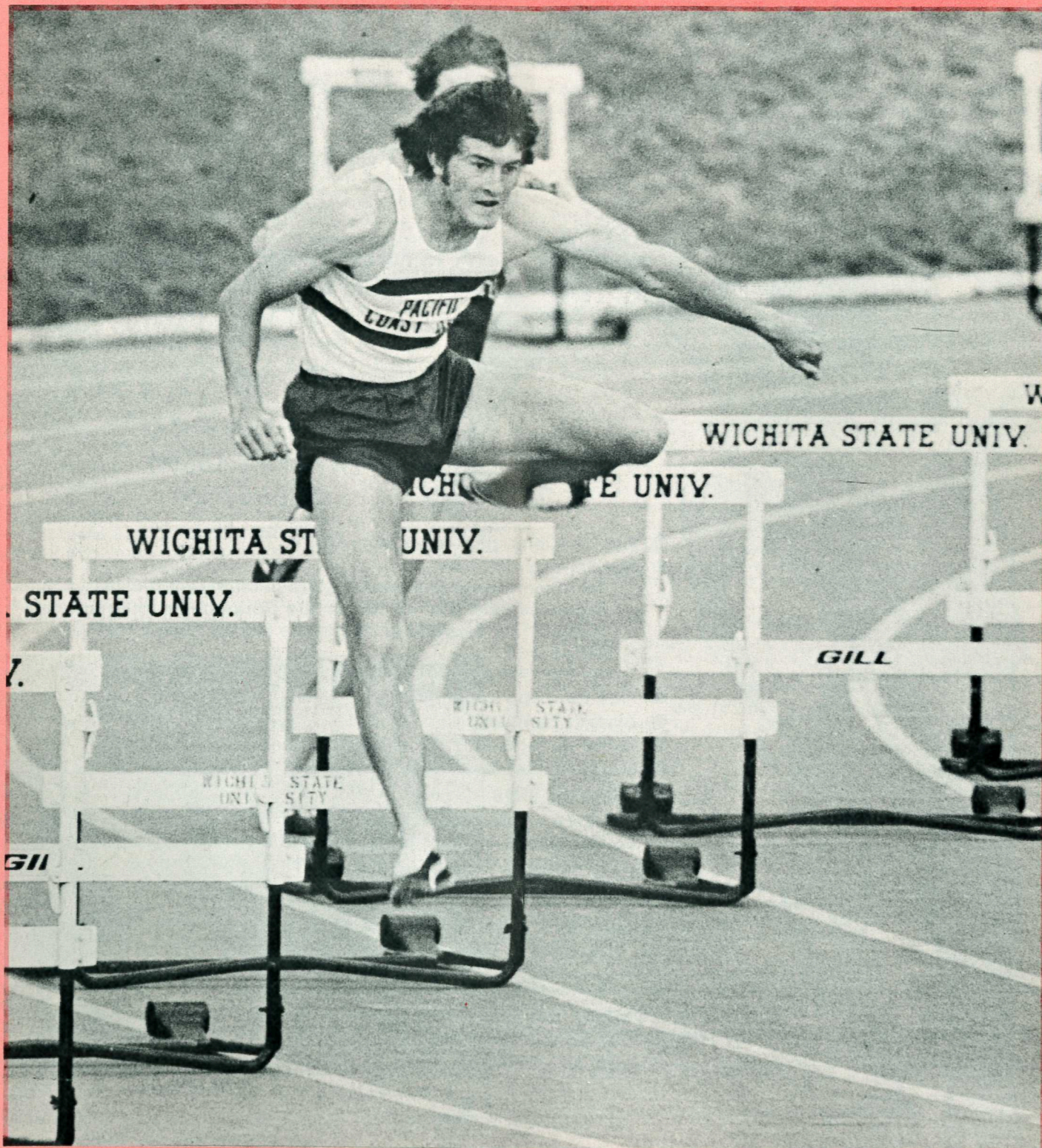


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1 August 1974

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UP FRONT

No other one-lap hurdler in history has compiled a season like Jim Bolding's '74 campaign: undefeated, under 50.0 in 17 metric races and capped by a world 440 mark of 48.7. [Jeff Jacobsen]

Temperatures Rising

The road to Rome and the September European Championships grows hotter and hotter—and three prime thermostats for the escalating temperatures have been Americans Jim Bolding, Rick Wohlhuter and Steve Prefontaine.

Bolding, having what is perhaps the finest season ever compiled by any intermediate hurdler, trimmed the world 440 barrier mark by a tenth with 48.7 and beat former recordman Ralph Mann in the process. Jim's first-ever world mark followed 48.7 and 48.9 marks, the latest of 17 metric sub-50.0 marks this year. And, remember, in every final this season, Bolding has been below 50.

Wohlhuter has been no less superb. Rick recorded his second 1:43.9 of '74, matching the American record he set in winning the AAU, and his 10 fastest lifetime races now average a sensational 1:44.52.

And then there is Pre. The wins haven't come his way in droves, but he has continued to forge ahead and now must rank as the US's finest all-around distance runner ever. He collected the 3000-meter national best with his 7:42.6 and then claimed the two-mile mark with 8:18.4. He now owns all six distance marks from 3000 through 10,000 meters.

Pre's two-mile, his eighth US best this year indoors and out, came in a stellar Stockholm July Games as Rod Dixon moved to fourth all-time with 8:14.4 to best recordman Emiel Puttemans and Pre.

Earlier, at Oslo's Bislett Games, Dixon's countryman John Walker led home the finest 3000 meters in history with

7:40.6, making him third-fastest ever at the distance—and 7:49.6 could place only ninth.

Other Americans have added spice to the boiling cauldron. Dwight Stones topped 7-5, highest this year, and Al Feuerbach hit 70-1½. A pair of Cubans have added speed to the spice; Silvio Leonard ran down Steve Williams in 10.0, while Alberto Juantorena surged to the seasonal 400 lead at 44.7.

Not that the Europeans have been warming slowly. Reinhard Theimer's world hammer record measured 251-4; at the same national meet Manfred Kuschmann doubled impressively with 13:27.6-28:09.6 and Klaus Schoenberger exploded to 49.2 in the intermediates after a previous seasonal best of 50.4.

West German Manfred Ommer matched two continental sprint marks with a 9.2 100 yards during a 10.0 100 meters.

Brendan Foster (13:27.4) and resurging Dave Bedford (28:14.8) are in top form. Norway's Knut Kvalheim and Poland's Bronislaw Malinowski both have national bests at 3000 meters, flat and steeple. Luciano Susanj lost a 1:44.7 800 to wrong stagers and a training atmosphere, but went out 12 days later and did it again, legally.

Pole Tadeusz Slusarski has been hot on a pole, clearing 17-9½ and 17-8½. Viktor Saneyev won the Soviet triple jump title with 55-11¼ and Valentin Dmitryenko spun the hammer 247-9, making him fifth-longest thrower in history.

And the season hasn't even reached the boiling point yet. That comes Sept. 1-8 in Rome.

MILAN Another AR for Pre

Milan, It., July 2—Jim Bolding's US record 400 hurdles of 48.1 [11 July] wasn't the only fast race at Milan.

The 3000 meters produced a spate of quality marks, headed by the 7:41.0 of winner Rod Dixon. That moves the Olympic 1500 bronze medalist to fourth among all-time performers with history's sixth-quickest performance.

Steve Prefontaine continued a superb European tour; even though victories have been hard to come by thanks to the stiff competition, Pre notched his seventh American record of the '74 season (fifth outdoors) with his 7:42.6 in second. He lowered his 7:44.2 mark of '72 and moves to seventh all-time with the 10th-fastest performance.

John Ngeno is also compiling a fine record on the Continent; the NCAA six mile champion clocked 7:52.6 for third and only Pre is faster among collegians. Back in fifth, evergreen Mohamed Gamoudi

set an age-36 record of 7:57.6.

While Bolding remained undefeated in the intermediates, Ralph Mann sped a seasonal best of 49.0, his fastest time since winning the Olympic silver medal with 48.5.

After speeding 10-flat in the 100 meters, Cuban Silvo Leonard ran down Don Quarrie in the 200—no mean feat—for a narrow win as both clocked 20.2. George Woods hit 68-3 for second behind Al Feuerbach, while John Powell scored a 208-11 win.

100m, Leonard (Cuba) 10.0; 2. Quarrie (Jam-BHS) 10.3. 200, Leonard (Cuba) 20.2; 2. Quarrie 20.2. 400, Juantorena (Cuba) 45.3. 1500, Walker (NZ) 3:34.2; 2. Hilton (PCC) 3:36.8; 3. Zarcone 3:37.7; 4. Arese 3:38.0. 3000, Dixon (NZ) 7:41.0; 2. Prefontaine (OTC) 7:42.6 AR; 3. Ngeno (Ken-Wash St) 7:52.6; 4. Fava 7:55.0; 5. Gamoudi (Tun) 7:57.6 (world age-36 record). 110HH, Casanas (Cuba) 13.6. 400IH, Bolding (PCC) 48.1 AR; 2. Mann (BHS) 49.0; 3. Akil-Bua (Uga) 49.6. HJ, Del Forno 7-5/8; 2. Stones (PCC) 7-5/8. SP, Feuerbach (PCC) 68-11½; 2. Woods (PCC) 68-3.

BISLETT GAMES 3000 Men Run Amok

Oslo, Nor., July 4—New Zealanders Rod Dixon and John Walker, better-known

as 1500/milers, made an assault on the world 3000-meter record at the Bislett Games and despite falling short of Emiel Puttemans' 7:37.6 global mark, succeeded in pulling a quality field to the finest race ever at the distance in terms of depth.

Walker, whose coach Arch Jelley thinks two miles will ultimately be his best distance, triumphed in 7:40.6, fifth-fastest in history to move to third among all-time performers. Only current recordman Puttemans and former holder Kip Keino (7:39.6) have run faster. Dixon ran 7:41.8 for second, just 0.8 off his personal best set earlier this summer. The next seven finishers ran under 7:50 and 10th went in 7:52.0, so tough was the race.

In the days before the race, the Kiwi pair flatly stated they would shoot for the global mark. Paradoxically, Walker said before the race, "This race is like a training run for me." But once the running started, Walker got serious.

Byron Dyce, third earlier in the 800 at 1:46.6, towed the field through a 2:04 800 with Pole Bronislaw Malinowski, hot Norwegian Knut Kvalheim and Dixon right



JOHN WALKER
Tough at 3000, too.

behind. After a 2:36 1000 meters, they were two seconds off Puttemans' record pace.

The 1500 went by in 3:54 and the group was some six seconds off record pace. Dyce weakened, so Kvalheim took command with brother Arne as the New Zealanders followed.

BAYI: 'It Was All You Journalists' Fault'

by Giuliano Bevilacqua

He sat on his bed in the lonely room, watching the rainy Stockholm street outside. It is cold, especially for him, born some 4000 miles away where days are hot and you sit outside to welcome the rain, thanking God it has finally come. But now seemingly everything, including his mood, is blue.

Filbert Bayi of Tanzania, world record holder for 1500 meters, looked at his wounded left knee, covered in white bandages and passed his right hand over it once more.

Suddenly he said, "It was all you journalists' fault! If it hadn't been for you, I never would have run that way!"

A few days earlier, knuckling under after some pressure from clever Stockholm pressmen, Bayi changed his tactics completely and, instead of setting his usual fast 1:52 pace from the start, stayed well-hidden with the pack. Later he came sprinting out over the last 300 meters to win the Dagens Nyheter Games 1500 in 3:43.0.

Afterwards, he said he felt as tired as if he had run 1:52 instead of 1:57 and that the "experiment" was over. The two days between the Stockholm meet and Oslo's Bislett Games on July 4 were used by the press to speculate whether Bayi had found a new way to run—some literally telling him this was the way to run 1500 meters.

