.8p	Ron Clarke (Aus) Vasteras, Sweden	6/27/67
3 Mile	12:50.4	Ron Clarke (Aus) Stockholm	7/5/66
5000m	13:16.6	Ron Clarke (Aus) Stockholm	7/5/66
6 Mile	26:47.0	Ron Clarke (Aus) Oslo	7/14/65
10,000m	27:39.4	Ron Clarke (Aus) Oslo	7/14/65
10 Mile	47:12.4	Ron Clarke (Aus) Melbourne	3/3/65
20,000m	58:06.2	Gaston Roelants (Bel) Lauvain	10/28/66
1 Hour	12m1474y	Gaston Roelants (Bel) Lauvain	10/28/66
15 Mile	1:12:48.2	Ron Hill (GB) Bolton	7/21/65
25,000m	1:15:22.6	Ron Hill (GB) Bolton	7/21/65
30,000m	1:32:25.4	Jim Hogan (GB) Walton-on-Thames	11/12/66
20 Mile	1:40:58.4	James Alder (GB) Walton-on-Thames	10/17/64
2 Hour	23m1071y	James Alder (GB) Walton-on-Thames	10/17/64
25 Mile	2:17:10	Barry Sawyer (GB) Walton-on-Thames	10/19/63
30 Mile	2:48:08	Fred Howe (GB) Walton-on-Thames	10/19/63
40 Mile	3:58:53	Lynn Hughes (GB) Cardiff	11/?/67
50 Mile	5:12:40	Alan Phillips (GB) Walton--Thames	10/15/66
100 Mile	12:46:34	Wally Hayward (SA) Motspur Pk.	11/20/53
24 Hour	159m540y	Wally Hayward (Sa) Motspur Pk.	11/20-21/53
3000m St.	8:26.4	Gaston Roelants (Bel) Brussels	8/7/65



women

800m	2:01.0	Judy Pollock (Aus) Helsinki	6/28/67
880y	2:02.0	Dixie Willis (Aus) Perth	3/3/63
	2:02.0	Judy Pollock (Aus) Stockholm	6/?/67
1000m	2:47.6	Edith Schiller (Ger) Luneberg	4/19/59
1500m	4:15.6	Mia Gommers (Hol) Sittard, Hol.	10/24/67
Mile	4:37.0	Anne Smith (GB) London	6/13/67
2 Mile	10:26.8	Tamara Dmitriyeva (SU)	5/13/65
3 Mile	18:17.0	Ann O'Brien (Ire) Gormanstown	3/26/67
5000m	16:45.0	Elsa Pasquali (Ita) Vicenza	3/11/66
4 Mile	24:32.0	Ann O'Brien (Ire) Gormanstown	3/26/67
5 Mile	30:57.0	Ann O'Brien (Ire) Gormanstown	3/26/67
6 Mile	36:48.0	Ann O'Brien (Ire) Gormanstown	3/26/67
10,000m	38:06.4	Ann O'Brien (Ire) Gormanstown	3/26/67



WADE BELL(111) strains too hold his slim margin over WILSON KIPUGUT in the US-Commonwealth 880. Bell's 1:45.0 is the fourth best of all time and Kiprugut's 1:45.2 sixth. (Photo by Kroot)



GERRY LINDGREN all alone in a WSU vs. Calif. duel 2 mile race. One of Lindgren biggest win of the year was the NCAA cross-country championship in Laramie, Wyo. (Photo by Jeff Kroot)

DISTANCE RUNNING REVIEW

by JOE HENDERSON
(Track & Field News)

All kinds of high points stand out when the runner or running fan glances back over 1967. There was the ever-improving Jim Ryun streaking to another mile record at Bakersfield or whipping Kip Keino in the stunning 3:33.1 1500 at Los Angeles; Gerry Lindgren remaining almost untouchable though plagued all year by a pain stomach disorder; and Tom Laris crashing world class as both a 10,000-meter man and marathoner.

The athletes themselves remember all too well the Boston marathon's icy rain and the strength-draining heat that reduced the AAU 26-miler to a survival test. And while discomfort is on their minds, they'll think of the Olympics-inspired high altitude running craze that left them gasping for air--hoping the Games would come soon so they could return to sea level with a clear conscience.

But 1967's most significant development may well have been the continued maturing of the sport itself. It's not just growing, it's booming. Once just a neglected stepchild of the short track races, long distance running has proved it can make it on its own merits. Witness the fact that this spring's Boston marathon drew 601 entrants, and a single AAU association (Pacific) claimed more than 1000 registered long distance runners.

The sport grew in every direction during 1967. Times improved, sometimes by huge margins. Field sizes doubled and tripled. New areas introduced themselves to running. And the older fellows, bless 'em, flocked back to the roads and tracks in increasing numbers--convinced that their running days didn't have to end at 20. . . or 50. At the other extreme, more teenagers found that distances don't stop at two miles.

While the anonymous masses made the sport stronger, its stars made news--which is as things should be. Van Nelson, Mike Kimball and Lou Castagnola joined Ryun, Lindgren and Laris as the major headliners.

Ryun, after his 1967 season, rapidly is approaching legend status. Only an indoor 880 loss (his third race of the day) to Dave Patrick, a 5000-meter defeat by Tracy Smith in his last race of the season and an unfortunate back injury which knocked him out of cross-country assured us Jim is human, too. The rest of the year he did nothing but demolish his opposition and records. After ambling to the NCAA mile championship, Ryun clipped two-tenths of a second from his mile world record six days later with 3:51.1 in the AAU. Next, he took on Herb Elliott's 3:35.6 1500 mark which many thought was indestructible. Jim ripped 2½ seconds from it.

Ailing Lindgren shied away from many of the major races during 1967. But he was there when the national championships were contested.

Little Gerry added the indoor two-mile, outdoor three and six and cross-country to his list of national collegiate wins. That gives him eight without a loss. He captured AAU three-mile honors in 13:10.6 even though a flare-up of his mysterious stomach trouble nearly doubled him over during the last few laps.

Laris showed fantastic form over widely varying distances. He sped two miles in 8:36.8 and pounded out a 2:16:48 marathon. His 26-mile time--best ever by an American on US soil--brought him a strong second in Boston's Patriot's Day classic. Only New Zealander Dave McKenzie, with a record 2:15:45, outlasted Laris. Tom, who migrated from New York to California early in the year, posted his biggest victory against the West Germans, where he went 10,000 meters in 28:33.4. The only US athlete ever to do better is Billy Mills (28:17.6).

Nelson, the smoothly bounding Minnesotan, continued to build his reputation--and extended it outside the US. Van recorded the nation's best three-mile (13:09.2), 5000 (13:39.4) and six-mile (27:59.8), and won the AAU six. In the Pan-American Games, he scored a 5000-10,000 double, and he later surprised the British by dumping their two favored 10,000 men. Nelson's 28:48.2 in London set a collegiate record which lasted just a few days. Lindgren lowered it to 28:40.2 against West Germany.

Kimball and Castagnola may qualify as the runners who performed the best and attracted the least attention in 1967. Kimball got scarcely any print for a race that deserved plenty. In the western section of the AAU one-hour run, he waded around a loose, dusty track and through a 30-man field for 12 miles 296 yards. This broke Buddy Edelen's American record set in England. A few weeks before, Mike had raised the in-America mark to 11 miles 1719 yards. Mike also ran a 2:24:20 marathon in Japan.

Castagnola's little-recognized feat was finishing fourth at Boston in 2:17:48. Only Edelen (2:14:28) and Laris own faster times among US marathoners. Lou also covered just 22 yards less than 22 miles in two hours--an American record.

The AAU sponsors championships at some eight distances of six miles and more. But the Boston marathon remains the king of US races. It draws the biggest and most representative field and the most press attention. This year's gathering was the biggest ever--601 official entrants plus a couple of women who seemed to bother no one but some stuffy officials. The mob of runners made their journey from Hopkinton to Boston in 35-degree cold which wasn't made any more pleasant by drizzle and light snow.

Still, it turned out to be the fastest race in the old event's history. Dave McKenzie's 2:15:45 broke the course mark as foreign stars filled eight of the top 10 spots. Of the Americans, behind Laris and Castagnola came Gene Comroe (11th, 2:25:16), Johnny Kelley (12th, 2:25:25), Kimball (14th, 2:26:26) and Steve Matthews (16th, 2:27:52). Twenty-two men dipped under 2½ hours, while a startling total of 146 broke three.

Holyoke, Mass., was as hot as Boston was cold. And to make matters worse, the AAU marathon championship began in the heat of the day--92 degrees of it. Ron Daws, running a wisely paced race, worked his way up through the pack to win the title and a Pan-American team spot with 2:40:07.4. Next came 40-year-old Jim McDonagh (2:43:42). The list of heat victims, though, read like a who's who of

American marathoning--Laris, Castagnola, Kelley, Kimball and Ralph Buschmann. However, this is not meant to take a thing away from Daws and McDonagh. On that day, they employed the best tactics and were rewarded with a trip to Canada.

In the track championships, Ryun's world record mile naturally overshadowed all else. As noted already, Lindgren won at three miles and Nelson took the six (28:18.8). Wade Bell sprinted the second-best half-mile in US history--1:46.1--to win there. He had also captured the NCAA half, and later set an American 800-meter mark of 1:45.1.

Indoors, Tracy Smith starred with his world record 13:16.2 three-mile. Sam Bair won the mile with 4:03.2 and Preston Davis led at 1000 yards (2:09.4).

Ken Moore, former Oregon steeplechaser, came up with a big win in the AAU cross-country race, running Chicago's flat 10,000-meter course in 30:08.8. Lindgren, of course, had things his own way in the NCAA race--winning in 30:45.6 (six miles) at high-altitude Laramie, Wyo. Surprising Arjan Gelling of North Dakota took both the NCAA college division and USTFF races and ran second to Lindgren at Laramie. John Mason won in the NAIA.

No individual managed to win more than one AAU crown in 1967. A quick rundown of the other senior champions looks like this: 15-kilometers (Bangor, Wash., Aug. 12), Jim Freeman 47:28.4; 20-kilometers (Michigan City, Ind., July 8), Andy Boychuk (a Canadian) 1:05:47.4; 25-kilometers (Albuquerque, N.M., Sept. 9), Kerry Pearce (an Australian) 1:22:54.2; 30-kilometers (Rockville, Md., March 26), Tom Osler 1:40:40.8.



CONRADE NIGHTINGALE, one of the US's bright young steeplechasers, leads BENJAMIN KOGO in the US-Commonwealth dual. Kogo ran 8:39.8 and Nightingale 8:44.2. (Photo by Jeff Kroot)

Another huge throng turned out for the Western Hemisphere marathon in December--400-plus. Freeman, the 15-kilometer champ, dashed a 2:22:52 for the victory, beating Wayne Van Dellen by about a minute. Several highly-promising runners followed: 3. Bob Deines (20 years old) 2:25:01; 4. Eddie Cadena (first marathon) 2:25:40; 5. Comroe 2:26:00; 6. Gary Vann (20 years old, second marathon) 2:27:29.

We looked at the big names, then the big races. All that remains now to complete the picture are the big times. The year's best track marks appear below. But here are a few more that deserve mention. Buschmann circled 11 miles 1673 yards on the track; Kimball did 1:36:04 for 30 kilos on the roads; Daws negotiated one in 2:23:45; and Bill Clarke had a 2:24:22.8.

Every individual runner must review the most important records of all--his own--to diagnose what kind of year 1967 was. But looking at the overall US distance scene, the only conclusion one can draw is, "Wow, what's going to happen in 1968?"



