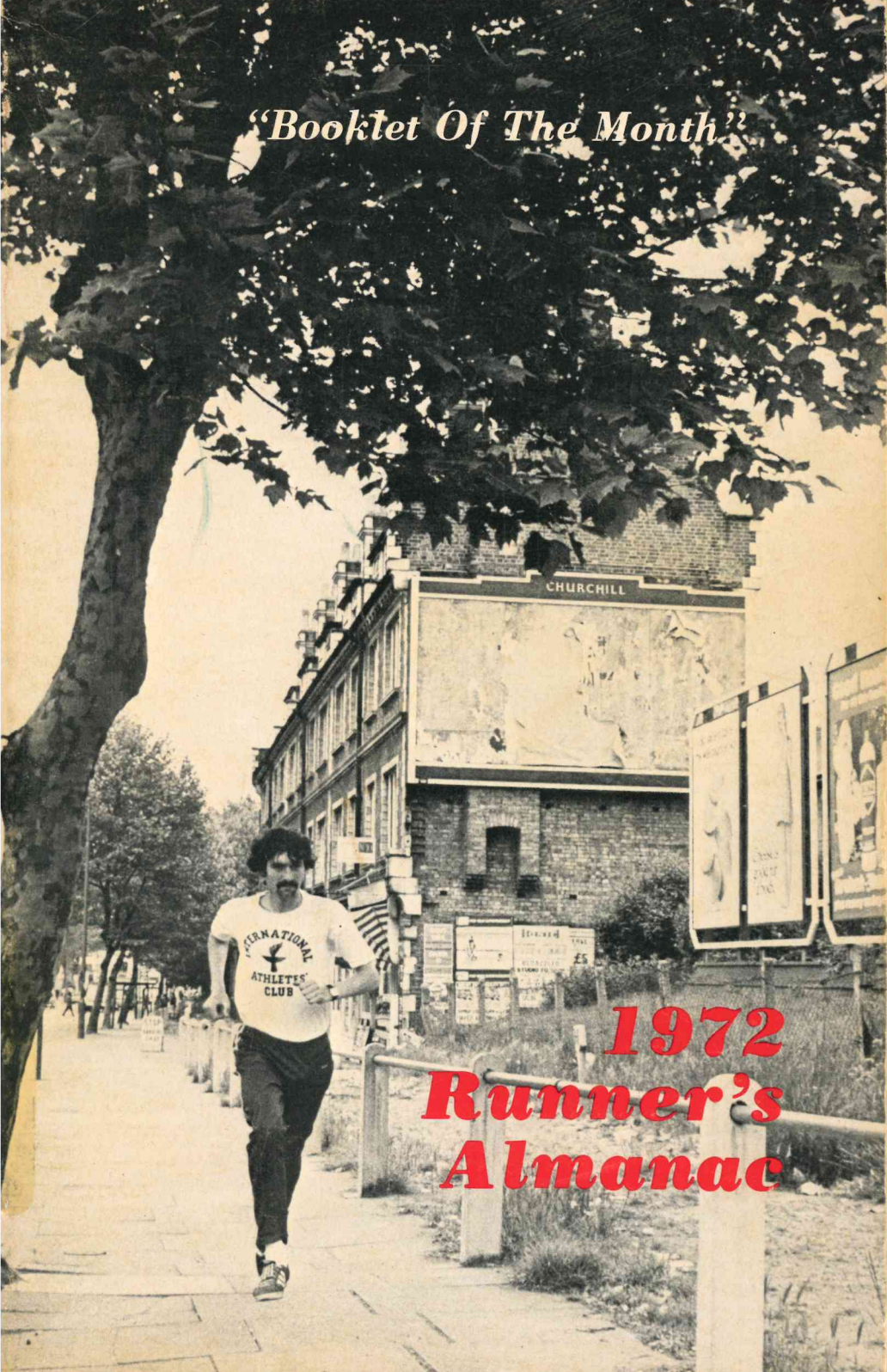


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*Runner's World*  
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MARCH, 1972

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**1972 Runner's  
Almanac**

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Dave Bedford had a good year in 1971. Here he is on one of his daily training runs. (Photo by Mark Shearman)

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## FOREWORD

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Questions are the heart of the news reporting game. Reporters anticipate readers' questions in their articles: who, what, when, where, how and why.

The questions that don't get answered in *Runner's World* and its brother publications come to us in letters from readers:

"Who is the director of the Southern California Striders?"

"What is the world indoor record for the marathon?"

"When is the 1972 women's AAU championship meet?"

"Where do I find information on races in Alabama?"

"How far, in yards, is 1500 meters?"

"Why can't I take money for running?"

This is a book for hard-core questioners. It is organized and published specifically as a reference text—the most extensive such work available on running. This is a fact-finder that should answer quickly almost any question that comes into a runner's mind.

The factual material, which is both practical and obscure, gives an overview of the sport. It covers running (and walking) events from the sprints to the ultra-marathons. Each chapter covers a different aspect.

Chapter 1 deals with the history, both ancient and recent, and previews the near future.

Chapter 2 erects the organizational structure of the sport, describing its governing bodies, rules, meets, distances and times.

Chapter 3 gives short profiles on hundreds of men and women who do the best job of running and walking.

Chapter 4 lists the athletes and times that make up the world and American record charts.

Chapter 5 is a first-of-its-kind "touring guide" for runners which outlines in great detail the running opportunities in each state, and internationally.

Chapter 6 features a listing of all known periodicals that deal with running and race walking.

The book is loaded with information. But we should add a warning. This is a collection of basic facts, not a collection of stories. These facts are the bare bones from which stories are constructed.

The *Almanac* isn't the kind of book that you read for entertainment. You're not likely to sit down and read it straight through, as you would most of the other issues in the booklet series. When looked at that way, the *Almanac* is about as exciting to read as Webster's dictionary or the New York phone directory.

Like any reference book, this one is designed to give specific information, quickly, accurately, and when needed.

The second edition, a year from now, will expand in size and scope—depending, of course, on the questions this edition has left unanswered. Are there any?

---

# DICTIONARY OF TERMS

No, we aren't going to waste space defining "run" and "race" and similar basic concepts. The purpose here is to make clear the meanings of more vague terms that are part of this book and part of the runner's special language.

**ACHILLES TENDON**—The tendon connecting the calf muscle with the heel bone; source of a high percentage of running injuries.

**AGE-GROUP**—Special competition for runners in specific age categories; the most common are for runners under 20 (juniors) and those over 40, but there are further breakdowns, particularly for record purposes. (Age-group records are included in Chapter Four.)

**AEROBIC**—An activity level that allows a normal breathing rate; long, slow distance (LSD) running is aerobic.

**ALL-WEATHER TRACK**—A hard-surfaced track designed to withstand all weather conditions and heavy running traffic; "Tartan" is a brand-name for but one of many all-weather tracks.

**ALL-COMERS**—In the record sense, it means the best times ever made in a country, regardless of whether the athlete is a resident or not. In the competitive sense, it refers to races or meets that are open to everyone.

**ALL-WEATHER TRACK**—A hard-surfaced track designed to withstand all weather conditions and heavy running traffic; "Tartan" is a brand-name for but one of many all-weather tracks.

**AMATEUR**—Simply stated, an amateur is one who competes purely for pleasure, not for money; most runners are theoretically amateurs. (See a further discussion of amateurism later in this book.)

**A. A. U.**—The letters stand for Amateur Athletic Union, the governing body of open track and field in the United States, and sole US representative internationally. (Further details on the AAU are in this book.)

**ANAEROBIC**—An activity level that creates a shortage of breath, or an "oxygen debt." All sprinting and most racing is anaerobic.

**ANCHOR**—The final segment of a relay race; the final runner is the anchor-man.

**ATHLETICS**—In Britain and many other countries, this term refers specifically to track and field.

**BANKED TRACK**—Corners are elevated on the outer edges for easier, faster turning; banked turns are only used indoors; they are illegal on outdoor tracks.

**CERTIFIED COURSES**—AAU officials have outlined specific rules for measuring road running courses; if these procedures are followed to the letter, the course is certified as accurate. (See further discussion later in this book.)

**COLLEGE**—In the US (unlike in Britain and other Commonwealth countries), this term is used interchangeably with university; college runners are generally in the 18-22 age bracket.

**CONTACT**—In racing, this means staying within striking distance of the leading runner.

**CHONDROMALACIA**—Severe knee pain, and one of the leading disabilities of long distance runners; often called “runner’s knee.”

**CREEPING**—A race-walking term, meaning walking with a bent knee; not straightening the knee with each step is a rule violation.

**CROSS-COUNTRY**—Although some define it as any running done away from the track, we get more specific; cross-country is running done on “natural” surfaces—grass, dirt, beach, etc. (not including paved roads).

**FARTLEK**—A Swedish word meaning “speed play;” fartlek involves training on cross-country courses with sporadic changes of pace; it *isn't* steady-paced distance running.

**GUN LAP**—The last lap of a race. In the US a gun is fired to signal it, but in many other countries officials ring a bell and call this the “bell lap.”

**HEAT EXHAUSTION AND HEAT STROKE**—Extremely dangerous ailments that can come with prolonged running on hot days; they are characterized by elevated body temperatures, disorientation, collapse—and in severe cases unconsciousness and even death.

**HIGH SCHOOL**—In the US educational system, this refers to the ninth or 10th to the 12th years of school; nearly every high school has an organized running program; runners are typically 14 to 18 years old. (See more on high schools later in this book.)

**I. A. A. F.**—The International Amateur Athletic Federation, which rules world track and field and approves records. (See further details later in this book.)

**I. C. C. U.**—The now-defunct International Cross-Country Union which until 1972 ruled the worldwide cross-country championships; the IAAF now has taken over this duty.

**I. O. C.**—The International Olympic Committee, which is composed of representatives of Olympic movement member nations. (See details on the IOC later in this book.)

**INTERVAL TRAINING**—A type of workout in which the runner alternates fast runs and slow jogs, walks or rests.

**JOG**—An extremely slow, shuffling type of running.

**JUNIOR**—This concept has several different definitions: internationally, it includes runners under 20 years of age; in the US, a runner (regardless of age) sometimes is considered a “junior” if he hasn’t won a national championship or represented his country in international competition.

**JUNIOR COLLEGE**—A two-year college in the US; runners in junior colleges are normally 18-20 years old. (See more details later in this book.)



**JUNIOR HIGH SCHOOL**—This includes the seventh and eighth (and sometimes ninth) years in school; junior high runners are generally 12-15 years old.

**KICK**—The spurt or burst at the end of middle and long distance races; this can't be called a true "sprint" because it's very seldom top-speed running.

**KILOMETER**—The basic unit of *long* distance measurement in the metric system; one kilometer is 1093 yards, or about five-eighths of a mile. (A full metric conversion chart appears later in this book.)

**LIFTING**—Breaking contact with the ground in race walking—an infraction that can result in disqualification if detected.

**LONG DISTANCES**—Here, we refer to them as the runs beyond the normal track range—i.e., above 10,000 meters.

**L.S.D.**—Long slow distance training; steady-paced aerobic running.

**LUGANO CUP**—International championship race walking competition held every other year.

**MEDLEY**—Relay racing involving mixed distances. The common medley relays in the US are the "sprint" (440, 220, 220 and 880 yards) and "distance" (440, 880, 1320, mile).

**MIDDLE DISTANCES**—Here, we define them as the runs between 800 and 10,000 meters (half-mile and six miles), generally run on the track.

**N.C.A.A.**—National Collegiate Athletic Association, the ruling group for many of the US colleges and universities. (More details on the NCAA later in this book.)

**N.A.I.A.**—National Association of Intercollegiate Athletics, which rules many of the US's smaller colleges and universities. (More details later in this book.)

**OPEN**—It can mean one of two things. In the US it refers to meets for both students and non-students. It can also be another term for "all-comers," or meets with no qualifying standards at all.

**OXYGEN DEBT**—The state of breathlessness during and immediately after fast anaerobic running.

**OXYGEN UPTAKE (INTAKE)**—The capacity to take in oxygen, which is indicative of distance running ability.

**PACE**—The rate of running; pacing refers to optimum spreading of effort over the distance being run.

**POLE**— The inside edge of the track.

**PULLED MUSCLE**—A common running injury, particularly in sprinters and hurdlers; it normally involves rupturing or tearing muscles in the leg.

**RELAY**—A team race; generally involving four runners per team and held on the track, one runner handing off a baton to the next within a specified passing zone; relays may also be of the continuous type (such as the *Runner's World* 24-hour), or may be on the road (like the ones that are quite popular in Britain).

**REPETITION TRAINING**—Similar to interval training, in that it involves relatively short and fast runs broken up by rest periods.

**RESISTANCE WORK**—Temporarily overloading the runner's system by methods such as weights, heavy shoes, running in sand, up hills, etc.

**R. R. C.**—The Road Runners Club, an international organization formed to promote long distance running. (See details on the RRC later in this book.)

**SCIATICA**—A common ailment of runners, involving severe pain in the hamstring area and lower back.

**SENIOR**—A runner over 40 years of age; also called "veteran."

**SINGLET**—The British term for a running shirt or jersey.

**SPLITS**—The intermediate times in a race, such as the 440 times en route to a mile.

**SPRINTS**—The all-out or near-all-out runs, extending from 50 yards to 600 meters.

**STEEPLECHASE**—The track race—3000 meters on an international level—that includes four barriers and one water jump per lap. All barriers are three feet high. The water jump is 12 feet in length.

**SUPER-MARATHONS**—Events longer and 26 miles 385 yards; also called "ultra-marathons."

**TARTAN TRACK**—The best-known of the all-weather tracks; the name is often incorrectly applied to all such tracks.

**TIME-TRIAL**—A practice race under simulated racing conditions for the purpose of testing speed and pace.

**ULTRA-MARATHONS**—Runs longer than 26 miles 385 yards; also called "super-marathons."

**UNATTACHED**—An athlete who runs as an individual, not for a club, school, etc.

**U.S.O.C.**—The US representative body on the International Olympic Committee.

**U. S. T. F. F.**—United States Track and Field Federation; similar to the AAU in that it sanctions open competition in the US.

**VETERAN**—Runners over 40 years of age; also called "senior."

**WARMDOWN**—Post-training and post-racing activity, generally involving gentle jogging and/or walking.

**WARMUP**—Activity designed to prepare runners for racing and training; includes exercises, jogging, striding, etc.

**Chapter One**

***Review and  
Preview***



**Bob Schul (center) en route to his '64 Olympic victory. (Shearman)**

---

# HISTORICAL SUMMARY

Running and walking, of course, can be traced back as far as man's evolution into an upright animal. The activities that make up modern athletic events are as basic and essential to him as his instincts to move and to survive. Running, walking and jumping are intimately tied in with his urge to insure self-preservation.

When man had evolved to the point where he had time to use his physical skills for other than seeking food or avoiding becoming a meal, it can be assumed he began polishing his speed and stamina in practice races with his fellow man.

From this matching and perfecting of physical skills grew organized athletic competition. Only sketchy reports remain on this development. Here are a few of the milestone happenings in running/walking history.

1829 B.C.—The earliest reported track and field meet occurred in Ireland, scene of the Lughnasad (or Tailteann) Games. Egyptians and several Asian civilizations were also known to have engaged in organized athletic competition many centuries before the Christian era.

776 B.C.—A landmark date in athletic history, since it signalled the recorded start of the Olympic Games in Greece. The earliest reported Olympic event was the "stade"—a run of 202 yards.

394 A.D.—After 11 centuries of competition, the Olympic Games were cancelled on orders from Roman Emperor Theodosius. The Imperial edict apparently left the world without organized track activity for hundreds of years—possibly for 12 centuries or more.

1653—British author Horace Walpole wrote that "a butcher from Croydon" (unidentified) ran 20 miles in 1½ hours. The time is suspect, but it was one of the earliest recorded marks for a distance run. However, full-scale competition as we know it only began about 150 years ago.

1825—Amateur races were held in Uxbridge, England.

1837—Eton College in England established a 100-yard hurdle race, and later added sprints and a steeplechase to its program of running events.

1839—The first formal running events on the North American continent occurred near Toronto.

1849—The Royal Military Academy of Woolwich, England, promoted the first regularly organized track and field meet of modern times. The sport's pace picked up quickly after that, with the big surge coming in the 1860s—still in the British Isles.

1860—The San Francisco Olympic Club became the first organized running team in North America.

1862—The West London Rowing Club scheduled the first track meet open to all amateurs.

1866—The New York Athletic Club put together the world's first indoor track and field meet.

1876—The New York A. C. promoted what could be considered the first US national meet in outdoor track. Collegiate competition began the same year under the auspices of the Intercollegiate Amateur Athletic Association of America (IC4A).

1879—On Sept. 24, the National Association of Amateur Athletes conducted the first national outdoor track and field championship in New York City.

1888—The Amateur Athletic Union (AAU) took charge of track and field in the US and promoted its first outdoor track championships.

1895—The New York and London Athletic Clubs met in the first international meet of consequence.

1896—The Olympic Games were revived at Athens, Greece.

1897—First running of the Boston marathon.

1903—The International Cross-Country Union (ICCU) was founded.

1906—The AAU began promoting annual indoor track and field championships.

1913—Formation of the International Amateur Athletic Federation (IAAF) as the ruling body for world track and field.

1921—College track reached national stature with the creation of the National Collegiate Athletic Association (NCAA). The same year, a group called Federation Sportive Feminine International was established to oversee women's running.

1928—Women were admitted to the Olympic Games for the first time.

1936—The IAAF assumed control of women's track and field.

1971—The Cross-Country Union disbanded, and turned over regulation of the sport to the IAAF.

# OLYMPIC GAMES HIGHLIGHTS

World running and race walking revolve around the Olympics. The quadrennial meet is the world championship of the sport, and this of course is the year for the Games. Here, briefly, is a review of Olympic history.

1896/ATHENS—The Games resumed where they had left off some 15 centuries earlier, in Greece. National representation was limited, but competition was spirited. Australia's E. H. Flack was a standout with his victories in the 800 and 1500. Thomas Burke (US) won the 100 and 400. But the local hero was marathon winner Spiridon Louis.

1900/PARIS—The Games still hadn't attracted international attention at the turn of the century. American Alvin Kraenzlien was a triple winner—60 meters, and the 110- and 200-meter hurdles.

1904/ST. LOUIS—Featured at the first US Olympics were triple gold medal winner Archie Hahn in the sprints (60, 100 and 200), 800-1500 champion James Lightbody, and 400-400 hurdles winner Harry Hillman.

1908/LONDON—The most celebrated man at the London Games was a marathon non-winner. Dorando Pietri entered the stadium exhausted and was helped across the line; he was disqualified and American Johnny Hayes was given the gold. Mel Sheppard of the US won the 800, 1500 and was on the winning 1600 relay.

1912/STOCKHOLM—The Finns came into prominence when Hannes Kolehmainen took the 5000, 10,000 and the cross-country run. American sprinter Ralph Craig won the 100 and 200.

1920/ANTWERP—The Games resumed after World War I with the Finns still in charge. Paavo Nurmi picked up his first gold medals in the 5000 and cross-country, and his countryman Hannes Kolehmainen won the marathon.

1924/PARIS—Paavo Nurmi was even better at this Olympics. He added three more gold medals to his collection by winning at 1500 meters, 5000 meters and in cross-country.

1928/AMSTERDAM—Paavo Nurmi won again, this time in the 10,000. Britain's Douglas Lowe repeated as 800-meter champion. Canadian Percy Williams won both the 100 and 200. Women competed in the Games for the first time.

1932/LOS ANGELES—The second US Olympics came at the depth of the Depression, but still was one of the finest ever. Eddie Tolan was a double winner for the US in the 100- and 200-meter sprints.

1936/BERLIN—Jesse Owens of the US stole all the attention at Hitler's Games. Owens won the 100, 200, long jump and ran on the winning 400 relay. Volmari Iso-Hollo of Finland gained his second steeplechase title.

1948/LONDON—The Olympics recovered from World War II with a woman, Fanny Blankers-Koen of Holland, coming away the big winner. She topped the 100, 200 and 80-meter hurdles, and anchored a winning relay. Emil Zatopek of Czechoslovakia won his first gold medal—in the 10,000.

1952/HELSINKI—This was Emil Zatopek's Games. The bouncing Czech scored a difficult triple—winning the 5000, 10,000 and marathon. American Horace Ashenfelter was a surprise winner in the steeplechase. Mal Whitfield (US) repeated as 800 champion.

1956/MELBOURNE—The first southern hemisphere Olympics produced a rash of multiple winners. Bobby Morrow, the US sprinter, won the 100, 200 and helped on a relay. Vladimir Kuts of the Soviet Union, doubled successfully in the 5000 and 10,000. And young Australian Betty Cuthbert duplicated Morrow's sprint feat in the women's division.

1960/ROME—The New Zealanders and Australian commanded center stage. Murray Halberg and Peter Snell of little New Zealand won the 5000 and 800, respectively. Herb Elliott of Australia set a world record while winning the 1500. American hurdlers Lee Calhoun (110m) and Glenn Davis (400m) repeated as champions.

1964/TOKYO—American distance runners scored a surprising double. Bill Mills won the 10,000, and Bob Schul the 5000. Peter Snell of New Zealand was in complete control as he earned gold medals for 800 and 1500 meters. Abebe Bikila of Ethiopia repeated in the marathon.

1968/MEXICO CITY—African distance runners rushed to the front at the high altitude Games. Kip Keino of Kenya whipped Jim Ryun at 1500 meters, Mohamed Gammoudi of Tunisia won at 5000, Naftali Temu of Kenya at 10,000 and Mamo Wolde of Ethiopia in the marathon.

# OLYMPIC CHAMPIONS

As the cliché goes, records are quickly broken but an Olympic championship is something no one can take away. Runners and walkers who win Olympic titles pick up a bit of immortality with their gold medals. These are the champions of the standard events through 1968.

## MEN'S EVENTS

### 100 Meters

1896	Thomas Burke (US)	12.0
1900	Francis Jarvis (US)	11.0
1904	Archie Hahn (US)	11.0
1908	Reginald Walker (S Afr)	10.8
1912	Ralph Craig (US)	10.8
1920	Charles Paddock (US)	10.8
1924	Harold Abrahams (GB)	10.6
1928	Percy Williams (Canada)	10.8
1932	Eddie Tolan (US)	10.3
1936	Jesse Owens (US)	10.3
1948	Harrison Dillard (US)	10.3
1952	Lindy Remigino (US)	10.4
1956	Bobby Morrow (US)	10.5
1960	Armin Hary (Germany)	10.2
1964	Robert Hayes (US)	10.0
1968	James Hines (US)	9.9

### 200 Meters

1900	John Tewksbury (US)	22.2
1904	Archie Hahn (US)	21.6
1908	Robert Kerr (Canada)	22.6
1912	Ralph Craig (US)	21.7
1920	Allan Woodring (US)	22.0
1924	Jackson Scholz (US)	21.6
1928	Percy Williams (Canada)	21.8
1932	Eddie Tolan (US)	21.2
1936	Jesse Owens (US)	20.7
1948	Mel Patton (US)	21.1
1952	Andy Stanfield (US)	20.7
1956	Bobby Morrow (US)	20.6
1960	Livio Berruti (Italy)	20.5
1964	Henry Carr (US)	20.3
1968	Tommie Smith (US)	19.8

## HISTORICAL SUMMARY

### 400 Meters

1896	Thomas Burke (US)	54.2
1900	Maxwell Long (US)	49.4
1904	Harry Hillman (US)	49.2
1908	Wyndham Halswelle (GB)	50.0
1912	Charles Reidpath (US)	48.2
1920	Bevin Rudd (S Afr)	49.6
1924	Eric Liddell (GB)	47.6
1928	Ray Barbuti (US)	47.8
1932	William Carr (US)	46.2
1936	Archie Williams (US)	46.5
1948	Arthur Wint (Jamaica)	46.2
1952	George Rhoden (Jam)	45.9
1956	Charles Jenkins (US)	46.7
1960	Otis Davis (US)	44.9
1964	Mike Larrabee (US)	45.1
1968	Lee Evans (US)	43.8

### 800 Meters

1896	Edwin Flack (Aus)	2:11.0
1900	Alfred Tysoe (GB)	2:01.4
1904	James Lightbody (US)	1:56.0
1908	Mel Sheppard (US)	1:52.8
1912	James Meredith (US)	1:51.9
1920	Albert Hill (GB)	1:53.4
1924	Douglas Lowe (GB)	1:52.4
1928	Douglas Lowe (GB)	1:51.8
1932	Thomas Hampson (GB)	1:49.8
1936	John Woodruff (US)	1:52.9
1948	Mal Whitfield (US)	1:49.2
1952	Mal Whitfield (US)	1:49.2
1956	Tom Courtney (US)	1:47.7
1960	Peter Snell (NZ)	1:46.3
1964	Peter Snell (NZ)	1:45.1
1968	Ralph Doubell (Aus)	1:44.3

### 1500 Meters

1896	Edwin Flack (Aus)	4:33.2
1900	Charles Bennett (GB)	4:06.2
1904	James Lightbody (US)	4:05.4
1908	Mel Sheppard (US)	4:03.4
1912	Arnold Jackson (GB)	3:56.8
1920	Albert Hill (GB)	4:01.8
1924	Paavo Nurmi (Finland)	3:53.6
1928	Harry Larva (Finland)	3:53.2
1932	Luigi Beccali (Italy)	3:51.2
1936	Jack Lovelock (NZ)	3:47.8
1948	Henry Eriksson (Swe)	3:49.8
1952	Josy Bartel (Luxem)	3:45.1
1956	Ron Delany (Ireland)	3:41.2
1960	Herb Elliott (Aus)	3:35.6

1964	Peter Snell (NZ)	3:38.1
1968	Kipchoge Keino (Ken)	3:34.9

### 5000 Meters

1912	Hannes Kolehmainen (Fin)	14:36.6
1920	Joseph Guillemot (Fr)	14:55.6
1924	Paavo Nurmi (Finland)	14:31.2
1928	Ville Ritola (Finland)	14:38.0
1932	Lauri Lehtinen (Finland)	14:30.0
1936	Gunnar Hockert (Fin)	14:22.2
1948	Gaston Reiff (Belgium)	14:17.6
1952	Emil Zatopek (Czech)	14:06.6
1956	Vladimir Kuts (USSR)	13:39.6
1960	Murray Halberg (NZ)	13:43.4
1964	Bob Schul (US)	13:48.8
1968	Mohamed Gammoudi (Tn)	14:05.0

### 10,000 Meters

1912	Hannes Kolehmainen (Fin)	31:20.8
1920	Paavo Nurmi (Finland)	31:45.8
1924	Ville Ritola (Finland)	30:23.2
1928	Paavo Nurmi (Finland)	30:18.8
1932	Janusz Kusocinski (Pol)	30:11.4
1936	Ilmari Salminen (Finland)	30:15.4
1948	Emil Zatopek (Czech)	29:59.6
1952	Emil Zatopek (Czech)	29:17.0
1956	Vladimir Kuts (USSR)	28:45.6
1960	Pyotr Bolotnikov (USSR)	28:32.2
1964	Bill Mills (US)	28:24.4
1968	Naftali Temu (Kenya)	29:27.4

### Marathon

1896	Spiridon Louis (Greece)	2:58:50.0
1900	Michel Teato (France)	2:59:45.0
1904	Thomas Hicks (US)	3:28:53.0
1908	John Hayes (US)	2:55:18.4
1912	Kenneth McArthur (SA)	2:36:54.8
1920	Hannes Kolehmainen (Fin)	2:32:35.8
1924	Albin Stenroos (Fin)	2:41:22.6
1928	A. B. El Quafi (France)	2:32:57.0
1932	Juan Zabala (Argentina)	2:31:36.0
1936	Kitei Son (Japan)	2:29:19.2
1948	Delfo Cabrera (Arg)	2:34:51.6
1952	Emil Zatopek (Czech)	2:23:03.2
1956	Alain Mimoun (France)	2:25:00.0
1960	Abebe Bikila (Ethiopia)	2:15:16.2
1964	Abebe Bikila (Ethiopia)	2:12:11.2
1968	Mamo Wolde (Ethiopia)	2:20:26.4

### 110-Meter Hurdles

1896	Thomas Curtis (US)	17.6
1900	Alvin Kraenzlein (US)	15.4
1904	Frederick Schule (US)	16.0



1908	Forrest Smithson (US)	15.0
1912	Frederick Kelley (US)	15.1
1920	Earl Thompson (Canada)	14.8
1924	Daniel Kinsey (US)	15.0
1928	Sydney Atkinson (SA)	14.8
1932	George Saling (US)	14.6
1936	Forrest Towns (US)	14.2
1948	William Porter (US)	13.9
1952	Harrison Dillard (US)	13.7
1956	Lee Calhoun (US)	13.5
1960	Lee Calhoun (US)	13.8
1964	Hayes Jones (US)	13.6
1968	Willie Davenport (US)	13.3

**400-Meter Hurdles**

1900	John Tewksbury (US)	57.6
1904	Harry Hillman (US)	53.0
1908	Charles Bacon (US)	55.0
1912	(not held)	
1920	Frank Loomis (US)	54.0
1924	Morgan Taylor (US)	52.6
1928	David Burghley (GB)	53.4
1932	Robert Tisdall (Ireland)	51.8
1936	Glenn Hardin (US)	52.4
1948	Roy Cochran (US)	51.1
1952	Charles Moore (US)	50.8
1956	Glenn Davis (US)	50.1
1960	Glenn Davis (US)	49.3
1964	Rex Cawley (US)	49.6
1968	David Hemery (GB)	48.1

**3000-Meter Steeplechase**

1920	Percy Hodge (GB)	10:00.4
1924	Ville Ritola (Finland)	9:33.6
1928	Toivo Loukola (Finland)	9:21.8
1932	Volmari Iso-Hollo (Fin)	10:33.4*
	(* extra lap by official error)	
1936	Volmari Iso-Hollo (Fin)	9:03.8
1948	Thore Sjostrand (Swe)	9:04.6
1952	Horace Ashenfelter (US)	8:45.4
1956	Chris Brasher (GB)	8:41.2
1960	Zdzislaw Krzyszkowiak	8:34.2
1964	Gaston Roelants (Bel)	8:30.8
1968	Amos Biwott (Kenya)	8:51.0

**400-Meter Relay**

1912	Great Britain	42.4
1920	United States	42.2
1924	United States	41.0
1928	United States	41.0
1932	United States	40.0
1936	United States	39.8
1948	United States	40.6

1952	United States	40.1
1956	United States	39.5
1960	Germany	39.5
1964	United States	39.0
1968	United States	38.2

**1600-Meter Relay**

1908	United States	3:29.4
1912	United States	3:16.6
1920	Great Britain	3:22.2
1924	United States	3:16.0
1928	United States	3:14.2
1932	United States	3:08.2
1936	Great Britain	3:09.0
1948	United States	3:10.4
1952	Jamaica	3:03.9
1956	United States	3:04.8
1960	United States	3:02.2
1964	United States	3:00.7
1968	United States	2:56.1

**20-Kilometer Walk**

1956	Leonid Spirin (USSR)	1:31:27.4
1960	Vladimir Golubnichiy (SU)	1:34:07.2
1964	Ken Matthews (GB)	1:29:34.0
1968	Vladimir Golubnichiy (SU)	1:33:58.4

**50-Kilometer Walk**

1932	Thomas Green (GB)	4:50:10.0
1936	Harold Whitlock (GB)	4:30:41.4
1948	John Ljunggren (Swe)	4:41:52.0
1952	Giuseppe Dordoni (Italy)	4:28:07.8
1956	Norman Read (NZ)	4:30:42.8
1960	Don Thompson (GB)	4:25:30.0
1964	Abdon Pamich (Italy)	4:11:12.4
1968	Christoph Hohne (EG)	4:20:13.6

**WOMEN'S EVENTS**

**100 Meters**

1928	Elizabeth Robinson (US)	12.2
1932	Stanislawa Walasiewicz	11.9
1936	Helen Stephens (US)	11.5
1948	Fanny Blankers-Koen (Hd)	11.9
1952	Marjorie Jackson (Aus)	11.5
1956	Betty Cuthbert (Aus)	11.5
1960	Wilma Rudolph (US)	11.0
1964	Wyomia Tyus (US)	11.4
1968	Wyomia Tyus (US)	11.0

**200 Meters**

1948	Fanny Blankers-Koen (Hd)	24.4
1952	Marjorie Jackson (Aus)	23.7
1956	Betty Cuthbert (Aus)	23.4

## HISTORICAL SUMMARY

1960	Wilma Rudolph (US)	24.0
1964	Edith McGuire (US)	23.0
1968	Irena Szewinska (Pol)	22.5

### 400 Meters

1964	Betty Cuthbert (Aus)	52.0
1968	Colette Besson (Fr)	52.0

### 800 Meters

1928	Linda Batschauer (Ger)	2:16.8
1960	Ljudmila Lysenko (USSR)	2:04.3
1964	Ann Packer (GB)	2:01.1
1968	Madeline Manning (US)	2:00.9

### 80-Meter Hurdles

1932	Mildred Didrikson (US)	11.7
1936	Trebisonda Valla (Italy)	11.7

1948	Fanny Blankers-Koen (Hd)	11.2
1952	Shirley de la Hunty (Aus)	10.9
1956	Shirley de la Hunty (Aus)	10.7
1960	Irina Press (USSR)	10.8
1964	Karin Balzer (Germany)	10.5
1968	Maureen Caird (Aus)	10.3

### 400-Meter Relay

1928	Canada	48.4
1932	United States	47.0
1936	United States	46.9
1948	Netherlands	47.5
1952	United States	45.9
1956	Australia	44.5
1960	United States	44.5
1964	Poland	43.6
1968	United States	42.8



1968 Olympic steeplechasers, with eventual winner Amos Biwott (562) trailing. (Horst Muller photo)

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# LOOKING BACK ON '71

Pre-Olympic fever heated up in 1971, with two meets in particular showing the effect of it—the European Championships and the US men's AAU. Juha Vaatainen led four others under 28 minutes in the European 10,000, and also won the 5000. Karin Burneleit won the 1500 in which three women broke the world record. In the US championships, Rod Milburn bettered the long-standing high hurdles world record, and John Smith set a world mark at 440 yards.

It was a year when established stars brightened their reputations, and new ones gained theirs. Doris Brown won her fifth straight international cross-country title. Dave Bedford made news with his courageous against-the-clock racing. Emiel Puttemans quickly rose to world record status. Frank Shorter became a leading marathoner. Jim Ryun returned.

Following are summaries of the year's major championship winners, and the record-breakers.

A.A.U. CROSS-COUNTRY/MEN (San Diego, Calif., 27 Nov)—Frank Shorter 29:19.0 for 10,000 meters.

A.A.U. CROSS-COUNTRY/WOMEN (Wickliffe, Ohio, 27 Nov)—Doris Brown 14:29.0 for 2½ miles.

A.A.U. INDOOR TRACK/MEN (New York, N.Y., 26 Feb)—60y—Jean-Louis Ravelomanantsoa (Malagasy) 6.1 (Charles Greene first American in 6.2); 600y—Andrzej Badenski (Poland) 1:10.7 (Tom Ulan first American in 1:12.0); 1000y—Tom Von Ruden 2:07.3; mile—Henryk Szordykowski (Poland) 4:06.1 (John Mason first American in 4:06.1); 3 miles—Frank Shorter 13:10.6; 60y hurdles—Willie Davenport 7.0.

A.A.U. INDOOR TRACK/WOMEN (New York, N.Y., 26 Feb)—60y—Pat Hawkins 6.9; 220y—Esther Stroy 24.6; 440y—Jarvis Scott 55.3; 880y—Abigail Hoffman (Canada) 2:08.7 (Cheryl Toussaint first American in 2:09.5); mile—Doris Brown 4:47.9; 60y hurdles—Pat Johnson 7.8.

A.A.U. LONG DISTANCES (different sites and dates)—15 kms.—Tom Hoffman 48:28.3; 20 kms.—Bob Fitts 1:02:55.4; 25 kms.—Bob Fitts 1:21:39; 30 kms.—Mike Kimball 1:36:26.6; marathon—Kenny Moore 2:16:48.6; 50 miles—Skip Houk 5:19:11.0; 3-km. team race—Howie Ryan 8:38.0; hour—Greg Brock 12m 194y.

A.A.U. OUTDOOR TRACK/MEN (Eugene, Ore., 25-26 Jun)—100y—Del Meriwether 9.0 (wind-aided); 220y—Don Quarrie (Jamaica) 20.2w (Larry Black first American in 20.5); 440y—John Smith 44.5; 880—Juris Luzins 1:47.1; mile—Marty Liquori 3:56.5; 3 miles—Steve Prefontaine 12:58.2; 6 miles—Frank Shorter 27:27.2; 120y hurdles—Rod Milburn 13.1; 440y hurdles—Ralph Mann 49.3; steeplechase—Sid Sink 8:26.4.

A.A.U. OUTDOOR TRACK/WOMEN (Bakersfield, Calif., 9-10 Jul)—Iris Davis 11.2; 200m—Raelene Boyle (Australia) 23.1 (Kathie Lawson first American in 23.3); 400m—Mabel Ferguson 53.3; 800m—Cheryl Toussaint 2:04.3; 1500m—Kathy Gibbons 4:19.2; 2 miles—Doris Brown 10:07.0; 100m hurdles—Pat Johnson 13.5; 200m hurdles—Pat Hawkins 26.1; 440y relay—Tennessee State University 44.8; mile relay—Atoms Track Club 3:38.8; 2-mile relay—San Jose Cindergals 9:12.6.

A.A.U. RACE WALKS (different sites and dates)—indoor track mile—Ron Laird 6:24.9; women's outdoor track mile—Lynn Olson 7:53.8; outdoor track 2 mile—Larry Young 13:49.6; 10 kms.—Ron Laird 47:09.9; 15 kms.—Jose Oliveros (Mexico) 1:06:23.6 (Ron Laird first American in 1:06:44); 20 kms.—Tom Dooley 1:32:18; 25 kms.—Ron Laird 2:01:48.4; 30 kms.—Larry Young 2:25:40; 35 kms.—Larry Young 3:02:22; 40 kms.—Larry Young 3:29:18; 50 kms.—Larry Young 4:18:29.2; hour—Ron Laird 7m 1510y.

BOSTON MARATHON (Boston, Mass., 19 Apr)—Alvaro Mejia (Colombia) 2:18:45.

EUROPEAN CHAMPIONSHIPS/MEN (Helsinki, Finland, 10-15 Aug)—100m—Valeriy Borzov (Soviet Union) 10.3; 200m—Valeriy Borzov 20.3; 400m—Dave Jenkins (Great Britain) 45.5; 800m—Yevgeniy Arzhanov (Soviet Union) 1:45.6; 1500m—Francesco Arese (Italy) 3:38.4; 5000m—Juha Vaatainen (Finland) 13:32.6; 10,000m—Juha Vaatainen 27:52.8; marathon—Karel Lismont (Belgium) 2:13:09.0; 110m hurdles—Frank Siebeck (East Germany) 14.0; 400m hurdles—Jean-Claude Nallet (France) 49.2; steeplechase—Jean-Paul Villain (France) 8:25.2; 400m relay—Czechoslovakia 39.3; 1600m relay—West Germany 3:02.9; 20-km. walk—Nikolay Smaga (Soviet Union) 1:27:20.2; 50-km. walk—Venyamin Soldatenko (Soviet Union) 4:02:22.0.

EUROPEAN CHAMPIONSHIPS/WOMEN (Helsinki, Finland, 10-15 Aug)—100m—Renate Meissner (East Germany) 11.4; 200m—Renate Meissner 22.7; 400m—Helga Seidler (East Germany) 52.1; 800m—Vera Nikolic (Yugoslavia) 2:00.0; 1500m—Karin Burneleit (East Germany) 4:09.6; 100m hurdles—Karin Balzer (East Germany) 12.9; 400m relay—West Germany 43.3; 1600m relay—East Germany 3:29.3.

FUKUOKA MARATHON (Fukuoka, Japan, 5 Dec)—Frank Shorter (US) 2:12:50.4.

INTERNATIONAL CROSS-COUNTRY/MEN (San Sebastian, Spain, 20 Mar)—Dave Bedford (Great Britain) 38:42.8 for 12 kilometers.

INTERNATIONAL CROSS-COUNTRY/WOMEN (San Sebastian, Spain, 20 Mar)—Doris Brown (US) 11:08.4 for 3.1 kilometers.

MAXOL MARATHON (Manchester, England, 13 Jun)—Ron Hill (Great Britain) 2:12:39.

N.C.A.A. CROSS-COUNTRY (Knoxville, Tenn., 22 Nov)—Steve Prefontaine 29:14 for six miles.

N.C.A.A. INDOOR TRACK (Detroit, Mich., 12-13 Mar)—60y—Jim Green 6.0; 440y—Tom Ulan 48.8; 600y—Tommie Turner 1:09.6; 880y—Mark Winzenried 1:50.9; 1000y—Bob Wheeler 2:07.4; mile—Marty Liquori 4:04.7; 2 miles—Marty Liquori 8:37.2; mile relay—Adelphi 3:15.5; 2-mile relay—Texas/EI Paso 7:37.6.

N.C.A.A. OUTDOOR TRACK (Seattle, Wash., 17-19 Jun)—100y—Harrington Jackson 9.5; 220y—Larry Black 20.5; 440y—John Smith 45.3; 880y—Mark Winzenried 1:48.8; mile—Marty Liquori 3:57.6; 3 miles—Steve Prefontaine 13:20.2; 6 miles—Garry Bjorklund 27:43.2; 120y hurdles—Rod Milburn 13.6; 440 hurdles—Ralph Mann 49.6; steeplechase—Sid Sink 8:31.0; 440y relay—University of Southern California 39.5; mile relay—UCLA 3:04.4.

PAN-AMERICAN GAMES/MEN (Cali, Colombia, 31 Jul-5 Aug)—100m—Don Quarrie (Jamaica) 10.2; 200m—Don Quarrie 19.8; 400m—John Smith (US) 44.6; 800m—Ken Swenson (US) 1:48.0; 1500m—Marty Liquori (US) 3:42.1; 5000m—Steve Prefontaine (US) 13:52.6; 10,000m—Frank Shorter (US) 28:50.8; marathon—Frank Shorter 28:50.8; 110m hurdles—Rod Milburn (US) 13.4; 400m hurdles—Ralph Mann (US) 49.1; steeplechase—Mike Manley (US) 8:42.2; 400m relay—Jamaica 39.2;

1600m relay—United States 3:00.6; 20-km. walk—Goetz Klopfer (US) 1:37:30; 50-km. walk—Larry Young (US) 4:38:31.

PAN-AMERICAN GAMES/WOMEN (Cali, Colombia, 31 Jul-5 Aug)—100m—Iris Davis (US) 11.2; 200m—Stephanie Berto (Canada) 23.5; 400m—Marilyn Neufville (Jamaica) 52.3; 800m—Abigail Hoffman (Canada) 2:05.5; 100m hurdles—Pat Johnson (US) 13.1w; 400m relay—United States 44.5; 1600m relay—United States 3:32.4.

## LATEST RECORD REVISIONS

The year 1971 was one of the biggest ever, as far as record breaking was concerned. Runners—men and women—were particularly busy revising marks below 10,000 meters. These were the ones set in the various categories: I=indoor track; O=outdoor track; R=road best (there are no official records in road races); a "t" after a time indicates the runner tied the record; \*=time unacceptable for record consideration.