"I didn't want to run any 1500 in Oslo," Bayi insisted. "But the organizers came to me and almost begged me to run, not to disappoint the spectators. I wanted to run the 800—it's my favorite nowadays—but I ran the 1500 and decided to

run the same as I did in Stockholm: slow, stay with the field and then sprint.

"After about 950 meters, someone pushed me from behind. It was Mike Boit. We both fell and my spikes cut my left knee as I was falling. Result: 12 stitches and a month of rest."

Bayi planned to stay in Sweden until the end of July ("I had to wait for my stitches to be taken out"), before returning to a new job at Dar-es-Salaam airport and to training. Bayi admitted he was not in the best shape in his early appearances in Scandinavia in mid- and late-June.

"Of course I wasn't. I started training only in May, but I intend to be on top for the Tanzanian Games in September and East African Championships in October. When I ran in Christchurch, I had over three months of hard training behind me; here, only five weeks."

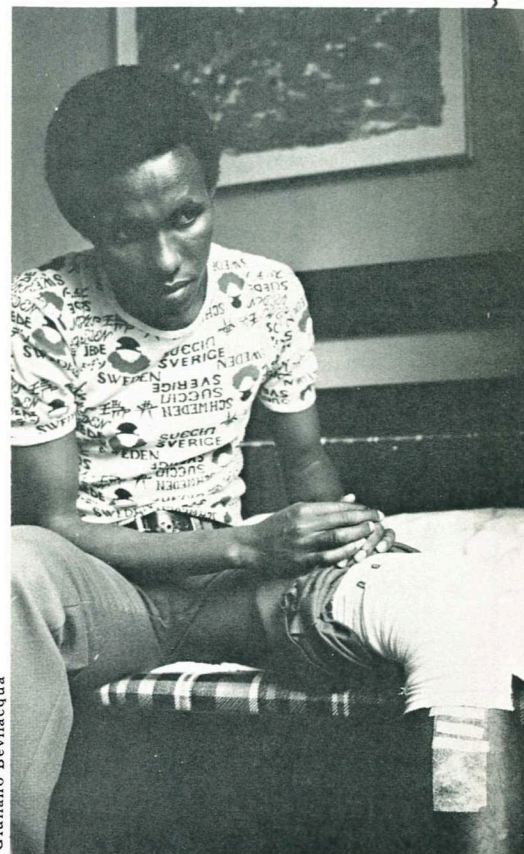
But if his training was short, Bayi didn't show. In the TOP Games in Helsinki, for instance, his first half took merely 1:50.4! But New Zealand's John Walker ended up sprinting the last 300 in 40.4 (to Bayi's 46.6) to win, 3:33.4 to 3:37.0. Did Bayi think he started too fast?

"You journalists are impossible! No, I didn't start too fast and I wasn't disappointed with myself because I knew I would be beaten. For two reasons: first I knew my shape wasn't good enough to carry that pace all the way through. Actually I was running only a good 1200 meters, like in practice. Second it was too cold and I couldn't breathe. This is my biggest problem in Scandinavia.

"But I wasn't disappointed when Walker passed me. I was just tired—but I have never thought in a race that I was wrong to set that kind of pace."

Bayi hopes to return in September for some post-European Championship meets. However, long-range plans don't include becoming a professional.

"I have been contacted several times, but I don't want to, not even in the future," he said. "I don't want too much money. What will you do with it? You only get more troubles, risk becoming a slave to



Giuliano Bevilacqua

FILBERT BAYI
No more following.

it. Track is my hobby, not my job."

He doesn't intend to confine his talents to only the 1500: "I love the 800 and will run it more. Also I want to run the 400 because those journalists always ask me my best time. I don't know what to answer but after a race I will be able to tell them.

"I will also try the 5000. For Montreal? I don't think so, but perhaps in 1980. I will stick to the 1500 in the important races."

And his tactic in the future? "Never again in the group! I will train harder so I can start faster and maybe set a 1:49 pace. I am working on it." □

They were still behind a record pace at 2000 meters, although they had added only a second to the lag at 1500. The 2000 split timed 5:12. At the bell (6:45), there were still six men battling—the New Zealanders, the Kvalheims, Malinowski and Dutchman Jos Hermens—with the Norwegian brothers in the lead.

Dixon made the first attack in the backstretch, but Walker responded soon after with a spurt that kept him ahead for good. The powerful Walker, second-fastest 1500 man ever, boomed a 54.4 last lap for his victory.

After Dixon came a startling parade: 3. Malinowski 7:42.4 NR (=5th performer all-time world); 4. Knut Kvalheim 7:42.4 NR (=5th performer all-time); 5. Hermens

7:44.4 NR (=10th performer all-time); 6. Arne Kvalheim 7:44.8 (11th performer all-time); 7. Ulf Hogberg (Swe) 7:48.6; 8. Knut Boro (Nor) 7:49.4; 9. Franco Fava (It) 7:49.6; 10. Suleiman Nyambui (Tanz) 7:52.0.

Dane Tom B. Hansen won a 3:39.4 1500 but a development back in the race created quite a stir. World record holder Filbert Bayi, running in the pack—an unusual place for him—around 900 meters, got tangled up with Mike Boit. Both fell, Bayi's left knee connecting with his spikes to the tune of 12 stitches and a month's recovery. Bayi had to be carried from the track on a stretcher.

Meanwhile, Boit scrambled up to finish sixth at 3:43.5. "I'm afraid my

whole season is spoiled now," Bayi said.

Star high jumper Jesper Tørring sped a Danish record 13.7 in the highs, notable since he had been up the preceding 24 hours on call as a physician. Britain's Geoff Capes continued his fine shot putting with a 68-1¼ punch.

400, Sang (Ken-NCC) 45.8. 800, Ouko (Ken-NCC) 1:46.0; 2. Kipkurat (Ken) 1:46.6; 3. Dyce (Jam-FTC) 1:46.6; 4. Omwanza (Ken) 1:46.8; 5. Svensson 1:46.9 NR; 6. Winzenried (BHS) 1:47.4. 1500, Hansen (Den) 3:39.4; ... 3. Kaupang (Nor-Ore) 3:41.6; ... 6. Boit (Ken-En NM) 3:43.5; ... dnf—Bayi (Tanz) fell. St. Sornes (Nor) 8:28.8; 2. Mogaka (Ken) 8:30.0. 3000, Walker (NZ) 7:40.6 NR; 2. Dixon (NZ) 7:41.8; 3. Malinowski (Pol) 7:42.4 NR; 4. K. Kvalheim (Nor) 7:42.4 NR; 5. Hermens (Hol) 7:44.4 NR; 6. A. Kvalheim (Nor) 7:44.8; 7. Hogberg (Swe) 7:48.6; 8. Boro (Nor) 7:49.4; 9. Fava (It) 7:49.6; 10. Nyambui (Tanz) 7:52.0. 5000, Ngeno (Ken-Wash St) 13:42.6. 110mH, Tørring (Den) 13.7 NR. HJ, Maly (Czech) 7-2 5/8; ... 4. Tørring 6-10 3/4. TJ, Garnys (Pol) 53-9; 2. Flogstad (Nor-Nev) 52-8 1/4. SP, Capes (GB) 68-1 3/4.

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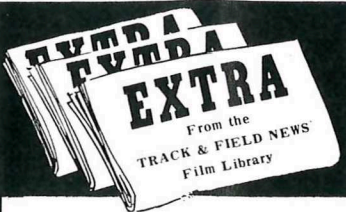
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EG CHAMPIONSHIPS Theimer Whirls 251-4 WR

Leipzig, E.G., July 3-6—Reinhard Theimer did everything right on his first hammer throw at the East German Championships and when the ball-and-chain thudded down 251-4 from the circle, East Germany had her first-ever holder of a world record in a throwing event.

Understandably, Theimer's record grabbed the spotlight from a flock of fine efforts, most notably an excellent distance double by rising star Manfred Kuschmann.

Theimer had been somewhat overshadowed by Jochen Sachse since Munich, when Sachse won the silver medal while Theimer could place only 13th, nowhere near the form he had shown in previous seasons.

But Theimer resurged last year and has kept it up in '74. Eleven days before the championships, he slugged Sachse by four feet with 236-6 and just four days before whirled a global leading 242-5.

The 6-½/247 Theimer wasted no time in the championships. He stepped into the ring for his first throw—of the *qualifying* round—on July 4, wound up and whirled across the circle like a tornado. In his unique style, Theimer tries to impart as much speed as possible on the implement in its initial revolutions.

It was one of those occasions every athlete dreams of: big meet, high psyche, perfect technical execution. And reportedly the moment after Theimer let go, former East German recordman Martin Lotz said, "That is a world record."

Indeed it was, shattering the '71 mark of West German Walter Schmidt by eight inches. And Theimer followed that up with throws of 241-6, 240-5.

Either of those throws would have won Theimer the title the following day, but for four throws Sachse seemed to have his number with a 237-3 to 235-3 bulge. But on his last two heaves, Theimer boomed 240-10 and 241-6 and that was that.

Kuschman admitted after his excellent distance double that his goal is to step out of the shadow of retired Jurgen Haase. After his 28:09.6-13:27.6 journeys, the 24-year-old Kuschmann is in a spotlight of his own. The 10,000 might have been faster had a stitch not developed after the halfway mark which caused Kuchsmann to slow. He still had over 60 meters on Karl-Heinz Leiteritz at the end. His victory margin was even wider in the 5000 two days later, winning from Wilfried Scholz by nearly eight seconds.

Another big improver was 400 hurdler Klaus Schoenberger. With better-known Jurgen Laser and '71 European silver medalist Christian Rudolph both injured, it boiled down to a Schoenberger-Jochen Mayer duel. But Schoenberger's big move after the fifth barrier put him ahead for good and he roared to a national record 49.2. Not bad for a former soccer player

Theimer Enjoys Day of Days

It was a perfect day for Reinhard Theimer.

The 26-year-old East German grooved his fast-spinning hammer delivery together with the power in his massive frame and his experience gained from 13 years in hammer circle—and the result was the longest throw in history.

Moreover, it came on Theimer's first throw of the qualifying round at the East German Championships. Theimer planned it that way.

"I intended to throw all three qualifying rounds full out," he said later. "I have found I get better results that way. I wanted to improve my career best this year, but a world record?! I never even thought about that."

And to somehow cap it all, his throw of throws came on his infant son's first birthday.

It marked the apogee of Theimer's return to the highest ranks of hammer throwing. The bottom had come two years early in the Olympic final in Munich.

Theimer ranked in the world's top four every year from '68 through '71 and he collected the '69 European bronze medal and the '71 silver. He whirled a PR 242-10 that year.