MIKE KISH (8) age 61 and FRED GRACE age 69 of the Senior T.C. were both very active in distance running in 1967. (Photo by J. Johnson)

TOP 1967 TIMES

(* = enroute to longer distance; WR = world record; AR = American record; CR = collegiate record; FR = freshman record)
Please send any additions or corrections to DRN, 730 Vattier, Manhattan, Kansas

800 meters

1:45.0 Wade Bell (Ore) AR, CR
1:46.3 Dennis Carr (So Cal)
1:47.3 Larry Kelly (Tenn)

880 yards

1:46.1 Wade Bell (Ore) CR
1:47.2 Dennis Carr (So Cal)
1:47.2 Jim Ryan (Kans)
1:47.3 Larry Kelly (Tenn)
1:47.6 Terry Thompson (Staters TC)
1:47.9 Pete Farrell (ND)
1:47.9 Ted Nelson (Strid)
1:47.9 Jere VanDyk (Ore)
1:48.0 Keith Colburn (Harv Fr)
1:48.1 John Perry (49ers)

1000 meters

2:18.7 Wade Bell (Ore) AR, CR
2:22.3 Dave Wilborn (Ore)
2:23.6 Tom Morrow (Ore TC)

1500 meters

3:33.1 Jim Ryan (Kans) WR, AR, CR
3:40.4 Arne Kvalheim (Ore)
3:41.0 Tom Von Ruden (49ers)
3:41.6 Bob Day (Strid)
3:42.4 Sam Bair (Kent St)
3:42.8 Roscoe Divine (Ore)
3:42.8 Jim Grelle (Mult AC)
3:45.6* Marty Liquori (NJ HS)
3:45.6 Harry McCalla (USAF)
3:45.7* John Lawson (49ers)

Mile

3:51.1 Jim Ryan (Kans) WR, AR, CR
3:56.1 Jim Grelle (Mult AC)
3:56.2 Dave Wilborn (Ore)
3:56.9 Tom Von Ruden (49ers)
3:57.2 Roscoe Divine (Ore)
3:58.7 Sam Bair (Kent St)
3:59.4 Arne Kvalheim (Ore)
3:59.8 Marty Liquori (NJ HS)
4:00.5 Richard Romo (Strid)
4:00.6 Tim Danielson (BYU Fr)
4:00.6 John Lawson (49ers)

3000 meters

7:56.0 Bob Day (Strid)
7:59.2 Tracy Smith (SMAA)

2 Mile

8:32.0 Ron Larrieu (Strid)
8:32.6 Tracy Smith (SMAA)
8:33.8 John Lawson (49ers)
8:34.4 George Scott (NM) CR
8:34.6 Pat Traynor (USAF)
8:35.2 Lou Scott (Ariz St)
8:36.8 Tom Laris (NYAC)
8:37.4 Gerry Lindgren (Wash St)
8:37.8 Joe Lynch (SMAA)
8:40.2 John Celms (Wash)

3 Mile

13:09.2 Van Nelson (St Cloud St)
13:10.6 Gerry Lindgren (Wash St)
13:12.4 Lou Scott (Ariz St)
13:15.0* Tracy Smith (SMAA)
13:22.0* Bob Day (Strid)
13:23.8* Ron Larrieu (Strid)
13:32.6* Joe Lynch (SMAA)
13:35.8 Rick Riley (Wash St Fr)
13:38.8 Chris McCubbins (Okla St)
13:40.6 Tom Heinonen (Minn)



5000 meters

13:39.4 Van Nelson (St Cloud St)
13:40.8 Tracy Smith (SMAA)
13:47.0 Bob Day (Strid)
13:47.8 Gerry Lindgren (Wash St)
13:47.8 Jim Ryan (Kans)
13:50.6 Ron Larrieu (Strid)
13:54.0 Lou Scott (Ariz St)
13:55.8 Joe Lynch (SMAA)
14:00.4 Arne Kvalheim (Ore)
14:16.8 Mike Kimball (SBAC)

6 Mile

27:59.8* Van Nelson (St Cloud St)
28:05.2* Tom Laris (NYAC)
28:27.2* Ron Larrieu (Strid)
28:31.2 Bill Clark (USMC)
28:44.0 Gerry Lindgren (Wash St)
28:45.4 Ken Moore (Ore TC)
28:51.6 Tom Heinonen (Minn)
28:57.4 Oscar Moore (So Ill)
29:01.4 Mike Hazilla (Wn Mich)
29:10.4 Rich Delgado (Athens)

10,000 meters

28:33.4 Tom Laris (NYAC)
28:40.2 Gerry Lindgren (Wash St) CR
28:48.2 Van Nelson (St Cloud St)
29:22.4 Ron Larrieu (Strid)
29:55.4 John Lawson (49ers)
30:03.4 Bill Clark (USMC)
30:16.6 Dick Weeks (Strid)
30:22.0 Bill Langdon (San Jose St)
30:26.8 Gerry Jobski (Ariz St)

10 Mile

49:47.4 Ralph Buschmann (Spartan AC)
50:04.0* Mike Kimball (SBAC)
50:11.4 Steve Hoag (Minn)

One-Hour

12mi 296y Mike Kimball (SBAC) AR
11mi 1673y Ralph Buschmann (Spartan AC)
11mi 1040y Bob Deines (Oxy) CR
11mi 999y Barry Brown (NYAC)
11mi 976y Chris Miller (umat)
11mi 928y Phil Lorenc (umat)
11mi 910y Lou Castagnola (Wash SC)
11mi 901y Gene Comroe (Strid)
11mi 747y Bob Scharf (Wash SC)
11mi 653y Roger Seymour (49ers)

Two-Hour

21mi 1738y Lou Castagnola (Wash SC) AR

Marathon

2:16:48 Tom Laris (NYAC)
2:17:48 Lou Castagnola (Wash SC)
2:22:52 Jim Freeman (Snohomish TC)
2:23:30 Wayne Van Dellen (High Sierra TC)
2:23:45 Ron Daws (Twin Cities TC)
2:24:20 Mike Kimball (Santa Barbara AC)
2:24:22 Bill Clark (USMC)
2:25:01 Bob Deines (Oxy)
2:25:16 Gene Comroe (SC Strid)
2:25:25 Johnny Kelley (Boston AA)

3000m Steeplechase

8:32.4 Pat Traynor (USAF) AR
8:38.2 Chris McCubbins (Okla St) CR
8:40.0 Conrad Nightingale (Kans St)
8:44.8 Bob Price (Calif)
8:46.6 Bob Richards (BYU)
8:48.0 John Mason (Ft Hays St)
8:51.2 Bob Williams (Ore)
8:52.8 Kerry Pearce (Tex Wn Fr) FR
8:53.0 Bill Reilly (USMC)
8:58.2 Al Carius (UCTC)

U.S. RACE WALKING - 1967

by DONALD JACOBS

The year of 1967 could well be remembered as the year in which U.S. Race Walking "came of age". Internationally, this impact was felt most heavily in Europe, the bastion of the heel and toe sport, and in Canada at the Pan American Games, as well as in Los Angeles.

The first step on the ladder of success was made at the U.S.-Commonwealth meet in Los Angeles, when Ron Laird and Larry Young came through with the top two positions against the reigning British Commonwealth 20 mile champion, Ron Wallwork. Laird had a course record of 1-36-29.2 for the 20 kilometer distance.

Within the month these same two American walkers swept through the best that the Western Hemisphere countries could offer to take the gold medals in the Pan-American races at 20km. and 50 km. Laird ran the shorter distance in 1-33-05.2, while Young turned in a rather fantastic mark of 4-26-20.8, the best mark for the 50 km. ever made in North or South America. Tom Dooley finished 4th in the 20km., while Goetz Klopfer moved into 3rd in the 50 km. with a time that rates him among the top four marks by U.S. athletes.

Then Laird and Young traveled to Europe with hopes to impress the Europeans. Four races were walked and won by Laird with Young placing only a few notches back. Abdon Pamich, the Italian 1964 Olympic Champion, took his first defeat in several years from Laird in this impressive series.

Next came the Lugano Cup finals in October and again Ron Laird made his greatness felt. Ron came within 35 seconds of the winning walker from the USSR but finished 3rd after threatening during the whole 20km. Ron's time of 1:29:12.6 is his best on an accurate road course. The U.S. team, in its first try at the Lugano Cup, finished 6th among the 8 teams. Team members in the 20km race included Laird, Tom Dooley (16th) and Jack Mortland (22nd); in the 50km Goetz Klopfer (17th), Jim Clinton (20th), and Larry Young (22nd).

In the US Senior Championships only four persons won titles. Don DeNoon the indoor 1 mile, Tom Dooley the 40km and Larry Young the 50km. All other eight titles went to Ron Laird.

NATIONAL SENIOR TITLE RACES

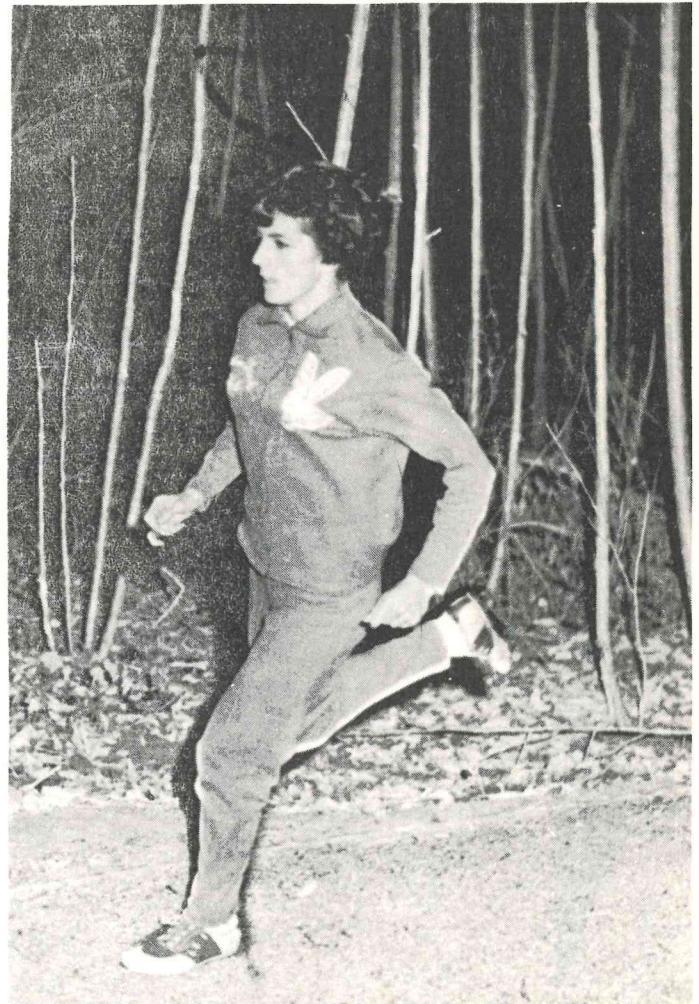
Don DeNoon	Indoor Mile	6:28.8
Ron Laird	2 Mile	13:41.4
Ron Laird	10 Km	45:29.2
Ron Laird	Hour	8 M 141 yds.
Ron Laird	15 Km	1:08:13
Ron Laird	20 Km	1:38:40.4
Ron Laird	25 Km	1:59:18
Ron Laird	30 Km	2:29:05
Ron Laird	35 Km	2:57:40
Tom Dooley	40 Km	3:30:10
Larry Young	50 Km	4:33:03.6

The outstanding performance outside the National and international events was the great race of Larry O'Neil in the 100 miler at Columbia, Missouri. Larry, just a few days past his 60th birthday, kept a steady pace to set a new American record for the 400 lap event with a time of 19:24:52

Next October there'll be Olympic medals to be won in Mexico City for a select few. This past season should serve as a warning to the rest of the world that the US race walkers are hungry for their share.

* * * * *

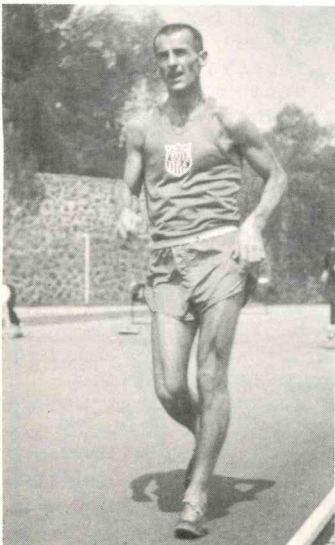
Women distance running



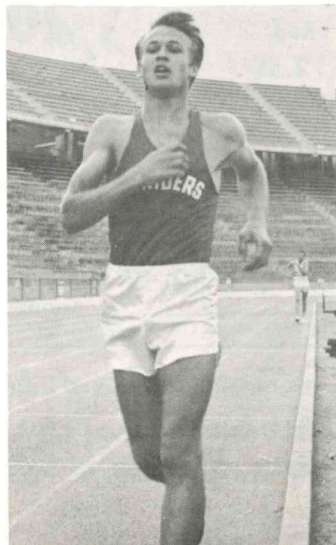
AAU National Champion Vicki Foltz Laps

a Track Through The Woods

(Monitor Photo)



BILL RANNEY



LARRY YOUNG

GIRLS CROSS COUNTRY - 1967 STYLE

by Bob Hyten, Jr.

Women's cross-country has just completed its fourth year. As in the past there were better times and more participants, but the spread of the sport seems to have slowed down.

With the distance extended to two miles for the first time last season's best girls looked even better. Twelve minutes seemed to be the cut-off point between the really good girls and the others. Only four times under 11 minutes were recorded and in each case the course length must be questioned. The times being by the country's top runners, though--Doris Brown (9:35), Vicki Foltz (9:40), and Linda Mayfield (9:57), all of Falcon T.C. of Seattle, and Cherrie Bridges (10:52) of Indiana St. University. The sub 12 minute group included Lori Schutt (11:00) of Champaign, Illinois, Marie Muelder (11:14) back with Will's Spikettes of Sacramento, Ruth Brand (11:20) of Phoenix's Valley of the Sun T.C., "Mo" Dickson of Los Angeles (11:23), Lisa Chiavario (11:52) of Albuquerque O.C., Judy Zingheim (11:49) Santa Anna Rockets and Pat Cole (11:49) of Crown Cities T.C.

When this group gathered to do battle at the National AAU Championships in Albuquerque it soon became apparent that the big winner would be the altitude. With no background available on altitude effects on female distance runners, most of the girls seemed to try to run their regular race and hope for the best. For some this ended in failure as only 8 of 13 entered teams were able to finish five girls. For the most part the girls dropping out were 4th or 5th runners, but a few big names fell too,

notably "Mo" Dickson and Shelly Marshall, all of the Brooklyn Atoms.

With defending champion Doris Brown out nursing a leg injury, the field appeared to be thrown open although Marie Mulder drew lots of attention. She took the early lead but somehow wandered off course at the three quarter mile point and never got back into contention. Brown's teammates Vicki Foltz and Linda Mayfield charged into the lead and never gave it up. Foltz, who was 7th in 1966, won in 11:46 and Mayfield came in 2nd in 11:49.8. Marie Mulder fought off Lori Schutt for 3rd, Natilie Rocha was 5th, and little Kathy Moore of Lincoln Park, Michigan surprised Cherrie Bridges for sixth.