WORLD MEN			AMERICAN MEN		
50m (I)	Manfred Korot	5.4t	60y (I)	Mel Pender	5.9t
60y (I)	Mel Pender	5.9t		Jerry Sims	5.9t
	Ravelomanantsoa	5.9t		Willie McGee	5.9t
	Jerry Sims	5.9t	70y (I)	Herb Washington	5.9t
	Willie McGee	5.9t		Mel Pender	6.8t
	Herb Washington	5.9t	440y (O)	John Smith	44.5
70y (I)	Mel Pender	6.8t	500y (I)	Lee Evans	54.4
100y (I)	Don Quarrie	9.3		Lee Evans	54.4t
	Carl Larson	9.3t	880y (I)	Tom Von Ruden	1:48.5
100m (I)	Valeriy Borzov	10.3t	1000m (I)	Tom Von Ruden	2:20.4
	Vladislav Sapeya	10.3t	1000m (O)	Juris Luzins	2:17.7
	Alexandr Lebedyev	10.3t	Mile (I)	Jim Ryun	3:56.4t
200m (O)	Don Quarrie	19.8t	2000m (O)	Marty Liquori	5:02.2
440y (O)	John Smith	44.5	2 miles (I)	Frank Shorter	8:26.2
500y (I)	Lee Evans	54.4	5000m (O)	George Young	13:32.2
	Lee Evans	54.4t		Steve Prefontaine	13:30.4
1000m (I)	Tom Von Ruden	2:20.4	Hour (I)	Ken Young	10m 34y
1500m (I)	Harald Norpoth	3:37.8	Hour (O)	Bill Clark	12m 527y
Mile (I)	Jim Ryun	3:56.4t	20 kms (I)	Ken Young	1:15:09.0
2 miles (I)	Kerry Pearce	8:27.2t	15 miles (O)	Ken Young	1:32:06.0
	Kerry O'Brien	8:19.2	15 miles (O)	Bill Clark	1:17:53.4
2 miles (O)	Emiel Puttemans	8:17.8	25 kms. (I)	Ken Young	1:35:45.0
10,000m (I)	Yuriy Aleksashin	29:29.0	25 kms. (O)	Bill Clark	1:20:42.8
20 miles (O)	Jack Foster	1:39:14.4	30 kms. (I)	Ken Young	1:56:56.6
50 miles (O)	Phil Hampton	5:01:01.0	30 kms (O)	Bill Clark	1:37:33.0
120y H (O)	Rod Milburn	13.0	20 miles (I)	Ken Young	2:07:37.0
3200m R (I)	Soviet Union	7:17.8	20 miles (O)	Bill Clark	1:44:56.4
2-mile R (I)	Wisconsin Univ.	7:19.8*	2 hours (I)	Ken Young	18m 1611y
			2 hours (O)	Bill Clark	22m 1254y
			25 miles (I)	Ken Young	2:43:26.0

## LOOKING BACK ON 1971

25 miles (O)	Ken Young	2:37:01.0
Marath. (I)	Ken Young	2:54:03.4
30 miles (O)	Ken Young	3:11:57.0
100 miles (R)	Jose Cortez	12:54:30.8
120y H (O)	Rod Milburn	13.0
Steeple (O)	Sid Sink	8:26.4
2-mile R (I)	Wisconsin Univ.	7:19.8*
D Med. R (I)	Villanova Univ	9:31.6*
4-mile R (I)	Purdue Univ.	16:56.4

### WORLD WOMEN

50m (I)	Renate Meissner	6.0t
	Renate Meissner	6.0t
	Renate Meissner	6.0t
100m (O)	Renate Meissner	11.0t
200m (I)	Annelie Wilden	24.1t
600y (I)	Maria Sykora	1:21.5
800m (I)	Hildegard Falck	2:03.3
800m (O)	Hildegard Falck	1:58.3
880y (I)	Doris Brown	2:07.3t
1500m (I)	Margaret Beacham	4:20.5
	Margaret Beacham	4:17.2
1500m (O)	Karin Burneleit	4:09.6
Mile (O)	Ellen Tittel	4:35.4
3000m (O)	Francie Larrieu	9:29.2
	Joyce Smith	9:23.4
6 miles (O)	Kathy Gibbons	34:51.0
10 kms. (O)	Kathy Gibbons	34:51.0
Marath. (R)	Beth Bonner	3:01:42
	Sara Berman	3:00:35
	Adrienne Beames	2:46:30*
	Beth Bonner	2:55:22
	Cheryl Bridges	2:49:40
50 miles (R)	Natalie Cullimore	7:24:50
100 miles (R)	Natalie Cullimore	16:11:00
50m H (I)	Karin Balzer	6.7
60m H (I)	Karin Balzer	8.0t
100m H (I)	V. Tikhomirova	13.7
100m H (O)	Karin Balzer	12.6
200m H (O)	Pam Kilborn	25.7
800m R (O)	Great Britain	1:33.6*
1600m R (O)	East Germany	3:29.3
Mile R (O)	United States	3:38.7
3200m R (O)	West Germany	8:16.8

### AMERICAN WOMEN

800m (I)	Doris Brown	2:07.3t
880y (I)	Doris Brown	2:07.3t
1500m (O)	Doris Brown	4:14.6
Mile (O)	Francie Larrieu	4:41.5t
	Doris Brown	4:41.3

	Doris Brown	4:39.6
3000m (O)	Francie Larrieu	9:29.2
2 miles (O)	Cheryl Bridges	10:51.3
	Doris Brown	10:07.0
3 miles	Cheryl Bridges	16:36.0
5000m (O)	Cheryl Bridges	17:30.6
	Cheryl Bridges	17:07.0
6 miles (O)	Kathy Gibbons	34:51.0
10,000m (O)	Kathy Gibbons	34:51.0
Hour (O)	Sara Berman	9m 332y
	Nina Kuscisk	9m 820y
10 miles (O)	Nina Kuscisk	1:03:24.0
Marathon (R)	Beth Bonner	3:01:42.0
	Sara Berman	3:00:35.0
	Beth Bonner	2:55:22.0
	Cheryl Bridges	2:49:40.0
50 miles (R)	Natalie Cullimore	7:24:50.0
100 miles (R)	Natalie Cullimore	16:11:00
200m H (O)	Pat Hawkins	26.1
800m R (O)	Tennessee State U.	1:37.3
880y R (O)	Tennessee State U.	1:37.3
1600m R (O)	U.S. National Team	3:32.4
Mile R (O)	U.S. National Team	3:38.7
3200m R (O)	San Jose Cindergals	8:53.6
2-mile R (O)	San Jose Cindergals	8:53.6

### WORLD WALKING

30 kms. (O)	Christoph Hohne	2:15:16.0
2 hours (O)	Peter Frenkel	16m 993y
35 kms. (O)	Bob Kitchen	2:47:34.0
40 kms. (O)	Peter Selzer	3:15:16.0
25 miles (O)	Peter Selzer	3:16:24.0
30 miles (O)	Peter Selzer	3:56:12.8
50 kms. (O)	Peter Selzer	4:04:19.8
100 miles (I)	Larry Young	18:07:12.0
24 hours (R)	Colin Young	134m 202y

### AMERICAN WALKING

1500m (I)	Dave Romansky	5:49.8
4 miles (I)	Ron Laird	28:41.2
15 kms. (O)	Tom Dooley	1:07:11.8
10 miles (O)	Tom Dooley	1:12:12.0
20 kms. (O)	Tom Dooley	1:30:39.0
15 miles (O)	Goetz Klopfer	1:52:44.0
25 kms. (O)	Goetz Klopfer	1:56:53.0
2 hours (O)	Goetz Klopfer	15m 1578y
35 kms. (O)	John Knifton	2:57:27.6
	Bob Kitchen	2:47:34.0
40 kms. (O)	John Knifton	2:24:25.6
25 miles (O)	John Knifton	3:24:25.6
100 miles (I)	Larry Young	18:07:12.0

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# OLYMPIC YEAR 1972

Note that it isn't the function of this book to give detailed information on upcoming events. Other publications do that—and better than this one could. But we'd be remiss not to give sketchy information on races which will produce the year's highlights.

The Olympic Games, scheduled for Munich in late August-early September, will naturally be generating most of the interest. There'll also be a world veterans (over-40) championship meet in West Germany this fall.

This is the schedule of major events for the year 1972. For more complete and up-to-date information, see the *Runner's World* periodicals—*RW*, *Racing Report* and *Marathon Handbook*—all of which are available from P. O. Box 366, Mountain View, Calif. 94040

**BOSTON MARATHON**, Hopkinton to Boston, Mass., 17 Apr—26 miles 385 yards; the classic marathon in the United States; open to runners who have bettered 3:30.

**A.A.U. MARATHON**, Liverpool, N.Y., 21 May—26 miles 385 yards on the roads in the suburban Syracuse area; open to all registered AAU distance runners.

**N.C.A.A. OUTDOOR TRACK**, Eugene, Ore., 1-3 Jun—run at the University of Oregon; open only to college athletes who meet prescribed qualifying standards.

**A.A.U. MEN'S OUTDOOR TRACK**, Seattle, Wash., 15-17 Jun—run at the University of Washington; open only to runners who meet qualifying standards; expanded to three days for the first time this year.

**OLYMPIC MEN'S TRIALS**, Eugene, Ore., 30 Jun-11 Jul—run at the University of Oregon; open only to athletes who meet Olympic qualifying standards (plus 2:30 marathoners, 1:45 20-kilometer and 5:00 50-kilometer walkers); generally follows Olympic schedule; top three finishers in each event make Olympic team.

**A.A.U. WOMEN'S OUTDOOR TRACK**, Canton, Ohio, 30 Jun-1 Jul—open only to women who meet qualifying standards.

**OLYMPIC WOMEN'S TRIALS**, Frederick, Md., July—open only to women who meet qualifying standards; top three finishers with Olympic qualifying marks make the team.

**OLYMPIC GAMES**, Munich, West Germany, 31 Aug-9 Sep.

**WORLD VETERANS MEET**, Cologne, West Germany, 15-17 Sep—division for athletes ages 40-49, 50-59, 60-69, 70-up; meet includes track events, walks and marathon.

**N.C.A.A. CROSS-COUNTRY**, Houston, Tex., 20 Nov—six-mile course; may require regional qualifying races for the first time in 1972; open only to qualified college runners.

**A.A.U. MEN'S CROSS-COUNTRY**, Chicago, Ill., 25 Nov—run at Washington Park; 10,000-meter course; open to all AAU-registered men.

**A.A.U. WOMEN'S CROSS-COUNTRY**, Long Beach, Calif., 25 Nov—2½-mile course for women in the open division, shorter races for age groups; open to all AAU-registered women.

## Chapter Two

# *The Competitive Framework*

Frank Shorter (left) and Garry Bjorklund.  
(Sten Pantovic photo)





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# WHAT IS AN AMATEUR?

(As defined by the International Amateur Athletic Federation.)

"An amateur is one who competes for the love of sport and as a means of recreation, without any motive of securing any material gain from such competition. Competition under IAAF rules is restricted to amateur athletes who are eligible to compete under the rules laid down by the IAAF.

"The following persons are ineligible to take part in competitions under IAAF rules: any person who, since reaching the age of 16...

"(1) has competed in any sport for any pecuniary reward;

"(2) has taken part in any track and field event in which any of the competitors were, to his knowledge, ineligible to compete under IAAF rules;

"(3) has ever received any pecuniary consideration for teaching, training or coaching in any sport (Note: Physical education teachers whose work is solely educational and who are not paid directly or indirectly for the coaching of athletes for competitions are eligible to compete as amateurs);

"(4) has at any time been financially interested in any track or field event in which he was entered;

"(5) writes, lectures or broadcasts for payment upon any track or field event or competition without the prior permission of his national governing body. This permission must be given only in the case of a person who is genuinely making his main career in one or other of these activities;

"(6) sells or pawns any of his prizes;

"(7) receives, directly or indirectly, any compensation for using or recommending the use of any merchandise whatsoever; 'Merchandise' shall include anything sold or any service supplied to the public;

"(8) allow his name or his picture, whether static or moving, to be used directly or indirectly to advertise any merchandise;

"(9) while training or competing, displays on his person any advertising material other than the accepted name of his club or organization, or takes on any arena or course any form of advertising material. This rule shall apply to the competitors' numbers, clothing and traveling bags, but does not apply to articles not clearly visible;

"(10) while a member of any club or other body under the jurisdiction of a national body affiliated to the IAAF, competes in any foreign country at any meeting not recognized by the governing body of such country;

"(11) takes part in any track or field event which is not sanctioned, recognized or certified by the member (body) in the country in which the event is held;

"(12) accepts directly or indirectly any money or other consideration for expenses or loss of earnings, other than what is permitted under (IAFF rules).

"Any person who is, and for so long as he remains, ineligible to compete in competitions under the jurisdiction of his national governing body, is ineligible to compete under the rules of the IAAF.

"In any competition under IAAF rules the eligibility of any athlete competing shall be guaranteed by the governing body of the country to which the athlete belongs."

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# THE RULING GROUPS

Regardless of the level at which an athlete competes, he comes under the influence of one or more of the sport's governing bodies. The basic rules for conduct of the sport are established at the top—in the councils of the International Amateur Athletic Federation (IAAF)—and funnel down to the grassroots level. Although isolated centers of professional running exist (notably in Australia) the sport remains almost wholly amateur. Individuals aren't paid for competing—not openly or legally, anyway. Here are details on the governing bodies and their powers, from the IAAF down.

**INTERNATIONAL AMATEUR ATHLETIC FEDERATION (IAAF)**— The IAAF has ruled men's track and field since 1913, and has been the overseer of the women's phase of the sport since 1936.

The organization is made up of "duly elected national governing associations or federations of countries, in control of amateur track and field athletics, cross-country running and walking, which agree to abide by the rules and regulations of the IAAF. Only one member (group) from each country can be affiliated." National track groups such as the US Amateur Athletic Union (AAU) and similar ones from about 130 other countries are represented.

Only athletes from nations affiliated with the IAAF are allowed to compete in the Olympic Games and to hold world records. Most nations do belong, but Mainland China and North Korea are major exceptions.

The primary functions of the international body are to adopt and enforce rules that are uniform throughout the world, to promote international competition, and to maintain world records. The IAAF has established regulations for the conduct of the Olympic Games, International cross-country, continental and group championships such as the Pan-American Games, British Commonwealth Games and European Championships, and matches involving two or more member nations. Other competitions are conducted by the ruling body of the nation where the meet is held.

**Address:** International Amateur Athletic Federation, 162 Upper Richmond Rd., Putney, London S.W. 15, England.

**INTERNATIONAL OLYMPIC COMMITTEE (IOC)**—The IOC, which operates under the International Federation, has one major job—organizing and running off the Olympic Games every four years. Individual national Olympic Committees are represented on the IOC.

**Address:** International Olympic Committee, Mon Repos, Lausanne, Switzerland.

**AMATEUR ATHLETIC UNION (AAU)**— The AAU is the United States' representative for the International Federation. The AAU governs open track and field, cross-country, road running and race walking in the US. It establishes rules, and accepts American records. It also is responsible for sending teams (other than Olympic and Pan-American Games) to international competition.

The national AAU annually promotes indoor and outdoor track and cross-country championships for men and women, as well as long distance runs and race walks of many types. Age-group competitions for both the young (under 20) and old (over 40) athletes also are promoted by the AAU. Similar championships on all these levels are also held in most of the AAU districts (see a list of districts on page 27).

Individuals competing in AAU meets either represent clubs or are unaffiliated ("unattached") with a team. (There's also a list of clubs in the "Touring Guide.")

**Address:** Amateur Athletic Union, 3400 West 86th Street, Indianapolis, Ind. 46268.

**UNITED STATES OLYMPIC COMMITTEE (USOC)**— This is the US representative on the International Olympic Committee. Its job is to select and prepare US men's and women's teams for the Olympic and Pan-American Games.

**Address:** U.S. Olympic Committee, 57 Park Avenue, New York, N.Y. 10016.

**NATIONAL COLLEGIATE ATHLETIC ASSOCIATION (NCAA)**— As far as running within the US is concerned, this group is nearly as powerful as the AAU. The NCAA controls competition at most four-year colleges and universities in the country. It establishes rules, accepts collegiate records, and promotes competition—as the AAU does in the open sphere. The NCAA has over 630 member schools. They are divided into the University Division for major schools, and the College Division for smaller ones.

Both the University and College Divisions promote annual outdoor track and cross-country championships. The University class also has an indoor championship. Both are considering adding marathons in 1972.

Most colleges and universities belong to conferences, which also have indoor and outdoor track and cross-country championships. (See the list of major conferences that follows.) The schools also compete in many small meets involving from two to four or more teams.

**Address:** National Collegiate Athletic Association, Midland Building, 1221 Baltimore, Kansas City, Mo. 64105.

**NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS (NAIA)**— The NAIA is similar to the NCAA, in that it caters to the needs of four-year college athletes. The schools—over 500 of them—belonging to the NAIA are generally smaller than those in the NCAA. Many of them belong to both organizations.

The NAIA promotes annual indoor and outdoor track, and cross-country championships, as well as a marathon for the first time in 1972. The schools also have conference and small meets.

**Address:** National Association of Intercollegiate Athletics, 106 West 12th Street, Kansas City, Mo. 64056.

**NATIONAL JUNIOR COLLEGE ATHLETIC ASSOCIA-**

**TION (NJCAA)**— This group operates along the lines of the NCAA and the NAIA, but with two-year colleges. The NJCAA has annual championships in outdoor track and cross-country. (California junior colleges aren't included in this association; they have their own organization, described below.)

**Address:** National Junior College Athletic Association, Hilton Inn, Hilton Place, Hutchinson, Kans. 67501.

**NATIONAL FEDERATION OF STATE HIGH SCHOOL ATHLETIC ASSOCIATIONS**— The high schools have the biggest participation in the country. But this is primarily on the state level. Aside from a few all-star meets like the Golden West Invitational, there is a little national competition for high schoolers. The National Federation, as the long name implies, is made up of individual state associations. The national group sets guidelines for the conduct of running competition throughout the country.

**Address:** National Federation of State High School Athletic Associations, 7 South Dearborn, Suite 1240, Chicago, Ill. 60603.

**UNITED STATES TRACK AND FIELD FEDERATION (USTFF)**— This group is a child of the struggle between the AAU and NCAA for control of US track and field. The "Federation" was set up to provide open competition outside the AAU's control. The power fight has waned over the years, and now there is even some cooperation between opposing groups. But the USTFF remains something of a force in open running. It promotes national championships indoor, outdoors, in cross-country and the marathon. There are also some district Federation meets around the country.

**Address:** United States Track and Field Federation, 1225 North 10th Avenue, Tucson, Ariz. 85705.

**ROAD RUNNERS CLUB (RRC)**— This group was formed in Britain for the purpose of promoting long distance running competition. It has since spread to the United States and to other countries.

The main function of the RRC is organizational. It is not a competitive club as such, but concentrates on improving the number and quality of distance races.

In the US—where there are more than a dozen chapters of the national group—the RRC has played a large part in the recent growth of the sport. It holds national championships in the marathon (men and women), age-group, cross-country and mile.

**Addresses:** England—John Jewell, *RRC Newsletter* Editor, 296 Barkham Road, Wokingham, Berkshire, England.

U.S.—Vince Chiappetta, National RRC President, 2 Washington Square Village 9D, New York, N.Y. 10012.

**NATIONAL JOGGING ASSOCIATION (NJA)**—As the name implies, this group was formed to tie together individual joggers and jogging groups throughout the United States. The association has 18 regional chapters and 54 other affiliated jogging clubs.

**Address:** National Jogging Association, Washington Medical Building, Suite 513, 1801 Eye St. N.W., Washington, D.C. 20006.

## A.A.U. ASSOCIATIONS

The United States is split into 57 Amateur Athletic Union associations, or districts. These associations register athletes and have sanctioning power over all open competition in their areas. Many associations take in one state, but others either split states or cross state boundaries. Here are the associations and their territories.

Adirondack (eastern N.Y.)	Montana
Alaska	New England (Mass., R.I., N.H., Vt.)
Allegheny Mountain (western Pa.)	New Jersey (northern N.J.)
Arizona	New Mexico
Arkansas	Niagara (western N.Y.)
Border (El Paso, Tex. area)	North Carolina
Central (northern Illinois)	North Dakota
Central California (Fresno area)	Ohio (southern Ohio)
Connecticut	Oklahoma
District of Columbia (including parts of Md., Va.)	Oregon
Florida (northern Fla.)	Ozark (southern Mo., Ill.)
Florida Gold Coast (southern)	Pacific (northern Calif., Nev.)
Georgia	Pacific Northwest (western Wash.)
Gulf (Houston, Tex., area)	Pacific Southwest (San Diego, Cal. area)
Hawaiian	Rocky Mountain (Colorado)
Indiana	South Atlantic (eastern Md., Del.)
Inland Empire (eastern Wash., Idaho)	South Carolina
Intermountain (Utah)	South Dakota
Iowa	South Texas (San Antonio area)
Kentucky	Southeastern (Tenn., Ala.)
Lake Erie (northern Ohio)	Southern (La., Miss.)
Maine	Southern Nevada
Metropolitan (N.Y. City area)	Southern Pacific (Los Angeles area)
Michigan	Southwestern (Dallas, Tex., area)
Middle Atlantic (eastern Pa., southern N.J.)	Virginia
Midwestern (Nebraska)	West Texas (Amarillo area)
Minnesota	West Virginia
Missouri Valley (Kansas, northern Mo.)	Wisconsin
	Wyoming

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# MAJOR COLLEGE CONFERENCES

Most colleges and universities in the United States are affiliated with conferences. All these conferences conduct outdoor track championships, and most have cross-country and/or indoor track meets, with the sites usually varying from year to year. These are some of the major collegiate conferences.

**ATLANTIC COAST**—Clemson, Duke, Maryland, North Carolina, North Carolina State, South Carolina, Virginia.

**BIG EIGHT**—Colorado, Iowa State, Kansas, Kansas State, Missouri, Nebraska, Oklahoma, Oklahoma State.

**BIG SKY**—Boise State, Gonzaga, Idaho, Idaho State, Montana, Montana State, Northern Arizona, Weber State.

**BIG TEN**—Illinois, Indiana, Iowa, Michigan, Michigan State, Minnesota, Northwestern, Ohio State, Purdue, Wisconsin.

**CALIFORNIA COLLEGIATE**—Cal State Fullerton, Cal Poly San Luis Obispo, Cal Poly Pomona, UC Riverside, Valley State.

**CENTRAL COLLEGIATE**—Air Force, Bowling Green State, Central Michigan, DePaul, Drake, Eastern Michigan, Kansas, Kent State, Kentucky State, Loyola (Chicago), Marquette, Michigan State, Northern Illinois, Notre Dame, Southern Illinois, Toledo, Wayne State, Western Michigan.

**CENTRAL INTERCOLLEGIATE**—18 schools in East and Southeast; names not available.

**FAR WESTERN**—Cal State Hayward, Chico State, Humboldt State, Sacramento State, San Francisco State, Sonoma State, UC Davis.

**GREATER BOSTON**—Boston College, Boston University, Brandeis, Harvard, Massachusetts Institute of Technology, Northeastern, Tufts.

**GULF STATE**—Louisiana Tech, McNeese State, Northeast Louisiana State, Nicholls State, Northwestern State, Southeastern Louisiana, Southwestern Louisiana.

**HEPTAGONAL**—Army, Brown, Columbia, Cornell, Dartmouth, Harvard, Navy, Pennsylvania, Princeton, Yale.

**INTERCOLLEGIATE AMATEUR ATHLETIC ASSOCIATION OF AMERICA**—85 members in the Northeast.

**INTERSTATE INTERCOLLEGIATE**—Central Michigan, Eastern Illinois, Illinois State, Western Illinois.

**IVY LEAGUE**—Brown, Cornell, Columbia, Dartmouth, Harvard, Pennsylvania, Princeton, Yale.

**LONE STAR**—Angelo State, East Texas State, Howard Payne, McMurry, Sam Houston State, Southwest Texas State, Stephen F. Austin, Sul Ross State, Tarleton State, Texas A&I.

**METROPOLITAN INTERCOLLEGIATE**—City College of New York, Fairleigh Dickinson, Fordham, Iona, Manhattan, New York U., Rutgers, St. John's, Seton Hall.

**MID-AMERICAN**—Bowling Green State, Kent State, Miami, Ohio, Toledo, Western Michigan.

**MISSOURI VALLEY**—Bradley, Drake, Louisville, Memphis State, North Texas State, Tulsa, St. Louis, Wichita State.

**NEW ENGLAND**—Amherst, Bates, Boston College, Boston University, Bowdoin, Brandeis, Brown, Central Connecticut State, Colby, Connecticut, Hartford, Holy Cross, Massachusetts, MIT, Maine, New Hampshire, Northeastern, Norwich, Providence,

Southern Connecticut, Rhode Island, St. Anselm's, Springfield, Trinity, Tufts, US Coast Guard, Vermont, Wesleyan, Williams, Worcester Polytechnic.

NORTH CENTRAL—Augustana, Morningside, Mankato State, North Dakota, North Dakota State, Northern Iowa, South Dakota, South Dakota State.

OHIO VALLEY—Austin Peay State, Eastern Kentucky State, East Tennessee State, Middle Tennessee State, Morehead State, Murray State, Tennessee Tech, Western Kentucky State.

PACIFIC COAST—Cal State Long Beach, Cal State Los Angeles, Fresno State, San Diego State, San Jose State, UC Santa Barbara, U. of Pacific.

PACIFIC EIGHT—California, Oregon, Oregon State, Southern California, Stanford, Washington, Washington State, UCLA.

ROCKY MOUNTAIN—Adams State, Colorado Mines, Ft. Hays State, Ft. Lewis, Pittsburg State, Emporia State, Regia, Southern Colorado State, Southern Utah State, Nebraska/Omaha, Northern Colorado, Western New Mexico, Western Colorado, Washington, Westminster.

SOUTHEASTERN—Alabama, Auburn, Florida, Georgia, Kentucky, Louisiana State, Mississippi, Mississippi State, Tennessee, Vanderbilt.

SOUTHLAND—Abilene Christian, Arkansas State, Lamar State, Texas/Arlington, Trinity.

SOUTHWEST—Arkansas, Baylor, Rice, Southern Methodist, Texas/Austin, Texas A&M, Texas Christian, Texas Tech.

SOUTHWESTERN—Alcorn A&M, Arkansas A&M, Grambling, Jackson State, Prairie View A&M, Southern, Texas Southern, Wiley.

WESTERN—Arizona State, Brigham Young, Colorado State, Arizona, New Mexico, Texas/EI Paso, Utah, Wyoming.

YANKEE—Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island Vermont.

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# ASPECTS OF THE SPORT

**Outdoor Track**—The outdoor track season in the United States generally is concentrated in the spring, from March through June. Most meets occur during these months, though “all-comers” (informal-type, open meets) are held in some states throughout the year. In Europe, the season starts later and finishes later, with the heaviest concentration of meets in the summer.

Tracks are almost always 440-yard or 400-meter ovals. Events in a men’s meet typically include these (or their metric equivalents): 100, 220, 440 and 880 yards, one, two or three, and six miles; 120- and 440-yard hurdles; 3000-meter steeplechase; 440-yard and one-mile relays, and possibly a race walk. Women’s events are 100, 220, 440, 880 and mile runs (or metric equivalents); 100- and 200-meter hurdles; 440-yard and mile relays. The women currently are bringing longer races and race walks into their program.

The leading outdoor track meet, of course, is the Olympic Games. Other major international championships include the European, (British) Commonwealth, and Pan-American. Leading US meets are the AAU men’s and women’s championships, and the NCAA title meet. Numerous national-caliber relay carnivals, invitational meets and college conference championships are held during the spring.

**Indoor Track**—The indoor season is one of the busiest and liveliest in the United States; so much so that indoor track is big in the warm-weather states such as California, as well as in wintery northern and eastern areas. January, February and March are the indoor months, both in North America and in Europe.

Indoor tracks vary greatly in size and composition. If there is such a thing as a “standard” indoor track, it would be 11 laps (160 yards per lap), banked at the turns, and made of wood. But there are both smaller and larger ones, and composition surfacing is increasingly replacing boards.

Indoor meets are likely to include these events for men: a sprint of 50 to 100 yards; possibly a 220- or 300-yard dash; one or two races from the 440- to 600-yard range; the 880 and/or the 1000; mile; two or three miles; high hurdles of 50 to 120 yards; mile and two-mile relays; possibly a race walk. (Some meets naturally will use metric equivalents.) Except for the absence of races longer than a mile, and modified hurdle events, the women’s program is basically the same.

Most of the big indoor competitions are in the US. They include the AAU men’s and women’s championships, the NCAA, and dozens of invitationals held throughout the country. The leading non-US meet is the annual European Indoor Games—that continent’s championships.

**Cross-Country**— This phase of the sport is as varied as the places it is run, and cross-country races may be held any time of the year. However, in the US the busy season for this type of open-country racing is September



to November. In Europe, though, cross-country is a winter sport lasting almost half the year (October to March).

Cross-country races generally are run in a natural setting—over parklands, on forest trails, across golf courses, etc. Few US races are above six miles or 10,000 meters, and they may be as short as three miles or less. The standard AAU championship distance for men is 10,000 meters. The women run 2½ miles. The NCAA men run six miles. Internationally, however, the men go a bit longer. The international distance is 12 kilometers, or about 7½ miles. (The women go three or four kilometers.) In Britain, the true hotbed of cross-country running, nine miles is common.

Except for the national AAU and NCAA championships, cross-country is mainly a local and regional affair in the US. This country does, however, send teams to the International races—usually held in Europe in March. The annual International is the world's leading event for cross-country runners.

**Road Racing**—Road runners never stop...literally. Their year never ends. Road races of varying distances are held in every month, regardless of weather and course conditions.

The focal point of road racing is the marathon. The 26-mile 385-yard Olympic race naturally gets most of the attention. Road races, though, can be as long as 100 miles or more, or as short as five miles or less.

Besides the marathon, the standard distances on the roads are 15, 20, 25 and 30 kilometers, 10, 20 and 50 miles. Regional and national championships in the US are run at all these distances except 10 and 20 miles.

A key feature that distinguishes road racing is that large and varied fields compete together. A race may include children under 10 and men over 70, along with women of all ages.

The leading international road races are the Olympic, European, Commonwealth and Pan-American Games marathons. In addition, there are a number of international invitationals—such as the Maxol in Britain and the one in Fukuoka, Japan. The leading shorter race is the annual New Year's Eve five-miler in Sao Paulo, Brazil. In the US, the top race is the Boston marathon. The biggest in terms of size is the San Francisco Bay-to-Breaker (7¾ miles), which draws over 2000 participants.

**Race Walking**—Like the road runners, race walkers are always moving. They compete indoors and outdoors on the track, but attention centers on the longer road races.

Olympic walks are conducted at 20 and 50 kilometers, both on the roads. The United States AAU sponsors championships of one-hour, 10, 15, 25, 30, 35 and 40 kilometers, in addition to the Olympic distances. The men's and women's AAU track meets also include race walks.

Besides the Olympics, the other major international meets (European, Commonwealth, etc.) have walking events. Another major international event for walkers is the Lugano Cup competition—a worldwide competition held about every two years.

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# STANDARDS FOR RECORDS

Timing gives an objective comparison between runners and walkers at different places and in different areas. This book is ample evidence that record lists are both meaningful and abundant. But if records are to serve their purpose, certain definite standards have to be agreed upon. They have been. Here are the criteria for measuring, timing and record-keeping.

- World records can only be set on 400-meter or 440-yard outdoor tracks; no where else. Separate sets of American marks are maintained for outdoor and indoor running.
- As far as is practical, the races must be perfectly measured and perfectly timed if records are to be considered.
- Outdoor tracks (400m or 440y) can be any surface; the stipulations are that they must be measured 30 centimeters (one foot) from the inside, and that the inner boundary be marked with flags or a solid, raised curb. Indoor tracks now (effective in 1971) may be any surface; sizes only up to 220 yards per lap; they may have banked turns.
- The record race must be timed by three separate officials; if all watches have a different time, the middle one is used; if two watches agree, that time is used. (A single electronic timing device is suitable on record performances.)
- Races above one mile are timed to the fifth-second; for instance, if the watch shows 8:25.1 the time automatically becomes 8:25.2
- The trailing wind in record races on a straightaway (100 to 220 yards) may not exceed two meters per second or 4.473 miles per hour.
- If times at a longer distance are better than records at a shorter distance, the mark automatically becomes a record for both. For instance, Runner X does 1:44.0 for 880 yards and the current record for 800 meters is 1:44.3; he gets records of 1:44.0 for both.
- Application for records must be filed through the national governing body within six months of the record race.

# CERTIFIED ROAD COURSES

Though there aren't any official records for road races, increasing attention is being given to road times. They are being compared, and "record" lists have taken shape. To insure accurate comparisons in the US, the AAU long distance committee has established a certification program. The purpose is to get road courses accurately measured.

The AAU now requires that all national road championships be on courses certified by the national office. The man in charge of the program is Ted Corbitt, 5240 Broadway 15C, New York, N.Y. 10463. He and his sub-committee (and this group alone) certify courses—primarily marathons.

So far, about 40 marathon courses—and several more at shorter distances—have been approved.

The system of measurement Corbitt recommends uses the bicycle revolution counter. Simply stated, this method involves calibrating the counter by riding the bicycle over a half-mile straight course that has been measured with a steel tape. Once the standard count is arrived at (it's usually about 800 revs per mile), the measurer rides the course. He then computes the total distance.

We've oversimplified the system. There's more to it than this, so write Corbitt for details.

Here is a list of the country's certified marathon courses (as of Jan. 1, 1972):

LOCATION	RACE(S)	MONTH(S)
Alamosa, Colorado	(not used since 1968 US Olympic Trial)	
Anaheim, California	(not currently being used)	
Atlantic City, New Jersey	Road Runners Club	June
Beltsville, Maryland	(course revised for 1972 race)	
Boone to Grandfather Mountain, N.C.	Mountain Marathon	July
Bronx, New York	(not currently being used)	
Brookings, South Dakota	Longest Day Marathon	June
Burlingame, California	(course revised for 1972 race)	
Columbia, Missouri	Heart of America	September
Culver City, California	Senior International	June
	Western Hemisphere	December
	(not currently being used)	
Curtis, Nebraska	White Rock Marathon	March
Dallas, Texas	Mile-High Marathon	May
Denver, Colorado	Motor City Marathon	October
Detroit, Michigan	Duraleigh Marathon	January
Durham to Raleigh, North Carolina	(course revised for 1972 race)	
Eugene, Oregon	American Marathon	October
Freeburg to Canton, Ohio	Road Runner Marathon	May
Gage, Oklahoma	Greens-Winston Marathon	August
Greensboro to Winston-Salem, N.C.	Race of Champions	June
Holyoke, Massachusetts	Boston AA Marathon	April
Hopkinton to Boston, Mass.	(not currently being used)	
Humboldt, Kansas	(not currently being used)	
Las Vegas, Nevada		

## STANDARDS FOR RECORDS

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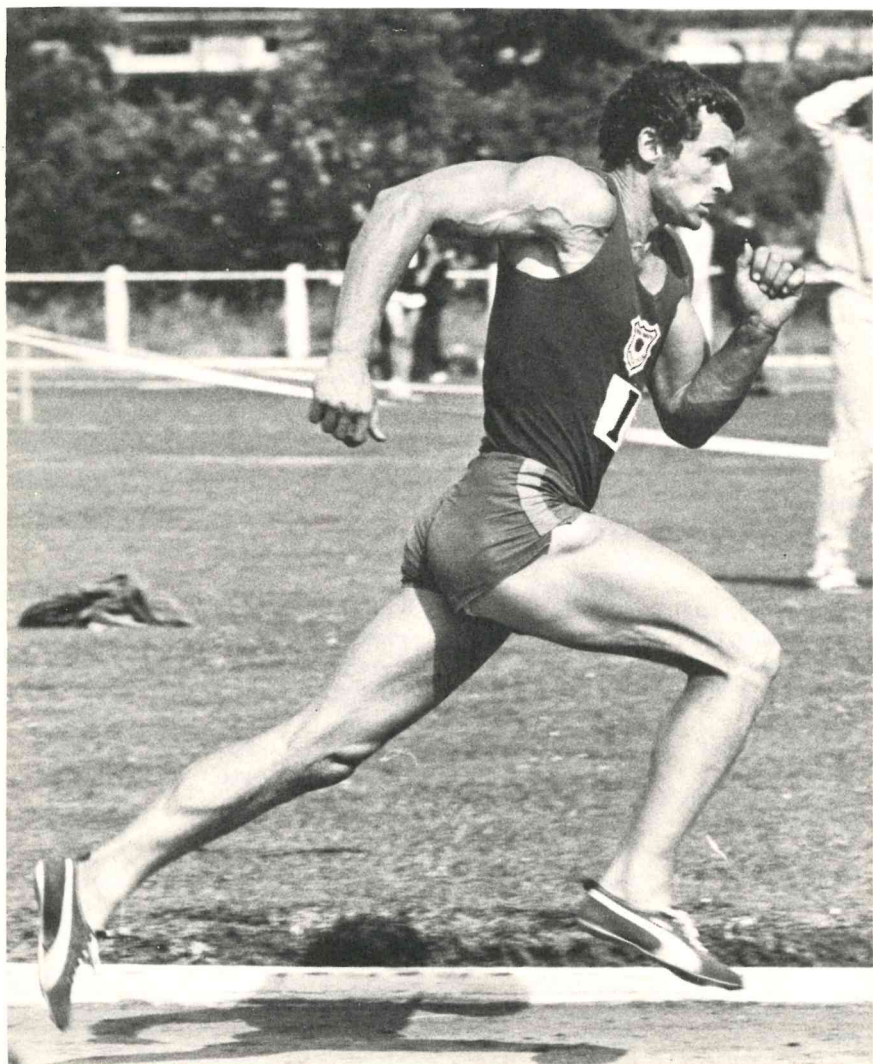
Liverpool, New York	AAU-First Trust	May
Minneapolis-St. Paul, Minnesota	City of Lakes Marathon	October
Morrilton, Arkansas	Ground Hog Day Marathon	January
New Orleans, Louisiana	Mardi Gras Marathon	January
New York, New York (Central Park)	Earth Day Marathon	March
	New York Marathon	October
	Puerto Rican-Hispanic	August
Petaluma, California	Pacific AAU	December
Philadelphia, Pennsylvania	Philadelphia Marathon	November
Point Reyes, California	(not currently being used)	
Port Washington, New York	(not currently being used)	
Redfield, Iowa	(not currently being used)	
Rocklin, California	(not currently being used)	
San Diego, California	AAU Masters Marathon	July
	Mission Bay Marathon	January
Santa Barbara, California	Santa Barbara Marathon	October
Santa Rosa, California	(not currently being used)	
Seaside, Oregon	Trail's End Marathon	February
Tulsa, Oklahoma	Oil Capital Marathon	March
Whitewater, Wisconsin	Whitewater Marathon	July
Yonkers, New York	(not currently being used)	
<b>Certification Pending</b>		
Beltsville, Maryland	Washington's Birthday	February
Blaine, Washington	Birch Bay Marathon	April
Brockton, Massachusetts	Plodders Marathon	May
Burlingame, California	West Valley Marathon	February
Burlington, Vermont	Green Mountain Marathon	October
Cave Creek to Scottsdale, Arizona	Fiesta Bowl Marathon	December
Framingham, Massachusetts	Bay State Marathon	October
Grand Rapids, Michigan	Grand Valley Marathon	November
Lawrence, Kansas	Kansas Relays Marathon	April

# INDOOR TRACK FACILITIES

Indoor tracks, as indicated, vary greatly in size, structure and composition. The specifications of the track affect running and walking performances to some degree. Here, courtesy of the booklet "Indoor Track" (a Track & Field News publication), is a partial list of indoor facilities in the United States.

City	Name	Size/lap	Banking	Surface
Albuquerque, N.M.	State Fair Coliseum	176 yds.	yes	board
Baltimore, Md.	Civic Center	160 yds.	yes	board
Boston, Mass.	Boston Garden	160 yds.	yes	board
Champaign, Ill.	Assembly Hall	260 yds.	no	synthetic
Chicago, Ill.	Univ of Chicago	220 yds.	no	dirt
Cleveland, Ohio	Cleveland Arena	146+ yds.	yes	board
College Park, Md.	Cole Fieldhouse	160 yds.	yes	board
Columbus, Ohio	French Fieldhouse	220 yds.	no	synthetic
Detroit, Mich.	Cobo Hall	160 yds.	yes	board
East Lansing, Mich.	Jenison Fieldhouse	220 yds.	no	dirt
Fort Worth, Tex.		176 yds.	yes	board
Hanover, N.H.	Leverone Fieldhouse	160 yds.	yes	board
Houston, Tex.	Astrodome	352 yds.	yes	board
Inglewood, Calif.	Forum	160 yds.	yes	synthetic
Kalamazoo, Mich.	Read Fieldhouse	220 yds.	no	synthetic
Kansas City, Mo.	Municipal Aud.	146+ yds.	yes	board
Knoxville, Tenn.	Stokely Center	176 yds.	no	synthetic
Los Angeles, Calif.	Sports Arena	160 yds.	yes	synthetic
Louisville, Ky.	Freedom Hall	220 yds.	yes	board
Manhattan, Kans.	Ahearn Fieldhouse	220 yds.	no	dirt
Milwaukee, Wisc.	Arena	160 yds.	yes	board
Mobile, Ala.		176 yds.	yes	board
Monroe, La.	Civic Arena	160 yds.	yes	board
Montgomery, Ala.	Coliseum	176 yds.	yes	board
Natchitoches, La.	Prather Coliseum	176 yds.	no	synthetic
Newark, Del.	U. of Delaware	220 yds.	no	synthetic
New York, N.Y.	102nd Engineers	220 yds.	no	board
	Madison Sq. Garden	160 yds.	yes	synthetic
Notre Dame, Ind.	Athletic & Con. Center	176 yds.	no	synthetic
Oakland, Calif.	Coliseum	160 yds.	yes	synthetic
Oklahoma City, Okla.	Fairgrounds Aud.	176 yds.	yes	board
Omaha, Nebr.	U. of Nebr. Fieldhouse	176 yds.	no	dirt
Philadelphia, Pa.	Spectrum	160 yds.	yes	board
Portland, Ore.	Memorial Coliseum	160 yds.	yes	board
Princeton, N.J.	Jadwin Gym	220 yds.	no	synthetic
Salt Lake City, Utah	Salt Palace	160 yds.	yes	board
San Diego, Calif.	Intl. Sports Arena	160 yds.	yes	board
San Francisco, Calif.	Cow Palace	160 yds.	yes	board
Seattle, Wash.	Coliseum	160 yds.	yes	board
Washington, D.C.	National Guard Arm.	220 yds.	no	board

Britain's powerful sprinter Peter Gabbett. (Ed Lacey photo)



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# DISTANCES AND TIMES

Running and walking events fall roughly into eight categories. ("Roughly," because they don't fall into neat little boxes.) Distances are on a continuum, and it isn't easy to tell where one category stops and the next one begins. There is, of course, overlapping. But for the sake of general description, these are the groups of events.

**Sprints**—The runs involving an all-out or nearly all-out burst of speed, which is held throughout the race. These distances range from 50 yards to as high as 600 meters. The standard yard distances are: 50, 60, 70, 100, 220, 300, 440, 500, 600. The standard metric distances are: 50, 60, 100, 200, 400, 500, 600. Races below 100 yards are limited mainly to indoor meets, and to competitions involving very young athletes. Sprints above 400-440 are also mainly indoor specialties.

Events through 100 yards-meters (and, rarely, up to 200-220) are run on a straightaway. In these distances, and in races through 400-440, runners usually use a crouching start from blocks, and they remain in lanes all the way.

**Middle Distances**—Here, we take this to mean the track events between 800 and 10,000 meters. They differ from the sprints in that pace regulation and judgment is more in demand. The yard-mile distances are: 880, 1000, 1320 yards; one, two, three, six miles. The metric distances are: 800, 1000, 1500, 2000, 3000, 5000, 10,000. Two-lap runners (800-880) sometimes run in lanes around the first turn. Otherwise, the runners cut for the inside lane as soon as they're able, and stay there except when passing. They nearly always use a standing start. A gun or bell signals the start of the final lap.

**Long Distances**—Above 10,000 meters, up to and including the marathon. Long distances are usually held off the track (either on cross-country courses or roads), although American and world records can only be set *on the track*. The common mile distances are: 10, 15, 20, 25 miles. The metric races are: 15, 20, 25, 30 kilometers. The marathon is 26 miles 385 yards, and often half-marathons are run (13 miles 192½ yards). Also there are one- and two-hour runs for distance on the track.

**Ultra (or Super)-Marathons**—Races above the standard marathon distance. The standard English events are: 30, 40, 50 and 100 miles. The metric: 50 and 100 kilometers. Records are available also for the 24-hour run for distance.

**Hurdles**—There are four or five different types of hurdle racing. The so-called *high hurdles* is a men's event. The outdoor distance is 120 yards or 110 meters; the race includes 10 barriers, 42 inches high. Indoors,

the high hurdle races are shortened to as little as 45 yards. (High school runners use 39-inch hurdles.)

The *intermediate hurdles* race is run over 440 yards or 400 meters; the event has 10 barriers of 36 inches.

The *women* now run 100- and 200-meter hurdles events. Each race has 10 barriers; they are 33 inches high in the shorter race, and 30 inches in the longer one.

The men's *low-hurdle* race is seldom run now outside of the high schools. The distance there is 180 yards, and the barriers are 30 inches high.

**Steeplechase**—The standard international distance is 3000 meters. The course (on the track) includes 28 barriers—which unlike the hurdles are solidly constructed and can be stepped on—that are 36 inches high. There are also seven water jumps. This obstacle also has a three-foot barrier, with water extending 12 feet out in front of it. Directly in front of the barrier, the water is 2½ feet deep; it gradually slopes upward to ground level. Runners normally use a hurdling action over the standard barriers, and step on top of the barrier at the water jump.

**Relays**—Standard relays involve four-man teams. Most common of the relay events are the 440-yard, 880-yard, one-mile, two-mile and four-mile, or their metric equivalents. Each runner goes an equal distance (110 yards in the 440, etc.) before passing the baton to his teammate. In the US, there are also 480-yard hurdle relays, and “medley” events where not all runners go the same distance. (Sprint medley is 440, 220, 220, 880; distance medley is 440, 880, 1320, mile.)

The baton is a hollow wooden, metal or plastic implement about one foot in length. It must be handed from man to man within a specified zone, which extends 20 meters. In events 880 yards and less, athletes may begin their run an additional 10 meters behind the zone, but may not accept the baton until they reach the legal 20-meter area.

**Race Walking**—It may include any of the running distances, though the most common walks are in the “long-distance” range—i.e., 10,000 meters or above, on the roads. Race walking rules stipulate that (1) the walker must maintain unbroken contact with the ground (one foot always touching), and (2) the leg must be straightened (knee locked rather than bent) for an instant while it is in contact with the ground. Walkers are disqualified for violation of either of these rules.