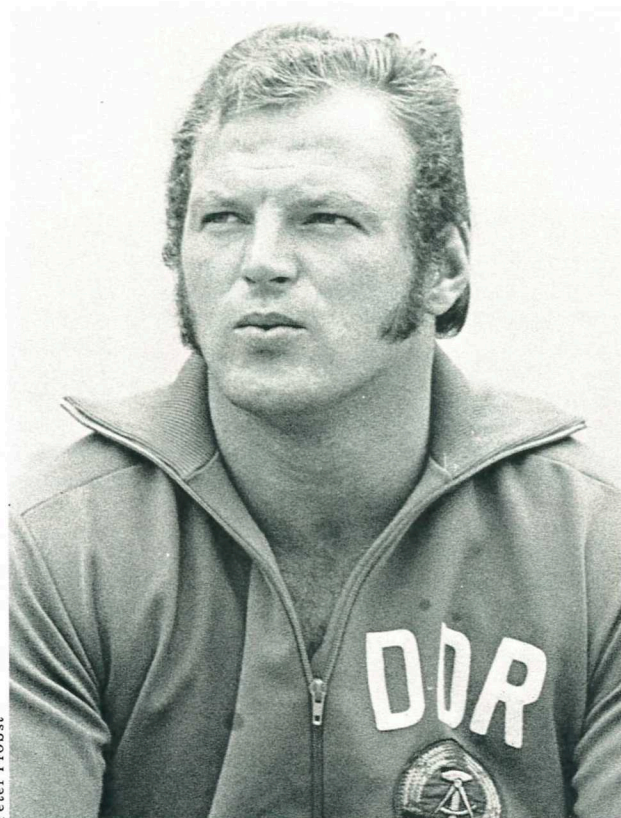
But in '72, he had form problems and just couldn't get it together. He was the third-longest qualifier at Munich, behind eventual winner Anatoliy Bondarchuk and defending champ Gyula Zsvotzky. But in the finals Theimer produced only a 226-11 heave between a pair of fouls and wound up 13th. He ranked 10th globally.

He started the climb back in '73, twice hitting 240-11, taking second in the European Cup and ranking fourth in the

whose chief claim to fame prior to this year was a 13.9 over the highs in '72. He blasted his best by 1.2 seconds from the 50.4 he ran earlier this year.

Hartmut Briesenick may have a rough time defending his European title as he could beat young Udo Beyer by only 3½" with 66-6¾. Beyer's 66-3¼ is a European Junior record.

The meet began in a fast note—in the 20 kilometer walk. Karl-Heinz Stadtmueller hoofed over the roads in 1:25:13.0, third-fastest time ever at the distance, road or track, to best Olympic champ Peter



Peter Probst

REINHARD THEIMER

world. And he gave clear indication of his big-throw potential just four days before the record with a world-leading 242-5. He also won the East German title at 241-6; only the record, his former PR and the '242-5 are longer in his career.

After his progression from third to second in the last two European meets, it would seem Theimer might be considered the favorite for Rome. Of course a 251-4 throw helps too. □

Theimer's progression (with position in World Rankings in parentheses):

1965	160-4 (-)	1970	234-9 (4)
1966	197-8 (-)	1971	242-10(3)
1967	210-4 (-)	1972	238-6(10)
1968	233-9 (4)	1973	240-11(4)
1969	239-2 (3)	1974	251-4 (?)

Frenkel and Lutz Lipowski. Fourth went to 16-year-old Rolf Berner in a world Junior record 1:28:00.2.

July 3(a)-4(b)-5(c)-6(d)/-200(c), Bombach 20.5; 2. Zenk 20.6. 400(c), Scheibe 45.8. 800(c), Ohlert 1:46.3; 2. Stolle 1:46.4; 3. Fromm 1:46.6; 4. Gohlke 1:47.0. St(b), Straub 8:30.0 NR. 5000(d), Kuschmann 13:27.6; 2. Scholz 13:35.0. 10,000(b), Kuschmann 28:09.6; 2. Leiteritz 28:13.6. 20kWalk (a, road), Stadtmueller 1:25:13.0 NR; 2. Frenkel 1:25:16.4; 3. Lipowski 1:27:18.2; 4. Berner 1:28:00.2 WJR. 110HH(c), Siebeck 13.6; 2. Munkelt 13.6; 3. Fiedler 13.6. Heats(c): 1-1. Siebeck 13.5. SpHH(c), Siebeck 13.6; 2. Fiedler 13.6. 400H(b), Schoenberger 49.2 NR; 2. Mayer 50.0. SpH(c), Schoenberger 49.8.

TJ(c), Drehmel 53-7¾. SP(d), Briesenick 66-6¾; 2. Beyer 66-3¼ EJrR. HT(c), Theimer 241-6; 2. Sachse 237-3. Qual(b): Theimer 251-4 WB, WAR, ER (251-4, 240-10, 241-6).

BRITISH CHAMPIONSHIPS Yanks, Bedford, Foster Star

London, England, July 12-13—What was supposed to be the British Championships turned out to be a field-day for foreigners with *auslanders* taking 10 of 19 championships.

Leading the way was a strong American contingent which took eight events, headed by Pacific Coast Club stalwarts.

Perhaps the most welcome winner was a refurbished Tony Waldrop, who ran 3:41.9 (worth a 3:59.7 mile) in both the heat and final to win the 1500 title. Jetting into the lead with only 50m left, Waldrop held on to beat Aussie star Graham Crouch by 0.3.

Highlighting the field events was a highly-touted shot battle between Al Feuerbach, his early-season conqueror Geoff Capes, and George Woods. It didn't take Big Al long, unleashing the first 70-footer ever seen on British soil (70-1½) in the first round to take the steam out of the others. Capes showed how tough he is by topping Woods 68-1¾ to 67-10¾.

Other American wins went to Steve Williams (100), Mark Lutz (200), Dwight Stones (HJ), Casey Carrigan (PV) and John Powell (DT).

Local fans were cheered most by strong distances showings by Brendan Foster and a "new" Dave Bedford. Foster broke open the 5000 by covering the eighth lap in a blistering 59.2. "I was pleased," he said. "That's my best lap during a 5000." It broke him 15 meters clear of Paul Geis, who faded to fifth as Foster went on for an easy 13:27.4 win.

Eleven pounds overweight, Dave Bedford chose to follow rather than lead. Bernie Ford did most of the pace-making, but could never shake Bedford, who

swooped by with a 61.0 last lap for a 28:14.8—28:16.0 win. He covered the last half of the race in a notable 13:51.6.

July 12(a)-13(b)—100m(b,w), S. Williams (SD St) 10.2. 200(b,w), Lutz (Kans) 20.9. 400(b), Jenkins (GB) 46.1. 800(b), Overt (GB) 1:46.9; 2. Carter (GB) 1:47.0; 3. Dyce (Jam-FTC) 1:47.1; 4. Winzenried (BHS) 1:47.2. Heats(a): 1-1. Winzenried 1:48.1. 1500(b), Waldrop (N Car) 3:41.9. Heats(a): 1-1. Waldrop 3:41.9 St(b), Davies (GB) 8:26.8. 5000(b), Foster (GB) 13:27.4; . . . 5. Geis (Ore) 13:39.8; . . . 8. Stainyns (GB-Wn Ky) 13:44.2; 9. Hilton (PCC) 13:45.6; . . . 12. Tibaduiza (Col-Nev) 13:48.6; . . . 15. Gegan (Eire-Vill) 13:57.6. 10,000(a), Bedford (GB) 28:14.8; 2. Ford (GB) 28:16.0; 3. Simmons (GB) 28:19.4. 110HH(b,w), Price (GB) 14.0. 400IH(b), Bolding (PCC) 49.1.

HJ(b), Stones (PCC) 7-¾; 2. Matzdorf (UCTC) 7-¾. PV(b), Carrigan (PCC) 16-8¾; 2. Tully (Calif HS) 16-1; 3. Richards (PCC) 16-1; LJ(b), Lerwill (GB) 25-6. TJ(a), Inoue (Japan) 52-10¾. SP(b), Feuerbach (PCC) 70-1½ (70-1½, 69-6, f, f, 65-4¾, 66-11¾); 2. Capes (GB) 68-1¾; 3. Woods (PCC) 67-10¾. DT(b), Powell (PCC) 203-7. HT(a), Barnard (S Afr) 231-8. JT(b), Travis (GB) 246-9; . . . 4. Schmidt (PCC) 228-1.

JULY GAMES US Bests to Rick, Pre

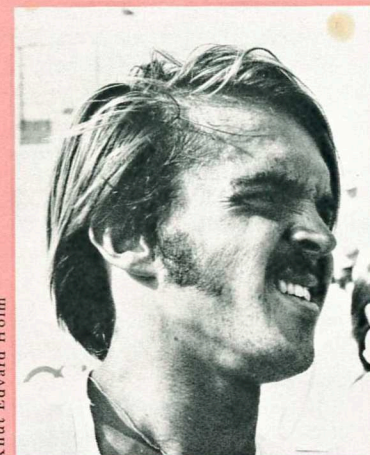
Stockholm, Swe., July 18—Rick Wolhuter is running as if he wants to be the Athlete of the Year. Another 1:43.9 at the July Games certainly didn't hurt his chances.

Unfortunately, specific details from the meet were still lacking at press-time. Wohlhuter again missed Marcello Fiasconaro's world record of 1:43.7 as he equaled his American record of 1:43.9.

Later, Steve Prefontaine set an American record of 8:18.4 in one of the greatest two-miles ever run. But he only got third, as New Zealander Rod Dixon moved into fourth on the all-time world list with his 8:14.4. Emiel Puttemans was second with 8:16.6. Pre not only broke George Young's accepted record of 8:22.0, but also topped his own non-ratified 8:19.4. Behind Pre, Dick Buerkle (8:24.2) and Marty Liquori (8:25.4) moved into third and sixth on the all-time US list. Paul Geis was an out-of-it eighth.

Kiwi John Walker continued his

Pre Not Winning, But Running Like Hell!



Knut Edward Holm

Steve Prefontaine's European tour, to date, probably hasn't seemed like the raging success he might have hoped, as he has yet to win a major race.

But that doesn't mean that he isn't running well. In fact, Pre is in the midst of what must be the greatest season ever enjoyed by a US distanceman—markwise.

Since arriving on the continent, Pre has added three more American records to the five he set back home for an amazing aggregate of eight. His record breaking season:

Feb. 17, San Diego—An indoor record for two-miles (8:20.4), with a 3000m standard (7:50.0) en route.

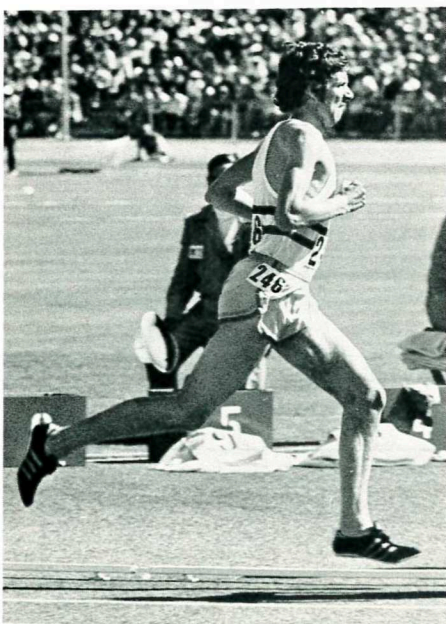
April 27, Eugene—The No. 6 10,000 ever (27:43.8), with the No. 4 six-mile en route (26:51.8).

June 8, Eugene—Up to No. 3 ever as a three-miler (12:51.4).

June 26, Stockholm—A 5000 loss to Knut Kvalheim, but 0.2 chopped off his own AR with 13:22.2.

July 2, Milan—Down to No. 7 at 3000m (7:42.6).

July 18, Stockholm—No. 6 ever at two-miles, his 8:18.4 giving him a clean sweep of all US marks from 3000-10,000m. □



Mark Shearman



Mark Shearman

Brendan Foster (l) and Dave Bedford scored impressive distance wins in the British Champs.

superb 1500 running, notching a 3:35.4 (worth 3:52.6) to stomp a good field, including Len Hilton (3:37.6).