Just as in the past, Will's Spikettes walked off with the team title. Will Stephens' coaching was apparent all over as his team also won the 11 and under title and was second in the 13 and under division.

The 11 and under division's 3/4 mile run was all Will's (40 points) and the Rialto (California) Road Runners (41 points) with 10 of the first 13 girls being off these two teams. In fact Rialto, with two full teams entered, captured both the individual first place and last place (58). Diane Byington ran away from the field, winning in 4:18 in what was probably the fastest 3/4 of the season. The altitude seemed to have little effect on these youngsters.

In the 13 and under (junior) division, Kathy Gibbons of Phoenix Valley of the Sun (5:58.2) outraced Vicki Eberley of the San Jose Cindergals (5:59.8), but Vicki's teammates were all close behind as they nosed out Will's, 43-51. The effects of altitude were pretty apparent here as Gibbons generally ran in the low 5:30's prior to Albuquerque, and over two

(continued bottom next page)

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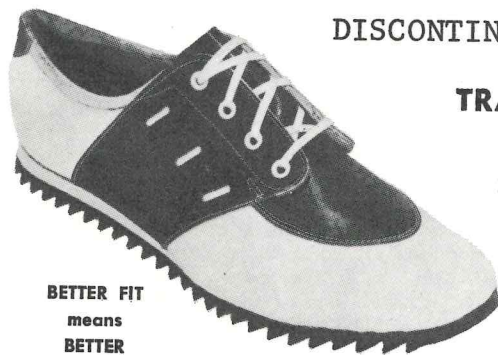
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Bruce Tulloh

BOWS OUT

by MICHAEL
KILVINGTON

BRUCE TULLON (36) holding down the 2nd spot in the early stages of the US-Commonwealth 10,000m. Note that he is running this race bare footed. Others: VAN NELSON leading, NAFTALI TEMU (47), RON LARRIEU, RON HILL, and TOM LARIS. Temu ran miles of 4:38.3, 4:45.7, 4:25.2, 4:41.4, 4:47.2, 4:44.2 to win by half a lap over Nelson.

(Photo by Jeff Kroot)



Michael Bruce Swinton Tulloh, 32 on September 29th last, has already indicated that 1967 is to be his final year in international athletics. "I want to concentrate on making a living and I am hardly filled with enthusiasm at the thought of racing 10,000 metres at high altitude in Mexico City" he told Neil Allen last May ("The Times," May 29, 1967). Although Tulloh may not rank amongst the truly great distance runners of the 1960's his name will, almost certainly, be remembered as that of one of the most exciting and courageous distance runners of this decade. As Neil Allen wrote after Tulloh's typically "gutsy" win in the 1967 Inter-Counties 6 mile "it is the heart which counts in men" ("The Times," May 30, 1967).

This is not the place to attempt a detailed survey of Tulloh's running career. Such

Girl's Cross-Country continued -

dozen girls had broken the magic 6:00 minute barrier during the regular season.

The 1967 season did not experience the astronomical increase in participants that women's cross-country's first three seasons had seen, but the program became more solid; coordinated schedules appeared on the East Coast and in the Midwest. The expanded program in Michigan resulted in a second place team finish for the Wolverine Parkettes of Lincoln Park, Michigan. In southern California, participation and attendance has risen to a point where men's meets cannot match them. Where else is there a weekly entry of 250 athletes for cross-country.

Girls's cross-country has to be the fastest-growing track and field sport. Girls are finding out what men did long ago--meeting the challenge of the long run is a great feeling. Secondly, men have found that the gals in their meets don't disrupt them, but rather make them more interesting to spectators. Are there any girls running in your meets? If not, why not give them a chance next time.

a task would best be left to those who knew him personally and saw a good deal of his running (which opportunity the present writer missed). Consequently only a fried outling of Tulloh's career will be attempted here.

Tulloh first began to take a serious interest in distance running in the mid 1950's while in Hong Kong on National Service but his times were very modest during these formative years. Indeed his first real success only came in 1959 when he won the first of his three AAA 3 mile titles in 13:31.2. This run earned him selection for the international matches against the USSR, West Germany and Finland in the same year and on each occasion he finished second over 5000 metres.

Tulloh was particularly satisfied with his second behind Stan Eldon in the match against Finland as he managed to come back after cracking up at 2 miles. Peter Keeling, a Manchester journalist and former international middle distance runner wrote of that run "even if Tulloh... goes on to break world records he will have no finer testimony to his courage than that race" (SPORT Magazine, April, 1962).

1960 saw him break Derek Ibbotson's three year old U.K. 3 mile record with a 13:17.2 clocking which earned him selection in British's team for the Rome Olympics. Although performing best of the British Trio in the 5000 metres (the other two were Gordon Pirie and Frank Salvat) Tulloh failed to qualify for the final of this event finishing behind Dave Power, Murray Halberg and Kazimierz Zimny in his heat. Tulloh told Peter Keeling that he "had tried to keep with the leaders all through the race, because (he) knew once (he) let them get away there was no hope" but felt "so shattered" when he couldn't hold on. "I was just disgusted with myself" was his post-race comment (SPORT Magazine, April, 1962).

But Tulloh came back fighting and 1961 was a good year, a propitious prelude to his great running of the following year. Over the country he was third in the Inter-Counties and second in the National championships and on the

AUSTRALIAN REPORT

CLAYTON AND DOUBELL THE STARS

By Michael Kilvington
Australian Editor

track carved out new European 3 miles figures (13:12.0 - last mile in 4:16.8) at Southampton on August 17th of that year.

It was, however, 1962 which saw Tulloh at his enigmatic best. During the (southern) summer he returned PB's (personal bests) of 3:59.3 and 8:33.7 for one and two miles in New Zealand--the former in finishing second to Peter Snell during the New Zealander's world mile record run at Wanganui and the latter, a new U.K. record, behind Murray Halberg at Hamilton. Returning to an English winter he was a wonderful second in the National c.c. Championships at Blackpool, two seconds behind Gerry North. "I don't hate enough, that's my trouble. I'm tired of being second" commented Tulloh ("The Times," March 12, 1962).

Further success came with the first Inter-Counties 3 and 6 mile double in the post-war era (13:20.2; 27:57.4) and a narrow, but decisive, win over precocious Bruce Kidd in the AAA 3 mile championship (13:16.0). His win over 5000 metres at the Belgrade European championships in 1962 really commented Tulloh's name in distance running history. Although his winning time of 14:00.6 was only moderate his win was described in "Modern Athletics" as "a tactical masterpiece" with a final 800 metres of 1:59.8 ("stirring stuff" wrote the "Modern Athletics" correspondent), proving too much for the minor medallists, Zimmy and Bolotnikov.

In some respects Tulloh never recaptured the greatness of these months of 1962 after his Belgrade win. He was obviously physically and mentally "state" during the Perth Commonwealth Games late in that year and his performances there were most disappointing. Even though he retained his AAA 3 mile title in 1963 and won over 5000 metres in a pre-Olympic meet at Tokyo later in the same year Tulloh's form was a little erratic at this stage. A good c.c. season (seventh in both the National and International) and a PB for 5000 metres (13:49.4) during 1964 could not allay the disappointment at missing selection for the Tokyo Olympics. And 1965 was a fairly barren year.

Given this position it was a tribute to Tulloh's fighting qualities that he was able to "come-back" as successfully as he did in 1966. After winning the Inter-Counties 6 mile he went on to set new European figures over the same distance (27:23.8) when second to Mohamed Gamoudi in a wonderful AAA championship race (10 men under 27:45). Although disappointing at the Kingston Commonwealth Games (14th in the 3 miles) Tulloh went on to finish a creditable sixth in the European 10,000 metres championship returning a PB of 28:50.4.

His final year in international competition has been a somewhat strange and frustrating one. A wonderful PB in winning the Finchley "20" (1:41:46) and a brave win in the Inter-Counties 6 mile (27:42.8) seemed to indicate that Tulloh might go out in something of a blaze of glory but most disappointing efforts over 10,000 metres in the matches against the U.S.A. and Hungary (31:04.0 and 30:54.6 respectively) destroyed such hopes. Indeed these runs were a rather sad finale to the fine career of this slight (5'7"; 119lbs.) British distance runner whose penchant for barefoot running and brave heart will always be remembered.

As a footnote one might quote Tulloh's comments, which appeared in "Modern Athletics" during 1962, that cross-country running is " (a) most essential thing for a runner and the reason why Britain produces a depth of middle and long distant specialists. It toughens the mental attitude. A man capable of up to nine

When I wrote a short survey of the current distance running scene in Australia for this publication in July of last year I little expected that the two stars of the Australian distance running scene at the date of writing the present article would be 24-year-old Derek Clayton and 22-year-old Ralph Doubell. Clayton did not even rate a mention in my earlier survey--mainly because he missed all of the 1966-67 track season due to an operation for a damaged sheath of his right achilles tendon--and, as for Doubell, I wrote that "one has reservations about (his) prospects of greater success" (DRN, July 1967 p. 24).

Ron Clarke has, of course, been as prolific as ever, the highlight of his 1967 performances being his wonderful new two mile world record of 8:19.8 established at Vaesteraas on June 27 last. (This is the twenty-fifth world record set by Australian distance runners since 1954, Clarke's seventeenth and the ninth established by Australian distance men in Scandinavia or Finland over the past thirteen years). But, if one can put Clarke to one side for the moment, it is Clayton and Doubell who have been the Australian distance running stars for 1967. Let's have a look at these two men.

Clayton is, by now, a real prospect for the Mexico City Olympic marathon (provided the altitude does not play havoc with this event--remember the 1955 Pan-Am. marathon, run at Mexico City, won in 2:59:09.2!). He has only run four marathons in his career and has won three of them by margins ranging from 3:21 to 5:48. A big man for marathon running (6'2"; 164lbs.) Clayton was born in Barrow (Lancs.) and lived in Belfast from the age of eight until he settle in Australia in 1963.

He first showed promise during the 1965 winter when he finished in the top bracket in all Victorian cross-country and road championship races including an outstanding win in the Victorian marathon championship for that year (his first try at the distance) in 2:22:12 (then the second fastest ever run by an Australian) after having covered the second ten miles in an eyeopening 51:20.

During the 1965-66 track season Clayton returned PB's (personal bests) of 13:24.4 for 3 miles and 4:09.6 for the mile (the latter in 100 degree (F) plus conditions) and finished third in both the 5000 and 10,000 metres at the Australian championships.

The 1966 winter season saw him pull out of the Australian marathon championship due to leg trouble after being with the leaders for the first 20 miles. He subsequently became the

miles of heavy country will not be afraid of 12 laps on the track." Tulloh also thinks that "it would be a good idea if there was a world cross-country championship under I.A.A.F. rules." (So does the present writer and DRN.)

Further References:

"The Encyclopaedia of Athletics" compiled by Melvyn Watman (Robert Hale, London, 1967) p.151.
"Britain's Ouch! Runner" by Peter Keeling (SPORT Magazine, April, 1962).
"Tulloh - Tenacity brought Success" by Jack Barlow ("Modern Athletics" February, 1963).

SPARKLING ANNE SMITH

by Wilf Richards

first runner since Don Brain (now a leading professional runner) to win all Victorian c.c. titles in the one year and returned a PB for 15 miles of 75:16.

The 1967 winter season has seen Clayton go from success to success. Over the country he has finished in the leading bunch in all Victorian championship races and was third behind Laurie Toogood and Tony Benson in the national 10,000 metres race at Launceston. But on the road he has really sparkled. A week after returning a PB of 48:21 behind Ron Clarke in the Victorian 10 mile road championship Clayton romped in with the state marathon title in 2:18:28--the fastest ever by an Australian for this distance--with Henk Van Wyngaarden 5:37 in arrears.

His new stature as the first truly great Australian marathon runner was confirmed when he raced away with the Australian marathon championship run over a hilly course and under warm conditions at Oakbank (South Australia) on September 9 last. Running a remarkably even race (71:30 first half; 70:28 second half) Clayton won by nearly six minutes from Ray White with Ron Clarke, defending champion Tony Cook, Dave Power and Rod Mackinney (first Australian to dip under 2:20:00) amongst those he burnt off. Watch out for Derek Clayton from now on--he's a real prospect on the distance running scene.

Ralph Doubell's somewhat chequered career reach a new peak with his 800 metres win at the Tokyo World Student Games on September 3 last. A science student at Melbourne University is coached by Franz Stampfl and a brief look at some of the highlights of his running career at the time of writing might be worthwhile. His best efforts have all been over two laps although he has had occasional success at the mile. In 1965 he won his first Australian title over 880 yards and has taken the metric half championship over the last two years including a national record clocking of 1:47.3 for his 1966 win. In the same year he also won the middle distance double (880/one mile) at the Victorian championships clocking 4:02.0 in the latter event to defeat Ron Clarke and Trevor Vincent (steeplechase gold medallist at the 1962 Perth Commonwealth Games.)