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# METRIC CONVERSIONS

(NOTE: A kilometer is 1000 meters)

50 meters = 54 yards 6.5 inches	50 yards = 45.72m
60 meters = 65 yards 1 foot 10.2 inches	60 yards = 54.864m
100 meters = 109 yards 1 foot 1 inch	70 yards = 64.008m
110 meters = 120 yards 10.7 inches	100 yards = 91.44m
200 meters = 218 yards 2 feet 2 inches	120 yards = 109.728m
300 meters = 328 yards 3 inches	220 yards = 201.168m
400 meters = 437 yards 1 foot 4 inches	300 yards = 274.32m
500 meters = 546 yards 2 feet 5 inches	330 yards = 301.644m
600 meters = 656 yards 6 inches	440 yards = 402.336m
800 meters = 874 yards 2 feet 8 inches	500 yards = 457.2m
1000 meters = 1093 yards 1 foot 10 inches	600 yards = 548.64m
1500 meters = 1640 yards 1 foot 3 inches	660 yards = 603.504m
2000 meters = 1 mile 427 yards 8 inches	880 yards = 804.672m
3000 meters = 1 mile 1520 yards 2 feet 6 inches	1000 yards = 914.4m
4000 meters = 2 miles 854 yards 1 foot 4 inches	1320 yards = 1207.008m
5000 meters = 3 miles 188 yards 2.4 inches	One mile = 1609.344m
6000 meters = 3 miles 1281 yards 2 feet	2 miles = 3218.688m
7000 meters = 4 miles 615 yards 10 inches	3 miles = 4828.032m
8000 meters = 4 miles 1708 yards 2 feet 8 inches	4 miles = 6437.376m
9000 meters = 5 miles 1042 yards 1 foot 6 inches	5 miles = 8046.72m
10,000 meters = 6 miles 376 yards 4.8 inches	6 miles = 9656.064m
12,000 meters = 7 miles 803 yards 1 foot	7 miles = 11,265.408m
15,000 meters = 9 miles 564 yards 7.2 inches	8 miles = 12,874.752m
20,000 meters = 12 miles 754 yards 9.6 inches	9 miles = 14,484.096m
25,000 meters = 15 miles 940 yards 1 foot	10 miles = 16,093.44m
30,000 meters = 18 miles 1128 yards 1 foot 2.4 inches	15 miles = 24,140.16m
35,000 meters = 21 miles 1316 yards 1 foot 4.8 inches	20 miles = 32,186.88m
40,000 meters = 24 miles 1504 yards 1 foot 7.2 inches	Marathon = 42,195m
50,000 meters = 31 miles 120 yards 2 feet	30 miles = 48,280.32m
60,000 meters = 37 miles 476 yards 2 feet 4.8 inches	40 miles = 64,373.76m
70,000 meters = 43 miles 872 yards 2 feet 9.6 inches	50 miles = 80,467.2m
80,000 meters = 49 miles 1249 yards 2.4 inches	60 miles = 96,560.64m
90,000 meters = 55 miles, 1625 yards 7.2 inches	70 miles = 112,654.08m
100,000 meters = 62 miles 241 yards 1 foot	80 miles = 128,747.52m
	90 miles = 144,840.96m
	100 miles = 160,934.4m

# 1-6 MILE PACING CHART

440	Mile	2 Miles	3 Miles	4 Miles	5 Miles	6 Miles
57	3:48					
58	3:52					
59	3:56					
1:00	4:00					
1:01	4:04					
1:02	4:08	8:16				
1:03	4:12	8:24				
1:04	4:16	8:32	12:48	17:04		
1:05	4:20	8:40	13:00	17:20		
1:06	4:24	8:48	13:12	17:36	22:00	26:24
1:07	4:28	8:56	13:24	17:52	22:20	26:48
1:08	4:32	9:04	13:36	18:08	22:40	27:12
1:09	4:36	9:12	13:48	18:24	23:00	27:36
1:10	4:40	9:20	14:00	18:40	23:20	28:00
1:11	4:44	9:28	14:12	18:56	23:40	28:24
1:12	4:48	9:36	14:24	19:12	24:00	28:48
1:13	4:52	9:44	14:36	19:28	24:20	29:12
1:14	4:56	9:52	14:48	19:44	24:40	29:36
1:15	5:00	10:00	15:00	20:00	25:00	30:00
1:16	5:04	10:08	15:12	20:16	25:20	30:24
1:17	5:08	10:16	15:24	20:32	25:40	30:48
1:18	5:12	10:24	15:36	20:48	26:00	31:12
1:19	5:16	10:32	15:48	21:04	26:20	31:36
1:20	5:20	10:40	16:00	21:20	26:40	32:00
1:21	5:24	10:48	16:12	21:36	27:00	32:24
1:22	5:28	10:56	16:24	21:52	27:20	32:48
1:23	5:32	11:04	16:36	22:08	27:40	33:12
1:24	5:36	11:12	16:48	22:24	28:00	33:36
1:25	5:40	11:20	17:00	22:40	28:20	34:00
1:26	5:44	11:28	17:12	22:56	28:40	34:24
1:27	5:48	11:36	17:36	23:12	29:00	34:48
1:28	5:52	11:44	17:48	23:28	29:20	35:12
1:29	5:56	11:52	17:48	23:44	29:40	35:36
1:30	6:00	12:00	18:00	24:00	30:00	36:00
1:31	6:04	12:08	18:12	24:16	30:20	36:24
1:32	6:08	12:16	18:24	24:32	30:40	36:48
1:33	6:12	12:24	18:36	24:48	31:00	37:12
1:34	6:16	12:32	18:48	25:04	31:20	37:36
1:35	6:20	12:40	19:00	25:20	31:40	38:00
1:36	6:24	12:48	19:12	25:36	32:00	38:24
1:37	6:28	12:56	19:36	25:52	32:20	38:48
1:38	6:32	13:04	19:36	26:08	32:40	39:12
1:39	6:36	13:12	19:48	26:24	33:00	39:36

# LONG-DISTANCE PACING

Mile	5 Miles	10 Miles	15 Miles	20 Miles	Marathon	50 Miles
4:50	24:10	48:20	1:12:30	1:36:40	2:07:44	
5:00	25:00	50:00	1:15:00	1:40:00	2:11:06	
5:10	25:50	51:40	1:17:30	1:43:20	2:15:28	
5:20	26:40	53:20	1:20:00	1:46:50	2:19:50	
5:30	27:30	55:00	1:22:30	1:50:00	2:24:12	
5:40	28:20	56:40	1:25:00	1:53:20	2:28:34	
5:50	29:10	58:20	1:27:30	1:56:40	2:32:56	
6:00	30:00	1:00:00	1:30:00	2:00:00	2:37:19	5:00:00
6:10	30:50	1:01:40	1:32:30	2:03:20	2:41:41	5:08:20
6:20	31:40	1:03:20	1:35:00	2:06:40	2:46:03	5:16:40
6:30	32:30	1:05:00	1:37:30	2:10:00	2:50:25	5:25:00
6:40	33:20	1:06:40	1:40:00	2:13:20	2:54:47	5:33:20
6:50	34:10	1:08:20	1:42:30	2:16:40	2:59:09	5:41:40
7:00	35:00	1:10:00	1:45:00	2:20:00	3:03:33	5:50:00
7:10	35:00	1:11:40	1:18:20	2:23:20	3:07:55	5:58:20
7:20	36:40	1:13:20	1:50:00	2:26:40	3:12:17	6:06:40
7:30	37:30	1:15:00	1:52:30	2:30:00	3:16:39	6:15:00
7:40	38:20	1:16:40	1:55:00	2:33:20	3:21:01	6:23:20
7:50	39:10	1:18:20	1:57:30	2:36:40	3:25:23	6:31:40
8:00	40:00	1:20:00	2:00:00	2:40:00	3:29:45	6:40:00
8:10	40:50	1:21:40	2:02:30	2:43:20	3:34:07	6:48:20
8:20	41:40	1:23:20	2:05:00	2:46:40	3:38:29	6:56:40
8:30	42:30	1:25:00	2:07:30	2:50:00	3:42:51	7:05:00
8:40	43:20	1:26:40	2:10:00	2:53:20	3:47:13	7:13:20
8:50	44:10	1:28:20	2:12:30	2:56:40	3:51:35	7:21:40
9:00	45:00	1:30:00	2:15:00	3:00:00	3:56:00	7:30:00
9:10	45:50	1:31:40	2:17:30	3:03:20	4:00:22	7:38:20
9:20	46:40	1:33:20	2:20:00	3:06:40	4:04:44	7:46:40
9:30	47:30	1:35:00	2:22:30	3:10:00	4:09:06	7:55:00
9:40	48:20	1:36:40	2:25:00	3:13:20	4:13:28	8:03:20
9:50	49:10	1:38:20	2:27:30	3:16:40	4:17:50	8:11:40

# ONE-HOUR RUN PACING

Distance	Per Mile	Distance	Per Mile	Distance	Per Mile
7 miles	8:35.46	9 miles	6:40.00	11 miles	5:27.24
7¼ miles	8:16.50	9¼ miles	6:29.16	11¼ miles	5:20.00
7½ miles	8:00.00	9½ miles	6:19.02	11½ miles	5:13.08
7¾ miles	7:44.50	9¾ miles	6:09.24	11¾ miles	5:06.20
8 miles	7:30.00	10 miles	6:00.00	12 miles	5:00.00
8¼ miles	7:16.32	10¼ miles	5:51.24	12¼ miles	5:53.88
8½ miles	7:03.44	10½ miles	5:42.84	12½ miles	4:48.00
8¾ miles	6:51.42	10¾ miles	5:34.80	12¾ miles	4:42.36

# METRIC MIDDLE DISTANCES

1000	1500m	2000m	3000m	4000m	5000m	10,000m
2:26 2:28	3:39 3:42	4:52 4:56				
2:30 2:32 2:34 2:36 2:38	3:45 3:48 3:51 3:54 3:57	5:00 5:04 5:08 5:12 5:16	7:30 7:36 7:42 7:48 7:54	10:16 10:24 10:32	13:10	
2:40 2:42 2:44 2:46 2:48	4:00 4:03 4:06 4:09 4:12	5:20 5:24 5:28 5:32 5:36	8:00 8:06 8:12 8:18 8:24	10:40 10:48 10:56 11:04 11:12	13:20 13:30 13:40 13:50 14:00	27:00 27:20 27:40 28:00
2:50 2:52 2:54 2:56 2:58	4:15 4:18 4:21 4:24 4:27	5:40 5:44 5:48 5:52 5:56	8:30 8:36 8:42 8:48 8:54	11:20 11:28 11:36 11:44 11:52	14:10 14:20 14:30 14:40 14:50	28:20 28:40 29:00 29:20 29:40
3:00 3:02 3:04 3:06 3:08	4:30 4:33 4:36 4:39 4:42	6:00 6:04 6:08 6:12 6:16	9:00 9:06 9:12 9:18 9:24	12:00 12:08 12:16 12:24 12:32	15:00 15:10 15:20 15:30 15:40	30:00 30:20 30:40 31:00 31:20
3:10 3:12 3:14 3:16 3:18	4:45 4:48 4:51 4:54 4:57	6:20 6:24 6:28 6:32 6:36	9:30 9:36 9:42 9:48 9:54	12:40 12:48 12:56 13:04 13:12	15:50 16:00 16:10 16:20 16:30	31:40 32:00 32:20 32:40 33:00
3:20 3:22 3:24 3:26 3:28	5:00 5:03 5:06 5:09 5:12	6:40 6:44 6:48 6:52 6:56	10:00 10:06 10:12 10:18 10:24	13:20 13:28 13:36 13:44 13:52	16:40 16:50 17:00 17:10 17:20	33:20 33:40 34:00 34:20 34:40
3:30 3:32 3:34 3:36 3:38	5:15 5:18 5:21 5:24 5:27	7:00 7:04 7:08 7:12 7:16	10:30 10:36 10:42 10:48 10:54	14:00 14:08 14:16 14:24 14:32	17:30 17:40 17:50 18:00 18:10	35:00 35:20 35:40 36:00 36:20
3:40 3:42 3:44 3:46 3:48	5:30 5:33 5:36 5:39 5:42	7:20 7:24 7:28 7:32 7:36	11:00 11:06 11:12 11:18 11:24	14:40 14:48 14:56 15:04 15:12	18:20 18:30 18:40 18:50 19:00	36:40 37:00 37:20 37:40 38:00

# METRIC LONG DISTANCES

1 Km.	10 Kms.	15 Kms.	20 Kms.	25 Kms.	30 Kms.	50 Kms.
3:00	30:00	45:00	1:00:00	1:15:00	1:30:00	2:30:00
3:10	31:40	47:30	1:03:20	1:19:10	1:35:00	2:38:20
3:20	33:20	50:00	1:06:40	1:23:20	1:40:00	2:46:40
3:30	35:00	52:30	1:10:00	1:27:30	1:45:00	2:55:00
3:40	36:40	55:00	1:13:20	1:31:40	1:50:00	3:03:20
3:50	38:20	57:30	1:16:40	1:35:50	1:55:00	3:11:40
4:00	40:00	1:00:00	1:20:00	1:40:00	2:00:00	3:20:00
4:10	41:40	1:02:30	1:23:20	1:44:10	2:05:00	3:28:20
4:20	43:20	1:05:00	1:26:40	1:48:20	2:10:00	3:36:40
4:30	45:00	1:07:30	1:30:00	1:52:30	2:15:00	3:45:00
4:40	46:40	1:10:00	1:33:20	1:56:40	2:20:00	3:53:20
4:50	48:20	1:12:30	1:36:40	2:00:50	2:25:00	4:01:40
5:00	50:00	1:15:00	1:40:00	2:05:00	2:30:00	4:10:00
5:10	51:40	1:17:30	1:43:20	2:09:10	2:35:00	4:18:20
5:20	53:20	1:20:00	1:46:40	2:13:20	2:40:00	4:26:40
5:30	55:00	1:22:30	1:50:00	2:17:30	2:45:00	4:35:00
5:40	56:40	1:25:00	1:53:20	2:21:40	2:50:00	4:43:20
5:50	58:20	1:27:30	1:56:40	2:25:50	2:55:00	4:51:40

# MILE-KILOMETER CONVERSIONS

Mile	Kilometer	Mile	Kilometer
4:00	2:29.16	7:00	4:21.03
4:10	2:35.37	7:10	4:27.24
4:20	2:41.59	7:20	4:33.46
4:30	2:47.80	7:30	4:39.67
4:40	2:54.02	7:40	4:45.89
4:50	3:00.23	7:50	4:52.10
5:00	3:06.45	8:00	4:58.32
5:10	3:12.66	8:10	5:04.53
5:20	3:18.88	8:20	5:10.75
5:30	3:25.09	8:30	5:16.96
5:40	3:31.31	8:40	5:23.18
5:50	3:37.52	8:50	5:29.39
6:00	3:43.74	9:00	5:35.61
6:10	3:49.95	9:10	5:41.82
6:20	3:56.17	9:20	5:48.04
6:30	4:02.38	9:30	5:54.25
6:40	4:08.60	9:40	6:00.47
6:50	4:14.81	9:50	6:06.68

Half-milers Chuck LaBenz (left) and Art Sandison. (Stan Pantovic photo)





DAVE BEDFORD (Mark Shearman photo)

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## TIME COMPARISONS

Times in different events can, to some extent, be compared. The methods of comparison involve complex mathematical equations and tables. Three readily-available comparative charts are the IAAF Scoring Tables (used for decathlon and pentathlon scoring); the tables in the book "Computerized Running Training Programs," and finally the widely-quoted Portuguese Tables. Here is a summary of the figures listed for men in the Portuguese charts. In the charts on the next two pages, point scores are listed on the left and corresponding times for various distances go across.

(Charts next two pages)

PTS.	100Y	100M	200M	400M	800M	1000M	1500M	MILE	110M H	400M H
1100	8.87	9.63	19.5	42.8	1:38.8	2:08.1	3:23.7	3:40.8	12.3	45.9
1050	9.05	9.84	20.0	44.1	1:41.8	2:12.0	3:29.9	3:47.5	12.8	47.4
1000	9.24	10.05	20.5	45.3	1:44.9	2:16.0	3:36.3	3:54.4	13.3	49.0
950	9.43	10.26	21.0	46.6	1:48.1	2:20.1	3:42.8	4:01.4	13.8	50.7
900	9.62	10.47	21.5	48.0	1:51.4	2:24.3	3:49.5	4:08.6	14.4	52.4
850	9.90	10.68	22.0	49.4	1:54.9	2:28.6	3:56.5	4:16.0	15.0	54.2
800	10.1	11.0	22.5	50.9	1:58.4	2:33.2	4:03.5	4:23.7	15.6	56.2
750	10.3	11.2	23.1	52.4	2:02.1	2:38.0	4:10.8	4:31.5	16.2	58.3
700	10.5	11.4	23.7	54.1	2:06.0	2:42.9	4:18.4	4:39.7	16.9	60.5
650	10.7	11.7	24.3	55.8	2:10.0	2:48.0	4:26.3	4:48.2	17.6	62.8
600	10.9	11.9	24.9	57.5	2:14.2	2:53.2	4:34.5	4:57.0	18.3	65.2
550	11.2	12.2	25.6	59.4	2:18.5	2:58.7	4:43.9	5:06.2	19.1	67.9
500	11.4	12.5	26.2	61.4	2:23.0	3:04.4	4:51.7	5:15.7	20.0	70.8
450	11.7	12.8	27.1	63.4	2:27.7	3:10.4	5:00.8	5:25.6	21.0	74.0
400	11.9	13.1	27.9	65.6	2:32.5	3:16.6	5:10.3	5:35.9	22.0	77.4
350	12.2	13.4	28.8	67.9	2:37.6	3:23.1	5:20.0	5:46.5	23.2	81.1
300	12.5	13.8	29.7	70.3	2:42.9	3:29.9	5:30.1	5:57.5	24.5	85.1
250	12.9	14.2	30.7	72.8	2:48.5	3:37.0	5:40.7	6:08.9	26.0	89.5
200	13.2	14.6	31.8	75.5	2:54.3	3:44.4	5:51.8	6:20.8	27.6	94.4
150	13.6	15.0	33.0	78.4	3:00.4	3:52.2	6:03.4	6:33.2	29.4	99.8
100	14.0	15.4	34.3	81.4	3:06.8	4:00.3	6:15.6	6:46.2	31.4	105.8
50	14.4	15.9	35.6	84.6	3:13.6	4:08.8	6:28.4	6:59.8	33.6	112.5



PTS.	3000M	2 MILES	3 MILES	5000M	6 MILES	10,000M	10 MILES	15 MILES	HOUR	STEEPLE
1100	7:23.1	7:58.5	12:19.8	12:47.8	25:38.3	26:37.4	43:47	1:06:54	21,795m	7:47.1
1050	7:36.1	8:12.4	12:41.7	13:08.2	26:27.4	27:28.3	45:20	1:09:24	21,026m	8:02.8
1000	7:49.4	8:26.6	13:04.1	13:33.7	27:17.9	28:20.6	46:57	1:12:04	20,295m	8:19.1
950	8:03.0	8:41.2	13:27.0	13:57.6	28:09.8	29:14.4	48:37	1:14:54	19,599m	8:35.8
900	8:17.0	8:56.1	13:50.7	14:21.8	29:03.3	30:09.9	50:21	1:17:55	18,934m	8:53.2
850	8:31.4	9:11.5	14:15.0	14:47.0	29:58.6	31:07.1	52:10	1:21:08	18,298m	9:11.4
800	8:46.3	9:27.4	14:40.1	15:13.1	30:55.8	32:06.5	54:04	1:24:34	17,690m	9:30.5
750	9:01.6	9:43.9	15:06.1	15:40.1	31:55.2	33:08.4	56:03	1:28:14	17,107m	9:50.7
700	9:17.4	10:01.0	15:33.0	16:08.1	32:57.1	34:12.9	58:08	1:32:09	16,548m	10:12.1
650	9:33.8	10:18.7	16:00.9	16:37.1	34:01.7	35:20.3	1:00:20	1:36:60	16,011m	10:34.9
600	9:50.8	10:37.1	16:29.8	17:07.2	35:09.3	36:31	1:02:39	1:40:49	15,494m	10:59.2
550	10:08.5	10:56.2	16:59.8	17:38.7	36:20.3	37:46	1:05:06	1:45:37	14,996m	11:25.1
500	10:26.9	11:16.1	17:31.0	18:11.5	37:35.1	39:05	1:07:41	1:50:46	14,515m	11:52.8
450	10:46.0			18:47.5		40:29			14,049m	12:22.4
400	11:05.9			19:21.4		41:58			13,597m	12:54.1
350	11:26.6			19:58.6		43:32			13,157m	13:28.1
300	11:48.2			20:37.5		45:12			12,728m	14:04.7
250	12:10.7			21:18.2		46:58			12,310m	14:44.1
200	12:34.2			22:00.2		48:50			11,902m	15:26.6
150	12:58.8			22:45.3		50:49			11,503m	16:12.5
100	13:24.5			23:31.8		52:55			11,113m	17:02.1
50	13:51.4			24:20.5		55:09			10,731m	17:55.8

(Tables stop at 500 points.)

(Tables stop at 500 points.)

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(Tables stop at 500 points.)

**Chapter Three**

***Who's Who  
in Running***



**JEAN-PAUL VILLAIN (Tony Duffy photo)**

# GREATS OF THE PAST

## WORLD MEN —

**BANNISTER, ROGER (Great Britain)**—Mile; the man who cracked the long-sought four-minute barrier in the mile, running 3:59.4 at Oxford, England, on 6 May 54; retired after the 1954 season; now a practicing physician; born 23 Mar 29.

**BIKILA, ABEBE (Ethiopia)**—Marathon; the only runner to win two Olympic marathon titles (1960 & 64), setting world bests both times; an auto accident in 1969 left him paralyzed from the waist down; born 7 Aug 32.

**CLARKE, RON (Australia)**—Middle-distances; one of the great "time" runners in history, having held records from two miles to one hour; current record holder at three and six miles, 5000 and 10,000 meters; retired in 1970; born 21 Feb 37.

**DELANY, RON (Ireland)**—1500/mile; a superb competitor who was all but unbeatable indoors and in tactical races while attending Villanova University; 1956 Olympic 1500 champion; retired in 1960; born 6 Mar 35.

**ELLIOTT, HERB (Australia)**—1500/mile; a super-miler who improved the world record from 3:57.2 to 3:54.5 in the 1950s, and won the 1960 Olympic 1500 championship in world record time (3:35.6); retired in 1961; born 25 Feb 38.

**GEORGE, WALTER (England)**—Mile; the leading runner of the 19th century; ran 4:12.8 for a mile in 1886, a record that wasn't broken in 29 years; born 9 Sep 1858; died in 1943.

**HAGG, GUNDER (Sweden)**—Middle-distances; staged legendary duels with countryman Arne Andersson during World War II; races resulted in numerous world records, including Hagg's 4:01.3 mile in 1945; declared a pro that year; born 31 Dec 18.

**HARBIG, RUDOLF (Germany)**—400/800; along with coach Woldemar Gerschler, he helped bring in the interval era with world record times of 46.0 (400) and 1:46.6 (800) in 1939; born 8 Nov 13; killed in action in World War II.

**HARY, ARMIN (West Germany)**—100; the unbelievably fast starter was the first man to run 100 meters in 10-flat and won the 1960 Olympic title at that distance; retired after 1960 Olympics; born 22 Mar 37.

**IHAROS, SANDOR (Hungary)**—Middle-distance; most successful of Mihaly Igloi's stable of runners in Hungary before the 1956 revolt; set world records at seven distances, 1500 to 10,000 meters; born 10 Mar 30.

**ISO-HOLLO, VOLMARI (Finland)**—Steeplechase; only runner to win two Olympic steeple titles (1932 & 36); also earned silver and bronze medals in the 10,000 at those two Games; born 1 May 07.

**JAZY, MICHEL (France)**—Middle-distances; current record holder at 2000 meters (4:56.2); set eight other world marks during his career, including the mile at 3:53.6; retired in 1966; born 13 Jun 36.

**JEROME, HARRY (Canada)**—100; one of the leading sprinters of all-time; the second man to run both 9.1 for 100 yards and 10.0 for 100 meters; attended University of Oregon; born 30 Sep 40.

**KOLEHMAINEN, HANNES (Finland)**—Middle-distances and marathon; brought in the Finnish Era in distance running with three gold medals at the 1912 Olympics (5000, 10,000 and cross-country), and won the Games marathon in 1920; born 9 Dec 1889; died in 1966.

**KUTS, VLADIMIR (Soviet Union)**—5000/10,000; best known for his double victory (5 & 10) at the Melbourne Olympics in 1956; also held world records at these distances; retired in 1957; now coaches in his country; born 7 Feb 27.

**LANDY, JOHN (Australia)**—Mile; the second man to dip under 4:00 for the mile, setting a world record of 3:57.9 in 1954; retired after placing third in the '56 Olympic 1500; born 4 Apr 30.

**LAUER, MARTIN (West Germany)**—High hurdles; lowered the 100-meter hurdles record by a fifth-second to 13.2 in 1959; the mark wasn't bettered for 12 years; born 2 Jan 37.

**LOVELOCK, JACK (New Zealand)**—1500/mile; the man with a knack for winning the "big ones" was the 1500-meter champion at the Berlin Olympics in 1936; born 5 Jan 10; died in 1949.

**NURMI, PAAVO (Finland)**—Middle-distances; the first running superstar; collected nine Olympic gold medals during the 1920s; career included 20 world records; banned from competition in 1932; born 13 Jun 1897.

**PETERS, JIM (Great Britain)**—Marathon; revolutionized marathon racing and training in the 1950s; first runner under 2:20 (the world best had been 2:25), 2:19 and 2:18; collapsed during the Empire Games race in 1954 and never raced again; born 24 Oct 18.

**POTGIETER, GERD (South Africa)**—Intermediate hurdles; a hard-luck runner who fell on the last hurdle in the 1956 Olympics, and had an auto accident shortly before the 1960 Games, when he was favored; world record holder over 440 yards with 49.3; born 16 Apr 37.

**SHRUBB, ALF (England)**—Middle-distances; multi-world record holder from early in the century, at distances from two miles to one hour; marks stood as long as 24 years; born 12 Dec 1878; died in 1964.

**SNELL, PETER (New Zealand)**—800/880, 1500/mile; the "unknown" who won the 1960 Olympic 800; four years later, as a world record holder in the 800/880 and the mile, he won both his specialties at Tokyo; retired in 1965; born 17 Dec 38.

**TULLOH, BRUCE (Great Britain)**—Middle-distances and ultra-long runs; after a fine track career that included a European championship and European records, he ran across the United States in 1969—in "record" time of about 65 days; born 29 Sep 35.

**ZATPEK, EMIL (Czechoslovakia)**—5000, 10,000, marathon; collected four Olympic gold medals, including three (5000, 10,000 and marathon) in the 1952 Games at Helsinki; held records at distances through 30 kilometers; born 19 Sep 22.

## UNITED STATES MEN —

**ASHENFELTER, HORACE**—Steeplechase; a distinct underdog, Ashenfelter was a surprising winner in the 1952 Olympic steeple—in world record time of 8:45.4; the only American to win the event.

**BEATTY, JIM**—Middle-distances; the first runner to go under four minutes for an indoor mile, and the first to break 8:30 for two miles under any conditions; also held the indoor two-mile record; retired in 1964; born 28 Oct 34.

**CALHOUN, LEE**—High hurdles; the only man to win the Olympic 110-meter hurdles twice — 1956 and 1960; tied world record of 13.2 in 1960; retired after 1960 Olympics; a university track coach; born 23 Feb 33.

**CARLOS, JOHN**—Sprints; first runner under 20-flat for 200 meters (19.7 in 1968, but the record was never accepted); third in '68 Olympic 200; retired in 1970 to play professional football; born 5 Jun 45.

**CARR, HENRY**—200/220; set a world 220 record of 20.2 in 1964, and won Olympic 200 title that year; also on winning 1600-meter relay team at Tokyo; retired to play pro football; born 27 Nov 42.

**COURTNEY, TOM**—800/880; winner of the dramatic 800-meter race in the 1956 Olympics; held world 880 record of 1:46.8, which Peter Snell eventually broke.

**CUNNINGHAM, GLENN**—Mile; the idol of the 1930s, who held indoor (4:04.4) and indoor records (4:06.7) for the mile; recovered from severe leg burns as a child to become a leading runner.

**DAVIS, GLENN**—400/440, intermediate hurdles; over the hurdles or on the flat, he was a champion; only man to win the Olympic 400 hurdles twice (1956 & 60); also on two winning 1600 relay teams; held world record for flat 440 at 45.7; born 12 Sep 34.

**DAVIS, OTIS**—400; first runner to break 45 seconds for 400 meters, doing so while winning the 1960 Olympic final (44.9) from Carl Kaufmann; also anchored the world record setting US 1600 relay team; born 12 Sep 32.

**DE MAR, CLARENCE**—Marathon; a legend in the Boston marathon, having won that race seven times—first in 1911 (at age 21) and finally in 1930 (at age 41); continued to run Boston until a year from his death at age 70.

**DILLARD, HARRISON**—100, high hurdles; missed the Olympic team in his specialty—the hurdles—in 1948, but made the team as a 100-meter sprinter and won at London; won the Olympic hurdles title in 1952; born 8 Jul 23.

**EASTMAN, BEN**—400/440; in March 1932, he improved the world 440 record by a full second to 46.4; also got a world mark for 880 (1:50.9) that year, and finished second to Bill Carr in the Olympic 400; born 9 Jul 11.

**EDELEN, LEONARD (BUD)**—Marathon; first marathoner under 2:15 (with 2:14:28 in 1963); leg troubles hampered him thereafter, but he finished sixth in the 1964 Olympics; born 22 Sep 37.

**HAYES, JOHN**—Marathon; a second-hand winner of the 1908 Olympic marathon, after apparent winner Dorando Pietri had been disqualified.

**HAYES, ROBERT**—100; after tying the world 100-yard mark at 9.3 and then 9.2, he became the first man to run 9.1; tied world 100-meter record while winning the 1964 Olympics, and anchored record-setting 400-meter relay team; currently plays professional football; born 20 Dec 42.

**HICKS, THOMAS**—Marathon; the first US Olympic marathon winner, earning the gold medal in the 1904 Games at St. Louis in 3:28:53.

**HINES, JAMES**—100; first runner to crack 10-flat in 100 meters—doing 9.9 at Sacramento, Calif., in June 1968; tied that mark while winning the Olympic title at Mexico City; also anchored record-breaking US 400 team; born 10 Sep 46.

**MORROW, BOBBY**—100, 200/220; triple winner in the 1956 Olympics, with gold medals for 100 and 200 meters, and the 400 relay; retired in 1960; born 15 Oct 35.

**OWENS, JESSE**—100, 200/220; four-time gold medal winner (100, 200, 400 relay and long jump) at the 1936 Olympics; on one day in 1935, he set or tied world records at 100 yards (9.4), 200 meters and 220 yards (20.3), 200-meter low hurdles (22.4), 220-yard hurdles (22.6) and long jump (26' 8 $\frac{1}{4}$ ""); born 12 Sep 13.

**PADDOCK, CHARLIE**—Sprints; held all world records from 50 yards to 300 meters, in the 1920s; won 100 meters at 1920 Olympics, and set a world record (10.2) the next year that wasn't broken until 1950; born 11 Aug 1900; died in 1943.

**PATTON, MEL**—Sprints; first of the great post-war sprinters; won 1948 Olympic 200, and anchored winning 400 relay; shared world 100-yard record of 9.4.

**PAWSON, LESLIE**—Marathon; three-time winner of the Boston marathon in widely-separated years—1933, 1938, 1941; still active in distance running at age 67.

**SCHUL, BOB**—3-mile/5000; under coach Mihaly Igloi, he made a quick rise in 1964; set American record of 13:38.0 for 5000 meters, then won the Olympic championship at that distance; retired in 1968; now coaching in Asia; born 28 Sep 37.

**SMITH, TOMMIE**—Sprints; had three big years—1966 (world record of 20-flat for 220 yards); 1967 (world record of 44.8 for 440 yards); 1968 Olympic championship and official world record of 19.8 for 200 meters); retired after 1968 Olympics; born 12 Jan 44.

**WHITFIELD, MAL**—800; two-time Olympic champion in the 800 (1948 & 52); added three other Olympic medals—gold and silver in 1600 relay, and bronze in the open 400); retired in 1956; born 11 Oct 24.

## WORLD AND UNITED STATES WOMEN —

**BLANKERS-KOEN, FANNY (Holland)**—Sprints, hurdles; she has been called the most famous woman athlete in history; earned four gold medals at 1948 Olympics (100, 200, 400 relay and 80-meter hurdles); she held world records in seven events; born 26 Apr 18.

**CUTHBERT, BETTY (Australia)**—Sprints; heroine of the 1956 Olympics in Melbourne with victories in 100, 200 and 400 relay; waited eight years to add another gold medal—the open 400 at Tokyo; born 20 Apr 38.

**GOMMERS, MARIA (Holland)**—1500/mile; set a world mile record of 4:36.8 in 1969, and ran 4:11.9 for 1500 the same year; third in the 1968 Olympic 800; born 26 Sep 39.

**MC GUIRE, EDITH (US)**—Sprints; winner of the 1964 Olympic 200-meter championship with 23.0, her best-ever performance at the distance; born 3 Jun 44.

**PACKER, ANN (Great Britain)**—400, 800; doubled at the 1964 Olympics with an 800-meter world record (2:01.1) and second place in the 400; born 8 Mar 42.

**RUDOLPH, WILMA (US)**—Sprints; triple winner at the 1960 Olympic Games with a world record (22.9) in the 200, and additional victories in the 100 and 400 relay; born 23 Jun 40.

**SIN KIM DAN (North Korea)**—400, 800; politics deprived her of full opportunity and recognition; without Olympic competition and without record approval, she ran 1:58.0 for 800 meters (still better than the official mark) and 51.2 for 400; born 3 Jul 38.

**STRICKLAND-DE LA HUNTY, SHIRLEY (Australia)**—Sprints, hurdles; double Olympic winner in the 80-meter hurdles (1952 & 56); also gained two medals for the flat 100 meters; born 18 Jul 25.

**TYUS, WYOMIA (US)**—Sprints; set a world record of 11.0 for 100 meters while winning the 1968 Olympics; she also had won the 1964 Olympic 100; born 29 Aug 45.

**WILLIS, DIXIE (Australia)**—880; her half-mile record of 2:02.0, set in 1962, still stands as a world mark; born 1941.

## CURRENT LEADERS

### WORLD MEN —

**AKII-BUA, JOHN (Uganda)**—Intermediate hurdles; emerged as a strong international contender in 1971 with 49.0 for 400 meters; Africa's top non-distance runner; born 3 Dec 50.

**ALDER, JIM (Great Britain)**—Long distances; world record holder at 30 kilometers and two hours; also a consistently fast marathoner with best of 2:12:04; born 10 Jun 40.

**ARESE, FRANCESCO (Italy)**—1500; 1971 European champion in the 1500, with a personal best of 3:36.3; born 13 Apr 44.

**ARZHANOV, YEVGENIY (Soviet Union)**—800; through early 1972 he hadn't lost an outdoor race in three years; 1971 European champion at 800 meters; born 22 Aug 48.

**BEDFORD, DAVE (Great Britain)**—Middle distances; exciting young runner is the fastest since Ron Clarke; times at 5000 meters (13:22.2), six miles (26:51.6) and 10,000 (27:47.0) all second only to Clarke's records; born 30 Dec 49.

**BIWOTT, AMOS (Kenya)**—Steeplechase; surprising and unorthodox winner of 1968 Olympics; has since run near 8:30 for the event; born 1947.

**BORZOV, VALERIY (Soviet Union)**—100; top sprinter outside the US, and bidding for the top overall; 1971 European champion has a best of 10.0 for 100 meters; born 20 Oct 49.

**BOX, DAVE (South Africa)**—Ultra-long distances; currently holds the world record for 100 miles, doing 12:15:09 in 1970; born 3 Feb 29.

**BROBERG, DICKY (South Africa)**—800; fourth-fastest 800-meter man of all-time with 1:44.7, but won't run in the Olympics (unless ruling is changed) because his country is ineligible; born 8 Apr 49.

**CLAYTON, DEREK (Australia)**—Marathon; owner of the fastest two marathons in history (2:08:33.6 and 2:09:36.4); but injuries have hampered him at key meets; born 17 Nov 42.

**DOUBELL, RALPH (Australia)**—800; won the 1968 Olympic 800 championship, tying the world record of 1:44.3; also holds indoor 880- and 1000-yard marks; born 11 Feb 45.

**DRAYTON, JEROME (Canada)**—Long distances; set a world 10-mile record in 1970, after emerging as a leading marathoner the year before; best marathon is 2:11:12.8; born 10 Jan 45.

**DRUT, GUY (France)**—High hurdles; he holds his own in the traditionally American-dominated event, having run 13.3 (which incidentally is a world under-20 record); born 6 Dec 50.

**FIASCONARO, MARCELLO (Italy)**—400; the South Africa-reared runner was a photo-finish second placer in the 1971 European Championships, running 45.5; born 19 Jul 49.

**FOSTER, JACK (New Zealand)**—Long distances; at a few months away from age 40, he set a world record for 20 miles; Foster is also a 2:12 marathoner; born 23 May 32.

**FROMM, DIETER (East Germany)**—800; the veteran internationalist is current world record holder for the indoor 800 with 1:46.6; born 21 Apr 48.



**GAMMOUDI, MOHAMED (Tunisia)**—Middle distances; a key figure in the Africa-dominated 1968 Olympics, he won the 5000 and was third in the 10,000; born 2 Nov 40.

**HAASE, JURGEN (East Germany)**—10,000; the 1966 and 1969 European champion at this distance, was outkicked by Juha Vaatainen in 1971, but Haase now is fourth-fastest ever with 27:53.4; born 19 Jan 45.

**HAMPTON, PHIL (Great Britain)**—Ultra-long distances; reduced the 50-mile record by over 11 minutes to 5:01:01 during 1971; also a 2:18 marathoner; born 25 Feb 35.

**HEMERY, DAVE (Great Britain)**—Intermediate hurdles; hasn't run the 400-meter hurdles since winning the 1968 Olympics (in world record time of 48.1), but may return this year; born 18 Jul 44.

**HILL, RON (Great Britain)**—Long distances; second-fastest marathoner of all-time with his 2:09:28; also world record holder at 15 miles and 25 kilometers; born 25 Sep 38.

**IFTER, MIRIS (Ethiopia)**—5000, 10,000; surprise of the 1971 US-African meet, where he beat Frank Shorter in the 10 and might have whipped Steve Prefontaine in the five if he hadn't miscounted his laps; born 1947.

**JENKINS, DAVE (Great Britain)**—400; young champion of the 1971 European meet, with 45.5 for 400 meters; born 25 May 52.

**JIPCHO, BEN (Kenya)**—Middle distances, steeplechase; Olympic contender in any of three events—1500, 5000, or steeple; won the latter two at 1971 pre-Olympic meet; born 1943.

**JULIAN, JEFF (New Zealand)**—Long and ultra-long distances; set a world 30-mile record in 1969; also a marathoner in the 2:14 range; born 9 Oct 35.

**KEINO, KIPCHOGE (Kenya)**—Middle distances; leader of the African track revolution; 1968 Olympic 1500-meter champion; 3000-meter world record holder, with international ability up to the 10,000; born 17 Jan 40.

**KEMPER, FRANZ-JOSEF (West Germany)**—800; top two-lapper (former European record holder at 800 meters), who also shares the world 1000-meter mark; born 30 Jul 45.

**KVALHEIM, ARNE (Norway)**—Middle distances; US-schooled (University of Oregon) runner with 3:56 mile talent; born 1945.

**LISMONT, KAREL (Belgium)**—Marathon; upset winner in the 1971 European Championships marathon, running 2:13:09 in his first season with this event; born 8 Mar 49.

**MAY, JURGEN (West Germany)**—1500/mile; most celebrated run was when he fled from East Germany to the West; 3:53.8 mile is the fourth-fastest ever; born 18 Jun 42.

**MEDIA, ALVARO (Colombia)**—10,000, marathon; South America's leading distance runner, with a Boston marathon victory (1971) to his credit; ran 2:17 in his first year of marathoning; born 15 May 40.

**NALLET, JEAN-CLAUDE (France)**—Intermediate hurdles; history's second-fastest 400-meter hurdler with his 48.6, run in 1970; born 15 Mar 47.

**NORPOTH, HARALD (West Germany)**—Middle distances; long-time internationalist who holds the world indoor record for 1500 meters, once held the 2000-meter outdoor mark, and normally races 5000 meters in major meets; born 22 Aug 42.

**O'BRIEN, KERRY (Australia)**—Steeplechase, middle distances; lowered the world steeple record to 8:22.0 in 1970, and set an indoor two-mile mark of 8:19.2 in 1971; born 17 Apr 46.

**PEARCE, KERRY (Australia)**—Middle distances; has had most success indoors, setting and later tying the two-mile record of 8:27.2, then running 8:20.6 behind Kerry O'Brien; born 12 Oct 46.

**PUTTEMANS, EMIEL (Belgium)**—Middle distances; developed rapidly in 1971, setting a two-mile world record of 8:17.8, and just missing Kip Keino's 3000-meter mark; born 8 Oct 47.

**QUARRIE, DON (Jamaica)**—Sprints; tied Tommie Smith's world 200-meter mark at the 1971 Pan-American Games with 19.8; also shares indoor 100-yard mark (9.3); born 25 Feb 51.

**RAVELOMANANTSOA, JEAN-LOUIS (Madagascar)**—Sprints; 1968 Olympic finalist at 100 meters, who has run 10-flat; shares the indoor 60-yard mark of 5.9; born 30 Apr 43.

**ROBERTS, EDWIN (Trinidad)**—Sprints; durable veteran sprinter; member of world record mile relay team in 1966, and a top 200-meter sprinter in his own right; born 12 Aug 41.

**ROELANTS, GASTON (Belgium)**—Middle and long distances; 1964 Olympic champion and former world record holder in the steeplechase; holds one-hour and 20-kilometer records, and has concentrated on flat track races and the marathon recently; born 5 Feb 37.

**SHARAFYETDINOV, RASHID (Soviet Union)**—Middle-distances; involved in the fast mass finish in the 1971 European Championships 10,000; fifth-fastest ever with 27:56.4; born 29 Dec 43.

**STEWART, IAN (Great Britain)**—Middle distances; won the 1970 Commonwealth Games 5000 in 13:22.8, still the third-fastest ever; injured in 1971; born 15 Jan 49.

**TEMU, NAFTALI (Kenya)**—10,000; 1968 Olympic champion in the 10,000; also defeated Ron Clarke in the 1968 Commonwealth Games six-mile in low-altitude Jamaica; born 20 Apr 45.

**TUMMLER, BODO (West Germany)**—1500/mile; placed third in the 1968 Olympic 1500 behind Kip Keino and Jim Ryun; Tummler is a 3:53.8 miler; born 8 Dec 43.

**USAMI, AKIO (Japan)**—Marathon; third-fastest marathoner of all-time; trailing only Derek Clayton and Ron Hill; Usami's fastest is 2:10:37.8; born 31 May 43.

**VAATAINEN, JUHA (Finland)**—Middle distances; his big show was the 1971 European championships, where he won the 5000 and 10,000—the latter in 27:52.8, a time only Ron Clarke and Dave Bedford have topped; born 12 Jul 41.

**VILLAIN, JEAN-PAUL (France)**—Steeplechase; 1971 European steeple champion with his best time of 8:25.2; Olympic finalist in 1968; born 1 Nov 46.

**WADOUX, JEAN (France)**—Middle distances; his main feat was his 3:34.0 time for 1500 meters—the second-fastest on record; competes internationally in the 5000; born 29 Jan 42.

**WOLDE, MAMO (Ethiopia)**—10,000, marathon; won the 1968 Olympic marathon, and placed second in the 10,000; still racing internationally as he approaches age 40; born 12 Jun 32.

**WOOD, ALASTAIR (Great Britain)**—Marathon and longer; holds the world record for 40 miles, and also is a 2:13:45 marathoner; born 13 Jan 33.

## UNITED STATES MEN —

**BACHELER, JACK (Florida)**—Middle distances; qualified for final in 1968 Olympic 5000; a US leader in all events from two miles up; born 30 Dec 43.

**BJORKLUND, GARRY (Minnesota)**—Middle distances; an internationalist at 10,000 meters before his 20th birthday; fifth-fastest US six-miler of all-time with best of 27:24.6; born 22 Apr 51.

**CLARK, BILL (California)**—Long distances; holder of six American records: one and two hours, 15 and 20 miles, 25 and 30 kilometers; also a top 10,000-meter man and marathoner; born 2 Dec 43.

**COLLETT, WAYNE (California)**—400/440, intermediate hurdles; had the dubious honor of placing second in the 440 and 440 hurdles record races with times (44.7 and 49.2) that are second-fastest ever; born 20 Oct 49.

**CORBITT, TED (New York)**—Long and ultra-long distances; holds US records at 40, 50 and 100 miles; also the top US over-age-50 marathoner with 2:42:47; born 31 Jan 20.