100m, S. Williams (SD St) 10.2; 2. Garpenborg (Swe-UTEP) 10.5; 3. Jones (Tenn) 10.6. 400, Fredriksson (Swe) 46.3; 2. Bond (Tenn) 46.3. 800, Wohlhuter (UCTC) 1:43.9 =AR; . . . 3. Luzins (FTC) 1:47.3; 4. Bence (Ore) 1:48.3. 1500, Walker (NZ) 3:35.4; 2. Hansen (Den) 3:36.0 NR; 3. Hogberg (Swe) 3:37.5; 4. Garderud (Swe) 3:37.5; 5. Hilton (PCC) 3:37.6; 6. Philippe (Fr-NYAC) 3:37.9; 7. Crouch (Aus) 3:38.1; 8. Boit (Ken-En NM) 3:38.7; 9. Dyce (Jam-FTC) 3:40.5. 2M, Dixon (NZ) 8:14.4 NR (7:44.4); 2. Puttemans (Bel) 8:16.6 (7:44.6); 3. Prefontaine (OTC) 8:17.4 AR (7:45.8); 4. Hermens (Hol) 8:23.2 NR; 5. Buerkle (NYAC) 8:24.2; 6. Liquori (NYAC) 8:25.4; 7. Nyambui (Tanz) 8:29.6 NR; 8. Geis (Ore) 8:40.0. 5000, Ngeno (Ken-Wash St) 13:40.2.

400IH, Bolding (PCC) 48.8; 2. Mann (BHS) 49.3; 3. Steele (UCTC) 51.3. HJ, Stones (PCC) 7-3; 2. Torring (Den) 7-3; 3. Kotinek (UCLA) 7-1 7/8. SP, Feuerbach (PCC) 68-9¾; 2. Woods (PCC) 66-7¾; 3. Hognlund (Swe-UTEP) 65-10¾; 4. Arrhenius (Swe-BYU) 65-1¼. DT, Powell (PCC) 213-4; 2. Drescher (DCS) 197-1. JT, Colson (unat) 268-11.

SIENA

Leonard Overhauls Williams

Siena, It., July 21—After overtaking Don Quarrie in the stretch of a 200, what do you do for an encore? For Cuba's Silvio Leonard, the answer was to come from behind to beat Steve Williams in the 100, a feat just as difficult as the one he pulled on Quarrie three weeks ago.

Leonard and Williams broke even, behind the fine start of Reggie Jones. By the 40-meter mark, Williams had taken a slight lead, which he still held at 80 meters. But the 18-year-old Cuban comet forged ahead to edge the American champion as both were timed in 10-flat, running into a headwind. Jones was third in 10.1.

Dwight Stones, apparently back in prime form, moved to the top of the 1974 world list with a 7-5 leap. He then attempted a new world record of 7-7 and came close on his second try.

Alberto Juantorena equaled the best one-lap mark of the year with a 44.9 win over Jim Bolding's PR 45.3. Another career best went to Charles Foster, who took the high hurdles in 13.3, one tenth better than another Cuban, Alejandro Casanas.

John Walker edged Rod Dixon, 3:41.8 to 3:41.9, as both moved to the front of a fine international field in the last lap. Other individual winners were Frank Shorter, Al Feuerbach, John Powell, Sam Colson and Casey Carrigan, making the 10-event meet unusual in that not one title went to a European.

100m(a), Leonard (Cuba) 10.0; 2. S. Williams (SD St) 10.0; 3. Jones (Tenn) 10.1. 400, Juantorena (Cuba) 44.9; 2. Bolding (PCC) 45.3; 3. Bond (Tenn) 46.4; 4. Sang (Ken-NCC) 46.5. 1500, Walker (NZ) 3:41.8; 2. Dixon (NZ) 3:41.9; 3. Boit (Ken-En NM) 3:42.9; 4. Hilton (PCC) 3:43.5; 5. Dyce (Jam-FTC) 3:43.6; 6. Byers (Ohio St) 3:44.2. 5000, Shorter (FTC) 13:40.6. 110HH, Foster (NCC) 13.3; 2. Casanas (Cuba) 13.4.

HJ, Stones (PCC) 7-5; 2. Molotilov (SU) 7-3; 3. Brown (unat) 7-5/8. PV, Carrigan (PCC) 16-8 3/4; 2. Tully (Cal HS) 16-8 3/4. SP, Feuerbach (PCC) 67-1 1/4; 2. Woods (PCC) 65-11 1/4; 3. Gies (EG) 65-7. DT, Powell (PCC) 210-7; ... 5. Drescher (DCS) 195-9. JT, Colson (unat) 258-1.



courtesy Leichtathletik

TURIN

Record 48.7 for Bolding

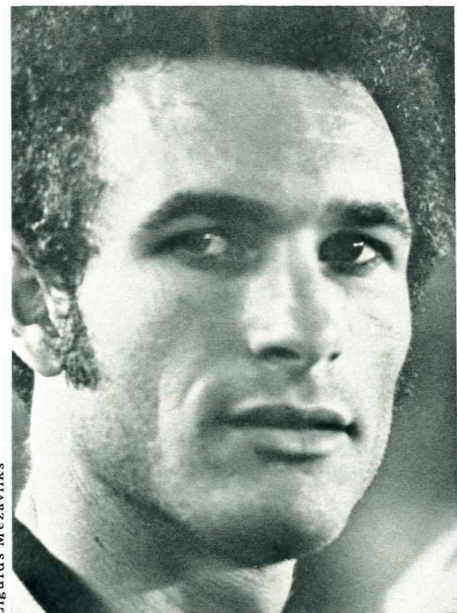
Turin, Italy, July 24—It wasn't the fastest race he has ever run, but it was fast enough to gain Jim Bolding a world record. But who would have predicted that the Turin International would be the site of a 440-yard hurdle record?

Already the American recordholder at the slightly shorter 400-meter hurdles, Bolding made arrangements for meet organizers to set up the race at the longer distance, where the world record was much cheaper (relative worth of 48.5 compared to Akii-Bua's 47.8).

Running in lane six, Bolding typically went out hard from the gun, making up the stagger on old record holder Ralph Mann by the fifth hurdle. Tiring visibly near the end, Bolding crossed the line in 48.7, chopping a tenth off Mann's mark. His time at the meter-point was a disproportionate 48.3, his second-best ever. Mann ran 49.4 in second.

Spectacular New Zealander John Walker won a tough 1500 in 3:35.7 (worth a 3:53.0 mile), giving him five of the nine fastest times of the year. Behind him, Americans Len Hilton and Tom Byers recorded significant PRs. Hilton's 3:36.4 (3:53.7y) moves him to =15th on the all-time world list, while Byers' 3:37.5 (3:54.9) is again faster than any Junior other than Jim Ryan has ever run. Mark Winzenried did a fine job with the early pace-setting, leading through the first lap in a blistering 54.9, holding on through a 2:23.4 1000m. Hilton took over shortly thereafter, not relinquishing the lead until Walker overtook him in the last straight.

The meet also produced a new yearly leader over the one-lap distance, as Cuba's Alberto Juantorena lopped two-tenths off his PR with a 44.7 clocking.



Zigurdus Mezavilks

**BOLDING:
Blasting Barriers,
Killing Competition**



The impressive thing about Jim Bolding and his undefeated season is his method of winning—big. His average margin-of-victory in 13 finals is an awesome 0.96. His 10 best races now average 48.82.

49.7†	vs Ind-Ky	4/20
49.3†	San Jose Inv	5/ 4
49.5†	Long Beach Inv	5/ 5
49.7†	Bakersfield Class	5/18
49.6†	California Relays	5/25
49.8†	USTFF—heat	5/31
49.7†	USTFF	6/ 1
49.2†	Hayward Rest	6/ 8
49.2	AAU—heat	6/21
48.9	AAU	6/22
49.0	Signoret Mem	6/25
48.5	Vasteras Int'l	6/28
48.1AR	Milan Int'l	7/ 2
48.8	Athens Int'l	7/10
50.7	British Ch—heat	7/12
49.1	British Ch	7/13
48.8	July Games	7/18
48.3(48.7yWR)	Turin Int'l	7/24

Americans fared well in the meet, winning seven other events. Dwight Stones snared the high jump with the second best mark of the season, 7-4 5/8, then missed at 7-5 3/4, while Steve Williams took the 100 (10.0), Rick Wohlhuter the 800 (1:46.2), Casey Carrigan the vault (17- 3/4), George Woods the shot (69-9 3/4), John Powell the disc (210-4) and Sam Colson the javelin (242-5).

100m(-), S. Williams (SD St) 10.0; 2. Jones (Tenn) 10.1. Semis: Williams 10.0. 200, Leonard (Cuba) 20.6; 2. Lutz (Kans) 20.8. 400, Juantorena (Cuba) 44.7 NR; 2. Sang (Ken-NCC) 45.8. 800, Wohlhuter (UCTC) 1:46.2; 2. Boit (Ken-En NM) 1:46.6; 3. Dyce (Jam-FTC) 1:48.0; 4. Ouko (Ken-NCC) 1:48.4. 1500, Walker (NZ) 3:35.7; 2. Hilton (PCC) 3:36.4; 3. Byers (Ohio St) 3:37.5; 4. Crouch (Aus) 3:38.1. 5000, Dixon (NZ) 13:32.6; 2. Puttemans (Bel) 13:33.0; 3. Shorter (FTC) 13:34.0. 110HH, Casanas (Cuba) 13.4; 2. Foster (NCC) 13.5. 440IH, Bolding (PCC) 48.7 WB, WAR, AR (48.3m); 2. Mann (BHS) 49.4; 3. Shine (Penn St) 50.1. HJ, Stones (PCC) 7-4 5/8; 2. Matzdorf (UCTC) 7-5/8; 3. Brown (unat) 7-5/8. PV, Carrigan (PCC) 17- 3/4; 2. Richards (PCC) 16-8 3/4. SP, Woods (PCC) 69-9 3/4; 2. Feuerbach (PCC) 69-9 3/4; 3. Gies (EG) 65-10 3/4. DT, Powell (PCC) 210-4; 2. Drescher (DCS) 200-6. JT, Colson (unat) 242-5.

Cubans Silvio Leonard (l) and Alberto Juantorena have been burning them up in Italy.

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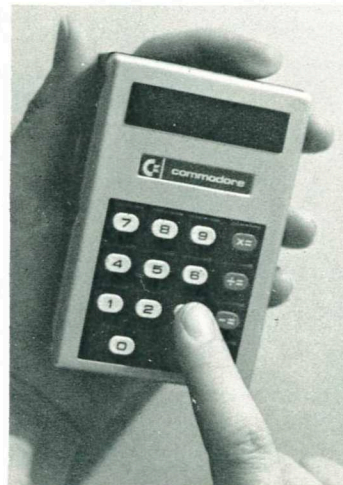
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OTHER HIGHLIGHTS

This report contains all outstanding performances made outside the United States which have been reported to *T&FN* since the 11 July issue.

Following any commentary for each event are two paragraphs: the first lists "Leading Competitions" between major world athletes; the second is "Leading Performances," in which the top efforts by leading athletes, other than those reported in separate stories or above, are listed.

100 METERS: West Germany's Manfred Ommer got a piece of both European short sprint marks when he dashed a 9.2 100 yards on the way to a 10-flat 100 meters at Leverkusen, July 22.

200 METERS: Leonard (Cuba) 20.2; 2. Quarrie (Jam-BHS) 20.2.

Rajamaki (Fin) 20.5. Sarria (Sp) 20.3w/ 20.6. Zhidkikh (SU) 20.5.

400 METERS: Herrmann (WG) 45.21; 2. Honz (WG) 45.21.

800 METERS: Yugoslav Luciano Susanj lost his first 1:44.7 because of wrong staggers and the time came in a training run. But 12 days later, he duplicated the time in legal conditions to become the 11th-fastest performer all-time and third among Europeans.

3000 METERS: Prefontaine (OTC) 8:07.4; 2. Garderud (Swe) 8:10.8;... 6. Vaatainen (Fin) 8:15.0.

STEEPLE: Fava (It) 8:26.6; 2. Buchheit (Fr) 8:27.4. Kantanen (Fin) 8:26.0; 2. Skripka (SU) 8:26.6. Skripka 8:26.6; 2. Grigas (SU) 8:27.4.