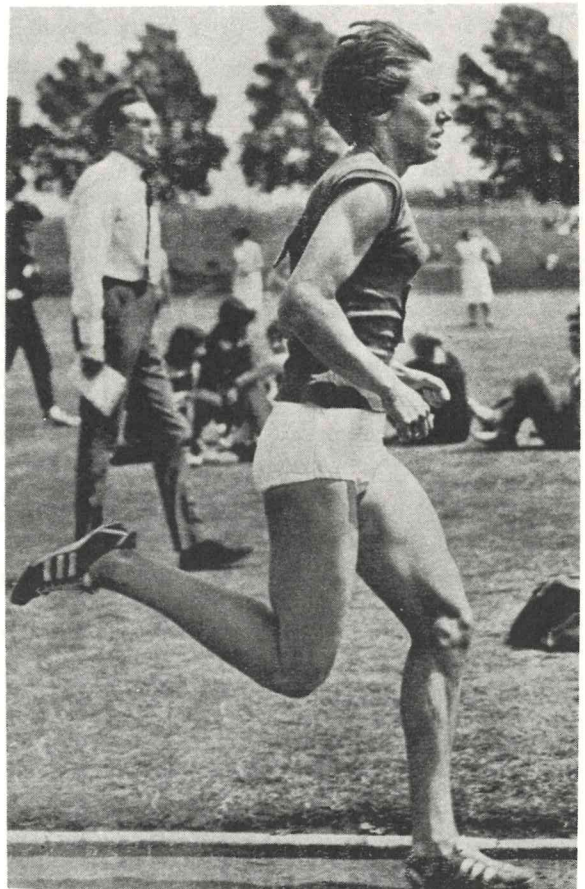
Doubell's international excursions during 1966 offered a mixed bag. Two good performances were PB's for 800 metres (1:46.2) and one mile (4:00.5)--the former behind Americans Ryun, Farrell and Nelson at Los Angeles, the latter behind Keino, Derek Graham and Alan Simpson at London. But he disappointed at the Kingston Commonwealth Games finishing only sixth in the half mile and failing to finish in the mile final.

Besides retaining his national 800 metres title 1967 saw Doubell return new Australian half mile figures of 1:48.0 only to miss selection for the Commonwealth team in the match against the US at Los Angeles (incidentally the man who was preferred to Doubell, Noel Clough, ran quite creditably to return 1:47.6 considering his mediocre form during the 1966-67 track season).

But Doubell has come back fighting. Out to prove he should have been selected for the Los Angeles meet he won a stirring 800 metres at the World Student Games, a win described by Neil Allen as the "highest point" of the track and field programme at those Games ("The Times," September 4, 1967). His winning time of 1:46.7 was excellent but even more impressive was the fact that amongst those he defeated were the world's third fastest ever 800

The outstanding figure in middle distance events in Britain over the past few years has undoubtedly been Anne Smith. Others have met with success on a somewhat lower level; several have displayed early brilliance which promised much in later years, only to fall by the wayside on reaching maturity. But Anne Smith of the Mitcham (London) club has for at least four years been the dominant factor, the most consistent, and certainly the most successful of Britain's women distance runners in international competition. Trained by world renowned Gordon Pirie, once the leading figure of British three and six miling and a man whose life is still devoted to the propagation of physical fitness, Anne, through an unfortunate chain of circumstances, has had more than her share of disappointment.

In 1966 when all set for the biggest test of her career in the European championships at Budapest, she fell foul of authority with the result that she not only missed the championships she had trained so hard for but was debarred from all further competition for a period and has been left out of all international teams



(continued on page 18)

metres runner, Franz-Jozef Kemper, the European 1500 metres champion Bodo Tummeler and 1967's fastest 800 metres man, Wade Bell.

If Clayton and Doubell can carry on with their present form one can add their names to Clarke's when looking for Australian prospects at Mexico City this October.

TACTICS IN LONG DISTANCE RUNNING

by PYOTR BOLOTNIKOV (USSR)

Very often runners, including experience men, concede victory to someone else simply because they do not make the most of their ability. In other words, the reason is some mistakes in running tactics.

The object of tactics is to create the most favorable conditions in which to achieve the best possible result. On the other hand, the role of tactics should not be over-estimated. It is obvious that no tactical tricks will help a man defeat a definitely stronger rival. Tactical skill is no compensation for poor training, but it plays a decisive part in a match between roughly equal challengers.

Years of running and scores of meets have taught me a great deal. Whereas, in the beginning, I acted mainly according to my intuition, I later learned how to think of what takes place on the track, to approach each step of mine intelligently and regard every race creatively.

Speaking of tactics, I recall the "golden laws" of Britian's Olympic 800m champion in 1924 and 1928, Douglas Lowe: "Run on the inside lane"; "Don't overtake anyone on the bend"; "Keep right behind the pacer"; "Don't look back!" and "When you spurt, don't drop your speed until past the tape."

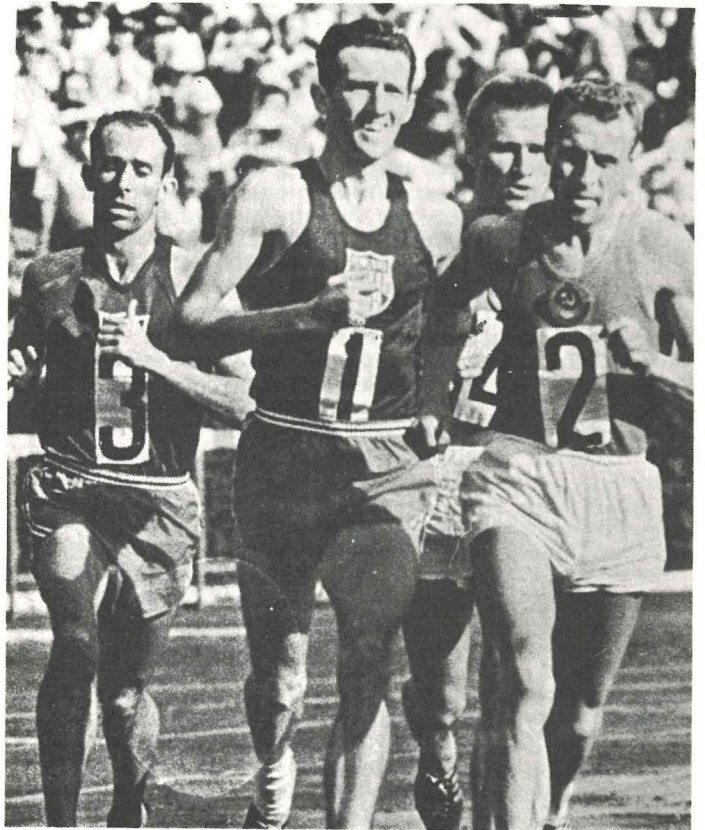
These rules are of a general, utilitarian nature, and useful for any runner. However, world-class middle and long distance runners have drawn up their own tactics in keeping with their individual ability and training and also with consideration given to the nature of the opposition. Such tactics have brought them their biggest successes. For instance, Emil Zatopek fundamentally was not a very fast runner, but won by maintaining a hot pace throughout the entire distance. Vladimir Kuts, who had business with British runners able to withstand any speed while dogging the steps of the leader, preferred to employ "starts-and-jerks" tactics, alternating long bursts at high speed with very slow stretches. As for Michel Jazy, his tactics stem from his exceptionally fast finishing speed.

As years went by, I worked out my own tactics, but they did not always guard against unpleasant things. I do not mean defeats by men better trained than me, but setbacks due to tactical errors. This experience caused me to draw up a "code of tactical commandments," with which I guided myself in races.

The first thing I always remembered was to know my rivals thoroughly. Not only was I aware of their best times, how they prepared for the given race, and in what form they were at that moment, but also how many metres away from the tape they began their final spurt, how "patient" they were when their strength was gone, etc. Proceeding from this knowledge, my coach and I usually drew up a tactical scheme and timetable for each race.

The next thing I remembered was not let my main rival get too far away. I lost to Allan Lawrence of Australia over 5,000m in Moscow in 1957 only because I let him slip away when we were still a full lap away from the finish. This was a good lesson for me. Afterwards, I never let the challenger out of my "sphere of influence" till the end.

True, this rule does not hold for all cases, but has to be applied intelligently and



PYOTR BOLOTNIKOV (2) is on his way to an upset victory over BOB SCHUL (1) and RON LARRIEU (3) in the US-USSR 5000m (1965). (courtesy Sports)

in accordance with the circumstances. At the 1959 USSR vs. USA match our long-distance man, Alexei Desyatchikov, ignored the challenge of his American rival, Robert Soth, at the 7th kilometre. He saw that Soth was just as worn out by the heat (it was 33 degrees (c) in Philadelphia that day) as the rest, and realized that a spurt in such circumstances would only use up his last strength. He was proved right: Soth, who could have counted on first place, dropped out before the end, while Desyatchikov went on to win.

The next point I remembered was, while keeping my eye on my main rival and not letting him open any big gap between us, to watch simultaneously all the other contenders; to follow carefully all the continuous jockeying for places taking place in the race. I was pacing the field in the 10,000m of the 1958 Znamensky Brothers Memorial, and decided to let

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Yevgeniy Zhukov get in front on the last turn in order to spurt and overtake him on the home stretch. I made the mistake of watching only Zhukov, whereas Desyatchikov and the Hungarian, Jozsef Kovacs, also forged ahead. They blocked the three inside lanes and I lost valuable time getting around this "wall." The result was that I had to be content with second place.

Even later, when I was more experienced, I made the same mistake in 1965 national championships in Alma-Ata, where I figured on finishing second in the 10,000m to Leonid Ivanov, who was fitter than the rest. I knew that Nikolay Dutov was my main opponent and kept my eye on him. I was just about to make that spurt when, all of a sudden, Styepan Baidyuk streaked past me. I did not even pay any attention to this at first, because I was thinking only of Dutov. When I recovered my senses, it was too late. By the way, a similar error was committed in Toyko by Ron Clarke, who was thinking about anyone you like except Billy Mills, who broke into the lead at the decisive moment and sped on to victory.

It should be pointed out here that one must not burden oneself in playing the leader too long when it becomes clear that victory will be fought for in a tough, mad scramble over the last few metres. It should also be remembered that besides a lot of strength being used up in battling headwinds, the pacer experiences certain pressure from the men breathing down his neck. The latter see him very well, whereas he can only hear them. Furthermore, any one of them can at any moment make a challenge and the pacer find himself staring at his back.

My fourth commandment is to work out tactical novelties and fearlessly try them out in official races. I knew that my chief challengers in the 10,000m in the Rome Olympics would be Zdyszlaw Krzyszkowiak of Poland and Hans Grodotzki of the German Democratic Republic. I also knew that Zdyszlaw usually spurted three laps from the finish and, therefore, Hans and I would both have to accept his challenge. Likewise, I was aware that Hans' finishing speed was faster than mine, and that he would be waiting for my final spurt about 250m from the tape.

My plan was as follows: the Pole's spurt would cut the German's chances, whereas I would make my final effort at the beginning of the last lap. While Grodotzki would be making up his mind whether or not to reply, I would be able to built up a sufficiently wide gap.

That was precisely what I did. True, with three laps still to go, it was not Krzyszkowiak, but Hans who quickened the pace but this only played into my hands. I started my finishing burst exactly 400m from the end (I negotiated that lap in 57.6). Grodotzki accepted the challenge at once, believing that I would ease up before the final straight but he lost the last ounce of his strength 150m further on and dropped behind.

Naturally, one must try to avoid becoming a victim of one's own novelties. For instance, Michel Jazy began his final burst in Tokyo 350-380m from the finish. This was too much for him, of course: he was soon completely exhausted. His excellent speed would have lasted for a much shorter spurt about 150m from the tape and he would have become the Olympic champion.

I also committed a gross blunder in the 1963 L'Humanite cross-country race. I decided to use a long, drawn-out spurt against Kazimierz Zimny. I started it about 650m from the end but did not take into consideration a

strong head-wind, which wore me down, while Zimny kept behind my back. He then forged ahead to win.

Rule No. 5 is to be ready for any tactical surprise from a rival, and swiftly and resolutely to make use of it in your own interests. Here is a vivid example from the USSR vs. USA match in Kiev (1965). Kestutis Orentas and I faced Olympic champion Bob Schul and Ron Larrieu in the 5,000m. Our preliminary plan took into account that the Americans would consider me as the main contender and ignore Kestutis. My job was to keep the pace down, letting Orentas get as far ahead as possible. But it turned out differently: the Americans did not want to see him get away. There we were, all four bunched together--Orentas in the lead, followed by Larrieu and Schul and myself at the tail--as we went into the final lap. It was clear now that our plan had not come off, and something had to be done . . . and pronto! I broke away about 250m from the finish like a sprinter springing out of his starting-blocks. While our overseas rivals were wondering what had happened, I had time to build up a lead of a few metres and hug the inside lane. Schul gave chase, but I shifted into top gear and held it till the end. Schul had to bypass Orentas and Larrieu in the second lane. Later, in the final straight, I gradually pressed the American over to the third lane. Feeling Bob practically at my side, I found that last reserve of energy that gave me a hard-won victory.