**CORTEZ, JOSE (California)**—Long and ultra-long distances; leading under-20 marathoner in the US with 2:21:38; fastest US road time for 100 miles (12:54:30.8); born 23 Nov 51.

**DAVENPORT, WILLIE (Louisiana)**—High hurdles; 1968 Olympic 110-meter hurdles champion; holds world records for 110 meters outdoors, and 45, 50, 60, 70 and 120 yards indoors; born 8 Jun 43.

**DECKARD, WILLIE (California)**—Sprints; produced times of 9.2 (100 yards) and 20.2 (220 yards) in 1971; only Tommie Smith has bettered the 220 time; born 1 Jan 51.

**DEINES, BOB (California)**—Long and ultra-long distances; fastest American for 50 miles on the road (5:19:18.2 in 1970); placed fourth in the 1968 Olympic marathon trial; born 6 Jun 47.

**DILL, MARSHALL (Michigan)**—Sprints; young sensation of 1971; ran 20.1 for 200 meters in the Pan-American Games when just out of high school; born 9 Aug 52.

**EVANS, LEE (California)**—400/440; 1968 Olympic champ at 400 meters with world record of 43.8; also ran on US 1600-meter relay team that won in world-record time; born 25 Feb 47.

**HARRISON, TARRY (California)**—Middle distances; steadily improving to world class; ran 13:08.4 for three miles in 1971; third in '71 AAU cross-country; born 21 Jul 47.

**HAZILLA, MIKE (Michigan)**—Long distances; ran a 2:18 marathon in 1966, then didn't try another until 1971; returned with 2:16:20.6; born 25 Jul 46.

**HIGGINS, NORM (Connecticut)**—Long distances; top US runner at Boston in 1966, and AAU marathon champion that year; came back in 1971 (at age 35) with his best time of 2:15:52; born 18 Nov 36.

**HILL, THOMAS (Arkansas)**—High hurdles; tied the world 120-yard hurdles record in 1970 with 13.2; injured in 1971; born 27 Nov 49.

**HILTON, LEN (Texas)**—Middle distances; improved immensely in 1971 to 13:04.4 in the three-mile, which ranks him 10th on the all-time world lists.

**LARIS, TOM (California)**—Middle and long distances; 1968 Olympian at 10,000 meters and third-fastest in US history at that distance; also a 2:16:48 marathoner; born 25 Jun 40.

**LINDGREN, GERRY (Washington)**—Middle distances: ran in the Olympic 10,000 at age 18, set a world six-mile record at 19 (27:11.6); still one of the country's leaders; born 9 Mar 46.

**LUZINS, JURIS (Virginia)**—800/880; holds US indoor record of 2:05.6, a tenth-second above the world mark; ran his best 800-meter time of 1:45.2 in 1971; '71 AAU 880 champion; born in 22 Jun 47.

**MANLEY, MIKE (Oregon)**—Steeplechase; 1971 was the best year in his long career; placed second in AAU steeple with 8:27.6—second fastest in US history; born 14 Feb 42.

**MANN, RALPH (Utah)**—Intermediate hurdles; world record holder for the 440-yard hurdles; only man to break 49 seconds with 48.8 in 1970; born 16 Jun 49.

**MC DONAGH, JIM (New York)**—Long and ultra-long distances; made the Pan-American Games marathon team in 1969 at age 43; ran his fastest marathon (2:28:49) at age 46; born 4 Feb 24.

**MC GEE, WILLIE (Mississippi)**—100; co-holder of the world 100-yard record at 9.1, which he ran in 1970; born 4 May 50.

**MERIWETHER, DEL (Massachusetts)**—100; medical doctor who started sprinting in his mid-20s; little more than a year later he won the 1971 AAU 100 in a windy 9.0; born 23 Apr 43.

**MILBURN, ROD (Louisiana)**—High hurdles; lowered the 120-yard hurdles record to 13.0 in 1971; the mark had been 13.2 for 12 years; born 18 May 50.

**MILLS, BILL (California)**—Middle distances; dramatic winner of the 1964 Olympic 10,000; still holds US records in six-mile (27:11.6) and 10,000 (28:17.6); plagued by injuries but planning to make a comeback in 1972; born 30 Jun 38.

**MILLS, CURTIS (Texas)**—400/440; set a world 440 record of 44.7 in 1969; ran on world-record 880-yard relay team in 1970; born 25 Feb 47.

**MONTGOMERY, MONTY (California)**—Long distances; former bicyclist who's the world's leading over-60 marathoner; at age 65, he ran 2:53:03; born 14 Jul 06.

**MOORE, KENNY (Oregon)**—Long distances; top American finisher in the 1968 Olympic marathon; second-fastest US marathoner ever with 2:11:35.8; also an internationalist on the track, and US record holder at 20 kilometers; born 1 Dec 43.

**O'REILLY, EAMON (District of Columbia)**—Long distances; has only run two serious marathons, 2:16 in 1968, and 2:11:12 (American best while placing second at Boston) in 1970; injured in 1971; born 2 Jun 44.

**PENDER, MEL**—Sprints; a marvel of longevity; placed sixth in 1968 Olympic 100 and ran on world-record relay; tied the world indoor 60-yard mark in 1972 at age 34; born 31 Oct 37.

**PREFONTAINE, STEVE (Oregon)**—Middle distances; American record holder for 5000 meters (13:30.4 in 1970); 1971 AAU three-mile champion in 12:58.6 (second US runner under 13 minutes); born 25 Jan 51.

**RILEY, RICK (Washington)**—Middle distances; international runner in the 5000 as a high schooler; ran a 3:59.2 mile in 1970; born 5 Mar 48.

**RYUN, JIM (California)**—1500/mile; world record holder for the mile (3:51.1) and 1500 meters (3:33.1), both set in 1967, and the 880 (1:44.9), run in 1966; second in 1968 Olympic 1500; returning after long siege of injuries, illnesses; born 29 Apr 47.

**SANDISON, ART (Washington)**—800/880; fifth-fastest half-miler in world history, having done 1:46.1 in 1969; born 7 Jan 48.

**SAVAGE, STEVE (Oregon)**—Steeplechase; finished third behind Sid Sink and Mike Manley in the 1971 AAU steeple, but with the third-fastest US time ever—8:29.6; born 6 Jun 48.

**SHORTER, FRANK (Florida)**—Middle and long distances; second-fastest US 10,000 (28:22.8 in 1970), but apparently even better in the marathon; won Fukuoka (2:12:50.4) and Pan-American Games races in 1971; born 31 Oct 47.

**SINK, SID (Ohio)**—Steeplechase; set a US steeple record of 8:26.4 in 1971 AAU race; first American under 8:30; born 3 Nov 48.

**SMITH, JOHN (California)**—400/440; current record holder at 440 yards, having run 44.5 at the 1971 AAU, breaking the old mark by two-tenths; born 5 Aug 50.

**SMITH, TRACY (California)**—Middle distances; 1968 Olympian at 10,000 meters, who returned in 1971 after a two-year layoff; finished fourth in '71 AAU cross-country; born 15 Mar 45.

**STAGEBERG, STEVE (District of Columbia)**—Middle distances; back into the top ranks of US three-milers in 1971 when he ran 13:00.2—third fastest ever by an American; born 27 Mar 47.

**SWENSON, KEN (California)**—800/880; set a US record of 1:44.8 for 800 meters in 1970; also ran on the American-record two-mile relay team; born 18 Apr 48.

**VON RUDEN, TOM (Oklahoma)**—Middle distances; shows an extremely wide range of abilities; 1968 Olympian at 1500 meters; indoor record holder at 880 yards and 1000 meters; fifth-placer in 1971 AAU cross-country; born 22 Oct 44.

**WALKER, MARCUS (Colorado)**—High hurdles, internationalist in 1970 with a best high hurdles time of 13.3; co-holder of the world indoor 50-yard hurdles mark.

**WHITNEY, RON (California)**—Intermediate hurdles; veteran with sixth place in the 1968 Olympic 400 hurdles to his credit; best metric time is 49.0; born 5 Oct 42.

**WILLIAMS, WES (California)**—Intermediate hurdles; runner-up in the 1971 AAU 440 hurdles, with a time (49.3) that only two runners have bettered; born 17 Oct 48.

**WINZENRIED, MARK (California)**—800/880; a consistently strong and fast two-lapper with an 800-meter personal record of 1:45.6, run in 1970; born 13 Oct 49.

**YEHNERT, VIRGIL (Ohio)**—Long distances; US over-40 record holder in the marathon with 2:28:27, which he ran at age 41; born 4 Feb 29.

**YOUNG, GEORGE (Arizona)**—Middle distances; world indoor record holder for three miles (13:09.8 in 1969); a close third in 1968 Olympic steeplechase, but will probably concentrate on the 5000 this year; born 24 Jul 37.

## WORLD WOMEN —

**BALZER, KARIN (East Germany)**—Hurdles; world record holder in the 100-meter hurdles at 12.6; 1964 Olympic champion in the event; born 5 Jun 38.

**BURNELEIT, KARIN (East Germany)**—1500; set a world record of 4:09.6 while winning the 1971 European Championships 1500; born 18 Aug 43.

**CHI CHENG-REEL (Taiwan)**—Sprints, hurdles; a superb season in 1970 included world records at 100 yards (10.0, a three-tenths record improvement), 100 meters (11.0), 200 meters (22.4) and 220 yards (22.6); injured in 1971; born 15 Mar 44.

**JANZE-FALCK, HILDEGARD (West Germany)**—800; holds the official record of 1:58.3 for 800 meters (only woman under two minutes officially); also holds indoor 800 mark; born 8 Jun 49.

**KILBORN, PAM (Australia)**—Hurdles; world record holder in the 200-meter hurdles at 25.7 (set in 1971); second in the 1968 Olympics over 80 meters; born 12 Aug 39.

**KIRZENSTEIN-SZEWINSKA, IRENA (Poland)**—Sprints; won the 1968 Olympic 200 meters in world record time of 22.5; also a former co-record holder in the 100 meters at 11.1; born 24 May 46.

**MEISSNER-STECHER, RENATE (East Germany)**—Sprints; double 1971 European champion—100 and 200 meters; co-holder of world 100-meter record with 11.0; born 12 May 50.

**NEUFVILLE, MARILYN (Jamaica)**—400; set a world 400-meter record of 51.0 in 1970; won Commonwealth Games title; born 16 Nov 52.

**NIKOLIC, VERA (Yugoslavia)**—800; won the 1971 European title in 2:00.0, her best and the second-fastest official mark on record; born 23 Sep 48.

**TITTEL, ELLEN (West Germany)**—1500/mile; set a world record in the mile (4:35.4) shortly after placing third in the 1971 European meet in 4:10.4; born 28 Jun 48.

## UNITED STATES WOMEN —

**BONNER, BETH (Delaware)**—Middle and long distances; briefly held the world marathon best during 1971; first officially under three hours with 2:55:22; placed second in 1971 AAU cross-country; born 9 Jun 52.

**BRIDGES, CHERYL (California)**—Middle and long distances; owns official world marathon best of 2:49:40 (set in 1971); finished third in '71 AAU cross-country; born 25 Dec 47.

**BROWN, DORIS (Washington)**—Middle distances; world record holder for two miles (10:07.0 in 1971); winner of five straight International and AAU cross-country championships; US mile and 1500-meter records; born 17 Sep 42.

**GIBBONS, KATHY (Arizona)**—Middle distances; AAU 1500 champion in 1971; holds world records for six miles and 10,000 meters; born 1 Aug 54.

**HAMMOND, KATHY (California)**—400; US 400-meter record holder at 52.1, which ties her for sixth on the all-time world list; ran fastest times in 1969; born 2 Nov 51.

**HAWKINS, PAT (New York)**—Hurdles; set a US record of 26.1 for the 200-meter hurdles while winning the 1971 AAU title; born 24 Aug 50.

**LARRIEU, FRANCIE (California)**—Middle distances; set a US record for 1500 meters (4:16.8) at age 16; born 23 Nov 52.

**MANNING-JACKSON, MADELINE (US)**—800; set an official world record for 800 meters (2:00.9) while winning the 1968 Olympics; coming back from a layoff in 1972; born 11 Jan 48.

**TOUSSAINT, CHERYL (New York)**—800/880; AAU champion at 800 meters in both 1970 and '71; best time for the distance is 2:04.3; born 16 Dec 52.

**VAN WOLVELARE-JOHNSON, PAT (Washington)**—Hurdles; fourth-place finisher in the 1964 Olympic 80-meter hurdles; US record holder at 100 meters with 13.3 (set in 1970); born 15 Apr 50.

## ADDITIONAL AMERICANS —

This large additional "Who's Who" group includes athletes currently active on the American scene. Information includes event, state of residence and birthdate. S=sprints; M=middle-distances; L=long-distances; H=hurdles; W=race walks.

### —A—

Andberg, William—L; Minn.; 8 Jun 11

### —B—

Badgley, Wayne—L; Cal.; 2 Oct 44

Bair, Sam—M; Fla.

Beardall, Darryl—L; Cal.; 22 Oct 36

Berman, Sara—L; Mass.; 14 May 36

Bertelsen, Bob—M; N.Y.; 2 Sep 46

Best, Fred—L; N.J.; 15 Feb 36

Bright, Norman—L; Wash.; 29 Jan 10

Bringhurst, Scott—M, L; Utah; 12 Jul 48

Brown, Barry—M; Fla.; 26 Jul 44

Brown, Orien—S; Texas; 4 Mar 52

Burfoot, Amby—L; Conn.; 19 Aug 46

Burnett, Jane—S; D.C.

### —C—

Castagnola, Lou—L; Mich.; 5 Jul 36

Claugus, Eileen—M; Cal.; 18 Apr 55

Coleman, Leon—H; N.C.; 1 Dec 44

Coolidge, Art—L; Ore.; 3 Aug 46

Covert, Mark—M; Cal.; 17 Nov 50

Cullimore, Natalie—L; Cal.; 22 Dec 37

Cusack, Neil—L; Tenn/Ireland; 30 Dec 51

### —D—

Davis, Iris—S; Tenn.; 30 Apr 50

Daws, Ron—L; Minn.; 21 Jun 37

Day, Bob—M; Cal.; 31 Oct 44

Dirksen, Jay—L; S. Dak.; 26 Mar 45

Divine, Roscoe—M; Ore.

Dobratz, Ona—L; Ore.; 24 Mar 45

Donnelly, Pat—H; Cal.; 30 May 50

Dosti, Lu—L; Cal.; 18 Apr 27

### —E—

Emerton, Bill—L; Cal./Australia; 11 Dec 19

### —F—

Farrell, Barbara—S; Cal.; 28 Jul 47

Ferguson, Mabel—S; Cal.; 18 Jan 55

Ferguson, Williamae—S; Cal.; 1954

Fitts, Bob—L; Wisc.; 6 Nov 42

Fitzgerald, Bill—M; Cal.; 20 May 25

Fleming, Tom—L; N.J.; 23 Jul 51

Foltz, Vicki—M; Wash.; 4 Feb 44

### —G—

Galloway, Jeff—L; Fla.; 12 Jul 45

Garrison, Edesel—S; Cal.; 17 Aug 50

Glotzer, Jan—H; Ariz.; 12 Jul 52

Godwin, Floyd—W; Colo.; 12 Jan 45

Gookin, Bill—L; Cal.; 22 Sep 32

Grace, Fred—L; Cal.; 26 Dec 1897

Graham, Judy—M; Cal.

Gregorio, Mike—L; Cal.; 2 Nov 44

Green, Jim—S; Ky.; 28 Sep 47

Greene, Charles—S; Wash.; 21 Mar 44

Greene, Pam—S; Colo.; 15 Feb 54

### —H—

Hall, Erv—H; Pa.; 5 Mar 47

Hatfield, Carl—L; W. Va.; 5 May 47

Hatton, Ray—M; Ore.; 4 Feb 32



Heald, Debbie—M; Cal.; 20 Aug 55  
 Heinonen, Tom—L; Cal.; 1 Jul 45  
 Higdon, Hal—L; Ind.; 17 Jun 31  
 Hosmer, Trina—M; Wash.  
 Houk, Skip—L; Cal.; 26 Feb 42  
 Hudson, Carol—M; N.M.; 25 Nov 55  
 Hull-Crawford, Terry—M; Tenn.; 1 Feb 48

## —J—

James, Larry—S; Pa.; 6 Nov 47  
 Jobski, Jerry—M; Ariz.; 31 Jul 44  
 Johnson, Francie—M; Mass.; 19 Feb 47

## —K—

Kardong, Don—M; Cal.; 22 Dec 48  
 Kelley, John A.—L; Mass.; 6 Sep 07  
 Kelley, John J.—L; Conn.; 24 Dec 30  
 Kelly, John—W; Cal.; 6 Oct 29  
 Kemp, Jim—S; Cal.; 25 Nov 44  
 Kimball, Mike—L; Ohio; 8 Jun 40  
 Kingery, Mitch—L; Cal.; 3 Jul 56  
 Kuscsik, Nina—L; N.Y.; 2 Jan 39

## —L—

LaBenz, Chuck—M; Ariz.; 6 Dec 48  
 Laing, Mavis—S; Ariz.; 5 Dec 53  
 Lawson, John—M; Cal.; 18 Nov 43  
 Lawson, Barbara—M; Colo.  
 Lawson, Kathie—S; Mass.  
 Liebenberg, Jeromee—M; Cal.; 11 Nov 48  
 Lorenz, Herb—L; N.J.; 7 Apr 39  
 Lowry, Byron—L; Cal.; 11 Feb 47

## —M—

Maddaford, Rex—M; N.M./N.Z.; 9 Mar 47  
 Mason, John—M; Cal.; 29 Dec 45  
 Matthews, Steve—L; Colo.; 17 Jun 41  
 Matthews, Vince—S; N.Y.; 16 Dec 47  
 Mayfield, Moses—L; Pa.; 5 Dec 44  
 McBride, Frank—M; Mich.; 15 Jul 30  
 McGrady, Martin—S; Cal.  
 McMahan, Pat—L; Mass./Ire.; 1 Feb 42  
 Merrick, David—M; Pa.; 21 Sep 53  
 Messenger, Charles—M; Colo.; 10 Nov 46  
 Michael, Howell—M; Va.; 31 Aug 49  
 Moore, Oscar—M; N.J.; 31 Mar 38  
 Mortenson, Bruce—L; Minn.; 31 Dec 43  
 Mundle, Peter—M; Cal.; 20 May 28

## —N—

Nelson, Vic—M, L; Ohio; 7 Feb 49  
 Norman, Gwen—S; D.C.; 11 Jan 50

## —O—

O'Neal, Lacey—H; D.C.; 30 Mar 44  
 O'Neil, Larry—W; Mont.; 21 Sep 07

## —P—

Pagliano, John—L; Cal.; 10 Jul 39  
 Power, Gary—H; Cal.; 25 Mar 42  
 Price, Bob—M; Cal; 24 Mar 46

## —R—

Rallins, Mamie—H; Ill.; 8 Jul 41  
 Reilly, Bill—M; N.J.; 28 Feb 43  
 Render, Mattaline—S; Texas; 2 Feb 48  
 Rhoden, George—S; Cal./Jam.; 13 Dec 26  
 Ritcherson, Fred—L; Cal; 8 Feb 50  
 Roth, Debbie—M; Ore.; 22 Jun 55  
 Ryan, Mike—M; Tenn.; 8 Jan 47

## —S—

Scott, George—M; Cal./Aus.; 14 Sep 36  
 Scott, Jarvis—S; Cal.; 6 Apr 47  
 Shafer, Cis—M; Cal.; 10 May 52  
 Shafer, Nancy—M; Ohio; 6 May 51  
 Slack, Mike—M; Minn.; 18 Aug 51  
 Smith, Ronnie Ray—S; Cal.; 28 Mar 49  
 Stearns, Maria—M; Cal.; 3 Jan 53  
 Stolpe, Richard—S; Nebr.; 3 Mar 25  
 Stroy, Esther—S; D.C.; 12 Aug 53

## —T—

Tinker, Gerald—S; Tenn.; 19 Jan 51  
 Traynor, Pat—M; Pa.; 22 Jun 41  
 Turner, Tommie—S; Ky.; 17 Jan 47  
 Turner, Willie—S; Ore.; 14 Oct 48

## —V—

Van Dellen, Wayne—L; Cal.; 30 Apr 37  
 Vanderstock, Geoff—H; Cal.; 8 Oct 46  
 Van Dyk, Jere—M; Cal.; 14 Dec 45  
 Vitale, John—L; Conn.; 15 Jul 48

## —W—

Wake, Betty—L; Cal.; 17 May 37  
 Walker, Caroline—L; Ore.; 15 Oct 53  
 Walker, Chuck—L; Ariz.; 24 Nov 52  
 Walsh, Donal—M; Pa./Ire.; 28 May 48  
 Washington, Herb—S; Mich.; 16 Nov 50  
 White, Dave—L; Cal.; 4 Mar 52  
 Wottle, Dave—M; Ohio; 7 Aug 50

## —Y—

Young, Ken—L; Ill.; 9 Nov 41

**WORLD RACE WALKERS —**

**FRENKEL, PETER (East Germany)**—20 kilometers; world record holder at the shorter Olympic distance, with 1:25:50 on the track in 1970; also holds 10-mile mark; born 1939.

**GOLUBNICHYI, VLADIMIR (Soviet Union)**—20 kilometers; Olympic champion in 1960 and again in '68; born 1936.

**HOHNE, CHRISTOPH (East Germany)**—50 kilometers; winner by 10 minutes at the 1968 Olympics; former world record holder at 50 kilometers; still has world mark for 30 kilos; born 12 Feb 41.

**MATTHEWS, KEN (Great Britain)**—20 kilometers; winner of 1964 Olympic championship, 1962 European title and two Lugano Cups; born 21 Jun 34.

**NIHILL, PAUL (Great Britain)**—20 kilometers; the leading non-Eastern European at this distance; second in 1964 Olympics; third in the 1971 European Championships; born 5 Sep 39.

**PAMICH, ABDON (Italy)**—50 kilometers; top long-distance walker of the early 1960s; 1964 Olympic champion; winner of 1962 and '66 European titles; born 3 Oct 33.

**SELZER, PETER (East Germany)**—50 kilometers; gained the world 50-kilo record in 1971 with 4:04:19.8 on the track; also set 40-kilo, 25- and 30-mile marks en route; born 1946.

**SMAGA, NIKOLAY (Soviet Union)**—20 kilometers; 1971 European champion at this distance; a close third in 1968 Olympics; born 22 Aug 38.

**SOLDATENKO, VENYAMIN (Soviet Union)**—50 kilometers; first man to break four hours in the "50", doing 3:59:17.8 on the road in 1971; won '71 European championship; born 24 Jan 39.

**THOMPSON, DON (Great Britain)**—50 kilometers; 1960 Olympic champion at this distance; born 20 Jan 33.

**UNITED STATES RACE WALKERS —**

**DOOLEY, TOM (California)**—20 kilometers; the 1968 Olympian holds the American record for the Olympic distance—1:30:39 on the track in 1971; 1971 national champion and second-placer in Pan-American Games; born 9 Dec 45.

**HALUZA, RUDY (California)**—20 kilometers; surprising fourth-placer in the 1968 Olympic "20" at age 37; also competed in 1960 Games; still active at age 40-plus; born 1931.

**KITCHEN, BOB (California)**—50 kilometers; US's only world record holder in the long distances; set 35-kilometer mark in 1971 with 2:37:34; born 1 Feb 48.

**KLOPFER, GOETZ (California)**—20 and 50 kilometers; 1971 Pan-Am American Games champion in the "20"; walked the "50" in the 1968 Olympics; holds five US records; born 25 Jun 42.

**LAIRD, RON (California)**—20 kilometers; has competed in three Olympics; winner of over 50 US titles; currently holds several American records; born 31 May 38.

**KNIFTON, JOHN (New York)**—50 kilometers; native of England is a naturalized US citizen; third in 1971 Pan-American "50"; holds US records at 40 kilos and 25 miles.

**ROMANSKY, DAVE (New Jersey)**—20 and 50 kilometers; set American records all the way from 1500 meters to 50,000 meters in 1970; represented US in 1968 Olympic "50"; born 8 Apr 38.

**WALKER, LARRY (California)**—20 kilometers; an accomplished "sprinter" who holds US record at two miles (13:20.2 in 1971).

**YOUNG, LARRY (Missouri)**—50 kilometers; only US medalist in an Olympic walk, having placed third in the "50" in 1968; returned from a long layoff in 1971, and won the Pan-American title; born 1943.

**ZINN, RON**—20 kilometers; first US place-winner in a standard Olympic walk; sixth in the 1964 20-kilo race; killed in action in Vietnam a short time later.

## TOP RUNNING COACHES

**BOWERMAN, BILL (US)**—The University of Oregon coach has enjoyed astounding success with runners over the last two decades, particularly milers and steeplechasers. Leading men have been Bill Dellinger, Jim Grelle, Dyrol Burleson, Kenny Moore, Mike Manley and Steve Prefontaine. Bowerman is a tireless experimenter with training techniques, shoes and track surfaces, and has made many innovations. He is the 1972 US men's Olympic coach.

**CERUTTY, PERCY (Australia)**—The unorthodox Cerutti gained prominence in the mid-1950s when Herb Elliott broke the world mile record. Percy had Elliott running up sand hills and lifting heavy weights for strength, and put heavy emphasis on breathing, running technique and diet. Now in his 70s, Cerutti still runs, coaches, and writes profusely.

**ELLIOTT, JIM (US)**—"Jumbo" coaches at Villanova University, and like Bill Bowerman has had great success with middle-distance runners. Some of Elliott's leading runners have been Browning Ross, Fred Dwyer, Ron Delany, Dave Patrick and Marty Liquori. Elliott has a knack for bringing good performances from his runners nearly year-round.

**GERSCHLER, WOLDEMAR (Germany)**—Gerschler, a scientist, has experimented in detail with interval training and is credited with formalizing this type of workout plan in the 1930s. He coached Rudolf Harbig, world record holder at 400 and 800 meters, before World War II. Gerschler later influenced British runner Gordon Pirie.

**HOLMER, GOSTA (Sweden)**—Holmer's contribution to training techniques was the development and application of the fartlek (or "speed play") style of training. This change-of-pace cross-country training was uniquely

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suites to Sweden's forest lands. Holmer aided Gunder Hagg and Arne Andersson, the Swedes who made a shambles of the middle-distance record books during World War II.

**IGLOI, MIHALY (US)**—Igloi began coaching in his native Hungary, with a complex method adapted from interval training. In the 1950s, his Hungarians—Sandor Iharos, Istvan Roszavolgyi and Laszlo Tabori—set more than a dozen world records. Igloi fled to the US after the 1956 Hungarian revolt, and coached top American Jim Beatty, Jim Grelle and Bob Schul. Igloi now is in Greece, coaching the national team.

**LYDIARD, ARTHUR (New Zealand)**—The former marathoner brought long steady distance training back into vogue after two of his pupils—Murray Halberg and Peter Snell—won gold medals at the 1960 Olympic Games. Lydiard no longer coaches individual athletes, but travels throughout the world lecturing to joggers and world-class athletes alike. One of his chief contributions has been the popularizing of distance running as a fitness activity.

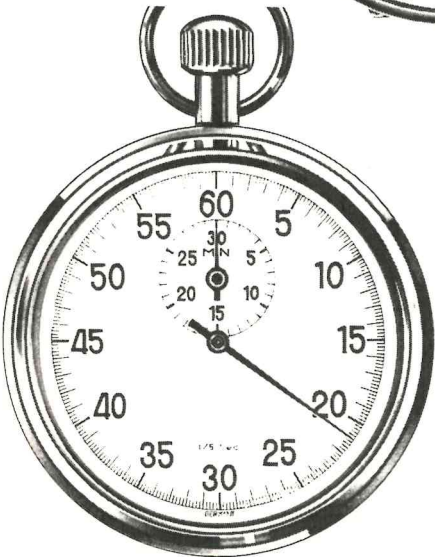
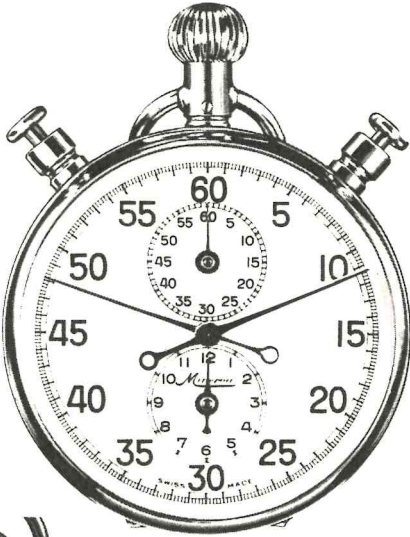
**PETERSONS, ATIS (US)**—“Pete” was born in Latvia and came to the US after World War II. He isn't widely known because he doesn't coach in a college or university. Petersons is a club coach (Club West in Santa Barbara, Calif.). He has influenced a great number of the country's leading runners, including Jack Bachelier, Bill Scobey, Tarry Harrison, Mark Winzenried and Jeromee Liebenberg.

**STAMPFL, FRANZ (Australia)**—Stampfl first got a world-wide reputation when he assisted initial sub-four-minute miler Roger Bannister. Stampfl later moved to Australia, and his most recent star has been Ralph Doubell, winner of the 1968 Olympic 800 meters. Stampfl uses an interval-oriented approach to training.

**VAN AAKEN, ERNST (West Germany)**—Most of Dr. Van Aaken's work has been in the medical aspects of distance running. He was one of the first to advise training slowly and steadily, doing so as early as the 1920s. Besides helping athletes the caliber of Bodo Tummeler and Harald Norpoth, Van Aaken also has done potentially revolutionary experiments on the relationship between endurance activities and cancer.

Chapter Four

# Times of All Types



# WORLD RECORDS

## MEN'S OUTDOOR

These are the marks accepted by the IAAF, or pending approval. The international group only recognizes events through 30 kilometers. Additional best-ever performances are listed for longer distances (\*). †=Ronnie Ray Smith's 9.9 for 100 meters is an approved record, even though the Phototimer showed it as 10.0; other statistical lists show the slower time. ††=John Carlos' 200-meter time not accepted as a record because he wore illegal shoes.

Event	Time	Name (Nation)	Site	Date
100 yards	9.1	Bob Hayes (US)	St. Louis, Mo.	21 Jun 63
	9.1	Harry Jerome (Can)	Edmonton, Can.	15 Jul 66
	9.1	Jim Hines (US)	Houston, Tex.	13 May 67
	9.1	Charles Greene (US)	Provo, Utah	15 Jun 67
	9.1	John Carlos (US)	Fresno, Calif.	10 May 69
	9.1	Willie McGee (US)	Houston, Tex.	8 May 70
100 meters	9.9	Jim Hines (US)	Sacramento, Cal.	20 Jun 68
	9.9†	Ronnie Ray Smith (US)	Sacramento, Cal.	20 Jun 68
	9.9	Charles Greene (US)	Sacramento, Cal.	20 Jun 68
	9.9	Jim Hines (US)	Mexico City, Mex.	14 Oct 68
200 meters	19.8	Tommie Smith (US)	Mexico City, Mex.	16 Oct 68
	19.8	Don Quarrie (Jam)	Cali, Colombia	3 Aug 71
	19.7††	John Carlos (US)	S. Lake Tahoe	12 Sep 68
220 yards	20.0	Tommie Smith (US)	Sacramento, Cal.	11 Jun 66
400 meters	43.8	Lee Evans (US)	Mexico City, Mex.	18 Oct 68
440 yards	44.5	John Smith (US)	Eugene, Ore.	26 Jun 71
800 meters	1:44.3	Peter Snell (NZ)	Christchurch, N.Z.	3 Feb 62
	1:44.3	Ralph Doubell (Aus)	Mexico City, Mex.	15 Oct 68
880 yards	1:44.9	Jim Ryun (US)	Terre Haute, Ind.	10 Jun 66
1000 meters	2:16.2	Jurgen May (EG)	Erfurt, E. Ger.	20 Jul 65
	2:16.2	Franz J. Kemper (WG)	Hanover, W. Ger.	21 Sep 66
1500 meters	3:33.1	Jim Ryun (US)	Los Angeles, Calif.	8 Jul 67
One mile	3:51.1	Jim Ryun (US)	Bakersfield, Calif.	23 Jun 67
2000 meters	4:56.2	Michel Jazy (Fr)	St. Maur, Fr.	12 Oct 66
3000 meters	7:39.6	Kipchoge Keino (Ken)	Halsingborg, Swe.	27 Aug 65
Two miles	8:17.8	Emiel Puttemans (Bel)	Edinburgh, Scot.	20 Aug 71
Three miles	12:50.4	Ron Clarke (Aus)	Stockholm, Swe.	5 Jul 66
5000 meters	13:16.6	Ron Clarke (Aus)	Stockholm, Swe.	5 Jul 66
Six miles	26:47.0	Ron Clarke (Aus)	Oslo, Nor.	14 Jul 65
10,000m	27:39.4	Ron Clarke (Aus)	Oslo, Nor.	14 Jul 65
10 miles	46:37.6	Jerome Drayton (Can)	Toronto, Ont.	4 Sep 70
One hour	12m 1478y	Gaston Roelants (Bel)	Louvain, Bel.	28 Oct 66
20,000m	58:06.2	Gaston Roelants (Bel)	Louvain, Bel.	28 Oct 66
15 miles	1:12:48.2	Ron Hill (GB)	Bolton, Eng.	21 Jul 65
25,000m	1:15:22.6	Ron Hill (GB)	Bolton, Eng.	21 Jul 65
30,000m	1:31:30.4	Jim Alder (GB)	London, Eng.	5 Sep 70

## TRACK RECORDS

20 miles*	1:39:14.4	Jack Foster (NZ)	Auckland, N.Z.	15 Aug 71
Two hours*	23m 1071y	Jim Alder (GB)	Walton, Eng.	17 Oct 64
25 miles*	2:10:48.0	Eric Austin (GB)	Walton, Eng.	19 Oct 68
30 miles*	2:47:33.0	Jeff Julian (NZ)	New Zealand	1969
40 miles*	3:49:49.0	Alastair Wood (GB)	Pitreavie, Scot.	13 Dec 69
50 miles*	5:01:01.0	Phil Hampton (GB)	Ewell, Eng.	10 Jul 71
100 miles*	12:15:09.0	Dave Box (SA)	Durban, S. Afr.	31 Jul 70
120y hurdles	13.0	Rod Milburn (US)	Eugene, Ore.	25 Jun 71
110m hurdles	13.2	Martin Lauer (WG)	Zurich, Switz.	7 Jul 59
	13.2	Lee Calhoun (US)	Berne, Switz.	21 Aug 60
	13.2	Earl McCullough (US)	Minneapolis, Minn.	16 Jul 67
	13.2	Willie Davenport (US)	Zurich, Switz	4 Jul 69
400m hurdles	48.1	Dave Hemery (GB)	Mexico City, Mex.	15 Oct 68
440y hurdles	48.8	Ralph Mann (US)	Des Moines, Ia.	20 Jun 70
Steeplechase	8:22.0	Kerry O'Brien (Aus)	Berlin, W. Ger.	4 Jul 70
400m relay	38.2	United States	Mexico City, Mex.	2 Oct 68
		(Charles Greene, Mel Pender, Ronnie Ray Smith, Jim Hines)		
440y relay	38.6	U. of Southern Cal.	Provo, Utah	17 Jul 67
		(Earl McCullough, Fred Kuller, O. J. Simpson, Lennox Miller)		
800m relay	1:21.7	Texas A. & M. Univ.	Des Moines, Ia.	25 Apr 70
		(Donnie Rogers, Rockie Woods, Marvin Mills, Curtis Mills)		
880y relay	1:21.7	Texas A. & M. Univ.	Des Moines, Ia.	25 Apr 70
		(Donnie Rogers, Rockie Woods, Marvin Mills, Curtis Mills)		
1600m relay	2:56.1	United States	Mexico City, Mex.	20 Oct 68
		(Vince Matthews, Ron Freeman, Larry James, Lee Evans)		
Mile relay	3:02.8	Trinidad-Tobago	Kingston, Jam.	13 Aug 66
		(Lennox Yearwood, Kent Bernard, Ed Roberts, Wendell Mottley)		
3200m relay	7:08.6	West Germany	Wiesbaden, W.G.	13 Aug 66
		(Manfred Kinder, Walter Adams, Dieter Bogatzki, Franz-Josef Kemper)		
2-mile relay	7:11.6	Kenya	London, Eng.	5 Sep 70
		(Naftali Bon, Hezekiah Nyamau, Thomas Saisi, Robert Ouko)		
6000m relay	14:49.0	France	St. Maur, Fr.	25 Jun 65
		(Gerard Vervoort, Claude Nicolas, Michel Jazy, Jean Wadoux)		
4-mile relay	16:05.0	Oregon Track Club	Eugene, Ore.	30 May 68
		(Roscoe Divine, Wade Bell, Arne Kvalheim, Dave Wilborn)		

# MEN'S INDOOR

There are no official indoor world records. These are the best times ever run indoors, under conditions similar to those that apply for American marks. The basic qualification is that track cannot be more than 220 yards per lap. Since Americans hold a good share of the world marks, only a supplemental US list is included here. (Through 1 Jan 72.)

Event	Time	Name (Nation)	Site	Date
50 yards	5.0	Kirk Clayton (US)	Calgary, Can.	10 Jan 70
50 meters	5.4	Bill Gaines (US)	Moscow, S. U.	17 Feb 68
	5.4	Manfred Korot (EG)	Berlin, E. Ger.	31 Jan 71
60 yards	5.9	Bob Hayes (US)	New York, N. Y.	22 Feb 64
	5.9	Sam Perry (US)	Annapolis, Md.	23 Jan 65
	5.9	Sam Perry (US)	New York, N.Y.	28 Jan 65
	5.9	Craig Wallace (US)	Chattanooga, Tenn.	20 Feb 65
	5.9	Darel Newman (US)	San Francisco, Cal.	26 Feb 65
	5.9	Charles Greene (US)	Los Angeles, Cal.	22 Jan 66
	5.9	Bill Gaines (US)	Albuquerque, N.M.	4 Mar 66
	5.9	Jim Hines (US)	Kansas City, Mo.	21 Jan 67
	5.9	Jim Hines (US)	Kansas City, Mo.	21 Jan 67
	5.9	Jim Hines (US)	Albuquerque, N.M.	28 Jan 67
	5.9	John Carlos (US)	Washington, D.C.	10 Jan 69
	5.9	Ivory Crockett (US)	Champaign, Ill.	13 Dec 69
	5.9	John Carlos (US)	College Park, Md.	9 Jan 70
	5.9	Cliff Branch (US)	Albuquerque, N.M.	24 Jan 70
	5.9	Earl Harris (US)	Oklahoma City	31 Jan 70
	5.9	John Carlos (US)	Baltimore, Md.	7 Feb 70
5.9	Herb Washington (US)	Detroit, Mich.	14 Mar 70	
5.9	Jack Phillips (US)	Monroe, La.	12 Dec 70	
5.9	Mel Pender (US)	College Park, Md.	8 Jan 71	
5.9	J.L. Ravelomanantsoa	Kansas City, Mo.	22 Jan 71	
5.9	Jerry Sims (US)	Natchitoches, La.	6 Feb 71	
5.9	Willie McGee (US)	Natchitoches, La.	6 Feb 71	
5.9	Herb Washington (US)	East Lansing, Mich.	13 Feb 71	
60 meters	6.4	Fyodor Pankratov (SU)	Kiev, S.U.	17 Feb 67
	6.4	Valeriy Borzov (SU)	Kiev, S.U.	22 Dec 68
70 yards	6.8	Mel Pender (US)	Louisville, Ky.	27 Feb 65
	6.8	Craig Wallace (US)	Louisville, Ky.	27 Feb 65
	6.8	Mel Pender (US)	Louisville, Ky.	15 Feb 69
	6.8	Larry Highbaugh (US)	Louisville, Ky.	14 Feb 70
	6.8	Jim Green (US)	Louisville, Ky.	14 Feb 70
	6.8	Mel Pender (US)	Louisville, Ky.	13 Feb 71
100 yards	9.3	Don Quarrie (Jam)	Pocatello, Idaho	16 Jan 71
	9.3	Carl Lawson (Jam)	Pocatello, Idaho	20 Feb 71
100 meters	10.3	Vitaliy Kunaryev (SU)	Leningrad, S.U.	17 Jan 65
	10.3	Yuriy Zyesyetko (SU)	Leningrad, S.U.	14 Feb 70
	10.3	Valeriy Borzov (SU)	Donyetsk, S.U.	1 Feb 71
	10.3	Valdislav Sapeya (SU)	Moscow, S.U.	5 Mar 71
	10.3	Aleksandr Lebedyev (SU)	Moscow, S.U.	5 Mar 71



200 meters	21.1	John Carlos (US)	East Lansing, Mich.	14 Feb 70
220 yards	21.1	John Carlos (US)	East Lansing, Mich.	14 Feb 70
300 yards	29.8	Bill Hurd (US)	Kalamazoo, Mich.	23 Mar 68
300 meters	34.4	Boris Savchuk (SU)	Moscow, S.U.	20 Feb 66
400 meters	46.2	Tommie Smith (US)	Louisville, Ky.	18 Feb 67
440 yards	46.2	Tommie Smith (US)	Louisville, Ky.	18 Feb 67
500y	54.4	Lee Evans (US)	College Park, Md.	8 Jan 71
	54.4	Lee Evans (US)	Pocatello, Idaho	30 Jan 71
500 meters	1:02.9	Mal Whitfield (US)	New York, N.Y.	28 Feb 53
	1:02.9	Mal Whitfield (US)	Chicago, Ill.	28 Mar 53
	1:02.9	Martin McGrady (US)	New York, N.Y.	20 Feb 70
600 yards	1:07.6	Martin McGrady (US)	New York, N.Y.	27 Feb 70
600 meters	1:17.7	Martin Bilham (GB)	Cosford, Eng.	20 Dec 69
800 meters	1:46.6	Dieter Fromm (EG)	Belgrade, Yug.	8 Mar 69
880 yards	1:47.9	Ralph Doubell (Aus)	Albuquerque, N.M.	25 Jan 69
1000 yards	2:05.5	Ralph Doubell (Aus)	Albuquerque, N.M.	24 Jan 70
1000 meters	2:20.4	Tom Von Ruden (US)	New York, N.Y.	19 Feb 71
1500 meters	3:37.8	Harald Norpoth (WG)	Berlin, W. Ger.	13 Feb 71
One mile	3:56.4	Tom O'Hara (US)	Chicago, Ill.	7 Mar 64
	3:56.4	Jim Ryun (US)	San Diego, Calif.	19 Feb 71
2000 meters	5:04.4	Michel Jazy (Fr)	Lyons, Fr.	6 Feb 65
3000 meters	7:47.0	Ricky Wilde (GB)	Vienna, Aus.	15 Mar 70
Two miles	8:19.2	Kerry O'Brien (Aus)	San Diego, Calif.	19 Feb 71
Three miles	13:09.8	George Young (US)	Philadelphia, Pa.	1 Mar 69
5000 meters	13:45.2	Vyacheslav Alanov (SU)	Sverdlovsk, S.U.	10 Mar 69
10,000 meters	29:29.0	Yuriy Aleksashin (SU)	Moscow, S.U.	9 Mar 71
45y hurdles	5.3	Willie Davenport (US)	Boston, Mass.	1 Feb 69
	5.3	Willie Davenport (US)	Boston, Mass.	10 Jan 70
50y hurdles	5.8	Willie Davenport (US)	Toronto, Can.	14 Feb 69
	5.8	Marcus Walker (US)	Omaha, Neb.	12 Dec 70
50m hurdles	6.2	Gunther Nickel (WG)	Leverkusen, W.G.	26 Feb 70
60y hurdles	6.8	Hayes Jones (US)	Baltimore, Md.	29 Feb 64
	6.8	Earl McCullouch (US)	Oakland, Calif.	24 Feb 68
	6.8	Willie Davenport (US)	Ft. Worth, Tex.	7 Feb 69
	6.8	Willie Davenport (US)	Inglewood, Calif.	8 Feb 69
	6.8	Willie Davenport (US)	College Park, Md.	9 Jan 70
60m hurdles	7.5	Gunther Nickel (WG)	Mainz, W.G.	31 Jan 70
	7.5	Thomas Hill (US)	Berlin, W.G.	2 Dec 70
70y hurdles	7.8	Willie Davenport (US)	Louisville, Ky.	15 Feb 69
120y hurdles	13.5	Willie Davenport (US)	Houston, Tex.	24 Jan 69
110m hurdles	13.6	Anatoliy Mikhailov (SU)	Leningrad, S.U.	19 Mar 60
	13.6	Anatoliy Mikhailov (SU)	Leningrad, S.U.	28 Mar 60
800m relay	1:26.3	France	Stuttgart, W.G.	24 Feb 62
880y relay	1:28.1	Eastern Michigan U.		1968
1600m relay	3:05.9	Soviet Union	Vienna, Austria	14 Mar 70
Mile relay	3:09.4	Pacific Coast Club	Pocatello, Idaho	26 Feb 71
3200m relay	7:17.8	Soviet Union	Sofia, Bulgaria	14 Mar 71
2-mile relay	7:25.4	U. of Chicago T. C.	Louisville, Ky.	15 Feb 69
4-mile relay	16:56.4	Purdue University		1971

TRACK RECORDS

ADDITIONAL AMERICAN RECORDS

Event	Time	Name	Site	Date
60 meters	6.5	Charles Greene	Berlin, W. Ger.	4 Dec 70
100 yards	9.4	Gerald Tinker	Houston, Tex.	14 Feb 70
100 meters	10.7	Bob Rodenkirchen	Brooklyn, N.Y.	8 Jan 38
300 meters	34.9	Larry Scheurer	Regina, Can.	21 Feb 70
600 meters	1:20.3	Jimmy Herbert	New York, N.Y.	26 Feb 38
800 meters	1:47.4	Ted Nelson	Berlin, W. Ger.	7 Apr 65
880 yards	1:48.5	Tom Von Ruden	College Park, Md.	8 Jan 71
1000 yards	2:05.6	Juris Luzins	San Diego, Calif.	20 Feb 70
1500 meters	3:42.8	Dyrol Burleson	Stockholm, Swe.	18 Mar 65
2000 meters	5:16.8	Jim Beatty	Chicago, Ill.	8 Mar 63
3000 meters	7:56.6	Bill Mills	Berlin, W. Ger.	7 Apr 65
Two miles	8:26.2	Frank Shorter	San Diego, Calif.	19 Feb 71
5000 meters	14:31.0	Don Lash	New York, N.Y.	25 Feb 39
Six miles*	30:42.0	G. V. Bonhag	New York, N.Y.	20 Mar 09
10 miles*	54:21.2	Lewis Tewanima	New York, N.Y.	27 Mar 09
One hour*	10m 34y	Ken Young	Chicago, Ill.	21 Mar 71
20,000m*	1:15:09.0	Ken Young	Chicago, Ill.	21 Mar 71
15 miles*	1:32:06.0	Ken Young	Chicago Ill.	21 Mar 71
25,000m*	1:35:45.0	Ken Young	Chicago, Ill.	21 Mar 71
30,000m*	1:57:56.6	Ken Young	Chicago, Ill.	21 Mar 71
Two hours*	18m 1611y	Ken Young	Chicago, Ill.	21 Mar 71
20 miles*	2:07:37.0	Ken Young	Chicago, Ill.	21 Mar 71
25 miles*	2:43:26.0	Ken Young	Chicago, Ill.	21 Mar 71
Marathon*	2:54:03.4	Ken Young	Chicago, Ill.	21 Mar 71
S. Medley R.	3:24.0	Oklahoma State U.	Manhattan, Kans.	24 Mar 62
D. Medley R.	9:44.6	Kansas State U.	Detroit, Mich.	11 Mar 67

# WOMEN'S OUTDOOR

The women's outdoor records, like the men's, are accepted by the IAAF. These are the approved marks, or those pending approval. Official records are only maintained in events through one mile. Other best times are listed with \*.