5000 METERS: En route to their quick times at the TOP Games, Knut Kvalheim passed three miles in 12:55.2, Steve Prefontaine in 12:55.6.

10,000 METERS: Boro (Nor) 28:14.6.

MARATHON: Lismont (Bel) 2:11:13.0.

50 KILOMETER WALK: Bondarenko 4:00:00.4; 2. Bartsch 4:00:54.0; 3. Soldatenko 4:01:54.0; 4. Lyungin 4:06:28.0; 5. Grigoryev 4:06:29.0 (all USSR).

Skotnicki (EG) 4:03:04.8.

110 HURDLES: L. Wodzynski (Pol) 13.3 NR; 2. M. Wodzynski (Pol) 13.4. M. Wodzynski 13.3 =NR; 2 L. Wodzynski 13.4.

HJ: Sapka (SU) 7-3½; 2. Abramov (SU) 7-3.

PV: Slusarski 17-8¾; 2. Buciariski 17-6¾; 3. Kozakiewicz 17-4¾ (all Poland). Kishkun (SU) 17-6¾; 2. Isakov (SU) 17-4¾.

Slusarski 17-9¾ NR, 17-8¾, Buciariski 17-4¾. Tanařika (SU) 17-4¾.

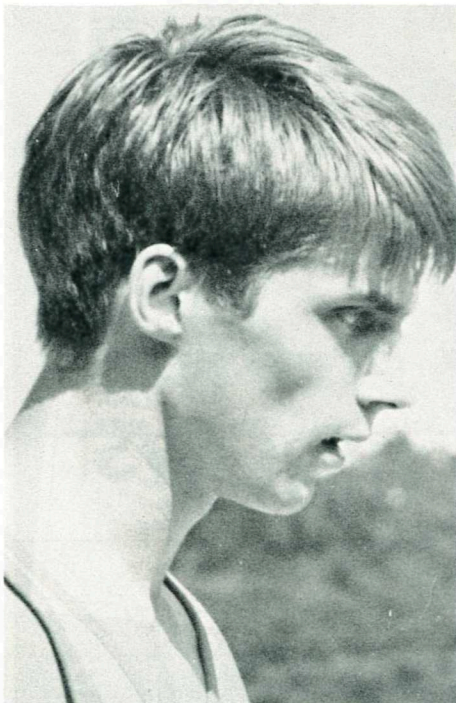
TJ: Sontag (Pol) 54-6¾;... 3. Joachimowski (Pol) 53-1. Sanejev (SU) 55-11¾; 2. Syegal 54-11; 3. Sinichkin 54-3¾.

Joachimowski 54-8¾w, 55-4¾.

SP: Capes (GB) 67-6¾, 67-6¾. Stahlberg (Fin) 67-7¾.

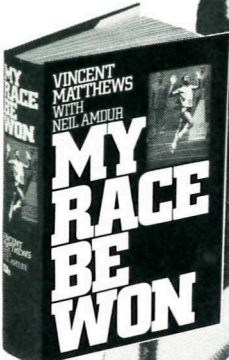
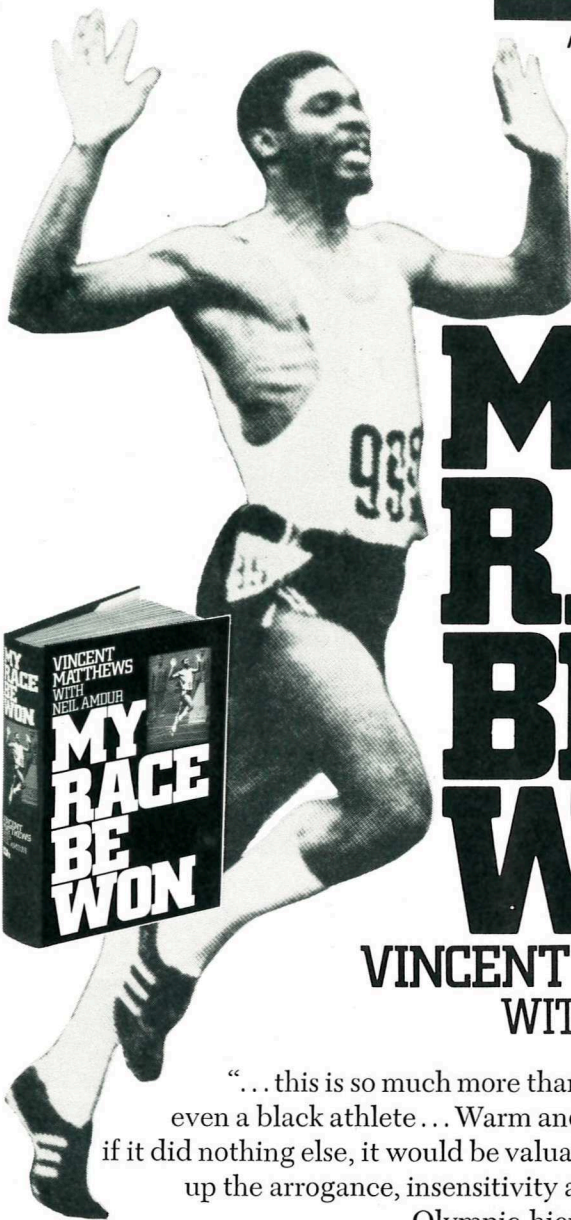
DT: Kahma (Fin) 213-4; 2. Powell (PCC) 211-1; 3. Bruch (Swe) 210-0. Kahma 216-3; 2. Bruch 211-10. Bruch 211-10; 2. Danek (Czech) 206-3.

Danek 220-5 NR (6th performer all-time world). Kahma 218-3 NR. Penzikov (SU) 214-0 NR. Tancred (GB) 213-0 NR.



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HT: Theimer 236-6; 2. Sachse 232-6; 3. Engwicht 231-4; 4. Beilig 224-8 (all EG). Dmitriyenko 247-9 (5th performer all-time world); 2. Spiridonov 243-2; 3. Pkhakadze 236-2; 4. Bondarchuk 235-5; 5. Sedykh 230-2.
 JT: Jaakola (Fin) 282-11; 2. Lulis (SU) 274-9. Makarov 274-7; 2. Grebenyev (SU) 274-3; 3. Lulis 271-11.

Hovinen (Fin) 281-2.
DECATHLON: Former world recordman Kurt Bendlin won the West German title with 7945 in his first competition since injury ended his '72 Olympic hopes. His marks included a 238-9 javelin throw.

Katus (Pol) 7938. Zigert (SU) 7902.
400 RELAY: Czechoslovakia 39.3; 2. Cuba 39.4. Italy 39.3; 2. France 39.4.

Czechoslovakia 39.5. Poland 39.6. Trinidad 39.6. USSR 39.6 (without Borzov).

1600 RELAY: Great Britain 3:03.9 (Jenkins 45.1); 2. East Germany 3:04.0 NR (Scheibe 44.9).

Great Britain 3:04.2. Poland 3:05.4. West Germany 3:04.5. Yugoslavia 3:06.0. □

AMERICAN NEWS

Not only are Americans racking up fine performances in Europe this summer, there have also been good marks turned in on home soil.

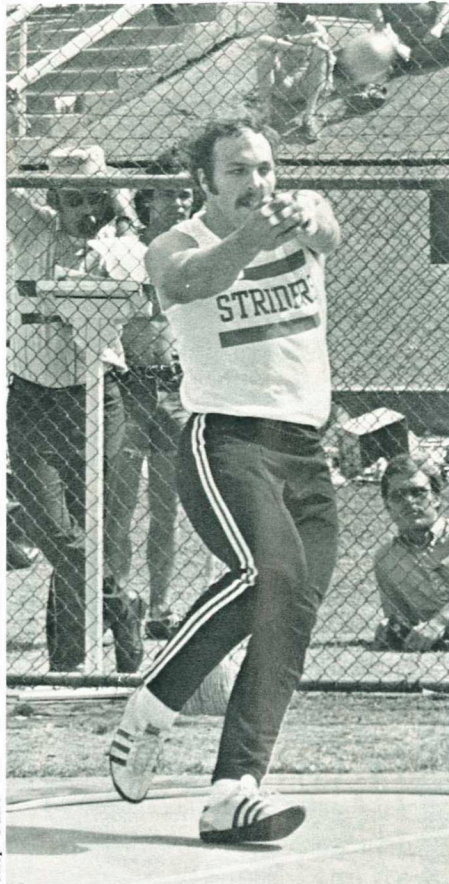
Boston was the site of the OIC Relays, but unfortunately the results from that seemingly high-quality affair must be viewed with a jaundiced eye. There is good reason to believe that the track was short, thus negating such fine marks as a 3:56.4 mile for Charlie McMullen (with a 56.2 last lap), a 3:58.8 for Tony Colon and a 1:22.2 880 relay by the Philadelphia Pioneers.

Leading marks by US-based performers not previously reported in the pages of *T&FN*:

Sprints: UTEP's Chris Garpenborg equaled the Swedish record of 10.2, but the best marks are a previously unreported 9.3/20.5 double by James Gilkes of Fisk (and Guyana).

800: A large US contingent has been running well overseas. Mike Boit (En NM) 1:46.6, 1:46.8, 1:46.9; Robert Ouko (NCC) 1:47.8, 1:47.3, 1:46.9; Juris Luzins (FTC) 1:47.2; Marcel Philippe (NYAC) 1:47.5; Steve Bence (Ore) 1:48.3; Scott Daggatt (Ore) 1:47.8.

1500: Boit (3:40.5) defeated Dyce (3:41.9) and Marty Liquori (3:42.9) in West Germany and also has a 3:57.9 mile. Dick Buerkle won a good race in Rochester, turning 4:00.4 to top Mike Peterson of Colorado (4:03.0), Liquori (4:04.0) and McMullen (4:04.1). Liquori showed good last lap speed with 53.8 and 56.0 quarters at the end of 4:16.4 and 4:05.2 miles in all-comer affairs. Jim Johnson and Don Kardong of Club Northwest have twice



Chip Gane

STEVE DE AUTREMONT

hooked up in mile duels, Johnson winning both, 4:01.5-4:02.9 and 4:01.7-4:01.9, Kardong getting PRs on both occasions. The fastest miler has been Villanova's John Hartnett, who returned a fine 3:56.3 on a grass track to win the Irish Championships.

Distances: Buerkle and Paul Geis had a fine tussle for second and third in a German international, Buerkle tipping Geis 13:34.4 to 13:34.6 over 5000 meters. Back home, Mike Manley ran a fine solo steeple, clocking 8:33.6 in Eugene.

HJ: Dwight Stones has a 7-3/4 and three 7-1 7/8 clearances, while Pat Matzdorf started slowly at 6-8 3/4 in his first continental meet, but also has a pair of 7-1 7/8 and a flop PR 7-2 5/8 since.

PV: Casey Carrigan has 17-3/4 and 16-6 clearances, while Ralph Haynie did 16-8 3/4 in Italy.

SP: The PCC duo of Feuerbach and Woods has been throwing in a lot of meets. Al has 68-3 3/4, 69-9 1/4, 68-2 1/4 and 66-8 3/4 heaves, George 69-4, 67-9 1/4, 67-10 1/4 and 66-11 1/4.

DT: National leader John Powell is throwing consistently well, hitting a 211-5 in addition to his other big-meet performances. Dick Drescher presaged his Atlantic crossing with 206-4 (a yearly best) and 204-4 tosses in LA all-comers to top Gary Ordway (190-11 and 197-1). Texas Canadian Bishop Dolegiewicz raised his PR to 190-10.