Here is a case where I reacted wrongly to something which caught me totally unawares. It was a duel with a stop-watch, and not a flesh-and-blood challenger. I was out to beat Kuts' world record in the 10,000m of 28:30.2 in Krasnodar in 1960. Everything was proceeding according to schedule when suddenly the announcer informed spectators that, with three laps to go, I was 11 seconds ahead of Kuts' record timetable. This probably was a mistake, but I stepped up the pace at that moment, even though I felt fine and could have kept up at that speed till the end. The result was that I lost those 11 seconds plus three more. I was disappointed naturally, but it proved to be a good lesson; a month later, I was not afraid of breaking my own timetable (it was scheduled for 28:25) and returned 28:18.8.

My sixth commandment is to subordinate oneself to team interests. I watched with great disappointment how Soviet runners assisted Lajos Mecser of Hungary in the 1965 Znamensky Memorial 10,000m. Leonid Ivanov built up a comfortable lead, but Mecser began to draw up to him with two laps to go. He overtook one of our runners, who scrambled in front in haste only to bring the Hungarian up to within striking distance of the next man in front. The whole thing occurred again, whereas it was necessary for our fellows to cut down their speed at once and make the guest fight into the lead by himself. True, Mecser did not catch up with Ivanov in that race, even though many of our boys, in the heat of battle, involuntarily did everything to help their Hungarian rival.

Lastly, the seventh rule of my code is to be able to master all these aspects of tactical skill as a complete set. The situation is so complicated in races that I would look pretty bad if I guided myself only by one or two of these commandments. And all the more so, since there are quite a few runners in the world today who possess enviable tactical brains and ingenuity.

(Article from the Novosti Press Agency.)

A PICTORIAL LOOK AT THE SENIOR CANADIAN CROSS-COUNTRY CHAMPIONSHIPS
November 4, 1967



Start - 66 runners starting the gruelling 6 miles through the snow at the Shaganappi Golf Course, Calgary, Alberta, Canada. (All photos by Bill Herriot)



BOB FAHY 1st - 31:32



JIM FREEMAN 2nd - 31:52



DOUG KYLE 3rd - 32:01

THE FIGHT TO LET WOMEN RUN

by GABE MIRKIN, M.D.

For two years I've been holding back waiting for the National AAU Ladies' Track & Field Committee to enter the Twentieth century. Then I read about girls from the Iowa Track Club traveling all the way to California only to be denied permission to run because they had competed in the Track and Field Federation's meet. I can really sympathize with their anguish as it vividly recalls a similar experience in 1965.

Five skinny, twelve year old girls with only a few months of training and no experience beat the best runners in the United States and weren't allowed to accept any prizes as they were too young to run.

But that's getting ahead of the story.... In 1964, we organized a RUN FOR YOUR LIFE PROGRAM in Baltimore. It's a program for families to come out and run two miles together each weekend in the interest of physical fitness and fun. Our ages run from three to seventy-one and we have four grandmothers in the program.

When we first organized the program, the local AAU chapter tried to break us up because men are not allowed to run with women which of course is immoral or something. As a result of this feeling, our RUN FOR YOUR LIFE PROGRAM has not been affiliated with the AAU.

In one of our early races, a fellow named Walter Korpman called and asked if he could enter. I told him we would be glad to have him with us. We had announced that every runner that finished 2 miles within a certain time limit would receive a trophy.

With a burst of speed, Walter finished two seconds under the time limit and the next hour found him on the ground with his eyes bulging out of his head. I could see the headlines: Man Dies Running For His Life. It wasn't until later that I found out that he had had a heart attack prior to running.

Today, Walter is one of the best runners over forty years of age in the country. He came in second in the National Road Runners Veterans' Championship, running two miles in 10:48.

Walt would bring his wife, Ruth, and his daughters, Sherry and Linda, to run with us. Mrs. Kay Dullea brought her two daughters, Jan and Kathy, Mr. Ossmus, who had had a heart attack, brought his daughter, Debbie. Howard Margan, a former national champion, brought Julia Brand. Gwen Nishino and Elena Rodriguez also would run with us.

These girls asked me to form a track team and soon they were engaged in the hard work of interval training. The local AAU had no ladies' events over 440 yards so I paid for awards in the half mile so that the girls would have races within the AAU structure. Our girls didn't even place in their first race. Short sprints are reserved for people with natural ability, distance running is reserved for the person who is willing to work long and hard and these kids worked with a vengeance.

I had written an article on our RUN FOR YOUR LIFE program in Baltimore and had mentioned that we had several young girls in our program.

From Toronto, Sy Mah wrote me that he had a group of 11 and 12 year olds who would like to race against our kids of the same age. I readily accepted and we planned to hold a meet in Baltimore. We agreed on 2.5 miles and in-

vitations were sent all over the country. The Road Runners Club of America had given us permission to call the race a Ladies National Championship.

We put announcements in all the major track and field journals and sent entry blanks to anyone who was interested. A few weeks before the race I received a letter from a man named Lloyd on AAU stationary saying that any girl who ran in our race would be liable to a life-time ban by the AAU. He gave the explanation that ladies are not allowed to run over 1.5 miles because the AAU says so.

Marie Mulder, the defending national AAU cross-country champion at that time, was called by a local AAU official and told that she could be banned for life by the AAU if she ran in our race.

I hastily wrote letters to all the members of the ladies' long distance committee and other key members in the ladies AAU track and field committee.

The ladies' Track and Field chairman, Miss Juner Bellew, answered my letter by comparing her group to the Food and Drug Administration. She said that the Food and Drug Administration controls the drugs and the Ladies' Track and Field Committee controls all women runners. I still don't understand the analogy. Needless to say, she denied us permission to hold the race.

I wrote to Charles Silcock in the AAU office. I was sure he would help us as he did much good work for men's long distance walking before he became an AAU official. It appeared that he was afraid of the power structure and he told us to change the distance.

I had several physicians write to the committee members. Dr. Warren Guild, a noted authority on exercise, wrote a letter stating that there was no evidence that 2.5 miles would hurt any trained athlete male or female and he told how his son was forbidden to run races because of the same lack of knowledge.

Then faced with cancelling the race, I called Senator Warren Magnuson, who was appointed by the president to help settle the AAU-NCAA squabble. He wrote a letter to the AAU telling them that they could not stop our race as this was not an AAU event and they had no jurisdiction over it.

We went ahead with the race as there were several girls who had been denied the right to run distance races and they were anxious to show the AAU that women can run distances. Grace Butcher had won several National AAU Championships. For years she wanted to run real distances yet for most of her running career she wasn't allowed to run over one quarter of a mile. She flew in from Cleveland. Mrs. Sarah Berman, the mother of three children is married to a marathon runner. She would think nothing of running 15 miles with her husband yet she wasn't allowed to run over 1½ miles. Both of these women are over 30.

The results were fantastic. Eight of the first ten places were from the Toronto and Baltimore teams, all of whom were under age according to the AAU and not allowed to run in their races. The other two places in the top ten were two 30-year-old mothers, Grace Butcher and Sara Berman.

Our chief competition in the South Atlantic AAU association was coached by our chief antagonist. The previous year they had taken 9 of the top ten places in the championships and had never had any serious competition in the area. Our skinny kids with three months training beat them handily in the South Atlantic championships and the following day

went to New York and won the Eastern Cross-Country championships.

The following week was to be the National Cross-Country championships in Boston, Mass. On the night before the race we ran the course with Will's Spiketettes, from California, the defending national champion. They were all older girls and amazed at the size of our skinny little pre-teens.

Just as the teams were lining up at the starting line, the coach of the team in our district who had caused so much trouble previously filed a complaint that our team was too young to run. It seems that you must be 14 to run with the AAU.

The starter refused to start the race and 6 of the most courageous girls you ever saw stood on the starting line and cried. They had trained hard for three months and come 400 miles with one thought in mind. Now on the starting line they were being denied the right to find out how good they were.

Larry Berman, the meet director, finally took pity on the girls and called everyone to the starting line and said he would start the race and investigate things later.

Little Julia Brand, out of the projects of Baltimore, and no previous experience, took off right from the beginning and led right up to the last 400 yards before finishing fourth. I found her crying afterwards. She said that she was crying because she didn't win. Can you imagine this 12-year-old kid crying because she wasn't the best in the United States?

All five of our girls came within the top eighteen places and as a team were beaten only by Will's Spiketettes. 11-year-old Jan Dullea ran an unbelievable race to finish 15th in the large field. The Korpman sisters and Jan's sister Kathy were with the top runners all the way.

Yet the kids were denied any prizes and were exposed to some very foul mouth language by some of the coaches who had been shown up. In fact their names weren't even put on the final AAU results.

At the AAU convention in December, our club was censured and a letter was written to the Men's Track and Field Committee from the ladies committee requesting that my AAU registration be revoked and I not be allowed to compete myself. I still run in forty races a year and had my best time in the Boston Marathon this year. Aldo Scandurra, the Men's National Chairman, wanted to know on what grounds he should suspend me.

Before I went to the AAU convention I had collected scientific data showing that girls under 14 could run distances. There is an abundance of data especially on the swimmers who hold many world records before they become 14 years of age. They wouldn't even let me speak. One of the members said that they wouldn't believe the data anyway. Least of all were they willing to admit that a group of 12-year-old untrained girls had beaten the best women in this country.

Where are these girls now? Julia Brand, who could have been America's greatest distance runner, has gone back into the projects of Baltimore and is not running. The Dullea sisters have moved to Boston and are not running anymore. Jan Dullea could have been a national champion. The Korpman sisters still run daily with their father and are getting better all the time. Sherry Korpman is unbeaten in distance races in our area.

Sy Mah's 11 and 12 year olds went on to win the Canadian Cross-Country championships

and his girls hold the world records for the one hour run and the marathon. 12-year-old Maureen Wilton ran the marathon in 3:15 beating many men. Yet she is too young to compete in the United States Cross-Country championships. Canada has no restrictions on age or distance.

The Ladies' Track and Field Committee denies that these girls ever existed.

Sparkling Anne Smith continued

since. Regardless of the rights and wrongs of the case, which revolved around whether her coach, Gordon Pirie, should be allowed to accompany and advise his protege during the European championships, one must admire the determination and tenacity of Anne Smith in the way she has continued to train intensively ready for the time when she will be free once again to win a place on international teams. One can only hope this will not be much longer delayed, and if she retains her present form her claims can hardly be ignored.

It was in 1964 that Anne Smith began to make her impact on championship events, with the 880 her speciality. She had wins in the Chiswick Trophy race (2:08.6; a meeting record), the Women's AAA championships (2:08; a championship record), Great Britain vs. Poland (2:06.7 for 800 meters), British Games (2:05.8 for 800 meters), Warsaw Invitation 800m (2:05.3). She was then selected for the Olympics where she established a British record in the semi-final with 2:04.8. She was 8th in the final in 2:05.8. 1965 started with misfortune knocking at the door. An ankle injury kept her out of training until early May, but she was back in time for the Surrey championships at which she won the 440 in a new championship and personal best of 57.1. From then on she went from strength to strength, scoring wins in the following international matches: 800 meters - Poland (2:07); Hungary (2:05.3); European Cup (2:08.6); East Germany (2:05.6); West Germany (2:06.4); Milan (2:08). In addition she won the one mile race at the British Games (only her second attempt at this distance) in 4:46.3. Her successful career continued into 1966 with a number of convincing victories including a European record 880 in the Women's AAA championships (2:04.2), a British mile record of 4:44.3 and Scottish mile record of 4:48.4, both run in gale-force winds. She also won the 800m against the USSR in 2:06.1, and finished 3rd in the Empire Games 880 with a time of 2:05. In all, 1966 was a fine season for Anne, until the unfortunate clash with Authority already mentioned.

1967 proved to be an even greater season with a total of sixteen first placings. These included three one mile victories, all of which were inside the existing world record--4:40.8 at Coventry, 4:39.2 in the Surrey championships (where she also took the 880 in 2:06.6) and 4:37 at Chiswick, which is the best in the world to date. She won the Women's AAA title again with 2:04.8 and has had one or two cross-country and road victories.

Despite the fact that Anne Smith has competed for her country on twelve occasions and has finished first on all but one of these, she has received only two individual foreign invitations. A male athlete with a similar record would have been sought after in many parts of the world. How much better she may have been with greater incentive from abroad is an open question, but that she deserves more recognition can hardly be denied.

Preparation For Road & Cross-Country

By George Hubert-White

(A note on the author: George Hubert-White (61) has competed in road races up to 50 miles from 1926 to 1954 and then changed to coaching. He lives in England and is an AAA Hon. Coach qualified in sprints (1957) and middle distances (1958). He has published several booklets on various subjects--physical fitness, track running, exercises. His most outstanding distance runner has been D. Prior who ran a 4:06 mile.)

For training and racing, the runner has a simple objective: to get into his running strides quickly, and smoothly. To do this the body must be physical ready and this requires a specific routine to be followed conscientiously stage by stage:

- 1) change-over from sedentary (sitting) into active condition - 2) stretch the body - 3) loosen the joints - 4) expand the chest - and 5) rehearse the running action.

Stage one should be carried out by jogging. Jogging is a slow run where the feet are rolling from heels to toes and the arms are swinging loosely.

Stages one through four should be done through exercises:

- (stage 2) Ex. A. Raise both arms forward, raise upward and straighten elbows, the lower arms to sides. Repeat 7 times.

The movement: straighten elbows, ensures that the arms do stretch the body physically.