Event	Time	Name (Nation)	Site	Date
100 yards	10.0	Chi Cheng (Taiwan)	Portland, Ore.	13 Jun 70
100 meters	11.0	Wyomia Tyus (US)	Mexico City, Mex.	15 Oct 68
	11.0	Chi Cheng (Taiwan)	Vienna, Aus.	18 Jul 70
	11.0	Renate Meissner (EG)	Berlin, E. Ger.	2 Aug 70
	11.0	Renate Meissner (EG)	Berlin, E. Ger.	31 Jul 71
200 meters	22.4	Chi Cheng (Taiwan)	Munich, W. Ger.	12 Jul 70
220 yards	22.6	Chi Cheng (Taiwan)	Westwood, Calif.	3 Jul 70
400 meters	51.0	Marilyn Neufville (Jam)	Edinburgh, Scot.	23 Jul 70
440 yards	52.4	Judy Pollock (Aus)	Perth, Aus.	27 Feb 65
800 meters	1:58.3	Hildegard Falck (WG)	Stuttgart, W. Ger.	11 Jul 71
	1:58.0*	Sin Kim Dan (NK)	Pyongyang, N.K.	2 Sep 64
880 yards	2:02.0	Dixie Willis (Aus)	Perth, Aus.	3 Mar 62
	2:02.0	Judy Pollock (Aus)	Stockholm, Swe.	5 Jul 67
1000 meters*	2:42.1	Waltraud Pohland (EG)	Leipzig, E. Ger.	5 Sep 69
1500 meters	4:09.6	Karin Burneleit (EG)	Helsinki, Fin.	15 Aug 71
Mile	4:35.4	Ellen Tittel (WG)	Sittard, Holland	20 Aug 71
2000 meters*	6:09.6	Tamara Dmitriyeva (SU)	Moscow, S.U.	15 May 65
3000 meters*	9:23.4	Joyce Smith (GB)	London, Eng.	16 Jul 71
Two miles*	10:07.0	Doris Brown (US)	Bakersfield, Calif.	10 Jul 71
Three miles*	15:48.6	Paoli Pigni (Italy)	Formia, Italy	11 May 69
5000 meters*	15:53.6	Paola Pigni (Italy)	Milan, Italy	2 Sep 69
Six miles*	34:51.0	Kathy Gibbons (US)	Phoenix, Ariz.	12 Jun 71
10,000 meters*	34:51.0	Kathy Gibbons (US)	Phoenix Ariz.	12 Jun 71
15,000 meters*	56:00.0	Elsa Pasquali (Italy)	Vicenza, It.	11 Feb 66
One hour*	9m 1609y	Elsa Pasquali (Italy)	Schio, Italy	9 Dec 65
10 miles*	1:02:07.0	Anne O'Brien (Ire)	Dublin, Ire.	12 Sep 68
20,000 meters*	1:16:00.0	Elsa Pasquali (Italy)	Vicenza, Italy	11 Feb 66
30,000 meters*	2:03:04.0	Elsa Pasquali (Italy)	Vicenza, Italy	11 Feb 66
100m hurdles	12.6	Karin Balzer (EG)	Berlin, E. Ger.	31 Jul 71
200m hurdles	25.7	Pam Kilborn (Aus)	Melborne, Aus.	25 Nov 71
400m relay	42.8	United States	Mexico City, Mex.	20 Oct 68
		(Barbara Farrell, Margaret Bailes, Mildrette Netter, Wyomia Tyus)		
440y relay	45.0	Great Britain	Portsmouth, Eng.	14 Sep 68
		(Anita Neil, Maureen Tranter, Janet Simpson, Lillian Board)		
800m relay	1:33.8	Great Britain	London, Eng.	13 Aug 68
		(Maureen Tranter, Della James, Janet Simpson, Valerie Peat)		
880y relay	1:35.8	Australia	Brisbane, Aus.	9 Nov 69
		(Marion Hoffman, Jennifer Lamy, Raelene Boyle, Pam Kilborn)		
1600m relay	3:29.3	East Germany	Helsinki, Fin.	15 Aug 71
		(Rita Kuhne, Ingelore Lohse, Helga Seidler, Monika Zehrt)		
Mile relay	3:38.7	United States	Durham, N.C.	17 Jul 71
		(Esther Stroy, Mavis Laing, Gwen Norman, Cheryl Toussaint)		
3200m relay	8:16.8	West Germany	Lubeck, W. Ger.	25 Jul 71
		(Ellen Tittel, Sylvia Schenk, Christa Merten, Hildegard Falck)		

# WOMEN'S INDOOR

As in the men's events, there are no official world indoor records for women. These are the best-ever performances on tracks 220 yards or smaller. A supplementary list of US marks is included. (To 1 Jan 72.)

Event	Time	Name (Nation)	Site	Date
50 yards	5.6	Wyomia Tyus (US)	Toronto, Ont.	25 Feb 66
50 meters	6.0	Barbara Ferrell (US)	Moscow, S.U.	17 Feb 68
	6.0	Renate Meissner (EG)	Berlin, E. Ger.	14 Feb 71
	6.0	Renate Meissner (EG)	Berlin, E. Ger.	20 Feb 71
	6.0	Renate Meissner (EG)	Berlin, E. Ger.	28 Feb 71
60 yards	6.5	Wyomia Tyus (US)	Albuquerque, N.M.	5 Mar 66
60 meters	7.1	Tatyana Schelkanova (SU)	Leningrad, S.U.	1 Mar 62
	7.1	Renate Meissner (EG)	Gera, E. Ger.	2 Feb 70
70 yards	7.5	Wyomia Tyus (US)	Louisville, Ky.	15 Feb 64
100 yards	10.7	Wilma Rudolph		1960
100 meters	11.6	Galina Mitrokhina (SU)	Leningrad, SU	2 Mar 66
	11.6	Galina Mitrokhina (SU)	Leningrad, SU	20 Mar 66
200 meters	24.1	Edith McGuire (US)	Albuquerque, N.M.	6 Mar 66
	24.1	Annelie Wilden (WG)	Berlin, W. Ger.	21 Feb 71
220 yards	24.1	Edith McGuire (US)	Albuquerque, N.M.	6 Mar 66
300 yards	35.1	Maureen Tranter (GB)	Cosford, Eng.	25 Feb 67
300 meters	38.3	Karin Lundgren (Swe)	Paris, Fr.	6 Feb 70
400 meters	53.0	Marilyn Neufville (Jam)	Vienna, Aus.	14 Mar 70
440 yards	54.2	Charlette Cooke (US)	Albuquerque, N.M.	6 Mar 66
500 yards	1:06.3	Kathy Hammond (US)	Los Angeles, Calif.	13 Feb 70
500 meters	1:13.9	Yevgenya Slypova (SU)	Leningrad, S.U.	6 Feb 62
	1:13.9	Tillie vd. Made (Hol)	Groningen	8 Mar 70
600 yards	1:21.5	Maria Sykora (Austria)	San Diego, Calif.	19 Feb 71
600 meters	1:30.9	Tamara Dmitriyeva (SU)	Leningrad, S.U.	23 Mar 63
800 meters	2:03.3	Hildegard Falck (WG)	Kiel, W. Ger.	27 Feb 71
880 yards	2:07.3	Madeline Manning (US)		1969
	2:07.3	Doris Brown (US)	Seattle, Wash.	6 Feb 71
1000 yards	2:37.8	Sue Parks (US)		1971
1000 meters	2:46.5	Margaret Beacham (GB)	Cosford, Eng.	21 Nov 70
1500 meters	4:17.2	Margaret Beacham (GB)	Sofia, Bul.	14 Mar 71
Mile	4:40.4	Doris Brown (US)	Vancouver, Can.	18 Feb 67
50y hurdles	6.5	Chi Cheng (Taiwan)	Toronto, Can.	5 Feb 70
	6.5	Heide Rosendahl (WG)	Cologne, W. Ger.	28 Nov 70
50 m hurdles	6.7	Karin Balzer (EG)	Berlin, E. Ger.	28 Feb 71
60y hurdles	7.4	Karin Balzer (EG)	Berlin, E. Ger.	3 Jan 70
60m hurdles	8.0	Heide Rosendahl (WG)	Berlin, E. Ger.	4 Dec 70
	8.0	Karin Balzer (EG)	Halle, E. Ger.	4 Feb 71
70y hurdles	8.8	Mamie Rallins (US)	Louisville, Ky.	14 Feb 70
100m hurdles	13.7	Valentina Tikhomirova (SU)	Moscow, S.U.	28 Feb 71
200m hurdles	28.5	Tatiana Poluboyarova (SU)	Dortmund, E.G.	1970

## ADDITIONAL AMERICAN RECORDS

1500 meters	4:21.1	Doris Brown	Vancouver, Can.	18 Feb 67
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# RACE WALKING

## OUTDOOR

Only six walking events have official world records—20, 30 and 50 kilometers, 20 and 30 miles, and two hours. All other marks are merely best performances with no official status. All marks must be made on a 400-meter or 440-yard track.

Event	Time	Name (Nation)	Site	Date
1500 meters*	5:39.8	Dave Romansky (US)	Quantico, Va.	2 May 70
Mile*	6:10.4	Dave Romansky (US)	Quantico, Va.	2 May 70
3000 meters*	11:51.4	Bruno Junk (SU)	Sochi, S.U.	7 Apr 52
2 miles*	12:45.0	Verner Hardmo (Swe)	Malmö, Swe.	1 Sep 45
5000 meters*	20:26.8	Verner Hardmo (Swe)	Kumla, Swe.	31 Jul 45
Five miles*	33:58.2*	Alexander Bilek (Cze)	Ostrava, Czech.	9 Jul 69
10,000m*	41:35.0	Grigoriy Panichkin (SU)	Odessa, S.U.	12 Sep 59
Seven Miles*	48:15.8	Verner Hardmo (Swe)	Kumla, Swe.	9 Sep 45
One-hour*	8m 1294y	Grigoriy Panichkin (SU)	Stalinabad, S.U.	9 May 58
15,000m*	1:04:22.0	Grigoriy Panichkin (SU)	Stalinabad, S.U.	11 Jan 59
10 miles*	1:09:16.0	Peter Frenkel (EG)	Erfurt, E. Ger.	4 Jul 70
20,000m	1:25:50.0	Peter Frenkel (EG)	Erfurt, E. Ger.	5 Jul 70
15 miles*	1:50:46.6	Alexander Bilek (Cze)	Liberec, Czech.	18 Sep 67
25,000m*	1:52:23.0	Boris Khrolovich (SU)	Minsk, S.U.	25 Sep 66
Two hours	16m 993y	Peter Frenkel (EG)	Berlin, E. Ger.	11 Apr 71
30,000m	2:15:16.0	Christoph Hohne (EG)	Berlin, E. Ger.	11 Apr 71
20 miles	2:31:33.0	Anatoliy Vedyakov (SU)	Moscow, S.U.	23 Aug 58
35,000m*	2:47:34.0	Bob Kitchen (US)	San Francisco, Cal.	21 Nov 71
40,000m*	3:15:26.0	Peter Selzer (EG)	Naumburg, E. Ger.	3 Oct 71
25 miles*	3:16:24.0	Peter Selzer (EG)	Naumburg, E. Ger.	3 Oct 71
30 miles	3:56:12.8	Peter Selzer (EG)	Naumburg, E. Ger.	3 Oct 71
50,000m	4:04:19.8	Peter Selzer (EG)	Naumburg, E. Ger.	3 Oct 71

## INDOOR

Again, there are no official indoor world marks. The US, however, does accept American records made under AAU-approved conditions. Here is the world list, followed by a supplement of US marks.

Event	Time	Name (Nation)	Site	Date
1500 meters	5:49.8	Dave Romansky (US)	New York, N.Y.	19 Feb 71
One mile	6:10.2	Don DeNoon (US)		12 Feb 66
3000 meters	12:12.0	Helmut Wilke (EG)	Senftenberg	26 Mar 61
	12:12.0	Gerhard Adolph (EG)	Senftenberg	26 Mar 61
5000 meters	20:36.2	Anatoliy Yegorov (SU)	Leningrad	23 Feb 59
4 miles	28:41.2	Ron Laird (US)	Los Angeles	8 Jan 71
10,000m	42:40.0	Vytautas Zurnia (SU)	Lugansk	30 Jan 68
15,000m	1:05:13.2	Gennadiy Agapov (SU)	Leningrad	20 Mar 66
100 miles	18:07:12.0	Larry Young (US)	Columbia, Mo.	19 Sep 71

## ADDITIONAL AMERICAN MARKS

3000 meters	12:49.0	William Plant	New York, N.Y.	14 Mar 25
2 miles	13:41.8	William Plant	New York, N.Y.	23 Feb 26
3 miles	21:04.0	William Plant	New York, N.Y.	3 Feb 25
5000 meters	21:50.6	William Plant	New York, N.Y.	3 Feb 25

## AMERICAN RECORDS

## MEN'S OUTDOOR

The AAU recognizes men's records in events through two hours. Others listed here are unofficial best-ever times. They're marked with an \*. †=Ronnie Ray Smith's 100-meter time is an accepted record at 9.9; but it was shown on the Phototimer as 10.0 and appears that way in other statistical lists; ††=John Carlos' 200-meter mark wasn't accepted because he wore illegal shoes.

Event	Time	Name	Site	Date
100 yards	9.1	Bob Hayes	St. Louis, Mo.	21 Jun 63
	9.1	Jim Hines	Houston, Tex.	13 May 67
	9.1	Charles Greene	Provo, Utah	15 Jun 67
	9.1	John Carlos	Fresno, Calif.	10 May 69
	9.1	Willie McGee	Houston, Tex.	8 May 70
100 meters	9.9	Jim Hines	Sacramento, Cal.	20 Jun 68
	9.9†	Ronnie Ray Smith	Sacramento, Cal.	20 Jun 68
	9.9	Charles Greene	Sacramento, Cal.	20 Jun 68
	9.9	Jim Hines	Mexico City, Mex.	14 Oct 68
200 meters	19.8	Tommie Smith	Mexico City, Mex.	16 Oct 68
	19.7††	John Carlos	S. Lake Tahoe, Cal.	12 Sep 68
220 yards	20.0	Tommie Smith	Sacramento, Cal.	11 Jun 66
400 meters	43.8	Lee Evans	Mexico City, Mex.	18 Oct 68
440 yards	44.5	John Smith	Eugene, Ore.	26 Jun 71
800 meters	1:44.8	Ken Swenson	Stuttgart, W. Ger.	16 Jul 70
880 yards	1:44.9	Jim Ryun	Terre Haute, Ind.	10 Jun 66
1000 meters	2:17.7	Juris Luzins	Verona, Italy	21 Jul 71
1500 meters	3:33.1	Jim Ryun	Los Angeles, Calif.	8 Jul 67
One mile	3:51.1	Jim Ryun	Bakersfield, Calif.	23 Jun 67
2000 meters	5:02.2	Marty Liquori	Louvain, Bel.	7 Jul 71
3000 meters	7:54.2	Jim Beatty	Avaranches, Fr.	15 Aug 62
Two miles	8:22.0	George Young	San Diego Calif	1 Jun 68
Three miles	12:53.0	Gerry Lindgren	Seattle, Wash.	14 May 66
5000 meters	13:30.4	Steve Prefontaine	Berkeley, Calif.	3 Jul 71
Six miles	27:11.6	Bill Mills	San Diego, Calif.	27 Jun 65

TRACK RECORDS

	27:11.6	Gerry Lindgren	San Diego, Calif.	27 Jun 65
10,000m	28:17.6	Bill Mills	Augsburg, W. Ger.	12 Aug 65
15,000m	45:16.8	Bud Edelen	London, Eng.	13 Apr 63
10 miles	48:28.0	Bud Edelen	London, Eng.	13 Apr 63
One hour	12m 527y	Bill Clark	Mill Valley, Calif.	7 Aug 71
20,000m	2:02:25.6	Ken Moore	Eugene, Ore.	11 Mar 66
15 miles	1:17:53.4	Bill Clark	Los Altos Hills, Cal.	13 Feb 71
25,000m	1:20:42.8	Bill Clark	Los Altos Hills, Cal.	13 Feb 71
30,000m	1:37:33.0	Bill Clark	Los Altos Hills, Cal.	13 Feb 71
20 miles	1:44:56.4	Bill Clark	Los Altos Hills, Cal.	13 Feb 71
Two hours	22m 1254y	Bill Clark	Los Altos Hills, Cal.	13 Feb 71
25 miles*	2:37:01.0	Ken Young	Chicago, Ill.	16 May 71
Marathon*	2:38:23.0	Rudy Mendez		20 May 56
30 miles*	3:11:57.0	Ken Young	Chicago, Ill.	16 May 71
40 miles*	4:34:46.0	Ted Corbitt	Walton, Eng.	15 Oct 66
50 miles*	5:54:15.0	Ted Corbitt	Walton, Eng.	15 Oct 66
100 miles*	13:33:06.0	Ted Corbitt	Walton, Eng.	26 Oct 69
120y hurdles	13.0	Rod Milburn	Eugene, Ore.	25 Jun 71
110m hurdles	13.2	Lee Calhoun	Berne, Switz.	21 Aug 60
	13.2	Earh McCullough	Minneapolis, Minn.	16 Jul 67
	13.2	Willie Davenport	Zurich, Switz.	4 Jul 69
400m hurdles	48.8	Geoff Vanderstock	S. Lake Tahoe, Cal.	11 Sep 68
	48.8	Ralph Mann	Des Moines, Ia.	20 Jun 70
440y hurdles	48.8	Ralph Mann	Des Moines, Ia.	20 Jun 70
Steeplechase	8:26.4	Sid Sink	Eugene, Ore.	26 Jun 71
400m relay	38.2	U. S. National Team	Mexico City, Mex.	20 Oct 68
		(Charles Greene, Mel Pender, Ronnie Ray Smith, Jim Hines)		
440y relay	38.8	San Jose State	Knoxville, Tenn.	20 Jun 69
		(Sam Davis, Kirk Clayton, Ronnie Ray Smith, John Carlos)		
800m relay	1:21.7	Texas A. & M. Univ.	Des Moines, Ia.	25 Apr 70
		(Donnie Rogers, Rockie Woods, Marvin Mills, Curtis Mills)		
880y relay	1:21.7	Texas A. & M. Univ.	Des Moines, Ia.	25 Apr 70
		(Donnie Rogers, Rockie Woods, Marvin Mills, Curtis Mills)		
1600m relay	2:56.1	U. S. National Team	Mexico City, Mex.	20 Oct 68
		(Vince Matthews, Ron Freeman, Larry James, Lee Evans)		
3200m relay	7:16.4	Kansas State Univ.	Des Moines, Ia.	24 Apr 70
		(Dale Alexander, Dave Peterson, Bob Barratti, Ken Swenson)		
2-mile relay	7:16.4	Kansas State Univ.	Des Moines, Ia.	24 Apr 70
		(Dale Alexander, Dave Peterson, Bob Barratti, Ken Swenson)		
6000m relay	15:26.2	U. S. National Team	Osaka, Japan	25 Oct 64
		(Jim Ryun, Bill Dellinger, George Young, Bob Schul)		
4-mile relay	16:09.0	Univ. of Oregon	Fresno, Calif.	12 May 62
		(Vic Reeve, Archie San Romani, Keith Forman, Dyrol Burleson)		
S. Medley R.	3:15.2	Univ. of Kansas	Austin, Tex.	31 Mar 67
		(Gary Ard, Ben Olson, Dwight Peck, Jim Ryun)		
D. Medley R.	9:33.0	Univ. of Kansas	Lawrence, Kans.	19 Apr 69
		(Jim Neihouse, Randy Julian, Thornton Bigley, Jim Ryun)		

# WOMEN'S OUTDOOR

Women's American records are accepted by the AAU at distances through one mile. Additional best-ever performances are marked with an \*.

Event	Time	Name	Site	Date
100 yards	10.3	Wyomia Tyus	Kingston, Jam.	17 Jul 65
100 meters	11.0	Wyomia Tyus	Mexico City, Mex.	15 Oct 68
200 meters	22.8	Barbara Farrell	Mexico City, Mex.	17 Oct 68
220 yards	23.2	Mavis Laing		1970
400 meters	52.1	Kathy Hammond	Warsaw, Pol.	29 Aug 69
440 yards	52.9	Mavis Laing	Los Angeles, Cal.	4 Jul 70
800 meters	2:00.9	Madeline Manning	Mexico City, Mex.	19 Oct 68
880 yards	2:04.6	Charlette Cooke	Los Angeles, Cal.	23 Jul 66
1500 meters	4:14.6	Doris Brown	Berkeley, Calif.	2 Jul 71
Mile	4:39.6	Doris Brown	Tacoma, Wash.	6 Jun 71
3000 meters*	9:29.2	Francie Larriue		1971
Two miles*	10:07.0	Doris Brown	Bakersfield, Calif.	10 Jul 71
Three miles*	16:36.0	Cheryl Bridges	Los Angeles, Calif.	6 Mar 71
5000 meters*	17:07.0	Cheryl Bridges		1971
Six miles*	34:51.0	Kathy Gibbons	Phoenix, Ariz.	12 Jun 71
10,000m*	34:51.0	Kathy Gibbons	Phoenix, Ariz	12 Jun 71
One hour*	9m 820y	Nina Kuscsik		1971
10 miles*	1:03:24.0	Nina Kuscsik	Bronx, N.Y.	11 Jul 71
100m hurdles	13.3	Pat Johnson	Stuttgart, W. Ger.	15 Jul 70
200m hurdles	26.1	Pat Hawkins	Bakersfield, Cal.	10 Jul 71
400m relay	42.8	U.S. National Team (Farrell, Bailes, Netter, Tyus)	Mexico City, Mex.	10 Oct 68
440y relay	45.5	U.S. National Team (White, Pollards, Brown, McGuire)		1964
800m relay	1:37.3	Tennessee State Univ. (Hughes, Wedgeworth, Hunter, Davis)		1971
880y relay	1:37.3	Tennessee State Univ. (Hughes, Wedgeworth, Hunter, Davis)		1971
1600m realy	3:32.4	U.S. National Team (Stroy, Laing, Norman, Toussaint)	Cali, Colombia	5 Aug 71
Mile realy	3:38.7	U.S. National Team (Stroy, Laing, Norman, Toussaint)	Durham, N.C.	17 Jul 71
3200m relay	8:53.6	San Jose Cindergals		1971
2-mile relay	8:53.6	San Jose Cindergals		1971



# RACE WALKING

Unlike with world records, American marks are accepted at all distances through 50 kilometers. These are the AAU-approved performances on outdoor tracks.

Event	Time	Name	Site	Date
1500m	5:39.8	Dave Romansky	Quantico, Va.	2 May 70
Mile	6:10.4	Dave Romansky	Quantico, Va.	2 May 70
3000 meters	12:12.0	Dave Romansky	Hempstead, N.Y.	9 Jun 70
2 miles	13:20.2	Larry Walker	Los Angeles, Calif.	14 Mar 70
3 miles	21:03.8	Ron Laird	Santa Monica, Cal.	1 Jul 67
5000 meters	21:49.5	Ron Laird	Santa Monica, Cal.	1 Jul 67
Five miles	36:04.2	Ron Zinn	Chicago, Ill.	31 Oct 64
10,000m	43:03.8	Dave Romansky	Stuttgart, W. Ger.	16 Jul 70
Seven miles	50:50.6	Ron Laird	Walnut, Calif.	16 May 64
One-hour	8m 420y	Ron Laird	Walnut, Calif.	16 May 64
15,000m	1:07:11.8	Tom Dooley	San Francisco, Cal.	9 May 71
10 miles	1:12:12.0	Tom Dooley	San Francisco, Cal.	9 May 71
20,000m	1:30:39.0	Tom Dooley	San Francisco, Cal.	9 May 71
15 miles	1:52:44.0	Goetz Klopfer	Seattle, Wash.	21 Mar 71
25,000m	1:56:53.0	Goetz Klopfer	Seattle, Wash.	21 Mar 71
Two hours	15m 1578y	Goetz Klopfer	Seattle, Wash.	21 Mar 71
30,000m	2:23:14.0	Goetz Klopfer	Seattle, Wash.	15 Nov 70
20 miles	2:33:59.0	Goetz Klopfer	Seattle, Wash.	15 Nov 70
35,000m	2:47:34.0	Bob Kitchen	San Francisco, Cal.	21 Nov 71
40,000m	3:24:25.6	John Knifton	W Long Branch, NJ	18 Apr 71
25 miles	3:24:25.6	John Knifton	W Long Branch, NJ	18 Apr 71
30 miles	4:11:59.4	Larry Young	Columbia, Mo.	14 Apr 68
50,000m	4:15:24.0	Dave Romansky	Pt. Pleasant, N.J.	19 Apr 70

# UNDER-20 RECORDS

The records for runners under age 20 are reprinted from "Age Records," with permission of the publisher, Track & Field News. Jack Shepard was the primary compiler of the marks.

WORLD			AMERICAN		
TIME	NAME (NATION, YEAR)	EVENT	NAME (YEAR)	TIME	
9.2	Bob Hayes (US) '62	-100y-	Bob Hayes '62	9.2	
9.2	Richard Stebbins (US) '65		Richard Stebbins '65	9.2	
9.2	Andy Hopkins (US) '69		Andy Hopkins '69	9.2	
9.2	Robert Taylor (US) '69		Robert Taylor '69	9.2	
10.0	Harry Jerome (Can) '60	-100m-	Willie Turner '67	10.0	
10.0	Willie Turner (US) '67		Ronnie Ray Smith '67	10.0	
10.0	Ronnie Ray Smith (US) '67				
10.0	Valeriy Borzov (SU) '69				
20.1	Marshall Dill (US) '71	-200m	Marshall Dill '71	20.1	
20.2	Willie Turner (US) '67	-220y-	Willie Turner '67	20.2	
44.9	Wayne Collett (US) '68	-400m-	Wayne Collett '68	44.9	
45.4	Vince Matthews (US) '70	-440y-	Vince Matthews '70	45.4	
1:44.9	Jim Ryun (US) '66	-800m-	Jim Ryun '66	1:44.9	
1:44.9	Jim Ryun (US) '66	-880y-	Jim Ryun '66	1:44.9	
3:36.1	Jim Ryun (US) '66	-1500m-	Jim Ryun '66	3:36.1	
3:51.3	Jim Ryun (US) '66	- Mile-	Jim Ryun '66	3:51.3	
7:58.0	Gerry Lindgren (US) '65	-3000m-	Gerry Lindgren '65	7:58.0	
8:25.2	Jim Ryun (US) '66	-2 miles-	Jim Ryun '66	8:25.2	
13:04.0	Gerry Lindgren (US) '65	-3 miles-	Gerry Lindgren '65	13:04.0	
13:37.4	Dave Black (GB) '71	-5000m-	Steve Prefontaine '70	13:39.6	
27:11.6	Gerry Lindgren (US) '65	-6 miles-	Gerry Lindgren '65	27:11.6	
28:24.4	Dave Bedford (GB) '69	-10,000m-	Garry Bjorklund '70	28:50.4	
12m 23y	Fred Ritcherson (US) '69	-Hour-	Fred Ritcherson '69	12m 23y	
13.3	Guy Drut (Fr) '70	-120yH-	Bill High '69	13.5	
			Rod Milburn '70	13.5	
			Tom McMannon '71	13.5	
			Charles Rich '71	13.5	
13.3	Guy Drut (Fr) '70	-110mH-	Rod Milburn '70	13.5	
49.7	Eddie Southern (US) '58	-400mH-	Eddie Southern '58	49.7	
50.2	Geoff Vanderstock (US) '66	-440yH-	Geoff Vanderstock '66	50.2	
8:42.0	Andy Holden (GB) '68	-Steeple-	Sid Sink '68	9:00.2	
8:42.0	Waldemar Cierpinski (EG) '68				
2:16:18	Neil Cusack (Ire) '71	-Mar-	Jose Cortez '71	2:21:38	

# OVER-40 RECORDS

Track & Field News contributor Jack Shepard is the chief keeper of age-group records. This list for athletes ages 40 and over is basically Shepard's work and is reprinted from "Age Records," an annual publication of T&FN. (i=indoor time.)

## WORLD

TIME	NAME (NATION, YEAR)
10.2	Peter Whittaker (GB) '66
11.2	George Rhoden (Jam) '70
22.8	Peter Whittaker (GB) '66
22.8	George Rhoden (Jam) '70
22.8	Peter Whittaker (GB) '66
52.2	Bill Fitzgerald (US) '71
52.3	Bill Fitzgerald (US) '69
1:58.6	Egisto Pegerzoli (It) '56
1:58.8	Frank McBride (US) '71
4:07.0	Manuel Alonzo (Spain) '71
4:26.2i	Peter Mundle (US) '69
8:22.0	Alain Mimoun (Fr) '64
9:28.0	Peter Mundle (US) '70
14:22.0	Alain Mimoun (Fr) '64
14:22.0	Alain Mimoun (Fr) '64
29:26.0	Fred Norris (GB) '62
29:57.4	Alain Mimoun (Fr) '64
11m 629y	Peter Mundle (US) '69
14.4	Don Finlay (GB) '49
15.4	Jan Mrazek (Czech) '70
58.9	Rune Larsson (Swe) '65 (none available)
10:50.4	Bill Stock (US) '71
2:20:12	Erik Ostbye (Swe) '67

## EVENT

-100y-
-100m-
-200m-
-220y-
-400m-
-440y-
-800m-
-880y-
-1500m-
-Mile-
-3000m-
-2 miles-
-3 miles-
-5000m-
-6 miles-
-10,000m-
-Hour-
-120yH-
-110mH-
-400mH-
-440yH-
-Steeple-
-Mar-

## AMERICAN

NAME (YEAR)	TIME
Richard Stolpe '70	10.3
Richard Stolpe '70	11.4
Richard Stolpe '70	22.9
Richard Stolpe '70	23.0
Bill Fitzgerald '71	52.2
Bill Fitzgerald '69	52.3
Frank McBride '71	1:58.8
Frank McBride '71	1:58.8
Bill Fitzgerald '70	4:13.6
Peter Mundle '69	4:26.2i
Peter Mundle '70	8:57.0
Peter Mundle '70	9:28.0
Peter Mundle '71	14:48.6
Peter Mundle '71	15:37.8
Peter Mundle '69	31:17.0
Hal Higdon '71	32:37.8
Peter Mundle '69	11m 629y
Boo Morcom '71	20.1
Boo Morcom '71	20.1
(none available)	
(none available)	
Bill Stock '71	10:50.4
Virgil Yehnert '70	2:28:27

# ALL-TIME LISTS - MEN

These are the top 10 (or top five in the case of some events) runners of all-time—world on the left and US on the right. The lists are current through Jan. 1, 1972. Indoor marks are included (listed with an "i").

## WORLD

## UNITED STATES

### 100 YARDS

9.1	Bob Hayes (US) '63	-1-	Bob Hayes '63	9.1
9.1	Harry Jerome (Can) '66	-2-	Jim Hines '67	9.1
9.1	Jim Hines (US) '67	-3-	Charles Greene '67	9.1
9.1	Charles Greene (US) '67	-4-	John Carlos '69	9.1
9.1	John Carlos (US) '69	-5-	Willie McGee '70	9.1
9.1	Willie McGee (US) '70	-6-	(many 9.2s)	
	(many have done 9.2)			

### 100 METERS

9.9	Jim Hines (US) '68	-1-	Jim Hines '68	9.9
9.9	Charles Greene (US) '68	-2-	Charles Greene '68	9.9
10.0	Armin Hary (WG) '60	-3-	Bob Hayes '64	10.0
10.0	Harry Jerome (Can) '60	-4-	Willie Turner '67	10.0
10.0	Horacio Estevez (Ven) '64	-5-	Oliver Ford '68	10.0
10.0	Bob Hayes (US) '64	-6-	Ronnie Ray Smith '68	10.0
10.0	Chen Chia-Chuan (China) '65	-7-	Mel Pender '68	10.0
10.0	Willie Turner (US) '67	-8-	Larry Questad '68	10.0
10.0	Enrique Figuerola (Cuba) '67	-9-	John Carlos '68	10.0
10.0	Paul Nash (SA) '68	-10-	(many 10.1s)	
10.0	Oliver Ford (US) '68	-11-		
10.0	Ronnie Ray Smith (US) '68	-12-		
10.0	Mel Pender (US) '68	-13-		
10.0	Larry Questad (US) '68	-14-		
10.0	Lennox Miller (Jam) '68	-15-		
10.0	Roger Bambuck (Fr) '68	-16-		
10.0	Vladislav Sapeya (SU) '68	-17-		
10.0	John Carlos (US) '68	-18-		
10.0	Hermes Ramirez (Cuba) '68	-19-		
10.0	Valeriy Borzov (SU) '69	-20-		
10.0	Gert Metz (WG) '70	-21-		
10.0	Manfred Korot (EG) '71	-22-		
10.0	J.-L. Ravelomanantsoa '71	-23-		

### 200 METERS (\*=220-yard time)

19.7	John Carlos (US) '68	-1-	John Carlos '68	19.7
19.8	Tommie Smith (US) '68	-2-	Tommie Smith '68	19.8
19.8	Don Quarrie (Jam) '71	-3-	Clyde Glosson '68	20.1
20.0	Peter Norman (Aus) '68	-4-	Larry Questad '68	20.1
20.1	Paul Nash (SA) '68	-5-	Jerry Bright '68	20.1
20.1	Clyde Glosson (US) '68	-6-	Tom Randolph '68	20.1
20.1	Larry Questad (US) '68	-7-	Marshall Dill '71	20.1

20.1	Jerry Bright (US) '68	-8-	Henry Carr '64	20.2*
20.1	Tom Randolph (US) '68	-9-	Willie Turner '67	20.2*
20.1	Marshall Dill (US) '71	-10-	Wayne Collett '68	20.2
		-11-	Willie Deckard '71	20.2*

**220 YARDS**

20.0	Tommie Smith (US) '66	-1-	Tommie Smith '66	20.0
20.2	Henry Carr (US) '64	-2-	Henry Carr '64	20.2
20.2	Willie Turner (US) '67	-3-	Willie Turner '67	20.2
20.2	Mike Fray (Jam) '68	-4-	John Carlos '69	20.2
20.2	John Carlos (US) '69	-5-	Willie Deckard '71	20.2
20.2	Willie Deckard (US) '71	-6-		

**400 METERS (\*=440-yard time)**

43.8	Lee Evans (US) '68	-1-	Lee Evans '68	43.8
43.9	Larry James (US) '68	-2-	Larry James '68	43.9
44.4	Vince Matthews (US) '68	-3-	Vince Matthews '68	44.4
44.4	Ron Freeman (US) '68	-4-	Ron Freeman '68	44.4
44.5	Tommie Smith (US) '67	-5-	Tommie Smith '67	44.5
44.5*	John Smith (US) '71	-6-	John Smith '71	44.5*
44.7*	Curtis Mills (US) '69	-7-	Curtis Mills '69	44.7*
44.7*	Wayne Collett (US) '71	-8-	Wayne Collett '71	44.7*
44.9	Otis Davis (US) '60	-9-	Otis Davis '60	44.9
44.9	Carl Kaufmann (WG) '60	-10-	Adolph Plummer '63	44.9*
44.9*	Adolph Plummer (US) '63	-11-	Mike Larrabee '64	44.9
44.9	Mike Larrabee (US) '64	-12-		
44.9	Martin Jellinghaus (WG) '68	-13-		

**440 YARDS**

44.5	John Smith (US) '71	-1-	John Smith '71	44.5
44.7	Curtis Mills (US) '69	-2-	Curtis Mills '69	44.7
44.7	Wayne Collett (US) '71	-3-	Wayne Collett '71	44.7
44.8	Tommie Smith (US) '67	-4-	Tommie Smith '67	44.8
44.9	Adolph Plummer (US) '63	-5-	Adolph Plummer '63	44.9
44.9	Lee Evans (US) '68	-6-	Lee Evans '69	44.9

**800 METERS (\*=880-yard time)**

1:44.3	Peter Snell (NZ) '62	-1-	Ken Swenson '70	1:44.8
1:44.3	Ralph Doubell (Aus) '68	-2-	Jim Ryun '66	1:44.9*
1:44.5	Wilson Kiprugut (Ken) '68	-3-	Wade Bell '67	1:45.0
1:44.7	Dicky Broberg (SA) '71	-4-	Juris Luzins '71	1:45.2
1:44.8	Ken Swenson (US) '70	-5-	Tom Farrell '68	1:45.4
1:44.9*	Jim Ryun (US) '66	-6-	Mark Winzenried '70	1:45.6
1:44.9	Franz-Josef Kemper (WG) '66	-7-	Morgan Groth '64	1:45.7
1:44.9	Walter Adams (WG) '70	-8-	Tom Courtney '57	1:45.8
1:45.0	Wade Bell (US) '67	-9-	Art Sandison '69	1:46.1*
1:45.1	Danie Malan (SA) '71	-10-	Dennis Carr '67	1:46.3

**880 YARDS**

1:44.9	Jim Ryun (US) '66	-1-	Jim Ryun '66	1:44.9
1:45.1	Peter Snell (NZ) '62	-2-	Wade Bell '67	1:46.1
1:45.9	Byron Dyce (Jam) '69	-3-	Art Sandison '69	1:46.1

## ALL-TIME LISTS

1:46.1	Wade Bell (US) '67	-4-	Ken Swenson '70	1:46.3
1:46.1	Art Sandison (US) '69	-5-	Morgan Groth '64	1:46.4

### 1000 METERS

2:16.2	Jurgen May (EG) '65	-1-	Juris Luzins '71	2:17.7
2:16.2	Franz-Josef Kemper (WG) '66	-2-	Wade Bell '67	2:18.7
2:16.5	Bodo Tummler (WG) '66	-3-	Marty Liquori '71	2:18.7
2:16.6	Peter Snell (NZ) '64	-4-	Tom Von Ruden '70	2:19.0
2:16.7	Siegfried Valentin (EG) '60	-5-	Tom Courtney '57	2:19.3

### 1500 METERS

3:33.1	Jim Ryun (US) '67	-1-	Jim Ryun '67	3:33.1
3:34.0	Jean Wadoux (Fr) '70	-2-	Marty Liquori '71	3:36.0
3:34.9	Kipchoge Keino (Ken) '68	-3-	Tom O'Hara '64	3:38.1
3:35.6	Herb Elliott (Aus) '60	-4-	Tom Von Ruden '71	3:38.5
3:36.0	Marty Liquori (US) '71	-5-	Dyrol Burleson '64	3:38.8
3:36.3	Michel Jazy (Fr) '66	-6-	Jim Grelle '64	3:38.9
3:36.3	Francesco Arese (Italy) '71	-7-	Cary Weisiger '63	3:39.3
3:36.4	Jurgen May (EG) '65	-8-	Jim Beatty '62	3:39.4
3:36.5	Bodo Tummler (WG) '68	-9-	John Mason '69	3:39.4
3:37.1	Andre de Hertoghe (Bel) '68	-10-	John Camien '64	3:39.9
		-11-	Dave Patrick '68	3:39.9

### ONE MILE

3:51.1	Jim Ryun (US) '67	-1-	Jim Ryun '67	3:51.1
3:53.1	Kipchoge Keino (Ken) '67	-2-	Marty Liquori '71	3:54.6
3:53.6	Michel Jazy (Fr) '65	-3-	Jim Grelle '65	3:55.4
3:53.8	Jurgen May (EG) '65	-4-	Jim Beatty '63	3:55.5
3:53.8	Bodo Tummler (WG) '68	-5-	Dyrol Burleson '63	3:55.6
3:54.1	Peter Snell (NZ) '64	-6-	Dave Wilborn '67	3:56.2
3:54.5	Herb Elliott (Aus) '58	-7-	Roscoe Divine '70	3:56.3
3:54.6	Marty Liquori (US) '71	-8-	Tom O'Hara '64	3:56.4i
3:55.4	Jim Grelle (US) '65	-9-	Bob Day '65	3:56.4
3:55.5	Jim Beatty (US) '63	-10-	Cary Weisiger '63	3:56.6

### 2000 METERS

4:56.2	Michel Jazy (Fr) '66	-1-	Marty Liquori '71	5:02.2
4:57.8	Harald Norpoth (WG) '66	-2-	Jim Grelle '66	5:07.4
5:01.2	Josef Odlozil (Cze) '65	-3-		
5:01.2	Emiel Puttemans (Bel) '71	-4-		
5:02.2	Istvan Rozsavolgyi (Hun) '55	-5-		
5:02.2	Marty Liquori (US) '71	-6-		

### 3000 METERS

7:39.6	Kipchoge Keino (Ken) '65	-1-	Jim Beatty '62	7:54.2
7:39.8	Emiel Puttemans (Bel) '71	-2-	Tracy Smith '68	7:55.0
7:45.2	Harald Norpoth (WG) '67	-3-	Bill Reilly '70	7:55.0
7:46.0	Siegfried Herrmann (EG) '65	-4-	Bob Day '67	7:56.0
7:47.2	Ron Clarke (Aus) '67	-5-	Bill Mills '65	7:56.6i

### TWO MILES

8:17.8	Emiel Puttemans (Bel) '71	-1-	George Young '68	8:22.0
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8:19.2i	Kerry O'Brien (Aus) '71	-2-	Jim Ryun '66	8:25.2
8:19.6	Ron Clarke (Aus) '68	-3-	Jim Grelle '66	8:25.2
8:20.6i	Kerry Pearce (Aus) '71	-4-	Bob Schul '64	8:26.2
8:22.0	George Young (US) '68	-5-	Frank Shorter '71	8:26.2i
8:22.6	Michel Jazy (Fr) '65	-6-	Jim Beatty '62	8:29.8
8:24.8	Brendan Foster (GB) '71	-7-	Gerry Lindgren '67	8:31.6i
8:25.0	Ian Stewart (GB) '71	-8-	Steve Prefontaine '71	8:31.6i
8:25.2	Kipchoge Keino (Ken) '65	-9-	Ron Larrieu '67	8:32.0
8:25.2	John Coyle (Aus) '66	-10-	Tracy Smith '66	8:32.4i
8:25.2	Jim Ryun (US) '66	-11-		
8:25.2	Jim Grelle (US) '66	-12-		