HT: Steve DeAutremont became the sixth American to top 230 in the hammer, hitting a PR 230-1 for the No. 17 performance in US history. Augie Zilincar got seasonal bests of 190-0 and 193-8.

Decathlon: Part of the US 10-event team warmed up for the US-WG-SU tri with a fine pentathlon in Santa Barbara on July 13. National decathlon champ Bruce Jenner scored a good 3854 in his first-ever try at the event, moving into third on the all-time US list, but the victory went to Fred Dixon, who dnf-ed at the Nationals. Dixon did 23-7 1/2, 210-8, 21.6, 150-6 and 4:41.8 in moving to second on the all-time US list with his 3871 aggregate. The two move into fifth and seventh on the all-time world list. Jenner's marks: 22-7 1/2, 202-4, 22.0, 149-11, 4:23.0. Another member of the squad, Steve Gough, stayed loose in Seattle a few days later with an easy 7551 10-eventer.

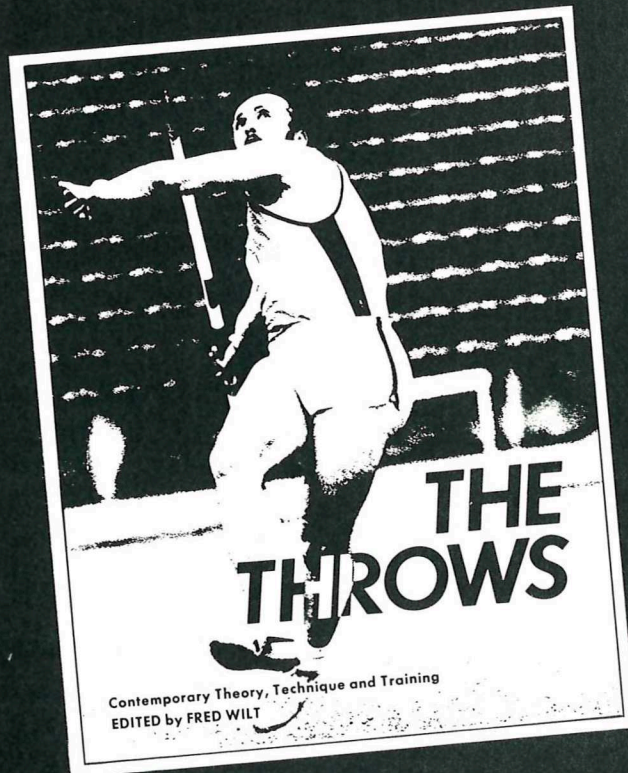
Relays: The Philadelphia Pioneers emerged from the AAU Relay Championships (Randalls Island, NY, July 13) as the big winners, nabbing the 440 (40.3), 880 (1:23.3) and mile (3:09.6—Stan Vinson 45.8) events. The UCTC copped two, the two-mile (7:31.4—Lowell Paul 1:48.7) and distance medley (9:53.8). The NYAC took the four-mile in 16:58.6. In a special two-mile held in conjunction with the meet, Tom Byers ran his first-ever competitive two-mile, clocking 9:14.8. □

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AGE RECORDS EYE-POPPERS

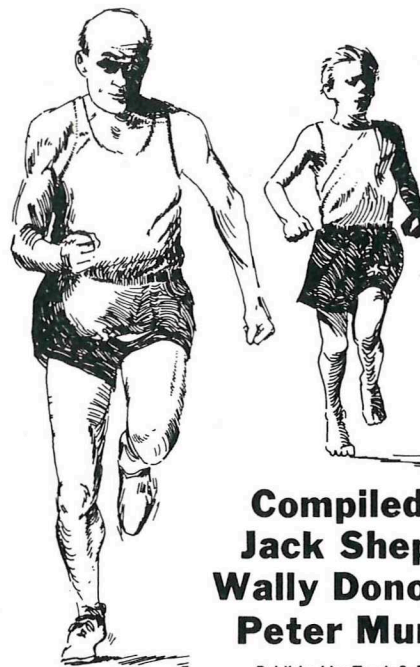
- 11-year old Armando Rios from the Dominican Republic ran his age in the 100 . . . 11.0! (Equal to Payton Jordan's age-56 record).
- 4-year old Mark Tourville ran the 100 in an astounding 18.2!
- Youngest person to crack 5 minutes in the mile is 11-year-old Charles Assumma. He ran 4:50.2 at Rialto, Calif. in 1973.
- Oldest man under 5 minutes is Robert Dellwo who ran an amazing 4:56.8 at Spokane, Washington in 1972, at age 54!
- Another amazing athlete is Harold Chapson who ran 5:54.0 in 1973 at age 71!
- 10-year-old marathon age best is under 3 hours. Reggie Heywood has the record with 2:57:24.
- Age-65 marathon best is also under 3 hours: 2:53:03 for Monty Montgomery.
- 7-year-old Kevin Strain of Juneau, Alaska claims 37 age age records, in events from 100m through the marathon (6:56:33 age 5!). When 4 years old he logged an 8:18 mile; a year later he clocked 7:35.1.

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Roads to Rome Grow Hotter

by R. L. QUERCETANI

With the XI European Championships fast approaching, the roads that lead to Rome are understandably hot. Judging from what happened up to mid-July, there are distinct possibilities that the continental parade at *Stadio Olimpico* (Sept. 1 through 8) may see a major turnover in the top ranks. Quite a few of Europe's Munich heroes are in indifferent-to-poor form and may find it hard to regain the top under mounting pressure.

A notable but confusing feature of some international meets held in Europe this summer: times given in "two languages," with (alas!) hand timing in the official role and fully-automatic electric timing used merely as an alternate. Differences were often appalling (up to 0.5 in the case of a top-ranking 1500 mark) and hand timing—preferred by organizers as a shortcut to record performances, in order to give their meet a "lift"—invariably accounted for the faster clockings, with rare exceptions (as we shall see).

■ ■ ■

SPRINTS: The dominant figure here is Silvio Leonard, a streamlined (5-11 and 139) Cuban from Las Villas province who will be 19 in September. He scored wins in all important European meets. After doing 10.1 for 100 meters on five occasions (four legal), he had his greatest night at Milan on July 2, when he was matched against Don Quarrie. The Jamaican had no chance in the 100, which Leonard won by a block, 10.0 to 10.3. Quarrie wanted revenge in the 200, but the young Cuban—who had done 20.2 in tying with Hans-Joachim Zenk of East Germany at Potsdam three weeks earlier—showed plenty of stamina. The two battled down the straight in adjacent lanes and Leonard finally held off Don's closing rush to win by a whisker, as both were timed in 20.2.

Valeriy Borzov recently explained why he has been so lazy since his great Munich days: "A certain degree of apathy comes as a natural sequence after you've reached the top." But he promised "to show 'em again" before he retires. No European sprinter has been outstanding so far this year. Pietro Mennea of Italy is just recovering from injury; the newly crowned East German champions, Manfred Kokot (10.2) and Hans-Jürgen Bombach (20.5), are not irresistible, if we are to judge from recent experiences; Franz-Peter Hofmeister of West Germany, second to Borzov in the 200 at Helsinki in '71, is on the comeback trail (20.5) but still has to be tested in international competition.

Fons Brydenbach, the European 400 junior champion from Belgium, may bypass the continental meet in Rome as "studies are likely to take the better part of him for a few months to come." His talent is tremendous, as shown by his 45.0 early in May, achieved with a fast start (21.0 plus 24.0). West Germany has a third 400 prospect to add to Olympic finalists Karl Honz and Horst-Rüdiger Schloske: tall Bernd Herrmann, 22, who did 45.1 at Bonn early in June.

■ ■ ■

MIDDLE DISTANCES: Marcello Fiasconaro returned from South Africa with an ailing leg and little preparation. He managed to beat Franco

Arese (1:49.2 to 1:49.3) in his first Italian race, but still looks like an uncertain prospect for Rome. Arese himself definitely won't defend his 1500 title at Rome; he pulled a tendon so badly in the closing stages of a 1500 in Milan he was operated on a few days later.

Luciano Susanj, a Yugoslav who is said to speak Italian better than Fiasconaro, has been the real find of the European season in the 800. Credited with times of 10.6, 21.2, 45.9 and 1:47.1 up to the end of '73, he is now committed to the two-lap event, in which he won the European indoor title at Göteborg. After doing 3:45.2 in his first-ever 1500m, he bettered the Yugoslav 800 record several times, finally with 1:45.1 in a solo race at Skoplje on June 23. A week later he did 1:44.7 in his home town of Rijeka, but wrong staggers made the mark unacceptable for record purposes. Another real comer is the European Junior 1500 champion from Rumania, Gheorghe Ghipu, who recently lowered his best to 1:45.9.

■ ■ ■

STEEPLECHASE: The busiest event so far, in terms of records. As of mid-July, 14 men have ducked under 8:30. Michael Karst, a 22-year-old West German from the Saar, was the sensation of the TOP Games. His 8:18.4 (equal to Garderud's European record of '73) came as a major surprise to most experts. And it was achieved in beating Garderud himself, plus Tapio Kantanen and Bronislaw Malinowski. Originally, Karst was not scheduled to compete there. The Finns had invited Willi Maier, the West German steeplechase champion; only when they agreed to pay travel costs for eight, rather than three, West Germans, did the West German federation include Karst in the team. This race saw national records galore. Garderud later recaptured the European record with 8:15.2 (actually 8:15.09), after which he promised to knock out Jipcho's world record.

■ ■ ■

LONG DISTANCES: The younger of the Kvalheim brothers from Norway and Oregon, Knut, is now in his best form ever. At the TOP Games he won a great 5000 in 13:20.4 (a Norwegian record) from Pre and Paul Geis. Here the two-language system for once condemned the two Americans, who were officially given 13:22.2 and 13:23.6, although the electric timer showed 13:21.87 and 13:23.38. (Kvalheim's "e" time was 13:20.54). Knut may have trouble in making his choice for Rome as he is just as good in the steeplechase, where he knocked out his own Norwegian record with 8:25.2, in losing to Anders Garderud by only 1.0.

A serious prospect is Manfred Kuschmann of East Germany, 24, with times of 13:26.6, 13:27.4 and 13:27.6 in the 5000, 28:09.6 and 28:10.0 in the 10,000. He lost only once, in a hair-raising duel with Jos Hermens of Holland (13:27.2). Dave Bedford quickly forgot his retirement plans and after two indifferent 5000 races he won the British 10,000 title from a good field in 28:14.8. Understandably, Britons have more confidence in Brendan Foster.

■ ■ ■

JUMPS: The flop is taking over in the USSR

too. First and second in the recent Pravda Cup in Moscow were two adepts of this form, Vladimir Abramov, who cleared 7-4 $\frac{1}{2}$, then missed at 7-7, and 19-year-old Stanislav Molotilov, who did 7-2 $\frac{5}{8}$. Another flopper, Imants Karlsons, a Latvian, had done 7-3 $\frac{3}{4}$ at the Rosicky Memorial meet in Prague. The same style helped Jacek Wszola of Poland, 18, to improve from 6-9 $\frac{7}{8}$ to 7-2 $\frac{7}{8}$ in one year.

But the most interesting figure may be Jesper Topping of Denmark. A 27-year-old doctor of medicine (he earned his degree on Jan. 26 and later on the same day, some 125 miles away, he raised the Danish indoor record to 7-1 $\frac{1}{2}$), he crowned a meteoric improvement with a new Scandinavian record of 7-3 $\frac{3}{4}$. Besides being a good all-around jumper, he is also a first-rate hurdler, with a recent Danish record of 13.7.