- (stage 3) Ex. B. To loosen hip joints: each leg in turn--raise the knee hip level, place hands on knee cap, and pull upper leg to chest. Repeat 5 times.

- (stage 3) Ex. C. To loosen the knee joints--raise the knee hip level, place hand on ankle, pull lower leg to upper leg (keep knee up). Repeat 5 times.

- (stage 3) Ex. D. To loosen the feet--stand with hands on hips, then raise heels, and stretch ankles, lower feet. Repeat 7 times.

- (stage 2-4) Ex. E. To expand the chest--stand with feet astride, raise arms sideways and bend--so hands are level with shoulders. Now raise elbows, press back and round. Repeat 7 times.

After exercises change into your running shoes. What has been done so far is straight forward. What follows is simple, but, at this stage, runners become forgetful.

The requirement is: to draw each shoe on carefully, lace up, and tie securely.

Securely is the point. How often do you see athletes stopping to tie up shoes-laces. At the starting line, you will see slack laces, particularly between the lower holes. But a slack one-half inch will loosen right up just when your stride rhythm has become smooth.

Now run for three or four minutes with attention on the feet and the shoes. Firstly, if there is looseness, start again, unlace the shoe and lace up. Secondly--feel while the foot drives from the rear position--do the toes spread evenly? and is the ball of the foot comfortable?

- (stage 4) To rehearse the running action, now jog again for ten minutes, and while doing this feel how the arms swing, how the lead leg comes through, and how the lead leg drives.

FOR RACING: Two points to consider:

One - how long have you sat during the journey to the meeting? A journey by car, train,

or plane of some hours will require an easy walk of fifteen minutes and some massage while changing to the upper leg to get the muscles and ligaments loosened.

Two - your aims are readiness, and also to get into a keyed-up condition.

Go through the routine described above and remember to resist ideas of last-minute training. Jog then until you feel your running movements groove into the action, and feel fine. Fifteen minute should give you this.

Complete your preparation say 15 minutes before the race is due to start.

Follow the instruction: get active, stretch body, loosen joints, expand chest, and rehearse the running action.

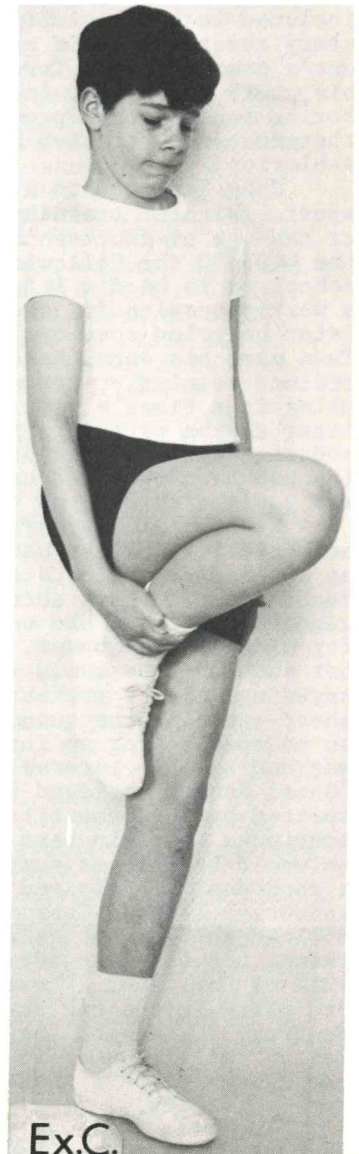
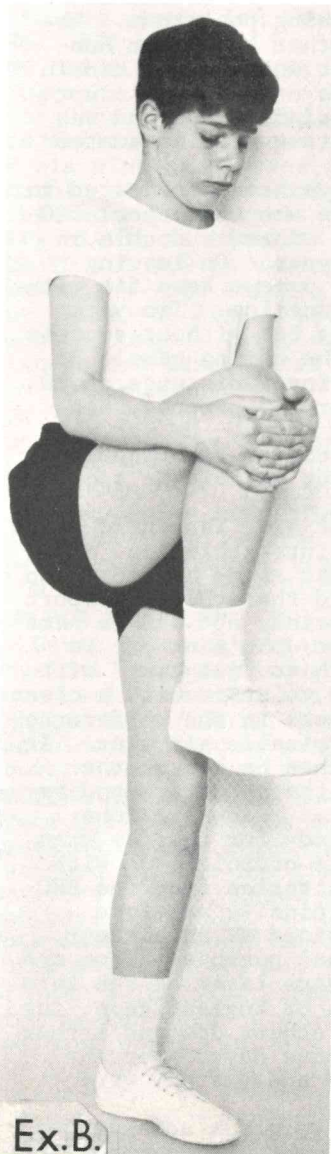
You need no more than this specific routine.

TO RACE ORGANIZERS:

When runners have completed their warm-up, their need, as indicated by the physical, mental, and emotional processes, is to start the race. Their attitude is expectancy.

These processes are, in part, beyond the control of the individual. Little research has been done on this subject, so information is incomplete.

But there is evidence, that, to delay the start unduly, causes glandular and physiological disturbances, which exhausts the adaptation processes, and energy.



From Ghost Runner to King of the Road

THE STORY OF JOHN TARRANT

by WILF RICHARDS (European editor)

Some twelve years or so ago, soon after the Peters/Cox/Iden era of marathon running in England, there appeared on the scene a runner who was to most followers of the sport something of a mystery. You would be standing at some vantage point shortly after the start of a race picking out the various competitors that made up the leading half dozen or more, and among them you would spot an unfamiliar figure. "I must see who that chap is next time" you would say as the leading group disappeared from sight. At your next stopping place you kept a careful watch for him, programme ready, only to find that the mystery runner bore no competitor's number.

This sort of thing happened on quite a number of occasions, so much so that the "Ghost Runner" (the title given to him by the press) became part and parcel of many important races. That he had a decided talent for distance running was obvious for he always seemed capable of keeping up with the leading bunch for most or all of the distance, though he never crossed the actual finishing line and was therefore not included in official finishing positions. The story eventually came out that the Ghost Runner's name was John Tarrant and that he had in his youth taken part in one or two very minor boxing bouts with a professional club and was therefore not entitled to take part in amateur athletics.

John Tarrant had always been interested in sport. Without training he won the school 880 at the age of fourteen and scored a double in the 440/880 the following year. On leaving school at 15 he did little except keep fit with a weekly session in the gymnasium. Two years later he tried road cycling but without success. Then came his entry into the boxing game. He trained regularly, travelling a distance of 20 miles four times a week for the purpose, and later taking part in a few bouts. He met with moderate success, but because of ear trouble (he had been operated on for mastoid as a child) was advised to give up the sport.

So now, at 20 years of age, Tarrant decided he would like to get back into athletics, and he applied for reinstatement as an amateur. No doubt he could have entered the athletics sport unnoticed, for he had certainly not made a name for himself as a boxer, but John's nature is not such that he would wish to "get away" with anything. So he preferred to start with a clean sheet--and in consequence was in the wilderness, so to speak, for an interminable six years. It was during this interval that he became the "Ghost Runner" beloved by the reporters and respected by the competitors. Meanwhile John continued to train hard ready for the day when he would be able to compete officially. With a good deal of help and agitation from the RRC and other friends Tarrant finally received notice that he was reinstated as an amateur, though not for international purposes, from the 12th of May 1958. Three days later he ran into 3rd place in the big North of England race, the Pembroke 20, behind the brothers Joe and Arthur Kelly, two big names in those days. Tarrant had ceased to be a phantom and was now very much a reality!

The year 1960 was certainly a notable one for John. He won no fewer than seven major

long distance road events, the Hereford 10, Newport 10, Hereford to Ross-on-Wye 14, Inter-County 20, Radcliffe 21 and the Liverpool Marathon. His Liverpool Marathon time of 2:22:35 was a race record which still stands. He also finished second to Brian Kilby in the A.A.A.

marathon. Unfortunately, international competition, on which he had set his heart, was out, and it was Sam Hardicker and Colin Kemball who were chosen for the Kosice marathon, Hardicker winning and Kemball finishing 4th.

There were further triumphs for Tarrant in 1961; then followed the almost inevitable lean period which most athletes experience some time during their career, with injuries playing their unwelcome part. 1964 saw Tarrant competing for the first time in a race exceeding the marathon distance--and the result was a win in record time in the Woodford to Southend 36½ mile race. On then to the famous London-to-Brighton, and here he took 4th place to gain the Athletic Review trophy for the first unplaced newcomer.

The long-distance bug had now secured a firm hold on the tough, strongly-built ex-boxer, and 1965 saw him in great form with wins in the Exeter to Plymouth 44 miler (20 minutes inside record), the Isle of Man 39½ mile race over the T.T. course (record time), and the Liverpool to Blackpool 48½ mile event. The following year, 1966, he again took the Exeter-Plymouth race, improving on his own record, and repeated his Isle of Man victory. On the Maindy Stadium track in Wales he set up a world best time for 40 miles of 4:03:28.

John Tarrant has been in remarkable form this year (1967). In winning the Exeter-Plymouth race for the third time he once again improved on his previous record. He again tackled the tough T.T. course in the Isle of Man on a day that was swelteringly hot, and beat the field for the third time. There were successes in the Newport 10, Roath 16½, South London 30, and Epsom 40 mile track race. This formidable series of wins led to two even greater performances. Taking part in his fourth attempt at the London-to-Brighton 52½ mile event, one victory that had previously eluded him, Tarrant this time came home the winner. But his greatest feat of all, and one which admirably typifies his tremendous fighting spirit and refusal to be put off by adverse circumstances, came in the Liverpool to Blackpool race. Covering the first 40 miles in a surprisingly fast 3:59:48, Tarrant was a long way ahead of the second man and obviously in great form for a shattering new record. But in the last few miles he had the misfortune to go off course and by the time he had retraced his steps, losing in all three-fifths of a mile (say 3½ minutes), the second man, Scottish runner Edie, was almost on his heels. Undaunted by this setback, Tarrant drove himself on relentlessly to win by a good margin in a time that still was inside course record despite the loss of time.

Although resident in Hereford, Tarrant has remained loyal to the club he joined when reinstated, the Lancashire club Salford Harriers, and up to 1966 inclusive he had gained no fewer than nine successive 10 mile track championship



John Tarrant coming in winner and setting the world best performance mark for 40 miles at the Maindy Stadium Wales November 5, 1966. His time was 4:03:28.

photo Roberts

victories, and held the club championship record at 51:35. He competed for the tenth time in 1967 and at last had to bow the knee to younger men, though still inside 53 minutes.

Renewed efforts are being made to enable John Tarrant to compete overseas, for here is a case, surely, where we have a man much nearer to true amateur principles than most, and much more likely to be a worthy representative of his country than some, who is debarred because of a small technical infringement made at an age and a time when he was quite ignorant of the niceties of amateur athletic laws.

Tarrant's training routine varies according to the season. He aims to cover 80 to 100 miles a week at an easy 6½ minutes per mile pace from January to March and on most Sundays will have a long run of 20-25 miles. Saturdays are taken up with cross-country runs. From April the Sundays runs are increased to 25 to 30 miles, with an occasional one in the region of 40 or even 50 miles. There is another fairly long run of 18 or 20 miles on Thursdays-- and all these long runs are taken at a strictly easy pace. For speed work Tarrant puts in 30 to 40 furlongs up a steep hill, taking about 40 to 45 seconds for these. He will also cover a 10½ mile course quite fast (58 to 61 minutes) once a week.

John Tarrant trains throughout the year but eases off very much in November and December to about 40 or 50 miles all at a comfortable pace, with a race over the country on Saturdays.

BOOKS

FROM

DISTANCE RUNNING NEWS
730 Vattier
Manhattan, Kansas 66502

THE COMRADES MARATHON STORY by Morris & Douglas Alexander. A complete history from 1921 to 1966 of one of the most famous ultra-marathon held in the world today. Besides giving an account of each race with complete results, there is a historical preface which explains the "how," "who," and the "what and why." 1966 195pp. 24 Photos. \$5.00

HIGH ABOVE THE OLYMPIANS Combination biography of all-time coaching great Dink Templeton, and his still sound fundamentals of technique. Lovingly written by a star pupil, Bud Spencer. Engrossing story of a controversial, up-and-down career, with zestful anecdotes about 45 years of track. 1967 Illus. 320pp. \$5.75

NO BUGLES NO DRUMS is Peter Snell's autobiography, written in collaboration with Garth Gilmour. Candid and revealing about himself, those he competed against, his coaches, etc. Snell pulls no punches in a book which every track fan will find absorbing. 1965 240pp. Illustrated \$4.50

JIM RYUN STORY This biography of America's No. 1 track hero has been our fastest selling book. Corder Nelson's full account of Jim Ryun's fabulous running career and the back-of-the-scenes personality is complemented by almost 200 photos by Rich Clarkson. Every coach, athlete and sports fan should have this book. 1967 272pp. \$4.95

THE UNFORGIVING MINUTE Ron Clarke's autobiography has proved a deservedly popular item among track fans. The great Aussie distance ace tells why he races so often, his reactions to his wins and losses, and comments on his opponents around the world. His philosophy of training and racing is worth the price alone. Very highly recommended. 1966 190pp. \$4.95

RUN TO THE TOP (a new updated edition with all new photos--old edition has been out of print for years) by Arthur Lydiard, coach of Snell, Halberg, Magee, Baillie, etc. Formula for fitness and fame, detailed training schedules, and full commentaries. 1968 \$4.95

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STUMBLE LOSES 54-MILE RACE

by DOUGLAS ALEXANDER

With less than 200 yards to go, 28-year-old Scottish settler Tommy Malone seemed certain to win the Comrades Marathon this year (1967) for the second successive year. Not many had done that in the 46-year history of this great annual 54-mile road race. The route covers a course of hills, valleys and escarpments, descending from an altitude of 2,200 ft. to sea-level, between the South African cities of Pietermaritzburg and Durban.