### THREE MILES

12:50.4	Ron Clarke (Aus) '66	-1-	Gerry Lindgren '66	12:53.0
12:53.0	Gerry Lindgren (US) '66	-2-	Steve Prefontaine '71	12:58.6
12:57.4	Kipchoge Keino (Ken) '66	-3-	Steve Stageberg '71	13:00.4
12:58.2	Dave Bedford (GB) '71	-4-	Frank Shorter '71	13:02.4
12:58.6	Steve Prefontaine (US) '71	-5-	Len Hilton '71	13:04.4
12:59.4	Harald Norpoth (WG) '66	-6-	George Young '71	13:07.8
13:00.4	Steve Stageberg (US) '71	-7-	Tarry Harrison '71	13:08.4
13:02.4	Frank Shorter (US) '71	-8-	Van Nelson '67	13:09.2
13:03.4	Lajos Mecser (Hun) '67	-9-	Bob Schul '65	13:10.4
13:04.4	Len Hilton (US) '71	-10-	Ron Larrieu '65	13:11.4

### 5000 METERS

13:16.6	Ron Clarke (Aus) '66	-1-	Steve Prefontaine '71	13:30.4
13:22.2	Dave Bedford (GB) '71	-2-	George Young '71	13:32.2
13:22.8	Ian Stewart (GB) '70	-3-	Gerry Lindgren '68	13:33.8
13:23.4	Ian McCafferty (GB) '70	-4-	Frank Shorter '71	13:35.0
13:24.2	Kipchoge Keino (Ken) '65	-5-	Steve Stageberg '71	13:35.6
13:24.6	Emiel Puttemans (Bel) '71	-6-	Jack Bachelier '71	13:37.2
13:24.8	Harald Norpoth (WG) '66	-7-	Bob Schul '64	13:38.0
13:26.2	Dick Taylor (GB) '70	-8-	Van Nelson '67	13:39.4
13:27.6	Michel Jazy (Fr) '65	-9-	Tracy Smith '66	13:40.2
13:28.0	Jean Wadoux (Fr) '70	-10-	Bob Day '68	13:40.2

### SIX MILES

26:47.0	Ron Clarke (Aus) '65	-1-	Bill Mills '65	27:11.6
26:51.6	Dave Bedford (GB) '71	-2-	Gerry Lindgren '65	27:11.6
27:10.2	Dick Taylor (GB) '69	-3-	Jack Bachelier '70	27:24.0
27:11.6	Bill Mills (US) '65	-4-	Frank Shorter '70	27:24.0
27:11.6	Gerry Lindgren (US) '65	-5-	Garry Bjorklund '71	27:24.6
27:14.6	Naftali Temu (Ken) '66	-6-	Charles Messenger '71	27:47.6
27:18.0	Juha Vaatainen (Fin) '71	-7-	John Jones '71	27:48.4
27:22.0	Rex Maddaford (NZ) '68	-8-	Doug Brown '71	27:51.6
27:22.0	Evan Maguire (NZ) '68	-9-	Scott Bringham '71	27:52.2
27:22.2	Tim Johnston (GB) '68	-10-	Ron Larrieu '64	27:54.0

### 10,000 METERS

27:39.4	Ron Clarke (Aus) '65	-1-	Bill Mills '65	28:17.6
27:47.0	Dave Bedford (GB) '71	-2-	Frank Shorter '70	28:22.8
27:52.8	Juha Vaatainen (Fin) '71	-3-	Tom Laris '67	28:33.4

ALL-TIME LIST

27:53.4	Jurgen Haase (EG) '71	-4-	Gerry Lindgren '67	28:40.2
27:56.4	Rashid Sharafyedinov '71	-5-	Tracy Smith '68	28:47.0
27:58.4	Dane Korica (Yug) '71	-6-	Kenny Moore '70	28:47.6
27:59.4	Mariano Haro (Spain) '71	-7-	Van Nelson '67	28:48.2
28:01.4	Javier Alvarez (Spain) '71	-8-	Max Truex '60	28:50.2
28:01.4	Emiel Puttemans (Bel) '71	-9-	Garry Bjorklund '70	28:50.4
28:06.4	Kipchoge Keino (Ken) '68	-10-	Ron Larrieu '66	28:54.2

10 MILES

46:37.6	Jerome Drayton (Can) '70	-1-	Bud Edelen '63	48:28.0
46:44.0	Ron Hill (GB) '68	-2-	Bill Clark '71	48:42.0
47:02.0	Ron Grove (GB) '68	-3-	Bill Scobey '71	48:54.0
47:12.4	Ron Clarke (Aus) '65	-4-	Bob Fitts '70	48:58.2
47:20.2	Trevor Wright (GB) '70	-5-	Ralph Buschmann '67	49:47.8

ONE HOUR

12m 1478y	Gaston Roelants (Bel) '66	-1-	Bill Clark '71	12m 527y
12m 1268y	Ron Hill (GB) '68	-2-	Bill Scobey '71	12m 389y
12m 1124y	Trevor Wright (GB) '71	-3-	Mike Kimball '67	12m 232y
12m 1084y	Ron Grove (GB) '68	-4-	Greg Brock '71	12m 194y
12m 1075y	Seppo Tuominen (Fin) '71	-5-	Bud Edelen '62	12m 151y

20,000 METERS

58:06.2	Gaston Roelants (Bel) '66	-1-	Kenny Moore '66	1:02:25.6
58:39.0	Ron Hill (GB) '68	-2-	Van Nelson '65	1:03:47.8
59:02.2	Trevor Wright (GB) '71	-3-	Bill Clark '71	1:04:31.6
59:05.6	Ron Grove (GB) '68	-4-		
59:05.8	Seppo Tuominen (Fin) '71	-5-		

15 MILES

1:12:48.2	Ron Hill (GB) '65	-1-	Bill Clark '71	1:17:53.4
1:12:51.0	Jim Alder (GB) '70	-2-	Ron Daws '65	1:18:10.8
1:13:37.0	Tim Johnston (GB) '70	-3-		
1:13:47.0	Jack Foster (NZ) '71	-4-		
1:14:01.0	Emil Zatopek (Czech) '55	-5-		

25,000 METERS

1:15:22.6	Ron Hill (GB) '65	-1-	Bill Clark '71	1:20:42.8
1:15:34.4	Jim Alder (GB) '70	-2-	Lou Castagnola '68	1:21:36.4
1:16:20.6	Tim Johnston (GB) '70	-3-		
1:16:29.0	Jack Foster (NZ) '71	-4-		
1:16:36.4	Emil Zatopek (Czech) '55	-5-		

30,000 METERS

1:31:30.4	Jim Alder (GB) '70	-1-	Bill Clark '71	1:37:33.0
1:31:56.4	Tim Johnston (GB) '70	-2-	Richard Haines '63	1:45:28.4
1:32:17.0	Ron Hill (GB) '70	-3-	Darren George '71	1:45:42.8
1:32:19.0	Jack Foster (NZ) '71	-4-	Chris Miller '71	1:46:09.4
1:32:25.4	Jim Hogan (Ire) '66	-5-	Lou Castagnola '68	1:46:50.6*



**20 MILES**

1:39:14.4	Jack Foster (NZ) '71	-1-	Bill Clark '71	1:44:56.4
1:40:59.0	Jim Alder (GB) '64	-2-	Lou Castagnola '68	1:46:50.6
1:42:07.0	Eric Austin (GB) '64	-3-		
1:42:07.0	Don Macgregor (GB) '70	-4-		
1:42:21.0	Alastair Wood (GB) '70	-5-		

**TWO HOURS**

23m 1071y	Jim Alder (GB) '64	-1-	Bill Clark '71	22m 1254y
23m 971y	Don Macgregor (GB) '70	-2-	Lou Castagnola '68	22m 628y
23m 562y	Alastair Wood (GB) '70	-3-		
23m 335y	Eric Austin (GB) '64	-4-		
22m 1690y	John Newsome (GB) '68	-5-		

**120-YARD (y) & 110-METER (m) HURDLES**

13. 0y	Rod Milburn (US) '71	-1-	Rod Milburn '71	13. 0y
13. 2m	Martin Lauer (WG) '59	-2-	Lee Calhoun '60	13. 2m
13. 2m	Lee Calhoun (US) '60	-3-	Earl McCullough '67	13. 2m
13. 2m	Earl McCullough (US) '67	-4-	Willie Davenport '68	13. 2y
13. 2y	Willie Davenport (US) '68	-5-	Erv Hall '69	13. 2y
13. 2y	Erv Hall (US) '69	-6-	Thomas Hill '70	13. 2y
13. 2y	Thomas Hill (US) '70	-7-	Jerry Tarr '62	13. 3y
13. 3y	Jerry Tarr (US) '62	-8-	Richmond Flowers '68	13. 3y
13. 3y	Richmond Flowers (US) '69	-9-	Leon Coleman '69	13. 3m
13. 3m	Leon Coleman (US) '69	-10-	Marcus Walker '70	13. 3y
13. 3m	Guy Drut (Fr) '70	-11-		
13. 3y	Marcus Walker (US) '70	-12-		

**400-METER HURDLES (\*=440-yard time)**

48.1	Dave Hemery (GB) '68	-1-	Geoff Vanderstock '68	48.8
48.6	Jean-Claude Nallet (Fr) '70	-2-	Ralph Mann '70	48.8*
48.8	Geogg Vanderstock (US) '68	-3-	Ron Whitney '68	49.0
48.8*	Ralph Mann (US) '70	-4-	Rex Cawley '64	49.1
49.0	Ron Whitney (US) '68	-5-	Boyd Gittins '68	49.1
49.0	Gerhard Hennige (WG) '68	-6-	Glenn Davis '58	49.2
49.0	John Sherwood (GB) '68	-7-	Nick Lee '69	49.2
49.0	John Akii-Bua (Uganda) '71	-8-	Wayne Collett '70	49.2*
49.1	Rex Cawley (US) '64	-9-	Tom Wyatt '68	49.3
49.1	Boyd Gittins (US) '68	-10-	Wes Williams '71	49.3*
49.1	Rainer Schubert (WG) '68	-11-		
49.1	Vyacheslav Skomorokhov '68	-12-		

**440-YARD HURDLES**

48.8	Ralph Mann (US) '70	-1-	Ralph Mann '70	48.8
49.2	Wayne Collett (US) '70	-2-	Wayne Collett '70	49.2
49.3	Gerd Potgieter (SA) '60	-3-	Wes Williams '71	49.3
49.3	Wes Williams (US) '71	-4-	Rex Cawley '64	49.6
49.6	Rex Cawley (US) '64	-5-	Jim Seymour '71	50.0

**3000-METER STEEPLECHASE**

8:22.0	Kerry O'Brien (Aus) '70	-1-	Sid Sink '71	8:26.4
8:22.2	Vladimir Dudin (SU) '69	-2-	Mike Manley '71	8:27.6

## ALL-TIME LIST

8:23.4	Aleksandr Morozov (SU) '69	-3-	Steve Savage '71	8:29.6
8:24.2	Jouko Kuha (Fin) '68	-4-	George Young '68	8:30.6
8:25.0	Mikhail Zhelev (Bul) '69	-5-	Jeromee Liebenberg '71	8:32.2
8:25.2	Jean-Paul Villain (Fr) '71	-6-	Pat Traynor '67	8:32.4
8:25.4	Anatoliy Vyerlan (SU) '71	-7-	Bill Reilly '70	8:32.4
8:26.0	Viktor Kudinskiy (SU) '68	-8-	Bob Price '71	8:33.8
8:26.2	Tony Manning (Aus) '70	-9-	Chris McCubbins '67	8:38.2
8:26.2	Dusan Moravcik (Cze) '71	-10-	Barry Brown '71	8:38.2

## MARATHON (road run)

2:08:33.6	Derek Clayton (Aus) '69	-1-	Eamon O'Reilly '70	2:11:12.0
2:09:28.0	Ron Hill (GB) '70	-2-	Kenny Moore '70	2:11:35.8
2:10:37.8	Akio Usami (Japan) '70	-3-	Frank Shorter '71	2:12:50.4
2:10:47.8	Bill Adcocks (GB) '68	-4-	Bud Edelen '63	2:14:28.0
2:11:12.0	Eamon O'Reilly (US) '70	-5-	Amby Burfoot '68	2:14:28.8
2:11:12.8	Jerome Drayton (Can) '69	-6-	Bill Scobey '71	2:15:21.0
2:11:17.0	Seiichiro Sasaki (Japan) '67	-7-	Norm Higgins '71	2:15:52.0
2:11:35.8	Kenny Moore (US) '70	-8-	Mike Hazilla '71	2:16:20.6
2:12:00.0	Morio Shigematsu (Japan) '65	-9-	Tom Laris '67	2:16:48.0
2:12:03.4	Hayami Tanimura (Japan) '69	-10-	Lou Castagnola '67	2:17:48.0

**Leading 800-meter runners (l-r) Yevgeniy Arzhanov, Byron Dyce and Juris Luzins racing during 1971. (Stan Pantovic photo)**



# ALL-TIME LISTS - WOMEN

These lists of leading women's performers are current through Jan. 1, 1972. Only the best time for each individual is included.

## 100 YARDS

10.0	Chi Cheng (Taiwan) '70	-1-	Wyomia Tyus '65	10.3
10.3	Marlene Willard (Aus) '58	-2-	Dorothy Miles	10.4
10.3	Wyomia Tyus (US) '65	-3-	Barbara Farrell '69	10.4
10.4	Marjorie Jackson (Aus) '52	-4-	Iris Davis '70	10.4
10.4	Betty Cuthbert (Aus) '58	-5-	Orien Brown '71	10.4
10.4	Wendy Hayes (Aus) '58	-6-	Mabel Fergerson '71	10.4
10:4	Joan Hendriksen (Aus) '66	-7-	Ernestine Pollards '60	10.5
10.4	Dianne Burge (Aus) '66	-8-	Edith McGuire '64	10.5
10.4	Jennifer Lamy (Aus) '66	-9-	Debbie Thompson '65	10.5
10.4	Dorothy Miles (US) '67	-10-	Mildrette Netter '69	10.5
10.4	Irene Piotrowski (Can) '68	-11-	Pat Hawkins '70	10.5
10.4	Barbara Farrell (US) '69	-12-	Pam Greene '71	10.5
10.4	Iris Davis (US) '70	-13-	Kathie Lawson '71	10.5

## 100 METERS

11.0	Wyomia Tyus (US) '68	-1-	Wyomia Tyus '68	11.0
11.0	Chi Cheng (Taiwan) '70	-2-	Margaret Bailes '68	11.1
11.0	Renate Meissner (EG) '70	-3-	Barbara Farrell '68	11.1
11.1	Ewa Klobuskowska (Pol) '65	-4-	Wilma Rudolph '61	11.2
11.1	Irena Kirzenstein (Pol) '65	-5-	Iris Davis '70	11.2
11.1	Lyudmila Samotyeyeva '68	-6-	Mildrette Netter '68	11.3
11.1	Margaret Bailes (US) '68	-7-	Edith McGuire '65	11.4
11.1	Barbara Farrell (US) '68	-8-	Diana Wilson '67	11.4
11.1	Raelene Boyle (Aus) '68	-9-	Mattaline Render '70	11.4
11.1	Ellen Strophal (EG) '71	-10-	Orien Brown '71	11.4
11.1	Inge Helten (WG) '71	-11-	Kathie Lawson '71	11.4
11.1	Alice Annum (Ghana) '71	-12-		

## 200 METERS (\*=220-yard time)

22.4	Chi Cheng (Taiwan) '70	-1-	Barbara Farrell '68	22.8
22.5	Irena Szewinska (Pol) '68	-2-	Wilma Rudolph '60	22.9
22.6	Renate Stecher (EG) '71	-3-	Margaret Bailes '68	22.9
22.7	Raelene Boyle (Aus) '68	-4-	Edith McGuire '64	23.0
22.8	Barbara Farrell (US) '68	-5-	Wyomia Tyus '68	23.0
22.8	Jennifer Lamy (Aus) '68	-6-	Kathie Lawson '71	23.1
22.8	Gyorgy Balogh (Hun) '71	-7-	Mavis Laing '70	23.2*
22.8	Ellen Strophal (EG) '71	-8-	Kathy Hammond '69	23.4
22.9*	Margaret Burvill (Aus) '64	-9-	Mildrette Netter '68	23.5
22.9	Wilma Rudolph (US) '60	-10-	Williamae Fergerson '71	23.6*
22.9	Ewa Klobukowska (Pol) '67	-11-		
22.9	Margaret Bailes (US) '68	-12-		

ALL-TIME LIST

**220 YARDS**

22.6	Chi Cheng (Taiwan) '70	-1-	Mavis Laing '70	23.2
22.9	Margaret Burvill (Aus) '64	-2-	Edith McGuire '64	23.4
23.1	Raelene Boyle (Aus) '70	-3-	Barbara Farrell '69	23.5
23.2	Betty Cuthbert (Aus) '60	-4-	Wyomia Tyus '67	23.5
23.2	Mavis Laing (US) '70	-5-	Williamae Ferguson '71	23.6

**400 METERS (\*=440-yard time)**

51.0	Marilyn Neufville (Jam) '70	-1-	Kathy Hammond '69	52.1
51.2	Sin Kim Dan (NK) '64	-2-	Charlette Cooke '67	52.4
51.7	Nicole Duclos (Fr) '69	-3-	Jarvis Scott '68	52.7
51.7	Colette Besson (Fr) '69	-4-	Mavis Laing '70	52.8
52.0	Betty Cuthbert (Aus) '64	-5-	Gwen Norman '71	53.1
52.1	Lillian Board (GB) '68	-6-	Mabel Ferguson '71	53.3
52.1	Kathy Hammond (US) '69	-7-	Lois Drinkwater '67	53.5
52.1	Helga Siedler (EG) '71	-8-	Esther Stroy '68	53.5
52.2	Ann Packer (GB) '64	-9-	Janet Johnson '67	53.6
52.2	Natalia Pyechenkina (SU) '68	-10-	Janell Smith '65	53.7

**440 YARDS**

52.4	Judy Pollock (Aus) '65	-1-	Mavis Laing '70	52.9
52.5	Chi Cheng (Taiwan) '70	-2-	Charlette Cooke '66	53.3
52.9	Mavis Laing (US) '70	-3-	Jarvis Scott '70	53.4
53.2	Betty Cuthbert (Aus) '63	-4-	Gwen Norman '70	53.5
53.3	Charlette Cooke (US) '66	-5-	Kathy Hammond '70	54.0

**800 METERS (\*=880-yard time)**

1:58.0	Sin Kim Dan (NK) '64	-1-	Madeline Manning '68	2:00.9
1:58.3	Hildegard Falck (WG) '71	-2-	Doris Brown '68	2:02.2
2:00.0	Vera Nikolic (Yug) '71	-3-	Cheryl Toussaint '71	2:04.3
2:00.8	Gunhild Hoffmeister (EG) '71	-4-	Jarvis Scott '68	2:04.5
2:00.9	Madeline Manning (US) '68	-5-	Nancy Shafer '69	2:04.5
2:00.9	Karin Burneleit (EG) '71	-6-	Charlette Cooke '69	2:04.6*
2:00.9	Ileana Silai (Rum) '71	-7-	Francie Johnson '70	2:05.3*
2:01.0	Judy Pollock (Aus) '67	-8-	Terry Hull '70	2:05.5*
2:01.1	Ann Packer (GB) '64	-9-	Francie Larrieu '70	2:05.9
2:01.4	Lillian Board (GB) '69	-10-	Carol Hudson '71	2:06.9

**880 YARDS**

2:02.0	Dixie Willis (Aus) '62	-1-	Charlette Cooke '66	2:04.6
2:02.0	Judy Pollock (Aus) '67	-2-	Madeline Manning '69	2:04.7
2:02.2	Marise Chamberlain (NZ) '62	-3-	Cheryl Toussaint '70	2:05.1
2:02.9	Vera Nikolic (Yug) '67	-4-	Francie Johnson '70	2:05.3
2:04.0	Anne Smith (GB) '66	-5-	Terry Hull '70	2:05.5

**1500 METERS**

4:09.6	Karin Burneleit (EG) '71	-1-	Doris Brown '71	4:14.6
4:10.2	Tamara Pangelova (SU) '71	-2-	Francie Larrieu '69	4:16.8
4:10.3	Gunhild Hoffmeister (EG) '71	-3-	Francie Johnson '70	4:17.3
4:10.4	Ellen Tittel (WG) '71	-4-	Kathy Gibbons '71	4:19.2
4:10.7	Jaroslava Jehlickova (Cze) '69	-5-	Barbara Lawson '71	4:23.8
4:10.9	Regine Kleinau (EG) '71	-6-	Eileen Claugus '71	4:23.9
4:11.9	Maria Gommers (Hol) '69	-7-	Vicki Foltz '69	4:26.2

4:12.0	Paola Pigni (Italy) '69	-8-	Debbie Roth '71	4:28.3
4:12.5	Aja Veisa (SU) '71	-9-	Trina Hosmer '71	4:29.2
4:12.7	Rita Ridley (GB) '71	-10-	Maria Stearns '70	4:30.0

**ONE MILE**

4:35.4	Ellen Tittel (WG) '71	-1-	Doris Brown '71	4:39.6
4:36.8	Maria Gommers (Hol) '69	-2-	Francie Larrieu '71	4:41.5
4:37.0	Anne Smith (GB) '67	-3-	Francie Johnson '71	4:42.5
4:39.6	Doris Brown (US) '71	-4-	Eileen Claugus '71	4:44.5
4:41.2	Paola Pigni (Italy) '69	-5-	Debbie Heald '70	4:47.5



Doris Brown (r) loses to Tamara Pangelova in a 1971 race, but sets an American record in the 1500. (Tony Duffy)

**3000 METERS**

9:23.4	Joyce Smith (GB) '71	-1-	Francie Larrieu '71	9:29.2
9:29.2	Francie Larrieu (US) '71	-2-	Doris Brown '70	9:44.6
9:38.0	Paola Pigni (Italy) '69	-3-	Beth Bonner '70	9:48.2
9:40.4	Bronwen Cardy (GB) '71	-4-	Caroline Walker '70	9:56.2
9:44.6	Doris Brown (US) '70	-5-	Cheryl Bridges '70	9:58.0

**100-METER HURDLES**

12.6	Karin Balzer (EG) '71	-1-	Pat Johnson '70	13.3
12.7	Tereza Sukniewicz (Pol) '70	-2-	Mamie Rallins '69	13.4
12.7	Anneliese Ehrhardt (EG) '71	-3-	Jan Glotzer '70	13.6
12.8	Chi Cheng (Taiwan) '70	-4-	Pat Donnelly '70	13.6
12.8	Danatu Straszynska (Pol) '71	-5-	Lacey O'Neal '71	13.7
12.9	Valeria Bufanu (Rum) '70	-6-	Cheryl Rogers '69	13.8
12.9	Tereza Nowak (Pol) '71	-7-	Mavis Laing '71	13.8
13.0	Barbel Podeswa (EG) '70	-8-	Deanne Carlson '70	13.9
13.1	Pam Kilborn (Aus) '70	-9-	Carol Thomson '71	13.9
13.1	Heide Rosendahl (WG) '70	-10-	Bobbette Krug '71	13.9
13.1	Margit Bach (WG) '70	-11-	Marilyn King '71	13.9
13.1	Elzbieta Zebrowska (Pol) '70	-12-	Debbie Lansky '71	13.9
		-13-	Nancy Kaiser '71	13.9

**200-METER HURDLES**

25.7	Pam Kilborn (Aus) '71	-1-	Pat Hawkins '71	26.1
25.8	Annaliese Jahns (EG) '70	-2-	Pat Donnelly '70	26.9
25.8	Tereza Sukniewicz (Pol) '70	-3-	Mamie Rallins '69	27.2
25.9	Valeria Bafanu (Rum) '70	-4-	Pat Johnson '70	27.2
26.0	Danuta Straszynska (Pol) '70	-5-	Diane Van '68	27.4
26.2	Chi Cheng (Taiwan) '69	-6-	Janene Jatton '69	27.5
26.3	Maureen Caird (Aus) '70	-7-	Joanne Dean '71	27.6
26.6	Galina Mitrokhina (SU) '70	-8-	Marilyn King '71	27.7
26.6	Marina Nikiforova (SU) '70	-9-	Carla Coffey '71	27.7
26.7	Roza Babich (SU) '69	-10-	Deanne Carlson '70	27.8
26.7	Gaye Dell (Aus) '69	-11-	Alberta Martin '70	27.8
26.7	Pat Hawkins (US) '70	-12-	Deborah Payne '70	27.8
26.7	Sharon Colyear (GB) '71	-13-	Bobette Krug '71	27.8

**MARATHON (road run)**

2:46:30	Adrienne Beames (Aus) '71	-1-	Cheryl Bridges '71	2:49:40
2:49:40	Cheryl Bridges (US) '71	-2-	Beth Bonner '71	2:55:22
2:55:22	Beth Bonner (US) '71	-3-	Nina Kuscsik '71	2:56:02
2:56:04	Nina Kuscsik (US) '71	-4-	Ona Dobratz '71	2:59:40
2:59:40	Ona Dobratz (US) '71	-5-	Sara Berman '71	3:00:35
3:00:35	Sara Berman (US) '71	-6-	Caroline Walker '70	3:02:53
3:02:53	Caroline Walker (US) '70	-7-	Denise Green '71	3:13:-
3:07:26	Annie Erdkamp (WG) '67	-8-	Kathy Miller '71	3:15:28
3:10:05	Kirsten Carlsen (Den) '71	-9-	Natalie Cullimore '71	3:18:00
3:13:-	Denise Green (US) '71	-10-	Donna Gookin '71	3:18:30

# RECORD PROGRESSIONS

The following listings give an idea how world records have improved through the years. They are the marks that have been approved by the IAAF, or are currently pending. World record ties are not included—only actual improvements of the marks.

## MEN'S PROGRESSIONS

### 100 YARDS

- 9.6 Dan Kelly (US) 1906
- 9.5 Eddie Tolan (US) 1929
- 9.4 Frank Wykoff (US) 1930
- 9.3 Mel Patton (US) 1948
- 9.2 Frank Budd (US) 1961
- 9.1 Robert Hayes (US) 1963

### 100 METERS

- 10.4 Charles Paddock (US) 1921
- 10.2 Jesse Owens (US) 1936
- 10.1 Willie Williams (US) 1956
- 10.0 Armin Hary (W Ger) 1960
- 9.9 James Hines (US) 1968

### 200 METERS

- 20.6 Andy Stanfield (US) 1951
- 20.5 Peter Radford (GB) 1960
- 20.3 Henry Carr (US) 1963
- 20.2 Henry Carr (US) 1964
- 20.0 Tommie Smith (US) 1966
- 19.8 Tommie Smith (US) 1968

### 220 YARDS

- 20.6 Andy Stanfield (US) 1951
- 20.5 Peter Radford (GB) 1960
- 20.3 Henry Carr (US) 1963
- 20.2 Henry Carr (US) 1964
- 20.0 Tommie Smith (US) 1966

### 400 METERS

- 47.4 Ted Meredith (US) 1916
- 47.0 Emerson Spencer (US) 1928
- 46.4 Ben Eastman (US) 1932
- 46.2 Bill Carr (US) 1932
- 46.1 Archie Williams (US) 1936
- 46.0 Rudolf Harbig (Ger) 1939
- 45.9 Herb McKenley (Jam) 1948
- 45.8 George Rhoden (Jam) 1950
- 45.4 Lou Jones (US) 1955

- 45.2 Lou Jones (US) 1956
- 44.9 Otis Davis (US) 1960
- 44.5 Tommie Smith (US) 1967
- 44.1 Larry James (US) 1968
- 43.8 Lee Evans (US) 1968

### 440 YARDS

- 47.8 Maxie Long (US) 1900
- 47.4 Ted Meredith (US) 1916
- 46.4 Ben Eastman (US) 1932
- 46.0 Herb McKenley (Jam) 1948
- 45.8 Jim Lea (US) 1956
- 45.7 Glenn Davis (US) 1958
- 44.9 Adolph Plummer (US) 1963
- 44.8 Tommie Smith (US) 1967
- 44.7 Curtis Mills (US) 1969
- 44.5 John Smith (US) 1971

### 800 METERS

- 1:51.9 Ted Meredith (US) 1912
- 1:51.6 Otto Peltzer (Ger) 1926
- 1:50.6 Sera Martin (Fr) 1928
- 1:49.7 Tom Hampson (GB) 1932
- 1:49.6 Elroy Robinson (US) 1937
- 1:48.4 Sydney Wooderson (GB) '38
- 1:46.6 Rudolf Harbig (Ger) 1939
- 1:45.7 Roger Moens (Bel) 1955
- 1:44.3 Peter Snell (NZ) 1962

### 880 YARDS

- 1:52.5 Ted Meredith (US) 1912
- 1:52.2 Ted Meredith (US) 1916
- 1:51.6 Otto Peltzer (Ger) 1926
- 1:50.9 Ben Eastman (US) 1932
- 1:49.8 Ben Eastman (US) 1934
- 1:49.6 Elroy Robinson (US) 1937
- 1:49.2 Sydney Wooderson (GB) '38
- 1:48.6 Mal Whitfield (US) 1953
- 1:47.5 Lon Spurrier (US) 1955

## RECORD PROGRESSIONS

1:46.8 Tom Courtney (US) 1957  
1:45.1 Peter Snell (NZ) 1962  
1:44.9 Jim Ryun (US) 1966

### 1500 METERS

3:55.8 Abel Kiviat (US) 1912  
3:54.7 John Zander (Swe) 1917  
3:52.6 Paavo Nurmi (Fin) 1924  
3:51.0 Otto Peltzer (Ger) 1926  
3:49.2 Jules Ladoumegue (Fr) 1930  
3:49.0 Luigi Beccali (Italy) 1933  
3:48.8 Bill Bonthron (US) 1934  
3:47.8 Jack Lovelock (NZ) 1936  
3:47.6 Gunder Hagg (Swe) 1941  
3:45.8 Gunder Hagg (Swe) 1942  
3:45.0 Arne Andersson (Swe) 1943  
3:43.0 Gunder Hagg (Swe) 1944  
3:42.8 Wes Santee (US) 1954  
3:41.8 John Landy (Aus) 1954  
3:40.8 Sandor Iharos (Hun) 1955  
3:40.6 Istvan Rozsavolgyi (Hun) '56  
3:40.2 Olavi Salsola (Fin) 1957  
3:38.1 Stanislav Jungwirth (Cze) '57  
3:36.0 Herb Elliott (Aus) 1958  
3:35.6 Herb Elliott (Aus) 1960  
3:33.1 Jim Ryun (US) 1967

### ONE MILE

4:14.4 John Paul Jones (US) 1913  
4:12.6 Norman Taber (US) 1915  
4:10.4 Paavo Nurmi (Fin) 1923  
4:09.2 Jules Ladoumegue (Fr) 1931  
4:07.6 Jack Lovelock (NZ) 1933  
4:06.8 Glenn Cunningham (US) '34  
4:06.4 Sydney Wooderson (GB) '37  
4:06.2 Gunder Hagg (Swe) 1942  
4:04.6 Gunder Hagg (Swe) 1942  
4:02.6 Arne Andersson (Swe) 1943  
4:01.6 Arne Andersson (Swe) 1944  
4:01.4 Gunder Hagg (Swe) 1945  
3:59.4 Roger Bannister (GB) 1954  
3:58.0 John Landy (Aus) 1954  
3:57.2 Derek Ibbotson (GB) 1957  
3:54.5 Herb Elliott (Aus) 1958  
3:54.4 Peter Snell (NZ) 1962  
3:54.1 Peter Snell (NZ) 1964  
3:53.6 Michel Jazy (Fr) 1965  
3:51.3 Jim Ryun (US) 1966  
3:51.1 Jim Ryun (US) 1967

### TWO MILES

9:09.6 Alf Shrubb (GB) 1904  
9:01.4 Edvin Wide (Swe) 1926

8:59.6 Paavo Nurmi (Fin) 1931  
8:58.4 Don Lash (US) 1936  
8:57.4 Gunnar Hockert (Fin) 1936  
8:56.0 Miklos Szabo (Hun) 1937  
8:53.2 Taisto Maki (Fin) 1939  
8:47.8 Gunder Hagg (Swe) 1942  
8:46.4 Gunder Hagg (Swe) 1944  
8:42.8 Gunder Hagg (Swe) 1944  
8:40.4 Gaston Reiff (Bel) 1952  
8:33.4 Sandor Iharos (Hun) 1955  
8:32.0 Albert Thomas (Aus) 1958  
8:30.0 Murray Halberg (NZ) 1961  
8:29.8 Jim Beatty (US) 1962  
8:29.6 Michel Jazy (Fr) 1963  
8:26.4 Bob Schul (US) 1964  
8:22.6 Michel Jazy (Fr) 1965  
8:19.8 Ron Clarke (Aus) 1967  
8:19.6 Ron Clarke (Aus) 1968  
8:17.8 Emiel Puttemans (Bel) 1971

### THREE MILES

14:17.6 Alf Shrubb (GB) 1903  
14:11.2 Paavo Nurmi (Fin) 1923  
13:50.6 Lauri Lehtinen (Fin) 1932  
13:42.4 Taisto Maki (Fin) 1939  
13:35.4 Gunder Hagg (Swe) 1942  
13:32.4 Gunder Hagg (Swe) 1942  
13:32.2 Freddie Green (GB) 1954  
13:27.4 Vladimir Kuts (SU) 1954  
13:27.0 Vladimir Kuts (SU) 1954  
13:26.4 Vladimir Kuts (SU) 1954  
13:23.2 Chris Chataway (GB) 1955  
13:14.2 Sandor Iharos (Hun) 1955  
13:10.8 Albert Thomas (Aus) 1958  
13:10.0 Murray Halberg (NZ) 1961  
13:07.6 Ron Clarke (Aus) 1964  
13:00.4 Ron Clarke (Aus) 1965  
12:52.4 Ron Clarke (Aus) 1965  
12:50.4 Ron Clarke (Aus) 1966

### 5000 METERS

14:36.6 Hannes Kolehmainen (Fin) '12  
14:35.4 Paavo Nurmi (Fin) 1922  
14:28.2 Paavo Nurmi (Fin) 1924  
14:17.0 Lauri Lehtinen (Fin) 1932  
14:08.8 Taisto Maki (Fin) 1939  
13:58.2 Gunder Hagg (Swe) 1942  
13:57.2 Emil Zatopek (Cze) 1954  
13:56.6 Vladimir Kuts (SU) 1954  
13:51.6 Chris Chataway (GB) 1954  
13:51.2 Vladimir Kuts (SU) 1954  
13:50.8 Sandor Iharos (Hun) 1955



- 13:46.8 Vladimir Kuts (SU) 1955  
 13:40.6 Sandor Iharos (Hun) 1955  
 13:36.8 Gordon Pirie (GB) 1956  
 13:35.0 Vladimir Kuts (SU) 1957  
 13:34.8 Ron Clarke (Aus) 1965  
 13:33.6 Ron Clarke (Aus) 1965  
 13:25.8 Ron Clarke (Aus) 1965  
 13:24.2 Kipchoge Keino (Ken) 1965  
 13:16.6 Ron Clarke (Aus) 1966

**SIX MILES**

- 29:59.4 Alf Shrubbs (GB) 1904  
 29:36.4 Paavo Nurmi (Fin) 1930  
 29:08.4 Ilmari Salminen (Fin) 1937  
 28:55.6 Taisto Maki (Fin) 1939  
 28:38.6 Viljo Heino (Fin) 1944  
 28:30.8 Viljo Heino (Fin) 1949  
 28:19.4 Gordon Pirie (GB) 1953  
 28:08.4 Emil Zatopek (Cze) 1953  
 27:59.2 Emil Zatopek (Cze) 1954  
 27:54.0 Dave Stephens (Aus) 1956  
 27:43.8 Sandor Iharos (Hun) 1956  
 27:17.8 Ron Clarke (Aus) 1963  
 27:11.6 Bill Mills (US) 1965  
 26:47.0 Ron Clarke (Aus) 1966

**10,000 METERS**

- 30:58.8 Jean Bouin (Fr) 1911  
 30:40.2 Paavo Nurmi (Fin) 1921  
 30:35.4 Ville Ritola (Fin) 1924  
 30:23.2 Ville Ritola (Fin) 1924  
 30:06.2 Paavo Nurmi (Fin) 1924  
 30:05.6 Ilmari Salminen (Fin) 1937  
 30:02.0 Taisto Maki (Fin) 1938  
 29:52.6 Taisto Maki (Fin) 1939  
 29:35.4 Viljo Heino (Fin) 1944  
 29:28.2 Emil Zatopek (Cze) 1949  
 29:27.2 Viljo Heino (Fin) 1949  
 29:21.2 Emil Zatopek (Cze) 1949  
 29:02.6 Emil Zatopek (Cze) 1950  
 29:01.6 Emil Zatopek (Cze) 1953  
 28:54.2 Emil Zatopek (Cze) 1954  
 28:42.8 Sandor Iharos (Hun) 1956  
 28:30.4 Vladimir Kuts (SU) 1956  
 28:18.8 Pyotr Bolotnikov (SU) 1960  
 28:18.2 Pyotr Bolotnikov (SU) 1962  
 28:15.6 Ron Clarke (Aus) 1963  
 27:39.4 Ron Clarke (Aus) 1965

**MARATHON****(road run; no official records)**

- 2:55:18.4 John Hayes (US) 1908  
 2:42:31.0 Fred Barrett (GB) 1909  
 2:36:55.4 Jim Corkery (Can) 1912  
 2:36:06.6 Alex Ahlgren (Swe) 1913  
 2:32:35.8 Hannes Kolehmainen (Fn) 20  
 2:30:57.8 Harry Payne (GB) 1929  
 2:29:20.0 Norio Suzuki (Japan) '32  
 2:27:49.0 Fusashige Suzuki (Jpn) '32  
 2:26:44.0 Yasuo Ikenaka (Japan) '35  
 2:26:42.0 Kitei Son (Japan) 1935  
 2:25:39.0 Yun Bok Suh (Korea) 1947  
 2:20:42.2 Jim Peters (GB) 1952  
 2:18:40.2 Jim Peters (GB) 1953  
 2:18:34.8 Jim Peters (GB) 1953  
 2:17:39.4 Jim Peters (GB) 1954  
 2:15:17.0 Sergiy Popov (SU) 1958  
 2:15:16.2 Abebe Bikila (Eth) 1960  
 2:14:28.0 Bud Edelen (US) 1963  
 2:13:55.0 Basil Heatley (GB) 1964  
 2:12:11.2 Abebe Bikila (Eth) 1964  
 2:12:00.0 Morio Shigematsu (Jpn) '65  
 2:09:36.4 Derek Clayton (Aus) 1967  
 2:08:33.6 Derek Clayton (Aus) 1969

**120-YARD HURDLES**

- 15.0 Forrest Smithson (US) 1908  
 14.4 Earl Thomson (Can) 1920  
 14.2 Percy Beard (US) 1931  
 14.1 Forrest Towns (US) 1936  
 13.7 Forrest Towns (US) 1936  
 13.6 Harrison Dillard (US) 1948  
 13.5 Dick Attlesey (US) 1950  
 13.4 Jack Davis (US) 1956  
 13.4 Milton Campbell (US) 1957  
 13.2 Martin Lauer (W Ger) 1959  
 13.0 Rod Milburn (US) 1971

**110-METER HURDLES**

- 15.0 Forrest Smithson (US) 1908  
 14.8 Earl Thompson (Can) 1920  
 14.6 George Weightman-Smith (SA) 28  
 14.4 Erik Wennstrom (Swe) 1929  
 14.3 Percy Beard (US) 1934  
 14.2 Percy Beard (US) 1934  
 14.1 Forrest Towns (US) 1936  
 13.7 Forrest Towns (US) 1936  
 13.6 Dick Attlesey (US) 1950  
 13.5 Dick Attlesey (US) 1950  
 13.4 Jack Davis (US) 1956  
 13.2 Martin Lauer (WG) 1959

## RECORD PROGRESSIONS

### 400-METER HURDLES

55.0	Charles Bacon (US) 1908
54.2	J. K. Norton (US) 1920
54.0	Frank Loomis (US) 1920
53.8	Sten Pettersson (Swe) 1925
52.6	John Gibson (US) 1927
52.0	Morgan Taylor (US) 1928
51.8	Glenn Hardin (US) 1934
50.6	Glenn Hardin (US) 1934
50.4	Yuriy Lituyev (SU) 1953
49.5	Glenn Davis (US) 1956
49.2	Glenn Davis (US) 1958
49.1	Rex Cawley (US) 1964
48.8	Geoff Vanderstock (US) 1968
48.1	Dave Hemery (GB) 1968

### 440-YARD HURDLES

56.8	G. R. L. Anderson (GB) 1910
54.2	J. K. Norton (US) 1920
52.6	John Gibson (US) 1927
52.2	Roy Cochran (US) 1942
51.9	Armando Filiput (Italy) 1950
51.6	Charles Moore (US) 1952
51.3	Yuriy Lituyev (SU) 1954
50.7	Gerd Potgieter (S Afr) 1957
50.5	John Culbreath (US) 1957
49.9	Glenn Davis (US) 1958
49.7	Gerd Potgieter (S Afr) 1958
49.3	Gerd Potgieter (S Afr) 1960
48.8	Ralph Mann (US) 1970

### 3000-METER STEEPLECHASE

8:49.6	Sandor Rozsnoi (Hun) 1954
8:47.8	Pentti Karvonen (Fin) 1955
8:54.4	Pentti Karvonen (Fin) 1955
8:41.2	Jerzy Chromik (Pol) 1955
8:40.2	Jerzy Chromik (Pol) 1955
8:39.8	Semyon Rzhishchin (SU) '56
8:35.6	Sandor Rozsnyoi (Hun) 1956
8:35.6	Semyon Rzhishchin (SU) :58
8:32.0	Jerzy Chromik (Pol) 1958
8:31.4	Zdzislaw Krzyszkowiak (Pl) '60
8:31.2	Grigoriy Taran (SU) 1961
8:30.4	Zdzislaw Krzyszkowiak (Pl) '61
8:29.6	Gaston Roelants (Bel) 1963
8:26.4	Gaston Roelants (Bel) 1965
8:24.2	Jouko Kuha (Fin) 1968
8:22.2	Vladimir Dudin (SU) 1969
8:22.0	Kerry O'Brien (Aus) 1970

## WOMEN'S PROGRESSIONS

## 100 YARDS

11.0	Barbara Burke (S Afr) 1935
10.8	Fanny Blankers-Koen (Hol) '44
10.7	Marjorie Jackson (Aus) 1950
10.4	Marjorie Jackson (Aus) 1952
10.3	Marlene Willard (Aus) 1958
10.0	Chi Cheng (Taiwan) 1970

## 100 METERS

11.7	Stanislawa Walasiewicz (Pol) 34
11.6	Stanislawa Walasiewicz (Pol) 37
11.5	Fanny Blankers-Koen (Hol) '48
11.4	Marjorie Jackson (Aus) 1952
11.3	Shirley de la Hunty (Aus) 1955
11.2	Wilma Rudolph (US) 1960
11.1	Ewa Klobukowska (Pol) 1965
11.0	Wyomia Tyus (US) 1968

## 200 METERS

23.6	Stanislawa Walasiewicz (Pol) 35
23.4	Marjorie Jackson (Aus) 1952
23.2	Betty Cuthbert (Aus) 1956
22.9	Wilma Rudolph (US) 1960
22.7	Irena Kirszenstein (Pol) 1965
22.5	Irena Kirszenstein (Pol) 1967
22.4	Chi Cheng (Taiwan) 1970

## 220 YARDS

24.3	Marjorie Jackson (Aus) 1950
24.2	Fanny Blankers-Koen (Hol) '50
24.0	Marjorie Jackson (Aus) 1954
23.6	Maria Itkina (SU) 1956
23.5	Betty Cuthbert (Aus) 1958
23.4	Marlene Willard (Aus) 1958
23.2	Betty Cuthbert (Aus) 1960
22.9	Margaret Burvill (Aus) 1964
22.7	Chi Cheng (Taiwan) 1970
22.6	Chi Cheng (Taiwan) 1970
22.4	Chi Cheng (Taiwan) 1970

## 400 METERS

57.0	Marleen Willard (Aus) 1957
56.3	Nancy Boyle (Aus) 1957
55.2	Polina Solopova (SU) 1957
54.0	Maria Itkina (SU) 1957
53.6	Maria Itkina (SU) 1957
53.4	Maria Itkina (SU) 1959
51.9	Sin Kim Dan (N Kor) 1962
51.0	Marilyn Neufville (Jam) 1970

## 440 YARDS

57.0	Marlene Willard (Aus) 1957
56.3	Nancy Boyle (Aus) 1957
56.1	Marise Chamberlain (NZ) 1958
55.6	Molly Hiscox (GB) 1958
54.3	Betty Cuthbert (Aus) 1959
53.7	Maria Itkina (SU) 1959
53.5	Betty Cuthbert (Aus) 1963
53.2	Betty Cuthbert (Aus) 1963
52.4	Judy Pollock (Aus) 1965

## 800 METERS

2:16.8	Lina Radke (Ger) 1928
2:15.9	Anna Larsson (Swe) 1944
2:14.8	Anna Larsson (Swe) 1945
2:13.8	Anna Larsson (Swe) 1945
2:13.0	Yevdokiya Vasilyeva (SU) 1950
2:12.2	Valentina Pomogayeva (SU) '51
2:12.0	Nina Otkalenko (SU) 1951
2:08.5	Nina Otkalenko (SU) 1952
2:07.3	Nina Otkalenko (SU) 1953
2:06.6	Nina Otkalenko (SU) 1954
2:05.0	Nina Otkalenko (SU) 1955
2:04.3	Lyudmila Lysenko (SU) 1960
2:01.2	Dixie Willis (Aus) 1962
2:01.1	Ann Packer (GB) 1964
2:00.9	Madeline Manning (US) 1968
1:58.3	Hildegard Falck (W Ger) 1971

## 880 YARDS

2:17.4	Olive Hall (GB) 1936
2:15.6	Anna Larsson (Swe) 1945
2:14.5	Valerie Winn (GB) 1952
2:12.6	Ursula Donath (E Ger) 1953
2:11.6	Aranka Kazi (Hun) 1954
2:09.0	Diane Leather (GB) 1954
2:08.4	Nina Otkalenko (SU) 1954
2:06.6	Nina Otkalenko (SU) 1956
2:06.1	Joy Jordan (GB) 1960
2:02.0	Dixie Willis (Aus) 1962

## 1500 METERS

4:30.0	Diane Leather (GB) 1955
4:25.0	Diane Leather (GB) 1955
4:19.0	Marise Chamberlain (NZ) 1962
4:17.3	Anne Smith (GB) 1967
4:15.6	Maria Gommers (Hol) 1967
4:12.4	Paola Pigni (Italy) 1969
4:10.7	Jaroslava Jehlickova (Cze) '69
4:09.6	Karin Burneleit (EG) 1971

## ALL-TIME LIST

### ONE MILE

4:59.6	Diane Leather (GB) 1954
4:50.8	Diane Leather (GB) 1955
4:45.0	Diane Leather (GB) 1955
4:41.4	Marise Chamberlain (NZ) 1962
4:39.2	Anne Smith (GB) 1967
4:37.0	Anne Smith (GB) 1967
4:36.8	Maria Gommers (Hol) 1969
4:35.8	Ellen Tittel (W Ger) 1971

### MARATHON

(road run; no official records)

3:19:33.0	Mildred Sampson (NZ) '64
3:15:22.8	Maureen Wilton (Can) '67
3:07:26.2	Anni Erdkamp (W Ger) '67
3:02:53.0	Caroline Waker (US) 1970
3:01:42.0	Beth Bonner (US) 1971

3:00:35.0	Sara Berman (US) 1971
2:55:22.0	Beth Bonner (US) 1971
2:49:40.0	Cheryl Bridges (US) 1971

### 100-METER HURDLES

13.0	Karin Balzer (E Ger) 1969
12.9	Karin Balzer (E Ger) 1969
12.8	Pam Kilborn (Aus) 1969
12.7	Karin Balzer (E Ger) 1970
12.6	Karin Balzer (E Ger) 1971

### 200-METER HURDLES

26.4	Pam Kilborn (Aus) 1969
26.2	Chi Cheng (Taiwan) 1969
26.1	Pam Kilborn (Aus) 1969
26.0	Pam Kilborn (Aus) 1969
25.8	Pam Kilborn (Aus) 1969
25.7	Pam Kilborn (Aus) 1971



Vicki Foltz ends a marathon with husband Don. (Jim Pearson)

Chapter Five

# *Runner's Touring Guide*



Drawing by Hal Higdon

## INTRODUCTION—

This is a long, long section. It has to be, because it tackles a big subject. This "Touring Guide" makes a state-by-state survey of running programs. It should help the resident, as well as the tourist and the newcomer, with information such as:

**AAU DISTRICT**—Where to register with the AAU of your state.

**MAJOR RACES**—Track and cross-country meets drawing national-class fields, as well as all marathons. (Note that "traveling" races—those which have a different site from year to year—are listed in Chapter 2.)