Poland, with the two top vaulters of the outdoor season (Tadeusz Slursarski 17-9 $\frac{1}{2}$ and Wojciech Buciarski 17-8 $\frac{1}{2}$), is on its way to earning a commanding position in this event. Most noteworthy news items from the pits of horizontal jumping are Nenad Stekic's new Yugoslav record of 26-9 in the long jump, and Carol Corbu's comeback. The long-legged Rumanian, who has spent a good part of his career fighting with injuries, triple jumped 54-1 $\frac{1}{2}$ in barely losing to European indoor champ Michal Joachimowski.

■ ■ ■

THROWS: How many, only a couple of years ago, could have dreamt of Britain outscoring East Germany 7-4 in a shot competition? That's what happened at Crystal Palace, London, on June 19. Geoff Capes raised the British record to 21.00 (68-10 $\frac{1}{2}$) and beat Hartmut Briesenick (68-1 $\frac{1}{2}$), Mike Winch and Heinz-Joachim Rothenburg, in that order. The bearded Capes had previously shown his improved form by winning one out of three from Al Feuerbach. As for the East Germans, they are paying the price of their all-out training efforts of the last few years. Briesenick underwent a knee operation (meniscus) early this year, Rothenburg still cannot go all out for his once famous training sessions, and Hans-Peter Gies is attempting yet another comeback. A partial consolation is young and fresh Udo Beyer, 19, who recently upped his best to 66-3 $\frac{1}{4}$. As far as Rome is concerned, the real threat to Briesenick and Capes may well come from Finland's Reijo Stahlberg, who raised his country's record to 69-9 in losing to Feuerbach only on his second-best throw.

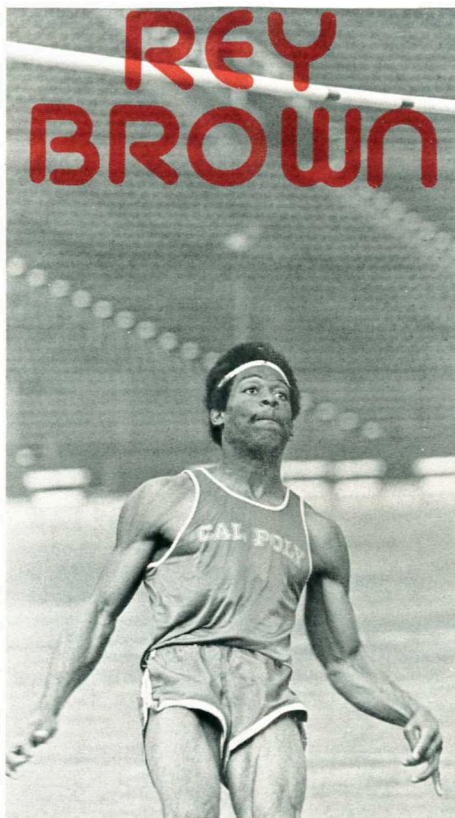
Ricky Bruch may have to take some time away from his film chores if he wants to win his first European discus title. As usual he can point to the longest throws, but he lost twice to hyperconsistent Pentti Kahma of Finland. And evergreen Ludvik Danek achieved his best ever throw (220-5) at 37!

Reinhard Theimer's hammer antics are reported elsewhere in this issue. His achievement is perhaps less surprising than the breakthrough of his countryman Karl-Heinz Beiligg, whose recent 241-9 $\frac{1}{2}$ is almost 20 feet above his pre-'73 best.

Klaus Wolfermann, the Olympic javelin champion, was off to a sloppy start, but showed his steel nerves at the right time, beating his top Finnish rival Hannu Siitonen in two major meets. But Finland still remains the main reservoir of javelin talent, with three men over 280 feet and a fourth inches below that mark. Siitonen's 290-7 leads the world. □

T&FN Interview

by Jon
Hendershott



Don Chadez

Rey Brown is getting to be like Ralph Boston used to be in the long jump—Brown has been high jumping seemingly for so long, jumping well, winning and meeting the challenges of new up-and-coming jumpers, he is almost taken for granted. He is almost an institution in US high jumping.

So it's difficult to remember that he is only 23 years old. But Reynaldo has been around a long time, he has been jumping well and winning and meeting the new challenges.

But Rey admits he thrives on challenges. He responds to them, too. Like 1968: the 17-year-old wunderkind cleared a still-standing prep record 7-3 to make the US Olympic team and later placed fifth at Mexico. It was his first international competition.

He has maintained a level of consistency few athletes in any event can claim, ranking second globally three times and in the top five Americans the past six years (first in '70). In the last four US-USSR meets, he has won three and finished second in the other. His most recent win came in Durham in July with his fourth clearance of a seasonal-best 7-2¼. He is probably the only jumper ever to place second to consecutive world records (Pat Matzdorf and Dwight Stones)—a reverse consistency Brown probably would rather forget.

Brown appears stoic and unsmiling while competing and rarely shows any outward emotion. (His mother-in-law, Mrs. Vivian Brown says, "Sure he's calm. We all scream our heads off and go crazy for him.") But he is a talkative, friendly man with a baritone rumble of a laugh that seems to come from the depths of his 6-4/195 frame. And he smiles a lot, especially when he talks about winning the high jump.

T&FN: How did you feel about winning the Soviet meet, your third win of the last four?

Brown: Winning the Russian meet is important to me. I think the Russians feel they dominate the high jump and if they can't win anything else against the Americans, they can win the high jump. I like beating them because it makes them stop and realize they don't have anything guaranteed.

T&FN: It seems you were one of the premier US jumpers after Mexico until Matzdorf's record. Then you were overshadowed by him, then the three '72 Olympians, then Stones last year. But you have always been right up there.

Brown: After I finished second to Matzdorf, I thought about it and I think

records are often broken this way, quickly, suddenly, unexpectedly. It seems a jumper can get really psyched once and do something big, but then he has a hard time getting up that high again.

But since I'm pretty consistent, making a certain height doesn't excite me. So I have to keep pushing myself. But a guy like Dwight, who gets so excited about everything and goes around telling everybody what he's going to do, is pressuring himself. He's got to come through and back up his word. Everybody watches him everywhere he goes. He could burn himself out just trying to do what he says he will.

T&FN: You have ranked second in the world three times. Is ranking first important to you?

Brown: No, not to me. I like challenges. If I'm sitting on top or win every meet I jump in, I would be brought down because I wouldn't have the competition to push me. When you're on top, people pressure you to win all the time.

T&FN: When the other Americans were ranking ahead of you, did your attitude about yourself as a jumper ever waiver?

Brown: I would read that someone had jumped well; they were ahead of me and I told myself I had to work harder. Someone jumping higher than me makes me more determined. I know they have done something and now it's my turn.

T&FN: What do you consider are your strengths in the high jump that would contribute to your consistency over the years?

Brown: The main thing is that I

practice on my weak points. Most jumpers think just jumping every day will improve their technique. I think this wears them out. I do a lot of running and specific exercises for the high jump. I've never lifted weights in my life, but I do things like kick the crossbar of a football goal post. Things like that keep my timing together. I work on the basics in practice because I get most excited to jump in the meets.

T&FN: Your making of the Olympic team in '68 at age 17 was so unexpected, going from a 6-9¼ prep in '67 to fifth in the world championships in '68. How did it affect you?

Brown: To tell the truth, I was too young to know what it was all about. It was just something. I enjoyed it, but I wasn't excited because I didn't understand it. I liked placing fifth better than making the team because I had competed against the best jumpers in the Olympics and I like competition. Competition keeps me going.

T&FN: Might all of that success at age-17 be too much, too fast?

Brown: Maybe being naive was good because I didn't do a lot of thinking and worrying about it, so I didn't put any pressure on myself. Ever since I first started jumping in seventh grade, I've had the attitude that if someone else could do something, then I could too.

T&FN: Do you ever get excited for a meet, maybe inside, because you sure don't show it outside?

Brown: I can't recall a meet where I really got nervous. The thing that gets me going and keeps me going is knowing I'll be jumping against good competition.

T&FN: You were one of the favorites for the '72 Olympic team.

Brown: I had a bad indoor season that year because I rested too much after my long '71 year. I didn't work on my arm movements and the things I should have. I worked with Tom Tellez of UCLA and Willie Williams of Arizona, my high school coach, before the trials and worked out some things. I felt good at the Trials but my timing wasn't like I wanted it. It really didn't bother me not to make the team because I had been there once already.

T&FN: Will you continue to Montreal?

Brown: I'm going to try. If something else good comes up, like basketball, I'll consider that, but I'm looking at '76.

T&FN: What would you like to achieve as an ultimate height?

Brown: I don't try for any certain height. I just try to do better than the year before. Even a quarter-inch higher means I've done better than last year.

T&FN: Do you know what motivates you in the high jump?

Brown: I just like the sport of track and the running and jumping over the bar.

The biggest thing that motivates me is the jumping. No specific achievement is like trying to get myself over that bar. For me, that is the biggest challenge with the biggest reward. □

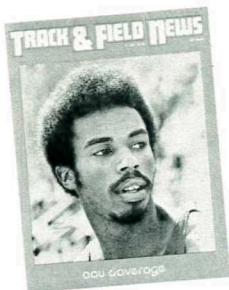
THINGS

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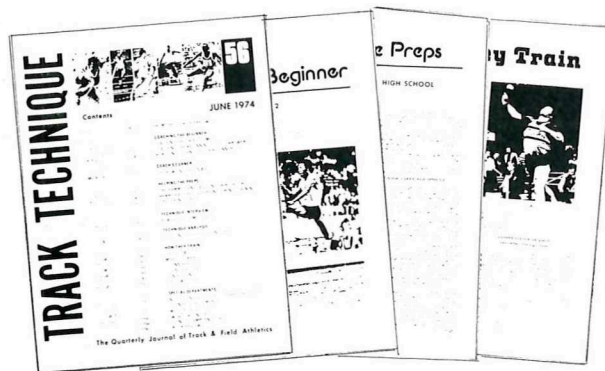
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TRACK TECHNIQUE



TRACK TECHNIQUE is the technical journal of the track world, and is essential reading for coaches, athletes, and serious students and fans.

Articles on all phases of the sport are contributed by the world's leading specialists coaches: training methods and theories, diet and nutrition, motivation, injury treatment and prevention, physiology, strength training, mechanics, and the techniques of every event. The articles are not rehashes of stale theories, but original contributions and research findings of interest to all concerned with track and field.

Four issues a year, \$4.00. 3 yrs., \$10. Single issues, \$1.00. Quantity prices available for back issues. Bound volumes available. Special group subscription rates.



FASTEST WITH THE MOSTEST

TRACK NEWSLETTER

Tracknewsletter is an indispensable supplement to Track & Field News, publishing all major results and summaries (much more than T&FN has room for) in an easy-to-read, convenient format. It's published 20 times a year and speeded by first class mail everywhere in the USA, Canada and Mexico, so that you'll be reading the news of the previous week by the weekend. During the peak season, you get it every week. It's a "must" for every track nut.

Also carried regularly, in the Trackstats portion of the Newsletter are extensive statistical analyses and listings, such as record evolutions, all-time lists, historical material, etc. Current yearly performers and performances lists, 20-50 deep, also provide valuable info for the fan.

One year subscription, US \$8.00

Things from Track & Field News

This brief catalog lets it all hang out. This is it. The works. Everything Track & Field News has to sell but the light fixtures and door knobs.

Warning: Don't look at the next dozen pages or so, or you'll find yourself reaching for your checkbook to send in an order for items you've wanted and didn't know we had, or products you've seen advertised and now can't resist the powerful ad copy.

But it's not just the ad copy. We have some pretty good—and unique—things to offer to track fans. Like our lines of track t-shirts, track posters, electronic stopwatches, track shoe pins, our inimitable publications, and the world's (well maybe the U.S.'s) biggest listing of track and field books.