In fact only five others had won in consecutive years: the famous Arthur Newton back in the 1920s (he ran in the first races from coast to coast across the United States 30 years ago), H.R. Ballington, Wally Hayward, G. Walsh and the little Olympic runner Jackie Mekler in the early 1960s.

Now there was the slimly-built Malone, trotting wearily around the finishing arena in Durban at the head of an enormous field of 500, and about to repeat his success of the previous year.

But, closing in on him fast, was the crew-cut haired J.D. "Manie" Kuhn, 33, an unlucky runner, who had finished in the first three for several years without ever breasting the tape first. (And, like Malone, was a consistent performer in the annual 52-mile London-to-Brighton road race).

The 5,000 spectators lining the final 100 yards yelled deliriously as Kuhn, summoning his last reserves of strength, made a great effort to close the gap.

With 20 yards to go it seemed impossible that he could overhaul the little Scot.

Then an incredible thing happened.

Without warning Malone stumbled...quickly scrambled to his feet...but, in the time it took to pick himself up, the lean and wiry Kuhn flashed past to grasp the tape inches ahead of the clutching fingers of Malone.

It was the closest finish in the almost half-century history of the race, which is possibly the greatest annual road race in the world. There are seldom been a dull Comrades

Marathon. That is perhaps why today the race draws between 500 and 600 runners every year from all over Southern and Central Africa and from Britain, too.

It was not always so popular. The average entry for the first 10 years of the race was 45, while just before the outbreak of the Second World War it dropped to 19. But since the war the entry has increased each year, the challenge of the race being its underlying feature. Only a few expect to win, but almost a battalion of other competitors line up in the hopes of reaching the finish within the 11-hour limit and so win the coveted Comrades Marathon medal.

The competitors come from all walks of life...poets, professors, peasants, lawyers, soldiers, clerks and invariably half a dozen doctors, who swear that jogging along 50-odd miles of macadamised road is good for the constitution.

In the 1920s, when the great Arthur Newton won the race five times in six starts, the record for the course was around 6:30:00. But gradually the record-breakers have whittled away the minutes and seconds, and today the record for the "down" run from Pietermaritzburg (2,200 ft. above sea-level) to Durban on the coast, which is held by the great British runner Bernard Gomersall, is 5:51:00. The record for the "up" race, the marathon is run in opposite directions each year, is held by the red-haired South African Jackie Mekler in 5hr. 56min.

Twenty years ago no one ever dreamt the six-hour barrier would be broken. Now it has been done seven or eight times...and one day the record will be around 5hr. 45min.

It is a challenge to some American long-distance star. For it is a disappointment to the organisers that although runners of many nationalities have figured among the more than 2,000 men who have run in the Comrades Marathon, to date it has attracted only one American!

("THE COMRADES MARATHON STORY" by Morris and Douglas Alexander, tells the full story of this great and colorful race which was founded in 1921. This book is available direct from DRN for \$5.00 per copy. Well worth your reading. Hard cover book with many pictures.)

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The close and dramatic finish to the 1967 Comrades marathon. MANIE KUHN beats TOM MALONE by one second in the 54 mile race. ('The Star')

DISTANCE RUNNING NEWS

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SPOTLIGHT ON ENGLAND & EUROPE

by WILF RICHARDS - European Editor

In Britain there is little chance for a lay-off in the autumn no matter how busy a track season a distance runner may have experienced. A week or two away from actual racing is all that can be expected; then it is back into the fray again, not perhaps at full pitch for awhile but showing enough of their true form to keep rivals on their toes. Two of Britain's leading distance men, Dick Taylor and Alan Rushmer, neither of whom had managed to achieve the 13-minute target for three miles though each had been close enough to make the feat a distinct possibility, have not allowed themselves to get out of condition during this short lull. Taylor, in fact, knocked 36 seconds off his own course record when winning for the third time the Nuneaton 10 mile road race in 48min. 24sec. Three weeks later he was out again running for his club, Coventry Godiva, in the Bristol to Weston road relay. He put up a fine performance and took his team into the lead, but Alan Rushmer, farther back running for Tipton, came along with a time 22 seconds faster than Taylor's. These two were well ahead of the third fastest time.

Roy Fowler, the diminutive former International cross-country champion, is recovering some of his old form after a long spell of recurring injury. He has led the way home in cross-country League events and looks capable of at least a place in the first nine by the time the National championships come round. Although beaten for finishing speed he gave a good account of himself in the Chris Vose 7 mile road race at Warrington, Lancashire. There was a record entry for this race and Fowler was third of the 209 finishers. A new record was set by Mike Freary, who was in rare form and easily outpaced the rest with a time of 43-21. John Jackson, who was second, and Fowler were close enough to share the same time of 35-04.

Scottish runner Jim Alder failed by the narrowest possible margin to get inside the national record for one hour's running when covering 12 miles 736 yards in the prescribed time on the Walton track in mid-October. The holder of the record, Ron Hill, was also in the field but was not at his best and had been dropped by Alder as early as 3 miles. From then on the Flying Scot was on his own. He went through 6 miles in 28-51 and completed 10 miles in 48-15.2. When the gun was fired to denote the end of the hour Alder needed just six yards to equal Hill's record, a magnificent attempt under wet and windy conditions. Ron Hill covered 11 miles 1657 yards, and the third man, Martin Craven, 11 miles 911 yards in the hour.

Jim Alder is one of Britain's brightest marathon prospects, and his fellow Scot, Alastair Wood, is another in the top rank. Others also are beginning to stake their claims. One who may come to the fore next season is Mel Edwards, winner of the Harlow marathon in a surprisingly fast 2-18-24.8. He beat Eric Austin, a good consistent marathon man, by almost 5 minutes and did not appear unduly distressed at the finish. Another with intriguing possibilities is the Welshman, Lynn Hughes, who caused a minor sensation by beating the world record for 40 miles in bad conditions with an astonishing time of 3hr. 58min. 53.2sec.

This event attracted a field of 12 runners despite the fact that the temperature was little above freezing point and a strong, cold wind was blowing. Later, after about an hour's running, heavy rain came on and made conditions for all, runners, officials and cameramen alike, very trying indeed. Seven out of the twelve survived the ordeal and completed their 40 miles in widely varying times. John Tarrant, who held the record, ran well for 30 miles, which he covered in 3-02-08 (to Hughes' 2-56-18) but tired considerably over the last 10 miles and had to be content with a time of 4-21-58 for second place. The winner, Lynn Hughes, has put in several good performances at distances nearer the standard 26 miles 385 yards, and one cannot help wondering whether he could be another to move right into top class if he did elect to specialise at the marathon.

Ron Hill, who has been curtailing his racing outings quite a lot this season, turned out in the Waterloo 7 3/4 mile road race at Liverpool, and outpaced a field of 167 runners, including several internationals, to win an exciting race by 20 yards from Roy Fowler in 37min. 26sec. Bob Holt and Alan Blinston (a newcomer to the top ranks) almost dead-heated for 3rd place, just a yard or two behind Fowler.

Martin Craven of Kendal put up one of his best runs to date when finishing fourth in the Kosice marathon in Czechoslovakia with a time of 2-23-14. Craven has had a good record in road events for the past year or two without quite appearing to be outstanding, but he is young enough to improve and he, too, may be testing the best by next season.

In Britain the six months of winter from, say, the beginning of October to the end of March are taken up almost entirely with cross-country and road running. Most distance men regard these races just as seriously as they do the more glamorous track events. But it is to the less gifted runners that the winter season has its greatest appeal, for, however far down the field a runner may be, there are always others a little in front or close behind for him to have his private battle with, and each man is therefore much more involved than is the case on the track. Some runners seem to keep going year after year with very little loss of form--and, strangely, they never appear to look any older. One such example is Mike Barrat of Ealing. Although Mike has never been right in the highest championship rankings he has over a long period of time been amazingly consistent and a truly great team man. In this year's Liddiard Trophy race, Barratt, who is now 35, finished second to young Tony Simmons, and this was the 16th consecutive year in which he has finished in the first three in this particular event--a remarkable record!

EUROPE

For the greater part of the season it appeared that the famous Belgian star Gaston Roelants' powers might perhaps be on the wane. He had, it is true, gained a few triumphs here and there, but they had been fewer and somewhat less impressive than usual. Then, towards the close of the track season he put up a number of performances which placed him securely back in the Hall of Fame. In Oslo he easily won a 10,000 metre race in 28-26.6, a time unequalled by anyone else in 1967. A week later in Stockholm another best time of the year came from the remarkable Roelants when he won a 3,000 metre steeplechase in 8-28.6. The Belgian had a busy time in the Little Olympics, running in the steeplechase, which he won, the

10,000 metres, where he took third place, and then trying his hand at the marathon and causing more than a little surprise by beating a good class field in the fast time of 2-19-37, with Kimihara, Usami and Sasaki, three of Japan's long distance experts, following in that order. Although some doubt has been raised on the question of the course being short there is no doubt regarding Roelants' potential at the marathon. Anyone who can finish ahead of three of Japan's leading runners is one to be respected.

Surprises are not unusual in marathon events. One can usually predict other races with a reasonable degree of accuracy, but the 26-milers are not like that. In the famous "Kosice" race in Czechoslovakia (regarded as one of the European classics), a well-contested race saw no fewer than eleven men beating 2hr. 25min., yet several of these were lesser-known runners than might have been expected. The winner was Farcic of Sweden with a time of 2-20-53.8, and he was followed by an Ethiopian, Merawi, in 2-21-58.2, and Sucharkov (U.S.S.R.), 2-22-35.4.

Still on the subject of marathons, a particularly noteworthy performance was that of Swedish veteran Ostbye, 45 years of age, who finished a gallant second to Ihaksi of Finland in the Nordic championships at Copenhagen. The winner did 2-26-03, with Ostbye showing 2-27-24.

Soviet distance runner Makarov has crept into the limelight with a fine victory over Mikityenko in a 5,000 metre race at Kiev. Makarov's time of 13-34.8 is a new Soviet record, just inside the great Kuts' best of 13-35. A closely contested 1500 metre race between two Soviet runners at Kiev resulted in fast times for both, with Potapchenko winning in 3-40.4 from Raiko a yard or two back in 3-40.6. Other late season performances by Soviet distance runners suggests that the U.S.S.R. may be pursuing a new policy of giving their athletes less international racing and a longer period of training. At any rate there have been several performances of real merit during September following a much quieter than usual period in the summer months. A 10,000 metres in 28-48.2 by Alamo, while not sensational, cannot be dismissed lightly. Two others who seem to be "coming along" are Sopsa and Sharafutdinov. The former had a few yards to spare over Belgian's Roelants in a 5,600 metre road race with Sharafutdinov close behind in 3rd place; while in a 5,000 metre track race Sopsa was defeated by his fellow countryman by 3 yards, the winning time being 13-57.4. Sharafutdinov also had a time of 13-47.8 to his credit in a race in Odessa. These times are not, of course, world shattering by any means, but they are an indication that the U.S.S.R. may not be lagging behind when they are ready to show their hand. Somewhere among their ranks may well be another Kuts or Bolotnikov.

WALKING

Don Thompson confirmed that his return to top class ranks was no flash in the pan when capping some improved performances with a great win in the London to Brighton event. Although 20 minutes outside his course record of 1957, Thompson walked with all his old determination if not quite with the same fluency. Ron Wallwork, following a lay-off after a busy racing season, was out again and in winning form in the Leicester Open 7 miles. Blustery conditions made times on the slow side, but Wallwork won comfortably in 52-30 without extending himself in any way.

The big event of the walking world was, of course, the Lugano Trophy competition at Bad Saarow, Germany. The East German team started favourites for the trophy by virtue of the tremendous progress they have made in recent years in race walking. Confidence was fully justified by the results, for East Germany took the honours in both the 20 kilometre and 50 kilometre races to beat the U.S.S.R. in the final classification by 21 points, with Great Britain 3rd. In the 50 km. event the first five places were all taken by either East German or U.S.S.R. walkers, with Don Thompson of Britain first of the "outsiders" in sixth place. The winner was Hohnethe, East German world record holder. His time was 4-09-09 and he was well clear of Selzer (E.G.) 4-11-39.6, with Schtjerbina (U.S.S.R.) a similar distance behind in third place with 4-13-07. Don Thompson's time was 4-25-21. East Germany were less brilliant individually in the 20 kilo race but again had the advantage as a team. The Russian walkers Smaga and Golubnitschij took first two places with times of 88-38.4 and 88-58 respectively, with America's Ron Laird surprising many by his commendable third place in 89-12.6.