**DISTANCE RACING CONTACTS**—Most states have regularly scheduled road and cross-country events, open to all. The individuals listed can give dates and details.

**RUNNING CLUBS**—We've listed most competitive clubs for which we have information (including addresses when available). The type of club is listed in parenthesis: T=track (usually men's track only), LD=long-distance (most of these clubs include both men and women); W=women; All=all types of runners, men and women.

**MAJOR COLLEGES**—The ones which typically run in national-caliber competition. Listed are the head coach and the school's address.)

A brief guide on Canadian and worldwide touring follows the state-by-state rundown.

## ALABAMA

As in the rest of the Deep South, Alabama's school runners are going through a rapid upsurge. The state has two colleges—Alabama and Auburn—in the powerful Southeastern Conference, and has turned out a number of outstanding runners in recent years. Despite this, and ideal weather most of the year, open running still hasn't taken hold. The only open meets of consequence are the Senior Bowl indoor at Mobile and a 10-mile road race at Troy.

### A.A.U. DISTRICT

Southeastern—Cathleen Crandall, 601 Devon Dr., Birmingham 35209

### MAJOR RACES

Senior Bowl Indoor—Mobile, January

### DISTANCE RACING CONTACT

Nick Costes, Troy State University, Troy 36801

### RUNNING CLUB

Huntsville T.C.—Tom Bolt, 219 Spring Valley Court S.W., Huntsville 35802

### MAJOR COLLEGES

U. of Alabama—John Mitchell, Tuscaloosa 35401

Auburn U.—Melvin Rosen, Auburn 36830

## ALASKA

Two factors— isolation from the rest of the country and the long, bitter winter—work against the Alaskan running program. It isn't highly developed on any level. However, enthusiastic promoters in the state have taken one of the state's natural features—its mountainous terrain—and used it to good advantage. Two marathons, the Equinox and the Resurrection Pass Trail, attract large and varied fields of runners—most of whom cross-country ski on the same trails during the winter.

### A.A.U. DISTRICT

Alaska—Mildred Mucha, P.O. Box 4-1513, Anchorage 99503.

### MAJOR RACES

Equinox Marathon—College, September

Resurrection Pass Trail Marathon—Hope, August

### DISTANCE RACING CONTACT

John Trent, 1700 Tudor Rd., Anchorage 99507

### RUNNING CLUBS

Pulsators (LD)—John Trent, 1700 Tudor Rd., Anchorage 99507

## ARIZONA

Arizona has long been known for its high school and college level racing—primarily at the three major universities, Arizona, Arizona State and Northern Arizona. Now the women's and open distance running programs in the state are booming as more runners take advantage of the mild year-round climate. The state hosts two full marathons and a race of some sort most weekends of the year, centering in the Tucson and Phoenix areas.

### A.A.U. DISTRICT

Arizona—Mrs. Joane Priser, 6444 Santa Aurelia, Tucson

### MAJOR RACES

Admission Day Marathon—Tucson, February

Arizona Invitational Cross-Country—Tucson, October

Fiesta Bowl Marathon—Cave Creek to Scottsdale, December

### DISTANCE RACING CONTACT

Steve Stephenson, 201 West Flynn Lane, Phoenix 85013

### RUNNING CLUBS

Arizona Road Runners (LD)—Steve Stephenson (see address above)

Arizona T.C. (W)—D.M. Williams, Phoenix

Glendale T.C. (W)—R. Fuenning, Glendale

Phoenix Flyers (W)—Phoenix

Phoenix T.C. (W)—Fred Moore, Phoenix

Valley of the Sun T.C. (W)—Sue Humphrey, Phoenix

### MAJOR COLLEGES

U. of Arizona—Willie Williams, Tucson 85721

Arizona State U.—Baldy Castillo, Tempe 85281

Northern Arizona U.—Leo Haberlack, Flagstaff 86001

## ARKANSAS

The South as a whole is the country's fastest-growing running area. Arkansas is contributing its fair share, with Arkansas University, several state schools and Harding College all turning out national-caliber talent, and the AAU providing a full distance schedule during the fall and winter. Long-distance activity is heaviest in the Little Rock vicinity.

### A.A.U. DISTRICT

Arkansas—J.W. Mitchell, 801 Scott, Little Rock 72201

### MAJOR RACES

Arkansas Relays—Fayetteville, March

Ground Hog Day Marathon—Morrilton, January

### DISTANCE RACING CONTACT

Cecil McDermott, Hendrix College, Conway 72032

### MAJOR COLLEGES

U. of Arkansas—Ed Renfrow, Fayetteville 72701

Arkansas AM&N—U.S. Grant, Pine Bluff 71601

Arkansas State U.—Thad Talley, Jonesboro 72467

Harding College—Ted Lloyd, Searcy 72143

## CALIFORNIA

As far as running goes, this is the land of milk and honey. It has opportunity galore, on every level: age-group, high school, college and club. In any of four areas—Los Angeles, San Francisco, San Diego, or Fresno—almost any kind of runner can find a race almost any week of the year. Fields are big and fast, competition is stiff, and on top of that the climate allows year-round running.

### A.A.U. DISTRICTS

Central California—S.B. Tyler, P.O. Box 1020, Tulare 93274

Pacific—Edwin Olson, Suite 601, 942 Market St., San Francisco 94102

Pacific Southwest—Don Vynne, 1135 Garnet Ave., San Diego 92109

Southern Pacific—Jesse Robinson, Suite 503, 3683 Crenshaw, Blvd.,  
Los Angeles 90016

### MAJOR RACES

All-American Indoor—San Francisco, January

AAU Masters Track—San Diego, July

AAU Masters Marathon—San Diego, July

Athens Invitational Indoor—Oakland, February

Bakersfield Invitational Track—Bakersfield, May

Bay to Breakers Road Run—San Francisco, May

California Relays—Modesto, June

Dipsea Cross-Country—Mill Valley to Stinson Beach, August

Easter Relays—Santa Barbara, March

Golden Gate Marathon—Tiburon to San Francisco, May

Golden West High School Track—Sacramento, June

Kennedy Games Track—Berkeley, June



Long Beach Relays—Long Beach, March  
 Los Angeles Times Indoor—Inglewood, February  
 Madera Marathon—Madera, January  
 Mission Bay Marathon—San Diego, January  
 Mt. San Antonio College Relays—Walnut, April  
 Municipal Games Marathon—Los Angeles, March  
 Napa Marathon—Napa, October  
 Ocean to Bay Marathon—Martins Beach to Belmont, August  
 Pacific AAU Marathon—Petaluma, December  
 Palos Verdes Marathon—Palos Verdes Estates, May  
 Police Olympics Track—various cities, September  
 Police Olympics Marathon—various cities, September  
 Redwood Empire Marathon—Arcata, July  
 San Diego Invitational Indoor—San Diego, February  
 San Diego Relays—San Diego, April  
 San Jose Invitational Track—San Jose, May  
 Santa Barbara Marathon—Santa Barbara, October  
 Senior Sports International Track—Los Angeles, June  
 Senior Sports International Marathon—Culver City, June  
 Sunkist Invitational Indoor—Los Angeles, January  
 USTFF Western Cross-Country—Fresno, November  
 West Coast Relays—Fresno, May  
 Western Hemisphere Marathon—Culver City, December  
 Western Plodders Marathon—San Francisco, April  
 West Valley Marathon—Burlingame, February  
 World Masters Marathon—Orange, January

### DISTANCE RACING CONTACTS

Central Calif.—Wayne Van Dellen, 37149 Rd. 192, Woodlake 93286  
 Los Angeles—John Brennand, 4476 Meadowlark, Santa Barbara 93105  
 San Diego—Bill Gookin, 5946 Wenrich Dr., San Diego 92120  
 San Francisco—Peter Mattei, 1000 North Point, San Francisco 94109

### RUNNING CLUBS

Aggie T.C. (LD)—Williams Adams, U.C. Davis, Davis 95616  
 Alameda T.C. (LD)—Bob DeCelle, Box 362, Alameda 94501  
 Alum Rock Running Assn. (LD)—Richard Kennealy, 3313 Tully Rd.,  
 San Jose 95122  
 Athens A.C. (T)—Mel Long, 5901 Leona, Oakland 94605  
 Athletes in Action (T, LD)  
 Aviation A.C. (LD)  
 Back Bay T.C. (LD)  
 Bay Area Striders (T)—Jim Hines, Oakland  
 California T.C. (T)—Rene Rogers, 304 N. Camden Dr., 302, Beverly Hills  
 90210  
 California International (T)—5143 Escalon Ave., Los Angeles 90043  
 California Seniors (LD)—Emmett Smith, 2766 Summit Dr., Hillsborough  
 94010

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- Club West (T)—Pete Petersons, P.O. Box 781, Goleta 93017  
Cordova Dusters (W)—2649 Palo Vista Way, Rancho Cordova 95670  
Culver City A.C. (LD)—Frank Freyne, 3219 Sepulveda No. 3, Los Angeles 90034  
Del Norte T.C. (W)  
Diablo Valley T.C. (W)—Richard Ellis, 5545 Jasper Ct., Concord 94521  
Dolphin-South End (LD)—Walt Stack, 321 Collingwood, San Francisco 94114  
Fresno Elans (W)—620 West San Gabriel Ave., Clovis 93612  
Golden West A.A. (LD)—John Pagliano, Box 2314-D, Pasadena 91105  
Hangtown Harriers (LD)—Ernie Marinoni, 5101 Newton Rd., Placerville 95667  
Integra T.C. (W)—Gerald Harrington, 1040 Steinway, Campbell 95008  
High Sierra T.C. (LD)—David Bronzan, P.O. Box 728, Three Rivers 93271  
Joggeronauts (LD)—Paul Sebasta, 1225 Weymoth, Cupertino 95014  
La Jolla T.C. (W)—La Jolla  
Lakewood Spartans (W)—Lakewood  
La Mirada Meteors (W)—Roy Sweatt, La Mirada  
Lassen Cinderellas (W)—Bob Wall, 1400 North St., Susanville 96130  
Laurel T.C. (W)—Roxanne Andersen, 76 Carver St., San Francisco 94110  
Lompoc Valley T.C. (W)—Maury Sipes, Lompoc  
Long Beach Comets (W)—Ken Karnes, Long Beach  
Los Angeles A.C. (LD)—Russ Pierce, 431 West 7th St., Los Angeles 90001  
Los Angeles Mercuresses (W)—Los Angeles  
Los Angeles T.C. (W)—Chuck Debus, Los Angeles  
Marin A.C. (LD)—Darren Walton, Box 742, Novato 94949  
Mickey's Missiles (W)  
Millbrae Lions (W)—Harmon Brown, 2335 David Ct., San Mateo 94403  
Monterey Peninsula A.C. (LD)—Ted Larson, Box 1274, Monterey 93940  
Napa Valley Runners (LD)—Mike Healy, 690 Costa Dr., Napa 94558  
New Ways A.C. (LD)—George Wright, Chico State College, Chico 95926  
Orange County T.C.  
Orinda T.C. (W)—D. Bailes, 133 Selbourne Way, Moraga 94556  
Pacific Coast (T)—Tom Jennings 6280 Fairbrook St., Long Beach 90815  
Palm Springs Fillies (W)—Mike Faraday, Palm Springs  
Pamakid Runners (LD)—Manuel Colin, 1957 San Jose Ave., San Francisco 94112  
Pleasant Hill T. & F.C. (LD)—R. J. McGuire, 2250 Castro St., Martinez 94553  
Random Runners (LD)—Santa Monica  
Redwood City Striders (LD)—Mike Ipsen, Box 868, Redwood City 94308  
Rialto Road Runners (T,LD)—Dave Japs, Rialto  
Roseville A.C. (W)—Gilbert Duran, Roseville  
Sacramento Road Runners—Sacramento  
Salinas Valley T.C. (T,LD)—624 Alameda Ave., Salinas 93901  
San Diego Lancerettes (W)—Joe Brooks, El Cajon  
San Diego Metros (W)—San Diego  
San Diego T.C. (All)—Ken Bernard, Box 1124, San Diego 92112  
San Francisco A.C. (LD)—1630 Stockton St., San Francisco 94113  
San Francisco O.C. (LD)—Don Pickett, 1800 Vistzo W., Tiburon 94920

- San Jose Cindergals (W)—Estle Argabright, 467 S. 8th St., San Jose 95112  
 San Joe Yearlings T.(LD)—Gary Gallego, 713 Harding Ave., San Jose 95126  
 San Leandro T.C. (W)—Roland Braga, 19412 San Miguel Ave., Castro Valley 94546  
 Santa Barbara A.A. (LD)—John Brennand, 4476 Meadowlark Lane, Santa Barbara 93105  
 Santa Monica T.C. (T,LD)—Peter Mundle, Apt. C-301, 4017 Via Marina, Venice 90291  
 Seniors T.C. (T,LD)—Willis Kleinsasser, 18802 Petunia St., Azusa 91720  
 Six Rivers R.C. (LD)—Richard Gilchrist, 281 Hidden Valley, Bayside 95524  
 Solano T.C. (LD)—Gerg Chapman, 155 Lain Dr., Vallejo 94590  
 Southern California Cheetahs (W)—Bill Peterson, Pomona  
 Southern California Striders (T)—Whitey Taylor, 6565 Sunset Blvd., 200, Hollywood 90028  
 Spartan Distance Club (LD)—Dick Scully, 4300 Via Azelea, Palos Verdes Estates 90274  
 Stanford Running Club (LD)—Don Peterson, 916 El Cajon Way, Palo Alto 94303  
 Stockton T.C. (T)—Stockton  
 Travis Road Runners (LD)—Travis AFB Gym, Travis AFB 94535  
 United San Juan (W)—Walt Hyrkas, Sacramento  
 Valley T.C. (LD)—Hal Martin, 866 Via Manzananas, San Lorenzo 94580  
 West Coast Jets (W)  
 Westminster Distance Club (LD)—Westminster  
 West Valley Joggers & Striders (LD)—Box 85, Campbell 95008  
 West Valley T.C. (T,LD)—Jack Leydig, 603 S. Eldorado, San Mateo 94402  
 Whittier College Alumni T.&F.C. (all)—John Geer, 1240 Alameda, Apt. 209, Belmont 94002  
 Will's Spikettes (W)—Will Stephens, 6349 Dorchester Ct., Carmichael 95608

### MAJOR COLLEGES

- Cal Poly/Pomona—Tom Rupp, Pomona 91766  
 Cal Poly/S.L.O.—San Luis Obispo 93401  
 Cal State/Fullerton—Ronald Witchey, Fullerton 92631  
 Cal State/Hayward—Mal Andrews, Hawyard 94542  
 Cal State/Long Beach—Jack Rose, Long Beach 90220  
 Cal State/L.A.—Ron Morris, Los Angeles 90032  
 U. of California/Berkeley—Dave Maggard, Berkeley 94720  
 U. of California/Davis—John Pappa, Davis 95616  
 U. of California/L.A.—Jim Bush, Los Angeles 90024  
 U. of California/Santa Barbara—Sam Adams, Santa Barbara 93106  
 Chico State—Larry Burleson, Chico 95929  
 Fresno State—Dutch Warmerdam, Fresno 93710  
 Humboldt State—Jim Hunt, Arcata 95521  
 Occidental—Steve Haas, Los Angeles 90041  
 Pacific—James Santomier, Stockton 95304  
 Pepperdine—Bert Brewster, Los Angeles 90044  
 Redlands—Clayton Brooks, Redlands 92373

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Sacramento State—Stan Wright, Sacramento 95819  
San Diego State—Dick Wells, San Diego 92115  
San Fernando Valley State—Felix Jumonville, Northridge 91324  
San Francisco State—San Francisco 94132  
San Jose State—Ernie Bullard, San Jose 95114  
U. of Southern California—Vern Wolfe, Los Angeles 90007  
Stanford—Payton Jordan, Stanford 94305  
U.S. International—James Crakes, San Diego 92106  
Westmont—Jim Klein, Santa Barbara 93103  
Whittier—Rainer Stenius, Whittier 90608

## COLORADO

Colorado is an oasis in the sparsely populated Rockies. It enjoys a tradition of running excellence, and plenty of year-round running opportunities at are hand. The Boulder, Denver, Pueblo and Colorado Springs areas all have open competition. Distance runners should be prepared for the thin air that goes along with the state's mile-high altitude. This elevation is an advantage at distances through the half-mile.

### A.A.U. DISTRICT

Rocky Mountain—Barbara Etchison, 1335 S. Grape St., Denver 80222

### MAJOR RACES

Colorado Invitational Cross-Country—Boulder, October

Colorado Relays—Boulder, April

Holiday Marathon—Pueblo, December

Mile-High Marathon—Denver, May

Pike's Peak Marathon—Manitou Springs, August

### DISTANCE RACING CONTACT

R. Dennis Kavanaugh, 8206 E. Girard St., Denver 80231

### RUNNING CLUBS

Colorado Gold (W)—Lyle Knudson, Boulder

Colorado Pacers (W)—John Gorne, Denver

Colorado T.C. (All)

Denver All-Stars (W)

Southern Colorado Striders (LD)—Don McMahill, 1538 Saratoga, Pueblo 81001

### MAJOR COLLEGES

Adams State—Larry Jeffryes, Alamosa 81101

Colorado State U.—Del Hessel, Fort Collins 80521

U. of Colorado—Don Meyer, Boulder 80302

U.S. Air Force Academy—Arne Arnesen, USAFA 80840

## CONNECTICUT

A state couldn't be more strategically located. It has a reasonably good running program of its own, but the state's runners also can easily take in races in Massachusetts to the north or New York to the south and

west. The state is small enough and close enough to running centers that competition is readily available all year—particularly for distance runners.

### **A.A.U. DISTRICT**

Connecticut—Dorothy Donnelly, 401 Shuttle Meadow Ave., New Britain 06052

### **MAJOR RACE**

Connecticut AAU Marathon—Middletown, March

### **DISTANCE RACING CONTACT**

Dr. John Boitano, Fairfield University, Fairfield 06430

### **RUNNING CLUBS**

Age-Group A.A. (T)—Norm Higgins, New London

Gateway T.C. (W)—William Mongovan, Greenwich

Hartford T.C. (LD)—Charles Dyson, Box 426, Storrs 06268

New Haven T.C. (T,LD)—New Haven

Stratford Spartans (LD)—Stratford

### **MAJOR COLLEGES**

U. of Connecticut—Robert Kennedy, Storrs 06286

U.S. Coast Guard Academy—Ed Tucker, New London 06320

Wesleyan—J. Elmer Swanson, Middletown 06457

Yale—Robert Giegengack, New Haven 06520

## **DELAWARE**

Tiny Delaware, like Connecticut, is close to the running centers of other states that are rich in races—New Jersey, Pennsylvania, Maryland. Newark and Wilmington support the bulk of this state's racing.

### **A.A.U. DISTRICT**

South Atlantic—Mary Wolf, 412 Joyce Dr. S.W., Glen Burnie, Md. 21061

### **MAJOR RACES**

Delaware Invitational Indoor—Newark, February

Rodney Half-Marathon—Wilmington, April

### **DISTANCE RACING CONTACT**

Browning Ross, 306 W. Center St., Woodbury, N.M. 08096

### **MAJOR COLLEGE**

U. of Delaware—James Flynn, Newark 19711

## **DISTRICT OF COLUMBIA**

The capital city and its suburbs have more running activity than most full-fledged states. Washington is an educational center as well as a government one, so there are a number of college and university teams. The city also was a pioneer in open distance competition. (See Maryland and Virginia for more information.)

### **A.A.U. DISTRICT**

District of Columbia—Norman Brand, 1330 New Hampshire Ave. N.W., Apt. 911, Washington D.C. 20036

### **DISTANCE RACING CONTACT**

Larry Noel, 105 Northway Rd., Greenbelt, Md. 20770

### **RUNNING CLUBS**

Sports International (All)—Brooks Johnson, 3318 Reservoir Rd. N.W.,  
Washington 20007

Washington Sports Club (LD)—Gar Williams, 8605 Acorn Circle, Vienna,  
Va. 22180

### **MAJOR COLLEGES**

American U.—Jerry Power, Washington 20016

Georgetown U.—Francis Rienzo, Washington 20007

Howard U.—Wilmur Johnson, Washington 20001

## **FLORIDA**

Much of the credit for the state's recent running boom goes to Jimmy Carnes, track coach at the University of Florida. Not only has Carnes built a fine team of his own, but he has built the Florida Track Club for non-collegians and promotes the Florida Relays—the biggest meet in the area. Gainesville is the hub of competition in the state. Humid heat limits summer running, but the climate the rest of the year is highly favorable.

### **A.A.U. DISTRICTS**

Florida—C.F. Cole, P.O. Box 1035, Eau Gallie 32935

Florida Gold Coast—Alice Kempthorne, 5701 N. Bayview Dr., Ft. Lauderdale 33308

### **MAJOR RACES**

Florida Relays (including Marathon)—Gainesville, March

Melbourne Marathon—Melbourne, December

### **DISTANCE RACING CONTACT**

Jimmy Carnes, University of Florida, Gainesville 32601

### **RUNNING CLUB**

Florida T.C. (all)—Jimmy Carnes (see address above)

### **MAJOR COLLEGES**

Florida A.&M.—Bobby Lang, Tallahassee 32307

Florida State—Mike Long, Tallahassee 32306

U. of Florida—Jimmy Carnes, Gainesville 32601

## **GEORGIA**

The 1971 Peach Bowl marathon in Atlanta was indicative of growing distance running interest in this state (and the South generally). It had over 120 starters. Seven broke 2½ hours. The state also supported the 1971 USTFF cross-country championship and has a number of other races—both long and short, mostly in and around Atlanta.

**A.A.U. DISTRICT**

Georgia—Mrs. N. L. Stevens, 485 Heritage Way N.E., Atlanta 30328

**MAJOR RACE**

Peach Bowl Marathon—Atlanta, December

**DISTANCE RACING CONTACT**

Tim Singleton, Georgia State University, Atlanta 30303

**RUNNING CLUBS**

Atlanta T.C. (all)—Atlanta

Ft. Benning Orienteering (LD)—Ft. Benning

**MAJOR COLLEGES**

U. of Georgia—Forrest Towns, Athens 30601

Georgia Tech—Buddy Fowlkes, Atlanta 30332

**HAWAII**

A small but spirited band of distance runners sustain much of the interest in Hawaii, which has a problem similar to Alaska's— isolation from the rest of the country. While Alaska has snow, Hawaii has tropical heat and humidity. The mid-Pacific island's natural beauty lends itself to distance running, however. Numerous cross-country and road runs and relays are held, and many of the longest are run at night to avoid the heat.

**A.A.U. DISTRICT**

Hawaiian—Henry Yamasaki, 40 Akamu Place, Honolulu 96817

**MAJOR RACES**

Hawaiian Marathon—Kahului to Kaanapali, Maui, April

International Masters Track—Honolulu, March

**DISTANCE RACING CONTACT**

David Cadiz, Suite 601, 810 Richards, Honolulu 96813

**RUNNING CLUB**

Valley Isle Marathon Club—Maui R.R.C. (LD)—Harry Kaya, Box 728, Wailuka, Maui 96793

**IDAHO**

The northern Rockies region remains one of the least exploited in terms of running competition. A notable exception, though is the indoor racing at Pocatello. Idaho State University holds a series of three national-class meets each winter on its 220-yard track. The local fans love them, indicating the area has more running potential than it has shown.

**A.A.U. DISTRICT**

Inland Empire—Robert Dillon, W. 106 Indiana, Spokane, Wash. 99205

**MAJOR RACES**

Benion Games Indoor—Pocatello, January

Idaho Invitational Cross-Country—Moscow, October

Simplot Invitational Indoor—Pocatello, February  
USTFF Intermountain Indoor—Pocatello, March

### MAJOR COLLEGES

Boise State—Ray Lewis, Boise 83707  
U. of Idaho—Ed Troxel, Moscow 83843  
Idaho State—Bob Beeten, Pocatello 83201

## ILLINOIS

Ted Haydon and his University of Chicago Track Club have done a great deal in the last 15 years to enrich the state's running program. The club's year-round schedule of informal all-comer meets serves not only Illinois runners, but those from other states—especially during the students' "off-seasons." Open meets in the Champaign and Carbondale areas downstate now supplement the healthy school programs as well.

### A.A.U. DISTRICTS

Central—Elizabeth Falbisaner, 4848 N. Monticello Ave., Chicago 60625  
Ozark—Don Roberts, 4021 Weber Rd., St. Louis, Mo. 63123

### MAJOR RACES

All-American High School Track—Elmurst, June  
Freedom Marathon—Monticello, July  
Hinsdale Central Marathon—Hinsdale, November  
Little Egypt Marathon—Carbondale, May  
Midwest Masters Track—Sterling, June  
Midwest RRC Indoor Marathon—Chicago, February  
NCAA College Division Cross-Country—Wheaton, November  
North Central Marathon—Naperville, December  
Quincy Marathon—Quincy, August

### DISTANCE RACING CONTACTS

North—Richard King, 5600 S. Drexel, Chicago 60606  
Central—Steve Goldberg, U. of Illinois College of Law, Champaign 61820  
South—R. G. Knowlton, SIU Arena, Southern Illinois U., Carbondale 62901

### RUNNING CLUBS

Glen Ellyn Running Club (LD)—Tim Wason, Morton Arboretum, Lisle 60532  
Illinois T.C. (all)—Champaign  
Mayor Daley Youth Foundation (W)—Chicago  
Ozark T.C. (W)—Bob Hyten, 1033 Randle St., Edwardsville 62025  
Palos Hills T.C. (W)—Michael Beard, Orland Park  
U. of Chicago T.C. (T,LD)—Ted Haydon, 5640 University Ave., Chicago 60637

### MAJOR COLLEGES

U. of Chicago—Ted Haydon, Chicago 60637  
DePaul—Robert Wirag, Chicago 60614  
Eastern Illinois—Maynard O'Brien, Charleston 60614  
U. of Illinois—Bob Wright, Champaign-Urbana 61820  
Northern Illinois—Harold Morris, DeKalb 60115



Northwestern—Don Amidei, Evanston 60201  
 Southern Illinois—Lew Hartzog, Carbondale 62901  
 Western Illinois—Jim Sackett, Macomb 61455

## INDIANA

Indiana is typical of midwestern states. It has a deep tradition in track racing, going back to pre-World War II days when Billy Hayes was a legendary coach at the University. But beyond the school realm and off the track there was almost nothing—until recently. In the last few years, the growth of open racing has been spectacular. An Indiana runner now can compete several times a week during the summer.

### A.A.U. DISTRICT

Indiana—Fred Schwartz, 644 Oak St., Terre Haute 47807

### MAJOR RACES

Notre Dame Invitational Cross-Country—Notre Dame, October  
 Windy Marathon—Indianapolis, March

### DISTANCE RACING CONTACT

Carl Carey, 406 Murphy Lane, Brownsburg 46112

### RUNNING CLUBS

Elkhart T.C. (LD)—Marshall Sellers, Elkhart Schools, Elkhart 46514  
 Indiana Striders (LD)—Carl Carey (See address above)  
 Terre Haute T. C. (W)—Robert Opiola, Bloomington

### MAJOR COLLEGES

Ball State—Jerry Rushton, Muncie 47306  
 Indiana State—Bill Malloy, Terre Haute 47809  
 Indiana U.—Sam Bell, Bloomington 47401  
 Notre Dame—Alex Wilson, Notre Dame 46556  
 Purdue—Dave Rankin, Lafayette 47907  
 Taylor—George Glass, Upland 46989  
 Valparaiso—Ed Winrow, Valparaiso 46383

## IOWA

Iowa is fortunate to have a central focus—one big, all-inclusive meet. This is the Drake Relays, which takes in runners pre-high school to veteran marathoners. From this one meet, interest funnels down through the entire program. One result is the biggest high school girls participation in the nation. Another is a year-round schedule of all-comer track meets and long distance races.

### A.A.U. DISTRICT

Iowa—Morris Ives, 716 Sunrise, New Hampton 50659

### MAJOR RACES

Covered Bridge Marathon—Winterset to Indianola, October  
 Cyclone Country Marathon—Ames, July

Drake Relays—Des Moines, April  
Drake Relays Marathon—Des Moines, April  
Sioux Valley Track Classic—Sioux City, July

**DISTANCE RACING CONTACT**

Butch Hammer, 607 S. E. Hughes, Des Moines 50315

**RUNNING CLUBS**

Iowa Achilles (all)—Butch Hammer (see address above)  
Iowa T. C. (W)—Wayne Cooley, Des Moines

**MAJOR COLLEGES**

Drake—Bob Ehrhart, Des Moines 50311  
Iowa State—Jerry Barland, Ames 50010  
U. of Iowa—Francis Cretzmeyer, Iowa City 52240  
U. of Northern Iowa—Jack Jennett, Cedar Falls 50613

## KANSAS

Glenn Cunningham, Wes Santee, Jim Ryun. Those names are just the start of a long list. Kansas is the state of legendary milers. And the rest of its runners are nothing to shake a wheatshock at, either. The state consistently turns out national and international contenders in all events. Two colleges—Kansas University and Kansas State—are among the best in the nation, and the high schools regularly feed them and the smaller schools with top talent. Steady open competition, though, isn't yet a reality. Runners must do a lot of traveling—often out of state—to find it.

**A.A.U. DISTRICT**

Missouri Valley—Ralph Hileman, Parks & Rec. Dept., 13th Floor, City Hall,  
Kansas City, Mo. 64106

**MAJOR RACES**

Kansas Relays—Lawrence, April  
Kansas Relays Marathon—Lawrence, April  
Kansas State Indoor—Manhattan, March  
Tri-States Marathon—White Cloud to Falls City, Nebr., October  
USTFF Track Championships—Wichita, May  
USTFF Marathon Championship—Wichita, May

**DISTANCE RACING CONTACT**

Carl Owczarzak, 4144 Booth Pl., No. 7, Kansas City, Kans. 66502

**RUNNING CLUBS**

Jayhawk T. C. (T)—Bob Timmons, Lawrence  
Topeka Cosmos (W)—John Davis, Jr., Topeka  
Wildcat T.C. (T, LD)—Manhattan

**MAJOR COLLEGES**

Fort Hays State—Alex Francis, Hays 67601  
Kansas State College/Pittsburg—David Seunram, Pittsburg 66762  
Kansas State College/Emporia—Phil Delavan, Emporia 66801  
Kansas State University—Deloss Dodds, Manhattan 66502

Kansas University—Bob Timmons, Lawrence 66044  
 Wichita State—Herm Wilson, Wichita 67208

## KENTUCKY

The tradition here is for the horses to run and the people to watch. There are exceptions, of course, but not enough just yet for Kentucky to rank among the leading (human) running states. The colleges—Kentucky, Kentucky State, Eastern, Western and Murray State—all have had top men. But open competition is still in its infancy. That's changing, too. The first Bluegrass marathon in 1971 advertised itself as "The race where the horses watch the people run."

### A.A.U. DISTRICT

Kentucky—William Long, 1515 Tyler Park Dr. Louisville 40204

### MAJOR RACES

Bluegrass Marathon—Lexington, August  
 Commanding General's Track—Fort Campbell, May  
 Kentucky Relays—Lexington, April  
 Maxon-Dixon Indoor—Louisville, February

### DISTANCE RACING CONTACT

Lexington Track & Field Club, Box 1901, Lexington 40507

### RUNNING CLUB

Lexington T. & F. C. (T, LD)—(see address above)

### MAJOR COLLEGES

Eastern Kentucky—Richmond 40475  
 Kentucky State—Kenneth Gibson, Frankford 40601  
 U. of Kentucky—Press Whelan, Lexington 40506  
 Murray State—Bill Cornell, Murray 42071  
 Western Kentucky—Jerry Bean, Bowling Green 42101

## LOUISIANA

Southern University and Grambling have trotted out a seemingly endless line of sprinters and hurdlers in recent years. Southern's Willie Davenport and Rod Milburn, of course, have set world records in the high hurdles. The emphasis has been on the short runs, but there has been steady improvement in the long stuff, too. Open distance competition is centered now in New Orleans.

### A.A.U. DISTRICT

Southern—Phillip Stagg, Box 1407, Shreveport 71102

### MAJOR RACES

Mardi Gras Marathon—New Orleans, January  
 Northeast Louisiana Indoor—Natchitoches, February  
 Southwestern Relays—Lafayette, April

**DISTANCE RACING CONTACT**

Dan Fuselier, 1827 Robert St., New Orleans 70115

**RUNNING CLUBS**

New Orleans T. C. (LD)—Dan Fuselier (see address above)

**MAJOR COLLEGES**

Grambling—Grambling 71245

Louisiana State—Joe May, Baton Rouge 70803

Louisiana Tech—J. W. Mize, Ruston 71270

McNeese State—Bob Hayes, Lake Charles 70601

Northeast U.—Bob Groseclose, Monroe 71201

Northwestern State—John Thompson, Naticitoches 71457

Southeastern College—Larry Crow, Hammond 70401

Southern U.—Richard Hill, Baton Rouge

U. of Southwestern—Bob Cole, Lafayette 70501

Tulare—John Oelkers, New Orleans 70118

## **MAINE**

The state sits on the fringe of New England's running hotbed. Perhaps the road runners tired of traveling to Massachusetts for distance races. At any rate, they formed a busy running schedule of their own. Roland Dyer was largely responsible for starting it, and developed it steadily until his tragic death in a bicycle accident during 1971. Others are carrying on Dyer's work.

**A.A.U. DISTRICT**

Maine—Steve Ross, Rumford Community Center, Rumford 04276

**DISTANCE RACING CONTACT**

Joe Dahl, R.S.D. 1, Yarmouth 04096

**RUNNING CLUBS**

Greater Portland A. C. (LD)—Portland

Waterville A. C. (LD)—Waterville

**MAJOR COLLEGES**

Bates—Walter Slovenski, Lewiston 04240

Bowdoin—Frank Sebasteanski, Brunswick 04011

Colby—Alex Schulten, Waterville 04901

U. of Maine—Edmund Styrna, Orono 04473

## **MARYLAND**

Maryland generally upholds the high standard of running competition prevalent in the high-population belt from Boston to Washington, D.C. Not only are there adequate opportunities in Maryland, but it is small enough to allow easy travel to other states. Open competition is most available in the Baltimore-D.C. vicinity. Frederick is a leading women's center.

**A.A.U. DISTRICT**

District of Columbia—Norman Brand, 1330 New Hampshire Ave. N.W.,  
Apt. 911, Washington, D.C. 20036

South Atlantic—Mary Wolf, 412 Joyce Dr. S.W., Glen Burnie 21061

**MAJOR RACES**

National Invitational Indoor—College Park, January

Washington's Birthday Marathon—Beltsville, February

**DISTANCE RACING CONTACT**

Larry Noel, 105 Northway Rd., Greenbelt 20770

**RUNNING CLUBS**

Baltimore O. C. (T)—Jay Dunn, 1535 Ralworth, Baltimore 21248

Frederick T. C. (W)—Jack Griffin, Frederick

**MAJOR COLLEGES**

Bowie State—Bernard Burnes, Bowie 20715

Maryland State—Clifton Anderson, Princess Anne 21853

U. of Maryland—Nick Kovalakides, College Park 20740

Morgan State—Baltimore 21212

Towson State—Jack McDonald, Towson 21204

U. S. Naval Academy—Jim Gehrdes, Annapolis 21402

**MASSACHUSETTS**

This is the road running capital of the US—maybe even the world. The reason is the Boston marathon. Its influence is everywhere, and it isn't limited to one day in April each year. A mass of shorter races—many of them now traditional in their own right—has grown up around the big one. These are well-attended, well-organized, prize-rich affairs, and about 200 of them were held in 1971. The schedule is heaviest in the summer, with a race nearly every day, and it lightens (but never stops) in the winter.

**A.A.U. DISTRICT**

New England—Frank Rull, 391 Beale St., Wollaston 02170

**MAJOR RACES**

Bay State Marathon—Framingham, October

Boxton A. A. Marathon—Hopkinton to Boston, April

Plodders Marathon—Brockton, May

Race of Champions Marathon—Holyoke, June

**DISTANCE RACE CONTACT**

Bob Campbell, 39 Linnet St., Burlington 05400

**RUNNING CLUBS**

Boston A. A. (LD)—John Semple, Boston Garden, Boston 02114

Cambridge Sports Union (LD)—Larry Berman, 23 Fayette St., Cambridge  
02139

Falmouth T. C. (W)—John Carroll, North Falmouth

Liberty A. C. (W)—Jeff Johnson, P.O. Box 202, Wellesley, Mass. 02181

North Medford (LD)—Fred Brown, 157 Walsh St., Medford 02155

### MAJOR COLLEGES

Amherst—Jim Terrill, Amherst 01002  
Boston College—Bill Gilligan, Chestnut Hill 02167  
Boston State—Bill Squires, Boston 02115  
Boston U.—William Smith, Boston 02215  
Brandies—Norm Levine, Waltham 02154  
Harvard—Bill McCurdy, Cambridge 02138  
Holy Cross—Skip O'Connor, Worcester 01610  
U. or Massachusetts—Kenneth O'Brien, Amherst 01002  
Northeastern—Irwin Cohen, Boston 02155

## MICHIGAN

It's hard talking about the Midwest as separate states, because the same forces are at work throughout the region. Solid high school and college programs of long standing are being supplemented and enriched by growing open programs. It's happening in Michigan, too. Michigan and Michigan State, Eastern and Western are leaders in the college ranks. The Detroit and Lansing areas have full distance schedules.

### A.A.U. DISTRICT

Michigan—Pete Harlow, Dept. of Parks and Recreation, 3020 Wreford,  
Detroit 48208

### MAJOR RACES

Grand Valley Marathon—Grand Rapids, November  
Motor City Marathon—Detroit, October  
NCAA Indoor Championships—Detroit, March

### DISTANCE RACING CONTACTS

Jim Menlove, 4860 Cooley Lake Rd., Milford 48042  
Dennis Williams, 107 S. Pennsylvania, No. 4, Lansing 48912

### RUNNING CLUBS

Ann Arbor T. C. (T)—Bryan Westfield, 203 Charles, Ann Arbor 48103  
Fleet Feet T. C. (W)—Norm Skelly, Midland  
Lipke T. C. (W)—Joe Smetanka, 11727 Christy, Detroit 48205  
Lomita T. C. (W)—Paul LaSage, Dearborn  
Mall City Pacers (T, LD)—Kalamazoo  
Mid-Michigan T. C. (LD)—Dennis Williams (see address above)  
Michigammes (W)—Ken Simmons, Ann Arbor  
Motor City P. A. L. (W)—Bettye Robinson, Detroit  
Motor City Striders (LD)—Jim Menlove (see address above)  
Motor City T. C. (W)—Fred Daniels, Detroit  
Wolverines (W)—Richard Beyst, Trenton

### MAJOR COLLEGES

Central Michigan—Don Szaima, Mt. Pleasant 48858  
Eastern Michigan—Bob Parks, Ypsilanti 48197  
Ferris State—Norm Bennett, Big Rapids 49307  
Michigan State—Fran Dittrich, East Lansing 48823

U. of Michigan—Dixon Farmer, Ann Arbor 48104  
 Western Michigan—Kalamazoo 49001

## MINNESOTA

It's one of the snowiest, coldest states in the country. Yet year after year Minnesota produces top runners—Van Nelson, Ron Daws, Tom Heinonen, and now Garry Bjorklund, Bruce Mortenson and Mike Slack (who goes to school in North Dakota). Minnesotans stress distance racing, from high school to a full-scale AAU program. The Twin Cities area is the focal point.

### A.A.U. DISTRICT

Minnesota—Mel Kaufmann, 20 Park Lane, Minneapolis 55416

### MAJOR RACE

City of Lakes Marathon—Minneapolis-St. Paul, October

### DISTANCE RACING CONTACT

Pat Lanin, 234 N. 7th Ave., Hopkins 55343

### RUNNING CLUBS

Berrytown Striders (W)—Marie St. Pierre, Hopkins

Grace T. C. (W)—B. George, Fridley

Rochester T. C. (LD)—Rochester

Twin Cities T. C. (LD)—Pat Lanin (see address above)

### MAJOR COLLEGES

Bemiji State—Robert Wagner, Bemiji 56601

Carleton—Bill Huyck, Northfield 55057

Mankato State—Bud Myers, Mankato 56001

U. of Minnesota—Roy Griak, Minneapolis 55455

St. Cloud State—Bob Tracy, St. Cloud 56301

## MISSISSIPPI

The non-student runner in Mississippi can count on traveling to surrounding states to compete. Mississippi itself doesn't have any open races yet. It does, however, have a school with one of the best sprinters in the nation. Willie McGee attends Alcorn A&M College in Lorman.

### A.A.U. DISTRICT

Southern—Phillip Stagg, Box 1407, Shreveport 71102

### MAJOR RACES

USTFF Southern Indoor—Jackson, January

### MAJOR COLLEGES

Alcorn A. & M.—Grant Dungee, Lorman 39096

Mississippi State—Leo Jones, State College 39762

U. of Mississippi—Wesley Knight, University 38655

## MISSOURI

Missouri is lucky enough to have three—and possibly four—cities active in running and getting more so. The Kansas City, St. Louis, Columbia and—to a lesser extent—Jefferson City areas support competition on all levels. Columbia is an example of what a small city can do. It's the home of the state university, and also has a year-round program of AAU open meets.

### A.A.U. DISTRICTS

Missouri Valley—Ralph Hileman, Parks & Rec. Dept., 13th Floor, City Hall, Kansas City 64106

Ozark—Don Roberts, 4021 Weber Rd., St. Louis 63123

### MAJOR RACES

Big Eight Conference Indoor—Kansas City, March

Gary Brown Memorial Marathon—Canton, April

Heart of America Marathon—Columbia, September

Linn Tech Marathon—Linn to Jefferson City, October

NAIA Cross-Country Championship—Liberty, November

NAIA Indoor Championships—Kansas City, January

### DISTANCE RACE CONTACTS

Joe Duncan, 4004 Defoe Dr., Columbia 65201

Carl Muckler, 2680 Countryside Dr., Florissant 63033

Carl Owczarzak, 4144 Booth Pl., No. 7, Kansas City, Kans. 66202

### RUNNING CLUBS

Columbia T. C. (LD)—Joe Duncan (see address above)

Florissant Valley T. C. (LD)—Carl Muckler (see address above)

Mid-America T. C. (T)—Lorie Newhouse, 1020 Walnut, Kansas City 64106

### MAJOR COLLEGES

Lincoln U.—Dwight Reed, Jefferson City 65101

U. of Missouri—Tom Botts, Columbia 65201

Northeast State—Kenneth Gardner, Kirksville 64501

## MONTANA

The towns of Kalispell and Billings are unusual ones. In a low-population, rather isolated state, both towns vigorously promote running. Kalispell has a girls club, the Timberettes, with several hundred members, and promotes an annual marathon. Billings is the site of the NAIA track and marathon championships.

### A.A.U. DISTRICT

Montana—Harold McLaughlin, Box 703, Chinook 59523

### MAJOR RACES

Kalispell Marathon—Kalispell, September

NAIA Marathon Championship—Billings, June

NAIA Track Championship—Billings, June

### DISTANCE RACING CONTACT

Larry O'Neil, 233 5th Ave. E., Kalispell 59901



**RUNNING CLUB**

Kalispell Timberettes (W)—Kalispell

**MAJOR COLLEGES**

Montana State—Nyles Humphrey, Bozeman 59715

U. of Montana—Harley Lewis, Missoula 59801

**NEBRASKA**

Nebraska is a border state. The states to the east and south of it have good to excellent running opportunities. But those to the north and west are more barren (with isolated exceptions). Nebraska's best running is concentrated, then, in the southeast sector—closest to the busy areas of Kansas, Missouri and Iowa.

**A.A.U. DISTRICT**

Midwestern—Mary Johnson, Box 827, Burwell 68823

**MAJOR RACE**

Tri-States Marathon—White Cloud, Kans., to Falls City, October

**DISTANCE RACING CONTACT**

Louis Fritz, Verdon 68457

**RUNNING CLUBS**

Cornhusker T. C. (LD)—Ken Katzer, 1420 Benton, Lincoln 68508

Elmwood Park T. C. (T, LD)—Omaha

Nebraska T. C. (W)

**MAJOR COLLEGE**

U. of Nebraska—Frank Sevigne, Lincoln 68508

**NEVADA**

This state is in both the best and worst of positions. Nevadans can travel easily across the narrow state of California for races there, and Californians can go east. But the Nevada meets also must compete for runners with the bigger, and often more prestigious, races in California. Both Reno and Las Vegas have managed to stimulate good interest.

**A.A.U. DISTRICTS**

Pacific—Edwin Olson, Suite 601, 942 Market St., San Francisco 94102

Southern Nevada—Veryl Knowles, 3A Thurman Circle, Las Vegas 89110

**MAJOR RACE**

Las Vegas Marathon—Las Vegas, February

**DISTANCE RACING CONTACTS**

Bill Freedman, 435 E. Sahara Ave., Las Vegas 89109

Ross Smith, 1730 O'Farrell, Reno 89508

### **RUNNING CLUB**

Las Vegas T. C. (LD)—Bill Freedman (see address above)

### **MAJOR COLLEGE**

U. of Nevada—Jack Cook, Reno 89507

## **NEW HAMPSHIRE**

New Hampshire falls within the Massachusetts sphere of influence as far as distance running goes. The two states freely exchange runners for their plentiful road races. New Hampshire is an example of a state using its natural landmarks to advantage. Its best known race climbs Mt. Washington.

### **A.A.U. DISTRICT**

NewEngland—Frank Rull, 391 Beale St., Wollaston, Mass. 02170

### **MAJOR RACES**

Mt. Washington 8-Mile—Mt. Washington, summer

USTFF Eastern Indoor—Hanover, January

### **DISTANCE RACING CONTACT**

Bob Campbell, 39 Linnet St., West Roxbury, Mass. 02132

### **MAJOR COLLEGES**

Dartmouth—Kenneth Weinbel, Hanover 03755

U. of New Hampshire—Bob Phillips, Durham 03824

## **NEW JERSEY**

New Jersey has every advantage—except possibly climate. The state sports one of the liveliest and most comprehensive running programs in the country, regularly producing leading age-group, high school, college and club athletes. Both the northern and southern sections have heavy open racing schedules. The central location also puts New York's and Philadelphia's races within easy range.

### **A.A.U. DISTRICTS**

Middle Atlantic—Charles Roeser, 2432 78th Ave., Philadelphia, Pa. 19150

New Jersey—Preston Fairlamb, Fayson Lakes, Kinnelon 07405

### **MAJOR RACES**

IC4A Indoor—Princeton, March

Jersey Shore Marathon—Asbury Park, January

Road Runners Club Marathon—Atlantic City, June

### **DISTANCE RACING CONTACTS**

James Nicholas, 86 E. Shore Rd., Denville 07834

Browning Ross, 306 West Center St., Woodbury 08096

### **RUNNING CLUBS**

Central Jersey T. C. (LD)

North Jersey Striders (T, LD)—Steve Lurie, 150 Lakeshore Dr., Oakland 07436

Penn A. C. (LD)—Browning Ross (see address above)

Shore A. C. (T, LD)—Elliott Denman, 28 N. Locust Ave., West Long Branch  
07764

South Jersey Chargers (all)—Dave Romansky, 51 Quaker Rd., Pennsville

### MAJOR COLLEGES

Princeton-Princeton 08540

Rutgers—New Brunswick 08903

Seton Hall—John Gibson, South Orange 07079

## NEW MEXICO

For a high, lightly-settled state, New Mexico shows a lot of life in its running programs. The indoor invitational at Albuquerque has been the site of a number of world records. Both the University of New Mexico and Eastern have turned out powerful teams. And before the school closed in 1971, the College of Artesia promoted a marathon that typically drew 300 or more runners.

### A.A.U. DISTRICT

New Mexico—Ray Weakley, 502 Devon Ct., Rio Rancho Estates 87124

### MAJOR RACES

Albuquerque Invitational Indoor—Albuquerque, January

Portales Marathon—Portales, February

Tour of Albuquerque Marathon—Albuquerque, September

### DISTANCE RACING CONTACT

Charles Harris, 2205 Ambassador N.E., No. 133, Albuquerque 87112

### RUNNING CLUBS

Albuquerque O. C. (W)—Edward Hudson, Albuquerque

Atomic City T. C. (T, LD)

Duke City Dashers (W)—Jim Ciccarello, Albuquerque

### MAJOR COLLEGES

Eastern New Mexico—Bill Silverberg, Portales 88130

U. of New Mexico—Hugh Hackett, Albuquerque 87106

## NEW YORK

New York is to the east coast what California is to the west. Other states may upstage them in one way or another, but for all-round running excellence these are the coastal centers. New York actually has several centers. The New York City area is the main one, but the upstate (Albany, Syracuse, Rochester, etc.) promote running vigorously, too.

### A.A.U. DISTRICTS

Adirondack—Don McKee, 61 Karlan Rd., Rome 13440

Metropolitan—Pincus Sober, 2411 Webb Ave., Apt. 5B, Bronx 10468

Niagara—Fred Hushla, 1461 Ridge Rd. W., Williamson 14589

**MAJOR RACES**

AAU Indoor Championships—New York City, February  
 Boston Qualifier Marathon—Ithaca, March  
 Champlain Valley Marathon—Rouses Point to Plattsburg, May  
 Circle K-Kiwanis Marathon—Paul Smiths to Lake Placid, September  
 Earth Day Marathon—New York City, March  
 Finger Lakes Marathon—Marathon to Ithaca, October  
 First Trust Marathon—Liverpool, May  
 Heptagonal Cross-Country—Bronx, November  
 IC4A Cross-Country—Bronx, November  
 Metropolitan Collegiate Cross-Country, Bronx, November  
 New York Marathon—New York City, October  
 Olympic Invitational Indoor—New York City, February  
 Puerto Rican Hispanic Marathon—New York City, August  
 Queens-Iona-Relays—New York City, April  
 Wanamaker-Millrose Indoor—New York City, January

**DISTANCE RACING CONTACTS**

Vince Chiappetta, 2 Washington Sq. Village 9D, New York 10012  
 Kathy Miller, 3439 Burnet Ave., Syracuse 13206  
 Tom Osler, 38 South Lake Ave., Troy 12180

**RUNNING CLUBS**

Alfred Atalantans (W)—C. H. DuBreuil, Alfred  
 Atoms T. C. (W)—Fred Thompson, Brooklyn  
 Bohaa Club (T)—Luther Blake, 101 Lafayette Ave., Brooklyn  
 Capitol T.C. (LD)—Bill Shrader, 208 State St., Albany  
 Central YMCA (LD)—New York City  
 Electric City (W)—Barbara Palm, Albany  
 Finger Lakes R. C. (LD)—Jim Hartshorne, 108 Kay St., Ithaca 14850  
 Long Island A. C. (T)  
 Long Island Mercuresses (W)—William Montgomery, Shoreham  
 Millrose A. A. (LD)—Joe Kleinerman, 2825 Claflin Ave., Bronx 10468  
 New York A. C. (T, LD)—Ray Lumpp, 180 Central Park S., New York 10019  
 New York Pioneer Club (T, LD)—Joe Yancey, 480 W. 130th St., No. 46,  
 New York 10027  
 Rochester T.C. (LD)—Peter Todd, 107 Burben Way, Rochester 14624  
 St. Anthony's Boys Club (LD)  
 Suffolk A. C. (W)—Art Spear, Selden  
 Syracuse T. C. (T, LD)—Kanty Miller (see address above)  
 Triple Cities R. C. (LD)—Alan Jones, 3717 Wildwood Dr., Endwell 13760  
 United A. A. (LD)—New York City  
 Utica Pacemakers (LD)—Utica  
 Valley Stream Comets (W)—Don McIntyre, Malverne  
 West Side YMCA (LD)—New York City

**MAJOR COLLEGES**

Adelphi—Ron Bazil, Garden City 11530  
 Columbia—Irving Kintisch, New York 10027

Cornell—Jack Warner, Ithaca 14850  
 Fordham—Arthur O'Connor, New York 10458  
 Manhattan—Fred Dwyer, New York 10471  
 New York U.—Joseph Healey, Bronx 10453  
 C.W. Post—Roy Chernock, Brookville 11548  
 St. John's—Stephen Bartold, Jamaica 11432  
 Syracuse—Alan Bonney, Syracuse 13210  
 U.S. Military Academy—Carl Crowell, West Point 10996

## **NORTH CAROLINA**

The enthusiastic reception given the US-African meet at Durham in the summer of 1971 speaks well for running in North Carolina—or at least its potential. The state has three colleges—Duke, North Carolina and North Carolina State—running in the Atlantic Coast Conference, and several smaller schools also contribute talent. The state was one of the South's pioneers in open competition.

### **A.A.U. DISTRICT**

North Carolina—William Stewart, 352 Kimmsweek Rd., Charlotte 28214

### **MAJOR RACES**

Duraleigh Marathon—Durham to Raleigh, January  
 Greens-Winston Marathon—Greensboro to Winston-Salem, August  
 Mountain Marathon—Boone to Grandfather Mountain, July  
 Southeastern Masters Track—Raleigh, April

### **DISTANCE RACING CONTACT**

Bob Boal, 533 Mulberry St., Wake Forest 27587

### **RUNNING CLUB**

North Carolina T. C. (T, LD)

### **MAJOR COLLEGES**

Duke—Al Buehler, Durham 27706  
 Johnson C. Smith—Charlotte  
 North Carolina Central—L. T. Walker, Durham 27707  
 North Carolina State—James Wescott, Raleigh 27607  
 U. of North Carolina—Joe Hilton, Chapel Hill 27514  
 Wake Forest—Harold Rhea, Winston-Salem 27103

## **NORTH DAKOTA**

Running opportunities are limited here—limited by the severe winter weather, and by the shortage (near non-existence) of competition for the non-student. Still, in recent years North Dakota has had outstanding cross-country runners. Collegians Arjan Gelling and Mike Slack have won national championships.

### **A.A.U. DISTRICT**

North Dakota—Mrs. Lyle Kitchen, Fargo 58102

**MAJOR COLLEGES**

North Dakota State—Roger Grooters, Fargo 58102

U. of North Dakota—Frank Zazula, Grand Forks 58201

**OHIO**

Though there are plenty of other indications of the healthy state of running in Ohio, the American marathon says it as well as anything. The American Oil Company sponsors the race—actually a series of races on the same day—in Canton. In both years of operation, the event has attracted over 600 runners from throughout the eastern US. The state also hosted the AAU women's cross-country championship in 1971, and that meet drew over 700. And then there are the high school and college programs...

**A.A.U. DISTRICTS**

Lake Erie—John Nagy, Room 8, City Hall, Cleveland 44114

Ohio—E. Pete Roberts, 2261 Huron Ave., Springfield 45505

**MAJOR RACES**

All-Ohio Track—Delaware, May

American Marathon—Freeburg to Canton, October

Athens Marathon—Coolville to Athens, March

Central Collegiate Track—Bowling Green, May

Cleveland Knights of Columbus Indoor—Cleveland, February

Glass City Marathon—Toledo, June

Monroe Marathon—Monroe, October

Ohio State Relays—Columbus, April

Ohio University Relays—Athens, April

USTFF Midwest Indoor—Columbus, January

**DISTANCE RACING CONTACTS**

John O'Neil, 15610 Clifton Blvd., Lakewood 44170

Wayne Yarcho, Box 162, Dabel Station, Dayton 45420

**RUNNING CLUBS**

Bellbrook Boosters (W)—David Holmes, Bellbrook

Blue Ribbon Club (W)—Herb Stockman, Box 333, Wickliffe 44092

Canton T. C. (W)—Bruce Shelley, Canton

Cleveland Recreation T. C. (W)—Alex Ferenczy, Cleveland

East Cleveland T. C. (W)—Kenneth Barton, East Cleveland

Hockhocking T.C. (all)—Ellsworth Holden, 26 Northwood, Athens 45701

Kettering Striders (all)—Steve Price, Dayton

Lake Erie A. A. (LD)—John O'Neil (see address above)

North College Hill T. C. (W)—Ron Harmon, Cincinnati

Ohio River R. R. (LD)

Ohio T. C. (all)—Harry McKnight, Columbus

Summit A. C. (LD)—Mike Kimball, 738 Roslyn Ave., Akron 44320

Toledo R. R. (all)—Mike Oliver, Toledo

Tri-State T. C. (W)—Robert Todd, East Liverpool

**MAJOR COLLEGES**

- Ashland—Paul Armor, Ashland 44805  
 Bowling Green State—Mel Brodt, Bowling Green 43402  
 Central State—Hallie Gregory, Wilberforce 45384  
 U. of Cincinnati—Charles Hunsaker, Cincinnati 45221  
 Kent State—Doug Raymond, Kent 44240  
 Miami—Stan Imhulse, Oxford 45056  
 Ohio State—Bob Epskamp, Columbus 43210  
 Ohio U.—Meade Burnett, Athens 45701  
 U. of Toledo—Jack Lowe, Toledo 43606

**OKLAHOMA**

When Englishman Bruce Tulloh was running across the United States in 1969, he was struck by the fact that Oklahoma had only one AAU-registered distance runner. He mentioned him in his book. That situation has changed drastically since. Oklahoma now sports a full AAU racing program, and has the runners to fill it. The state's colleges—primarily Oklahoma and Oklahoma State—also have rich traditions in running of all types.

**A.A.U. DISTRICT**

Oklahoma—Betty McCain, 4609 N. W. 44th St., Oklahoma City 73122

**MAJOR RACES**

- John Jacobs Track—Norman, April  
 Oil Capital Marathon—Tulsa, March  
 Road Runner Marathon—Gage, May

**DISTANCE RACING CONTACT**

Bob Martin, 3531 South Zunis Place, Tulsa 74105

**TRACK CLUB**

- Oklahoma City A.C.—David Stamps, 1404 N.W. 2nd St., Oklahoma City 73106  
 Tulsa T.C. (LD)—Larry Aduddell, 1849 N. Louisville, Tulsa 74115

**MAJOR COLLEGES**

- Northeast Oklahoma State—Tracy Norwood, Tahlequah 74464  
 Oklahoma Baptist—Lee Brigham, Shawnee 74801  
 Oklahoma Christian—Ray Vaughn, Oklahoma City 73111  
 Oklahoma State—Ralph Tate, Stillwater 74074  
 U. of Oklahoma—J. D. Martin, Norman 73069

**OREGON**

Where else but Oregon—specifically Eugene—would 10,000 rabid fans turn out for intrasquad time-trials? Where else but Eugene would a half-dozen sub-four-minute milers be running those trials? Oregon is a Mecca for the runner. He's appreciated and he's in excellent company. And the cool weather is conducive to training, if he doesn't mind getting a little

wet. The open running program in the state is a sleeping giant that's just beginning to awaken to its potential.

**A. A. U. DISTRICT**

Oregon—Harold Heller, P.O. Box 209, McMinnville 97128

**MAJOR RACES**

All-Comers Marathon—Eugene, October  
Berrian Festival Marathon—Newberg, July  
Island Marathon—Portland, November  
Northwest Seniors Marathon—Gresham, July  
Northwest Seniors Track—Gresham, July  
Oregon Invitational Indoor—Portland, January  
Rose Festival Track—Portland, June  
Trail's End Marathon—Seaside, February  
Twilight Track—Eugene, June

**DISTANCE RACING CONTACT**

Richard Raymond, 6242 S. W. 50th, Portland 97221

**RUNNING CLUBS**

Honeysuckle T. C. (LD)

Lowell T. C. (LD)

Oregon Sizzler's T.C.—Jerry Swartsley, 3306 S. Pacific Hwy., Apt. 68, Medford 97501

Oregon T.C. (all)—Paul Edlund, 1533 Oak St., Eugene 97401

Portland T. C. (LD)—Richard Raymond (see address above)

Staters T. C. (T, LD)—Berny Wagner, Track Coach, Oregon State University, Corvallis 97331

**MAJOR COLLEGES**

Lewis and Clark—Eldon Fix, Portland 97219

Oregon State—Berny Wagner, Corvallis 97331

U. of Oregon—Bill Bowerman, Eugene 97403

Portland State—Portland 97207

Southern Oregon—Dan Bulkley, Ashland 97520

## PENNSYLVANIA

The sprawling state is rich in running, particularly in the heavily-populated eastern sector around Philadelphia. That area has the Penn Relays as its annual highlight, it has an indoor meet of considerable stature, and it has Villanova—the runningest school in the East. The Philadelphia area also supports a vigorous open program. The Pittsburgh area is less active, but still has frequent meets.

**A. A. U. DISTRICTS**

Allegheny Mountain—Arthur Toner, King Edward Apts., No. 56, Pittsburgh 15213

Middle Atlantic—Charles Roeser, 2432 78th Ave., Philadelphia 19150



**MAJOR RACES**

All-American Marathon—Pittsburgh, September  
 IC4A Track—Philadelphia, May  
 Martin Luther King Track—Philadelphia, May  
 Penn Relays—Philadelphia, April  
 Philadelphia Marathon—Philadelphia, November  
 Philadelphia Classic Indoor—Philadelphia, January  
 USTFF Eastern Cross-Country—University Park, October

**DISTANCE RACING CONTACT**

Browning Ross, 306 West Center St., Woodbury N.J. 08096

**RUNNING CLUBS**

Ambler O. C. (all)—Larry Wilson, Philadelphia  
 Burgettstown Area T. C. (W)—Emre Sedlak, Slovan  
 Fairfield Striders (W)—Bil Gilbert, Fairfield  
 Harrisburg A. A. (LD)—Harrisburg  
 Jets T. C. (W)—Jim Thompson, Pennyl  
 Mt. Lebanon T. C. (W)—John Harwick, Pittsburgh  
 Philadelphia A. C. (LD)—Philadelphia  
 Philadelphia Pioneers Club (T)—Alex Woodley, 5543 Morton St., Philadelphia 19144

**MAJOR COLLEGES**

Edinboro State—Doug Watts, Edinboro 16412  
 Lehigh—John Covert, Philadelphia 19104  
 Lock Haven State—James Dolan, Lock Haven 17745  
 Millersburg State—Eugene Fritz, Millersburg 17551  
 U. of Pennsylvania—Jim Tuppeny, Philadelphia 19104  
 Penn State—Harry Groves, University Park 16802  
 Pennsylvania Military—George Hansell, Chester 19013  
 U. of Pittsburgh—Jim Banner, Pittsburgh 15231  
 Villanova—Jim Elliott, Villanova 19085  
 West Chester State—William Butler, West Chester 19380

**RHODE ISLAND**

Being the smallest state works two ways. There aren't many running opportunities in Rhode Island itself. But Massachusetts, Connecticut and the others aren't but a short drive away, either. Rhode Island sits close to the busiest open running area in the country.

**A.A.U. DISTRICT**

New England—Frank Rull, 391 Beale St., Wollaston, Mass. 02170

**DISTANCE RACING CONTACT**

Joseph Shea, Catholic Chaplain, US Naval Air Station, Quonset Point 02819

**MAJOR COLLEGES**

Brown—Ivan Fuqua, Providence 02912  
 Providence—Robert Amato, Providence 02918  
 U. of Rhode Island—Thomas Russell, Kingston 02881

## **SOUTH CAROLINA**

This state hasn't been caught up yet in the trend to increased open running that is sweeping the South. Opportunities are still limited for the non-school runner. But the state's colleges—Furman, Baptist, Clemson, South Carolina, etc.—are active.

### **A.A.U. DISTRICT**

South Carolina—Warren Giese, University of South Carolina, Columbia 29208

### **MAJOR RACES**

State Record Relays—Columbia, April

### **DISTANCE RACING CONTACT**

Loring Baker, 702 Wren St., Sumter 29150

### **MAJOR COLLEGES**

Baptist—Howard Bagwell, Charleston 29483

Clemson—P. W. Greenfield, Clemson 29631

Furman—Bill Keesling, Greenville 29613

U. of South Carolina—John West, Columbia 29208

## **SOUTH DAKOTA**

One man—Jay Dirksen—is largely responsible for upholding the open running program in South Dakota. Not only is he the state's best marathoner, but Jay is also the coach at South Dakota State University (which has a top small-college cross-country team), he promotes races, and he has helped organize the state's only major club.

### **A.A.U. DISTRICT**

South Dakota—Margurite Dewell, 410 W. Elizabeth, Pierre 57501

### **MAJOR RACE**

Longest Day Marathon—Brookings, June

### **DISTANCE RACING CONTACT**

Jay Dirksen, SDSU Athletic Dept., Brookings 57006

### **RUNNING CLUB**

Prairie Striders (LD)—Jay Dirksen (see address above)

### **MAJOR COLLEGES**

U. of South Dakota—Dan Lennon, Vermillion 57069

South Dakota State—Jay Dirksen, Brookings 57006

## **TENNESSEE**

Tennessee's program is expanding on every front. The University of Tennessee is traditionally a power. It has promoted the NCAA track championships, and in 1971 hosted the national collegiate cross-country race. East Tennessee State has imported a team of Irish distance runners who are making headlines. And Hal Canfield is steadily building the open racing.

**A.A.U. DISTRICT**

Southeastern—Cathleen Crandall, 601 Devon Dr., Birmingham, Ala. 35209

**MAJOR RACES**

Dogwood Relays—Knoxville, April

Tennessee Invitational Cross-Country—Knoxville, October

**DISTANCE RACING CONTACT**

Hal Canfield, 502 Alandale Rd, Knoxville 37920

**DISTANCE RUNNING CLUBS**

Knoxville T. C. (all)—Knoxville

Nashville Striders (LD)—226 7th Ave N., Nashville 37219

**MAJOR COLLEGES**

East Tennessee State—David Walker, Johnson City 37601

Memphis State—Larry Wright, Memphis 38111

Middle Tennessee State—Dean Hayes, Murfreesboro 37130

Tennessee State A. & I.—Willie Stevens, Nashville 37203

U. of Tennessee—Stan Huntsman, Knoxville 37916

**TEXAS**

Texas is a sprinter state. For years they've come blowing out of the state as if propelled by a tornado. The sprinters are still there, but the distance runners are joining them in large numbers. Milers to marathoners have added to Texas' stature as a leading running state.

**A.A.U. DISTRICTS**

Border—Tony Carvajal, 3817 Tularosa, El Paso 79903

Gulf—Dale Moore, 5001 Live Oak, Dickinson, 77539

South Texas—Mel Weinberger, 502 Halbart Dr., San Antonio 78213

Southwestern—Robert Neal, Downtown YMCA, 605 N. Ervey, Dallas 75201

West Texas—Dick Walker, Box 2000, Lubbock 79408

**MAJOR RACES**

American National Marathon—Galveston, November

Coaches Indoor—Fort Worth, February

El Paso Invitational—El Paso, May

Meet of Champions—Houston, May

White Rock Marathon—Dallas, March

North Texas Marathon—Denton, January

USTFF-Astrodome Indoor—Houston, February

White Rock Marathon—Dallas, March

**DISTANCE RACING CONTACTS**

Cross-Country Club, Box 38233, Dallas 75238

Road Runners Club of Austin, Box 9716, Austin 78757

Nancy Laird, 3131 S. W. Freeway, No. 2, Houston 77006

**RUNNING CLUBS**

Cross-Country Club of Dallas (LD)—(see address above)

Houston Astrobelles (W)—Herman Goldberg, Houston  
Texas Striders (T)—David Rickey, Box 26843, Houston 77032  
Texas T. C. (W)

### MAJOR COLLEGES

Abilene Christian—Bill McClure, Abilene 97601  
Baylor—Clyde Hart, Waco 76706  
East Texas State—Delmer Brown, Commerce 75428  
U. of Houston—John Morriss, Houston 77004  
Howard Payne—David Noble, Brownwood 76801  
Lamar State—Beamont 77705  
McMurry—James Christopher, Abilene 79605  
North Texas State—Carl Babcock, Denton 76203  
Paul Quinn—William Hall, Waco 76703  
Prairie View A. & M.—Hoover Wright, Prairie View 77445  
Rice—A. F. Erfurth, Houston 77001  
Sam Houston State—Sidney Jolly, Huntsville 77340  
Southern Methodist—Jim Parr, Dallas 75222  
Stephen F. Austin State—Joe Richardson, Nacogdoches 75961  
Texas A. & I.—Kenneth Kelley, Kingsville 78363  
Texas A.&M.—Charlie Thomas, College Station 77843  
Texas Christian—Guy Thompson, Fort Worth 76129  
Texas Southern—Dave Bethany, Houston 77004  
Texas Tech—Vernon Hilliard, Lubbock 79409  
U. of Texas/Arlington—Bobby Lane, Arlington 76010  
U. of Texas/Austin—Jack Patterson, Austin 78712  
U. of Texas/El Paso—Wayne Vandenburg, El Paso 79999  
West Texas State—Bob Kitchens, Canyon 79015

## UTAH

Utah, like most states, still shows a huge gap between its progressive school programs and its sparse AAU schedule. A number of colleges—notably Brigham Young—consistently spawn national leaders. The only major show-piece of the open program, though, is the Pioneer marathon.

### A.A.U. DISTRICT

Intermountain—Marv Casteel, 1220 23rd St., Ogden 84401

### MAJOR RACES

Beehive Invitational—Logan, May  
Pioneer Marathon—Big Mountain to Salt Lake City, July

### MAJOR COLLEGES

Brigham Young—Clarence Robison, Provo 84601  
Utah State—Ralph Maughan, Logan 84321  
U. of Utah—Pete Carlston, Salt Lake City 84112  
Weber State—Charles Hislop, Ogden 84403

## VERMONT

Vermont is better known for its skiers than its runners, which says something about its climate and terrain. But the state is on the edge of the New England running belt, and races are available for those who want them (and are prepared to drive to surrounding states).

### A.A.U. DISTRICT

New England—Frank Rull, 391 Beale St., Wollaston, Mass. 02170

### MAJOR RACE

Green Mountain Marathon—Burlington, October

### DISTANCE RACING CONTACT

Duane Ranaud, 26 Poirier Pl., Burlington 05401

### RUNNING CLUB

Green Mountain A. A. (all)—Duane Ranaud (see address above)

### MAJOR COLLEGE

U. of Vermont—Bill Neddle, Burlington 05401

## VIRGINIA

It sounds like a broken record by now, but—like the rest of the South—Virginia is coming. In 1970, William & Mary held the NCAA cross-country. In 1972, Richmond will be the scene of the US-USSR indoor dual. Open competition centers in the Washington, D. C., suburbs and Quantico.

### A.A.U. DISTRICTS

District of Columbia—Norman Brand, 1330 New Hampshire Ave., N.W.

Apt. 911, Washington, D.C. 20036

Virginia—W. Conrad Richardson, 500 Dumas St., Lynchburg 24502

### MAJOR RACES

Quantico Relays—Quantico, April

### DISTANCE RACING CONTACT

Larry Noel, 105 Northway Rd., Greenbelt, Md. 20770

### RUNNING CLUB

Washington Sports Club (LD)—Gar Williams, 8605 Acorn Circle, Vienna, Va. 22180

### MAJOR COLLEGES

Norfolk State—William Price, Norfolk 23504

U. of Richmond—Fred Hardy, Richmond 23173

U. of Virginia—Louis Onesty, Charlottesville 22903

Virginia Military—Walter Cormack, Lexington 24450

Virginia Polytechnic—Martin Pushkin, Blacksburg 24061

## WASHINGTON

Washington is another of the states with two major running centers—one east, one west. Seattle and Spokane-Pullman also happen to be the locations of the state's major universities, which isn't just coincidence. Open racing has its best development in and around Seattle, which has a milder climate than the eastern part of the state and is close to both Oregon and British Columbia.

### A.A.U. DISTRICTS

Inland Empire—Robert Dillon, West 103 Indiana, Spokane 99205

Pacific Northwest—Howard Bogie, 100 Dexter Ave. N., Seattle 94102

### MAJOR RACES

Birch Bay Marathon—Blaine, April

Evergreen Marathon—Pullman, October

Mountain Marathon—Tacoma, March

Seafair Marathon—Seattle, August

Seattle Invitational Marathon—Seattle, November

Spokane Marathon—Spokane September

Washington Invitational Cross-Country—Seattle, October

### DISTANCE RACING CONTACTS

Jim Dunne, Box 133, Pullman 99163

Jim Pearson, 5050 Hannegan Rd., Bellingham 98225

### RUNNING CLUBS

Angels T. C. (W)

Cougar T. C. (T, LD)—Jim Dunne (see address above)

Falcon T. C. (W)—Ken Foreman, Seattle

Snohomish T. C. (LD)—Jim Pearson (see address above)

Spokane Senior T. C. (LD)

U. of Washington R.C. (LD)—Intramural Activities Building, Room 208,  
Seattle 98105

### MAJOR COLLEGES

Central Washington State—Art Hutton, Ellensburg 98926

Eastern Washington State—Hal Werner, Cheney 99004

Washington State—Jack Mooberry, Pullman 99163

U. of Washington—Ken Shannon, Seattle 98105

Whitworth—Larry Pilcher, Spokane 99218

## WEST VIRGINIA

Carl Hatfield has given running a big shot in the arm (or in the leg, if you prefer) in this state, both as a runner and promoter. He starred in track at West Virginia University, then continued working to build a solid open program after graduation. His efforts are beginning to pay off, both for him (he's down to 2:22 in the marathon) and for the state.

**A.A.U. DISTRICT**

West Virginia—Mrs. George Kearney, 562 Fairwood Rd., Huntington 25705

**DISTANCE RACING CONTACT**

Carl Hatfield, 617 Spruce, Morgantown 26505

**RUNNING CLUB**

West Virginia T. C. (T, LD)—Carl Hatfield (see address above)

**MAJOR COLLEGES**

West Virginia U.—Stan Romanoski, Morgantown 26505

West Virginia State—Buck Dawson, Institute 25112

**WISCONSIN**

One event, above and beyond the school programs (which are excellent by the way), is indicative of distance interest in Wisconsin. The Paavo Nurmi marathon in the northern woods has had three runnings. The latest (1971) race drew almost 500 starters—not only from Wisconsin but from the entire Midwest. The state still doesn't have a full open schedule, but it appears able to support one.

**A.A.U. DISTRICT**

Wisconsin—Hy Popuch, 1919 N. 3rd St., Milwaukee 53203

**MAJOR RACES**

Paavo Nurmi Marathon—Upson to Hurley, August

USTFF Midwestern Cross-Country—Kenosha, November

Whitewater Marathon—Whitewater, July

**DISTANCE RACING CONTACT**

Tom Rosandich, U. of Wisconsin/Parkside, Kenosha 53140

**RUNNING CLUBS**

Kegonsa T. C. (T, LD)—Madison

Milwaukee Badgerettes (W)—Jerry Zimmerman, West Allis

Milwaukee T. C. (T, LD)—Milwaukee

Parkside Pacerettes (W)—Tom Rosandich (see address above)

**MAJOR COLLEGES**

La Crosse State—Ralph Jones, La Crosse 54601

Whitewater State—Rex Foster, Whitewater 53190

U. of Wisconsin—Bill Perrin, Madison 53706

U. of Wisconsin/Parkside—Bob Lawson, Kenosha 53140

**WYOMING**

Running prospects in Wyoming apparently are as bleak as the state's topography. Apart from the schools, there is no racing to speak of. It's to the credit of the state, though, that under these circumstances the University of Wyoming could produce runners the quality of Wayne Jensen—a near-four minute miler.

**A.A.U. DISTRICT**

Wyoming—Darlene Claycomb, Route 1, Box 3771, Laramie 82070

**RUNNING CLUB**

Poison Spider T. C. (W)—Dan Alexander, Casper

**MAJOR COLLEGE**

U. of Wyoming—John Walker, Laramie 82070

## CANADA

Most of Canada's major cities offer running competition in one form or another. And many of these cities are within vacationing distance—if not weekend driving distance—of a large number of US runners.

**Quebec**—Montreal will, of course, host the 1976 Olympics, so interest can be expected to grow as that meet approaches. Currently, running development isn't as extensive here as in other areas of the country. (Contact Canadian Track and Field Association, 370 Putney Ave., St. Lambert, P. of Quebec.)

**Ontario**—Ontario is well-stocked with runners and races. Toronto and Hamilton have large indoor invitationals during the winter. Toronto and Scarborough hold marathons. London is the site of the Springbank International road races, and other events are held throughout the province. (Distance runners contact Lorne Buck, 19 Avonmore Square, Scarborough, Ontario.)

**Prairie Provinces**—Alberta, Manitoba and Saskatchewan all have races... if you know where to find them. The chief centers are Calgary, Winnipeg and Saskatoon—all of which have indoor meets of note. Calgary is liveliest in the long-distance field. (Distance runners contact Bill Wyllie, 2932-13 Ave. N.W., Calgary 42, Alberta.)

**British Columbia**—Runners out west have the dual advantages of mild weather (by Canadian standards) and proximity to Washington and Oregon. Vancouver and Victoria offer good running environments. (For distance race information, write Jack Taunton, Apt. 203, 7227 Balmoral St., Burnaby 1, British Columbia.)

## INTERNATIONAL

Running is truly an international sport. Anywhere a runner goes, he's likely to find some activity. But the problem is being in the right place at the right time. Listed here are the track governing bodies of most of the world's leading track countries. These organizations should be able to provide information on upcoming events, providing the language barrier doesn't get in the way.

**Australia**—Amateur Athletic Union, 41 Carlingford Rd., Epping, New South Wales 2121

**Austria**—Osterreichischer Leichtathletik-Verband, Vienna 1040, Prinz Eugenstrasse 12

**Belgium**—Ligue Royale Belge d'Athletisme, 61-63 rue de Marche-aux-Herbes, Bruxelles 1

**Brazil**—Confederacao Brasileira de Desportos, Rua de Alfandega 70, Rio de Janeiro



- Bulgaria—Bulgarian Athletic Federation, 18 Tolboukhine Bd., Sofia
- Cuba—Union Athletica de Amateur de Cuba, Hotel Habana Libre, Calle L. entre 23 y 25, Vedado, Habana
- Czechoslovakia—Czechoslovak Athletic Section, Na Porici 12, Prague 1
- Denmark—Dansk Athletic Forbund, Vester Voldgade Nr. 11, 1552 Copenhagen V
- Eire (Ireland)—Bord Luthcleas Na h'Eireann, Moran's Hotel, Talbot St., Dublin 1
- Ethiopia—National Ethiopian Athletics Federation, P. O. Box 1080, Patriots Road, Addis Ababa 5
- Finland—Suomen Urheiluliitto ry, Box 25202, Helsinki
- France—Federation Francaise d'Athletisme, 10 rue de Faubourg Poissonniere, Paris X
- German Democratic Republic (East)—Deutscher Verband fur Leichtathletik der DDR, 1005 Berlin, Storkower Strasse 118
- Germany (West)—Deutscher Leichtathletik Verband, 35 Kassel, Friedrich-Ebert-Strasse 137
- Great Britain and Northern Ireland—British Amateur Athletic Board, 26 Park Crescent, London W1N 4BQ
- Greece—Association Hellenique d'Athletisme Amateur (SEGAS), 25 Panepistimiou Street, Athens
- Hungary—Magyar Athletikai Szovetseg, Budapest XIV, Istvanmezei-ut 5
- Israel—Sports Federation of Israel, P. O. Box 4575, Tel Aviv
- Italy—Federazione Italiana di Atletica Leggera, viale Tiziano 70, 00100 Rome
- Jamaica—Jamaica Amateur Athletic Association, P. O. Box 275, Kingston 5
- Japan—Nippon Rikujō-Kyōgi Renmei, 25 Kannami-Cho, Shibuya-Ku, Tokyo
- Kenya—Kenya Amateur Athletic Association, P. O. Box 6722, Nairobi
- Korea (South)—Korean Amateur Athletic Federation, Box 106 K. W. M., Seoul
- Mexico—Federacion Mexicana de Atletismo, Plaza de la Republica No. 43 Desp. 106, Mexico 1, D. F.
- Netherlands—Koninklijke Nederlandsche Athletiek-Unie, Nachtegaalstraat 67, Utrecht
- New Zealand—New Zealand Amateur Athletic Association, P. O. Box 741, Wellington
- Norway—Norges Fri-idrettsforbund, Youngstorget 1, Oslo 1
- Poland—Polski Związek Lekkiej Atletyki, Warszawa, ul. Foksal 19
- Portugal—Federacao Portuguesa de Atletismo, Praca de Algeria 6-3 E, Lisbon 2
- Puerto Rico—Puerto Rico Athletic Federation, G. P. O. Box 800, San Juan
- South Africa—South African Amateur Athletic Union, P. O. Box 1261, Pretoria
- Spain—Real Federacion Espanola de Atletismo, calle Miguel Angel 16, Madrid (10)
- Sweden—Svenska Fri-Idrottsforbundet, Humlegardsgatan 17, Stockholm O
- Switzerland—Federation Suisse d'Athletisme Amateur, Hirschengraben 8 CH-3011, Berne
- Trinidad and Tobago—Amateur Athletic Association of Trinidad and Tobago, Pointe-a-Pierre

Tunisia—Federation Tunisienne d’Athletisme, 53 Rue de Marseille, Tunis

Turkey—B. T. G. Md. Athletizm Federasyonu, Ankara

U. S. S. R.—Light Athletic Federation of the U. S. S. R., Skaternyipereulok 4,  
Moscow 69

Yugoslavia—Federation Yougoslave d’Athletisme, Belgrade, Str. Bana 73a

## RACE WALKING

Race walking competition isn’t anywhere near as widespread and extensive as in distance running. However, pockets of activity exist. Regular races are available in California, Missouri, New York-New Jersey and Ohio, and to a slightly smaller degree in Colorado, Massachusetts, Michigan, Oregon-Washington and Illinois. Walking opportunities can be expected to spread as the women and the colleges adopt the event.

Here is a list of racing contacts by state. Refer also to the running information; much of it applies to walking as well.

**California**—Jim Hanley, 17214 Welby Way, Van Nuys 91406 (southern); Bill Ranney, 1 Barker Ct., Fairfax 94930 (northern).

**Colorado**—Floyd Godwin, 935 Ash St., Broomfield 80020

**Illinois**—William Ross Jr., 2835 N. Lincoln Ave., Chicago 60657

**Iowa**—Butch Hammer, 607 S.E. Hughes, Des Moines 50315

**Massachusetts**—Fred Brown Sr., 157 Walsh St., Medford 02155

**Michigan**—Gerry Bocci, 14449 Wilshire, Detroit 48213

**Missouri**—Joe Duncan, 4004 Defoe Dr., Columbia 65201

**Montana**—Larry O’Neil, 233 5th Ave. E., Kalispell 59901

**New Jersey**—Elliott Denman, 28 N. Locust Ave., W. Long Branch 07764

**New York**—Bruce MacDonald, 39 Fairview Ave., Port Washington 11050

**Ohio**—Jack Mortland, 3184 Summit St., Columbus 43202

**Oregon**—Don Jacobs, Box 23146, Tigard 97223

**Pennsylvania**—C. A. Herman, 5001 Lougean, Pittsburgh 15207

**Washington**—Dean Ingram, 3729 N.E. 165th, Seattle 98156 (western); Dick Baker, 5017 N. Adams, Spokane 99203 (eastern).

## Chapter Six

# *Running Marketplace*

## INFORMATION SOURCES

Many organizations, both amateur and professional, publish information about the sport. This ranges from one-page mimeographed newsletters that come out whenever there's enough news to fill them, to slick-papered magazines that are issued weekly. Here is a listing of publications covering the running field. Write to the address indicated for more details.

Types of publications include: A=age-group competition; G=general track and field coverage; L=long distance running and race walking; S=all sports; V=veterans; W=women.

- All-American Athlete (S)—801 Palisades Ave., Union City, N.J. 07087  
Amateur Athlete News (S)—AAU House, 3400 West 86th St., Indianapolis, Ind. 46268  
American Medical Joggers Newsletter (L)—Box 4704, North Hollywood, Calif. 91607  
Athletic Journal (S)—1719 Howard St., Evanston, Ill. 60202  
Atletica Leggera (G)—Via Dante 12, Vigevano 27029, Italy  
Athletics Arena (G)—325 Streatham High Rd., London SW 16, England  
Athletics Coach (G)—26 Park Crescent, London W1N 4BQ, England  
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Cambridge Sports Union Newsletter—23 Fayette St., Cambridge, Mass. 02139  
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Columbia Track Club Newsletter (G)—4004 DeFoe Dr., Columbia, Mo. 65201  
Condition (V)—D5 Koln (60-Nippes), Budericherstr. 1, West Germany  
Connecticut AAU Quarterly (G)—Will Gagnon, 51 Rethal St., Southington, Conn. 06489  
Culver City AC Newsletter (L)—3217 Sepulveda Blvd., Apt. 3, Los Angeles, CA 90034  
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Fitness for Living (S)—33 E. Minor St., Emmaus, Pa. 18049  
Footprints (L)—Snohomish T.C., 1375 Hannegan Rd., Bellingham, Wash. 98225  
Golden West Reporter (L)—P.O. Box 2314, Station D, Pasadena, Calif. 91105  
Hoosier Road Runners Newsletter (L)—720 W. Centennial Ave., 37D, Muncie, Ind. 47303  
International Athletics Annual (G)—World Sports, 23-27 Tudor St., London EC4, England  
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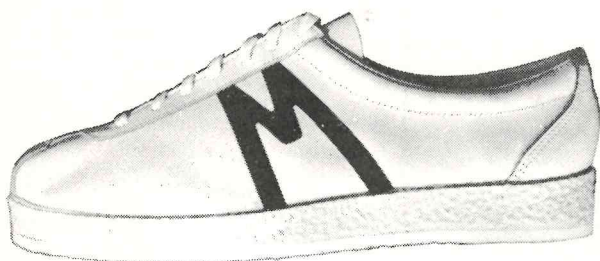
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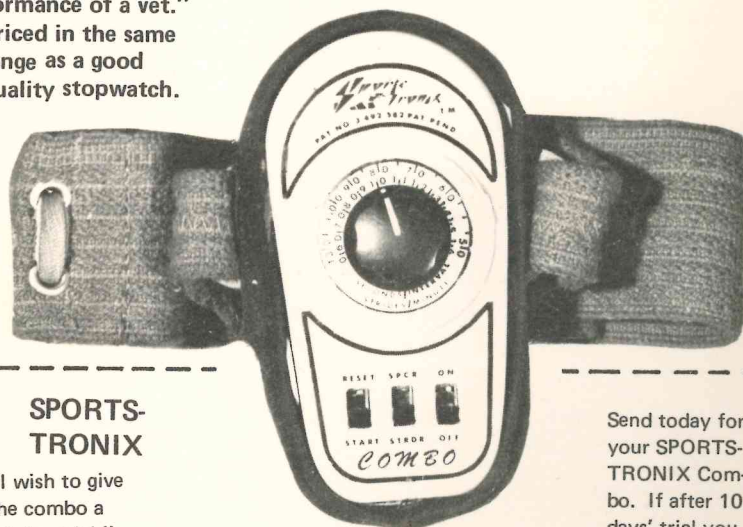
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