Another British walker staging a "come-back", and one whose best performances go back even farther than Don Thompson's, is Roland Hardy. In the Leicester 7 mile event Hardy, now in his forties, took fourth place after a great battle with Ken Easlea (aged 42) in which both were given the same time of 54-06. Hardy, who formerly held the world record for 5 miles, really came back into his own when outpacing a field of 46 in wet and windy conditions to win the 42nd Dick Hudson's walk. The course for this famous event, held on roads over the bleak Yorkshire moors, is noted for its toughness, but Hardy covered the 8½ miles in exactly 68 minutes, only 25 seconds slower than the course record and 50 seconds better than Hardy's own previous best, established fifteen years previously. A truly great performance by a great veteran.

East German walker Hohne further emphasised his tremendous form and superb fitness when winning a 100 kilometre race in Switzerland. A select field of international walkers set off early in the morning in pouring rain for this long, arduous 62 mile journey which involved a 2000 foot climb around the 50 mile mark. At the finish Hohne was almost 2 miles ahead of another East German, Sakowski, with the rest trailing far behind. Hohne's time of 9-15-57.4 was extraordinary for such a difficult course.

LADIES

Cross-country running for the feminine athlete is gaining in popularity in Britain. Although nothing like so widespread as with their male counterparts, there are surprisingly large numbers turning out in certain areas. One such is the London area. Despite wintry wind and rain and a recognised tough course the first of the season's Greater London League races brought out more than 100 competitors in the senior event alone, while the intermediate and junior races were supported by even greater numbers, making a total turnout of around 350 for the three races. In the senior event Ann Smith followed up her successful track season with an easy win from Joyce Smith and Joy Jordan.

Late in the season Mja Gommers, a dutch girl, broke Ann Smith's world 1500m record by 1.7 seconds. Her new record time was 4-15.6.

VALUE OF KEEPING A DIARY

(including aiming for goals and setting up proportionate running schedules)

By John T. Hurley

(Note on author: Assistant professor of Health Education at State University College, Oneota, New York. 29-year-old and still an active runner himself. Hurley, during the last year, competed in 30 races ranging from the mile to the Boston marathon. He has been coaching his College's track and cross-country teams for the last two years.)

Do you know when you toe the starting line of a race what factors make it predictable whether you will have an average race, a good race, or a poor race? Can you predict fairly accurately? Or do you merely guess, never having complete confidence of your performance until the late stages of the race? The art of being ready on the specific day you want to be ready is part of the art and science of successful running.

Do you know what condition you are in at any one time during the training season or do you enter your first race with a completely unknown idea of how you might perform? Do you merely "wait and see what happens"? Do you need three races "under your belt" before you can run near your best?

Do you run just as well on away courses, where no checkpoint times are yelled out to tell you your pace, as in home meets? Do you know what your per mile pace is for a typical 4 mile race? What are your goals, in time, for a 4 mile race or for any specific distance? Do you know what it will take in training, in quantity (mileage) and quality (speed work) to accomplish this goal?

Do you aim for a daily mileage? a weekly mileage? a monthly mileage? a yearly mileage? Or do you just run "as you feel" or merely "get in some running most days"? How many miles did you run last year? How many are you going to run this year? How many miles do you think it will take to run your goal in your event? Do you ever stop and ponder how many miles (and what amount of this is speedwork) are run by what are considered outstanding runners, either on the conference level, or college level, or national level. How long would it take for you to reach one of these levels?

Are you content to "get back into shape" each year (whatever "shape" means) or to improve a negligible few seconds per year? Do you think your own ability has forever ordained your mile time or your position on the conference or your position on your own team? Will you hardly ever be caught by the man behind you, or ever catch the man in front of you? Do you have a daily plan of action? Are you blown by the wind or are you the captain of your own ship?

If you can answer all these questions, then you needn't keep a running diary. However, if you can't, but would like to try and find these answers, then you should definitely start keeping such a diary immediately. If you are at all serious about improving as a runner, there is no other reasonable alternative. Without proper planning and organization there is chaos. This is as true in distance running as it is in most other human endeavors. Running is such a challenge and takes so much time and energy that it is unfair to oneself to leave such a program to chance, to whims, to lack of

planning, or to lack of knowledge of the variables in running. Evaluations, predictions, comparisons, and future planning can be made with greater accuracy and reliability as a result of information accurately recorded in a diary. The notations will provide the means of a more scientific approach to training not otherwise available. The athlete himself should keep this since no one knows better than he as to specifically what he does and does not do in his life and training. Unless recorded daily, many factors may be forgotten in evaluating a runner's total training program during the course of the never-ending search for better performances.

One of the reasons why men stop running is that they lose their belief in future development. Without a training diary, a runner cannot see the pattern of training that preceded his own best performances and his own best seasons. Nor can he see the differences that led to poor performances and poor seasons. The diary keeps track of the quality and quantity of training and allows one to plan on which of these should be emphasized depending on event and time to train. The benefits available are well worth the small effort involved (possibly as little as one minute a day) in the daily upkeep of a diary.

Intelligence, (including proper organization, step-by-step goals, and concentration on one goal at a time) more than will power (including courage and determination) is the basic cause of success or failure in running. Anybody can run themselves into a state of exhaustion, either in practice or races, a few times a year when he is highly motivated. But this does not guarantee success. The question is rather, "How consistent and gradually more intense is their training?" If a runner trains occasionally 105% of his capacity (defining 100% as the point beyond which he cannot recuperate completely before the next workout) and yet averages 65% in his overall daily workouts, he will not progress as rapidly (if at all) as a runner who trains at 90-95%, day after day. In order to do this consistently, a runner must understand his own condition thoroughly. This self-education and subsequent planning can only be accomplished by keeping a track diary.

In addition, setting up a training program produces a challenge distinct from the desired result (the actual 4:20 mile or 1:58 - 880). Thus, some workouts are then possible which would not be attempted with no program available or no previous workout times with which to compare. The sense of challenge may often be lost in the fog of day-after-day practice unless the runner can measure and point to his gradual improvement in performance, both in training and in time-trials or races.

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BRITISH WALKING CHAMPIONS

by Chris Bolton

RON WALLWORK (Lancashire Walking Club, England)

Tall, well-built, weighing 170lbs. and standing 6'1" in height, Ron started athletics as a field events competitor putting the shot and throwing the discus. Turning to walking in 1958 Ron quickly progressed in the sport and the following year became Lancashire Junior Champion at both the 1 mile walk and the discus. From that moment, however, walking became his main interest and in 1959 he achieved his first ambition of becoming British Junior Champion at both the 1 mile (track) and 5 miles (road). Progress in the senior ranks was steady and by 1963 Ron had earned his first international vest as a 50 kilometre representative in the Lugano Cup competition. In the final held at Varese, Italy, he recored the excellent time of 4:03:46 to finish 5th out of 18 starters.

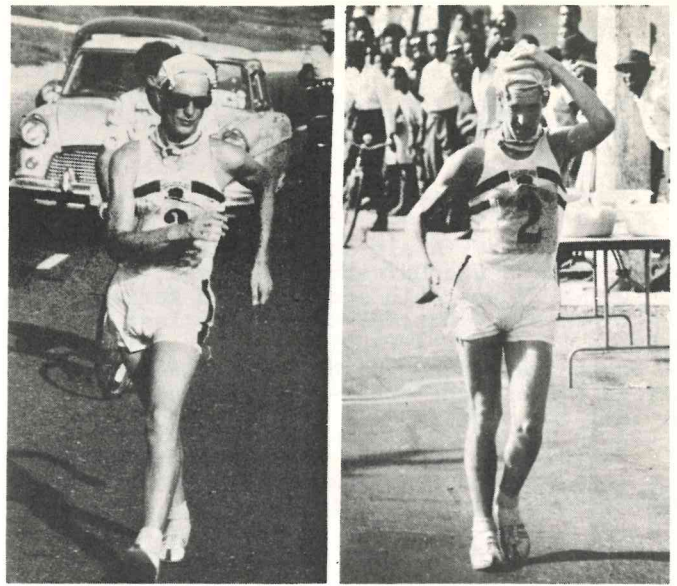
Since that time Ron has trained for the shorter distances and 1966 saw him really make his mark as a short distance walker. Starting with the Northern 2 miles track championship he posted a time of 13:36 to break by 2.8 seconds the record set by W.G. Yates (Salford Harriers), one which had remained intact for no less than 55 years. Three weeks later at Sheffield Ron convincingly took the Northern 7 miles track championship in 49:50, a time bettered by only one other walker in the world in 1966, Vilem Svajda of Czechoslovakia. The time was a new championship best, and finally, after 12 years, the name of former world record holder, Roland Hardy, was removed from the books.

Although placed only third in the National 20 miles championship, Ron now traveled to Jamaica in a confident mood to contest the inaugural 20 miles walk in the Commonwealth Games held at Kingston. Leading from the gun and walking impeccably he won the event in 2:44:42 and .8 sec. From that date he has been beaten only twice in domestic competition and is currently National champion at 2 miles, 10 miles, and 20 kilometres.

Training is not carried out to a rigid schedule but, as a guide, he trains up to six days a week, averaging around 60 to 70 miles in winter and 45 to 60 miles a week in summer. His "spins" are usually of one to two hours' duration, averaging 6½ to 7 miles per hour, with a 3 hour stroll on Sundays, and at least one "hard bash" of 3 miles followed by 2 miles interval work each week.

Walking is certainly in the Wallwork family, for sister Dorothy has an 8:25 mile to her credit and is a former National junior 5km champion.

At 26 Ron considers that he still has much to learn about race walking, but to the newcomer he offers this advice. "Watch good walkers in action whenever possible and never be afraid to ask officials of fellow walkers for advice--most are only too pleased to help."



Ron Wallwork--Kingston, Jamaica, 1966. Shown here in his 20 mile walking winning form.

FOOD INTAKE IN MARATHON RACES

By V. Kaslauskas (USSR)

(Compiled and translated by Jess Jarver from "Lehkaja Athketika")

Every marathon runner is interested in covering the distance in the shortest time possible. As stopping at refreshment stations consumes many valuable seconds it has been asked whether the human body requires food intake during the exhaustive effort lasting over two hours.

According to sports physiologists food intake during the running of very long distances appears essential to make up energy losses. For this reason it has been accepted that after the first 16 kilometres there are refreshment stations situated in five kilometre intervals for the rest of the marathon distance.

It seems that the refreshment stations are certainly needed for beginners, but what about experienced marathon runners? The beginner is still testing his ability to cover the distance and to survive under the extreme demands made to his organism. He will need energy intake to enable him to finish the race. On the other hand, the experienced marathon runner trains often several hours without any food intake. If he can perform intensive training runs lasting over three hours without energy supplements, why does he need it in competition? After all, the psychological incentive in the race should make it even easier.

Many marathon runners, including Emil Zatopek in Helsinki, 1952, have won important competitions without food intake during the race. The author completed a 100 kilometre race in 6:54:09 without any supplements except 25 grammes of ascorbic acid. He lost nearly eight pounds in bodyweight.

These facts seem to indicate that food intake in marathon running is more a habit than a real necessity. Any food intake brings with it thirst and in warmer weather more perspiration and loss of mineral salts. Valuable seconds, ranging among Soviet marathon runners between 40 to 60 seconds, are also lost.

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Of Track & Field 1948-1959

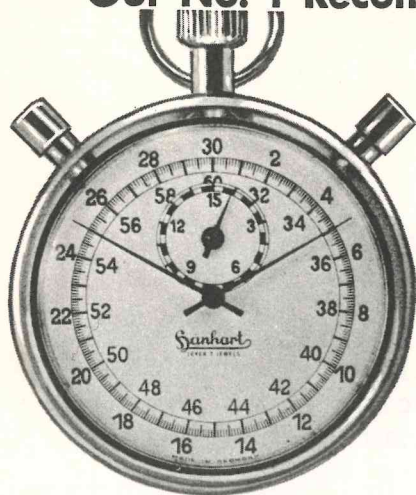
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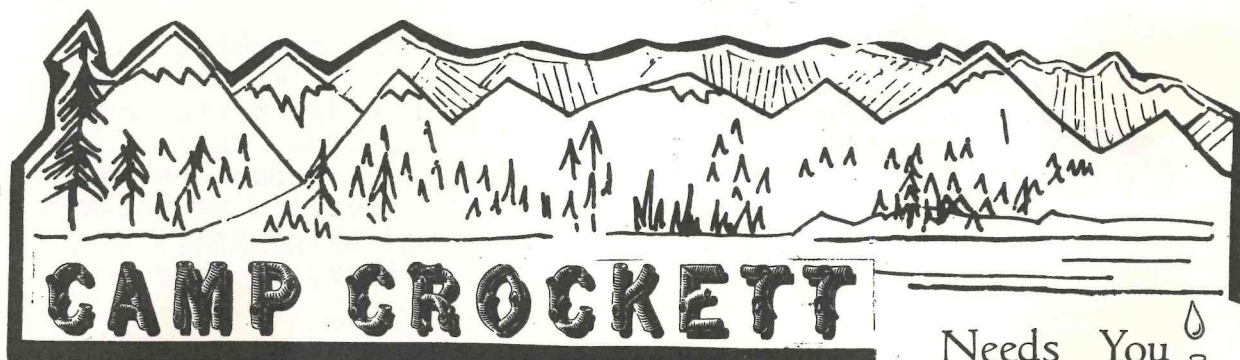


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