Shirts and Stuff

Speaking of t-shirts. We'll have some new ones available soon. A new adidas shirt (light blue with dark blue lettering), a Road Runner shirt (bright yellow with a three-color design—wow!), and a Keep on Trackin' shirt for the out-front set. The holdover shirts (USA and RunRunRun) will be available only in white with red trim. Take it from us, these are lover-ly shirts. Watch T&FN for announcements of availability.

Another new item—available now—is the Action Movie Viewer-Projector featured on page 13A. This revolutionary device is hard to describe in a display ad, but if you saw it in action, you'd flip, like we did. It acts as a table model viewer for small group instruction (1-4 persons) and can be instantly converted to a large screen projector for a bigger group. Best of all, the price is just \$24.95! And for individual use anywhere (on the field, at home, in the office), the separate loop viewer is offered. Ten cartridge films on various events are available.

Posters and Pleasures

Posters: the response to our jumbo track posters, first produced right after the '72

Olympics, has been good and we are encouraged to do some new ones. Watch for ads in T&FN: we'll have new ones this fall. By the way, Dave Wottle out-sells all other subjects in our current posters, 2-1.

A new tour we have in the works is to the 1975 Pan-American Games. Sure, it's not the Olympics or the European Championships, but there are always lots of great events, and quite often world records, and the site of these Games makes it special—Sao Paulo, Brazil. Need I say more? Samba over to p. 4A and get some of the details on this trip and on our Olympic tours. Things are proceeding well, thank you, on our Montreal plans—it will be our biggest and best tour ever. If you haven't joined us yet, we still have space, so get in touch with us right away.

We've slashed our prices on 8mm. film loops. Let's face it, 8mm. films are not popular as they once were, thanks to the invention of Super 8. But many of you still have 8mm. projectors, and considering the saving you can obtain on these 8mm loops, these are excellent buys. They are same subjects, of course, as the 16mm and S8 loops, and at half price, they won't last long; so act fast. See p. 14A.

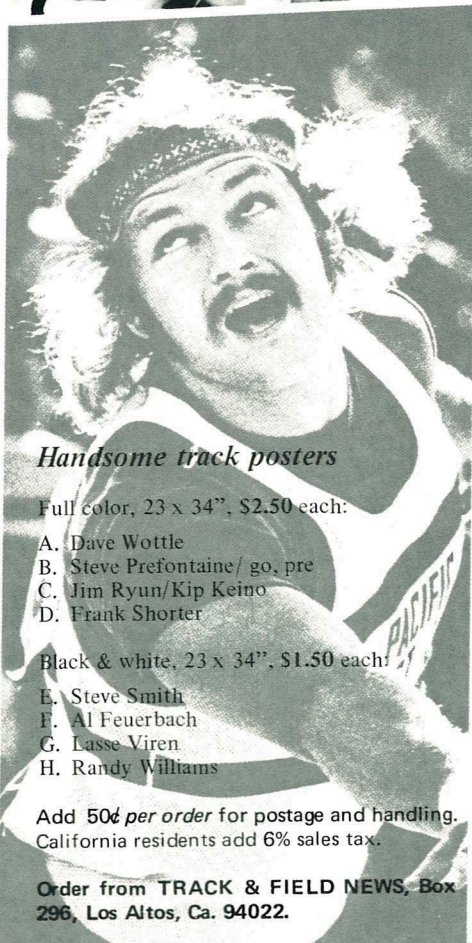
The Accusplit and Future Fare

Admittedly, we've had problems with the Accusplit electronic stopwatch. There have been production delays, unexpected bugs, and unsatisfactory quality control at the factory. At its best, the Accusplit is what we advertise it to be—the ultimate in hand timing, a great advance for the track fan and coach. At its worst though, the Accusplit has caused some headaches to some owners, who have had to return them to the factory for repairs. They all are covered, however, by the two-year guarantee, and it is our aim and the manufacturer's to make sure every customer's watch functions perfectly, as it should. We are optimistic

(Continued on p. 5A)

FOR EASE AND SIMPLICITY IN ORDERING
USE HANDY ORDER FORM ON PAGE 16A.

TRACK POSTERS TRACK POSTERS TRACK POSTERS



Handsome track posters

Full color, 23 x 34", \$2.50 each:

- A. Dave Wottle
- B. Steve Prefontaine/ go, pre
- C. Jim Ryun/Kip Keino
- D. Frank Shorter

Black & white, 23 x 34", \$1.50 each:

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- F. Al Feuerbach
- G. Lasse Viren
- H. Randy Williams

Add 50¢ per order for postage and handling.
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Order from TRACK & FIELD NEWS, Box
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TOURS

1976 SUMMER OLYMPICS

MONTREAL 76

JULY 1976



Lodging • Track & field tickets • Air transportation, if needed • Celebrity party • Options to buy tickets to other sports • Be

with like-minded track fans under experienced, knowledgeable tour management. Go with Track & Field News, the world's largest and most successful Olympic tour organization. Reservation deposit: \$200 per person.

1976 WINTER OLYMPICS

innsbruck 76

FEBRUARY 1976



Innsbruck, in the heart of the Austrian Alps, hosts the '76 Winter Olympics. Let TAFNOT take you there for the fun and Games.

Round-trip air • Lodging for 14 nights • Tickets to a variety of winter sports • Celebrity party • Skiing and travel options. Reservation deposit, \$250 per person.

1975 PAN-AM GAMES

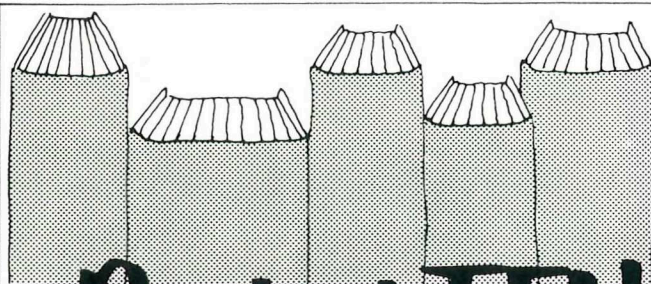
sao paulo 75



APRIL-MAY 1975

Follow the US team to Sao Paulo, Brazil, one of the world's great festival cities, for the Pan-American Games. Three-week tour includes air, lodging, track tickets, etc. \$100 deposit per person.

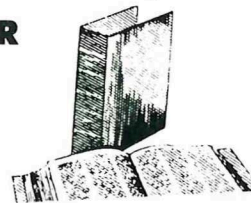
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HARD COVER BINDER

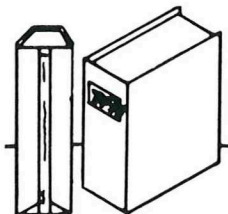
Rugged custom-made binder protects your magazines, keeping them in order and quickly available for reference. Easy insertion, removal. Gold-imprinted "Track & Field News" on spine. No holes or tools needed. Holds two years of TFN, six yrs. TT. \$4.95 each.



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A new, inexpensive way to file your track publications. Holds 2-3 years of TFN, up to 8 yrs. of TT. Made of heavy, tough kraft board, looks like a buckram-bound book. Spring-like flaps hold material vertical. Labels furnished. Overall size 12x9x3/4. \$1.25 each. Two for \$2.25. Three for \$3.25.

In California, add 6% sales tax.



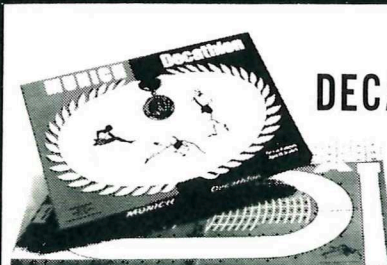
THE FRED WILT TRAINING & PERFORMANCE DIARY

Keep a complete record of your daily workouts & competitions with this excellent training & performance diary, devised for both runners and field eventers by Fred Wilt. Contains much more than the usual diary, with explanation of the values for recording essential data and how to obtain it.

Booklet and 400 pages (a year's supply) . . . \$3.50
200 additional diary pages \$1.25
400 additional diary pages (1-yr. supply) . . \$2.25



MUNICH Decathlon



THE GREAT DECATHLON GAME FOR EVERY TRACK FAN

\$6.50 (post paid)

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POPULAR TRACK SHOE PINS



PINS: Wear as a tie tack, lapel pin, on your shirt or sweater, sweat suit, jacket, etc. The girls love them too. Special "push-on" back lets it be worn anywhere. Price: **\$1.50 each; 3 for \$3.75.** Great for team pins, awards—write for quantity prices.

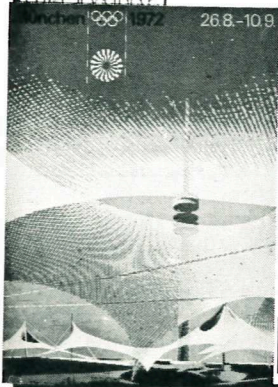
CHOICE OF THREE COLOR COMBINATIONS: 1) White with red and blue trim; 2) White with red trim; and 3) Gold with red trim. Specify which colors you want.

California residents add 6% sales tax. On all orders add .25¢ postage and handling for every three pins.

OLYMPIC POSTER SET



Twelve 9x12" four-color reproductions of official posters for each Olympic Games, 1920 through 1972. Highlights of Games on the back of each poster. Good for wall, bulletin board display.



\$2.95 per set

THINGS FROM TRACK & FIELD NEWS

(Continued from p. 3A)

about the new Accusplit-III which offers new features and promises to have far fewer troubles. And the price is still right—\$119.50, little more than a good split-hand mechanical stopwatch.

Coming Soon Department: The Little Red Book. This has to be the most valuable little booklet for the track meet-goer ever devised. It will have Don Potts's new official ATFS metric conversion tables (unavailable for about a year). It will also have a quick at-a-glance conversion table, plus a quickie decathlon table (and a more extensive one), implement specifications, info on how to time a relay and follow a dual meet, relative performances, etc. It will also have other equivalents (centigrade to fahrenheit; mile-1500, etc.; pounds to kilograms, and more). It should sell for under \$3 and will be available in September or October.

Another book which should be out in October is CORBITT, the incredible story of Ted Corbitt, the running machine from New York, whose exploits in marathons, 50-milers, 100-milers and 24-hour runs are chronicled here by John Chodes. We were only lukewarm at first, but after reading Chodes' account, we were left more breathless than Corbitt ever has been. He's a wonder. Good, good reading.

Ed Fox
Asst. Publisher

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TRACK T-SHIRTS DESIGNED AND PRODUCED SPECIALLY FOR TRACK & FIELD NEWS READERS! RED OR RED AND BLUE TRACK DESIGNS ON HEAVYWEIGHT WHITE FULL-CUT 100% COTTON SHIRTS. MACHINE WASHABLE.

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T-shirts come in WHITE only.

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Please indicate shirt size with order.

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TRACK & FIELD NEWS BOOKLIST

WORLD'S LARGEST SELECTION OF TRACK AND FIELD BOOKS

RUNNING & HURDLING

ART OF PACE JUDGMENT, Guy Butler. Tables for all events, all speeds, theory, etc. 24pp. \$1.50

COACHING DISTANCE RUNNERS. RW booklet offers articles on different approaches of distance coaches (Igloi, Bowerman, Lydiard, etc.). 48pp. \$1.25

COMPETITIVE RACE WALKING. Ron Laird explains legal technique, how to judge, how to train, mental and physical preparation, exercises and conditioning, etc. Over 100 photos, including great sequence shots. 64pp. 8½x11. 1972. \$3.95

THE COMPLETE MIDDLE DISTANCE RUNNER, Harry Wilson, Frank Horwill, and 1972 British Olympic coach Denis Watts. Sections on principles of training, strength training, coaching, physiology of exercise, diet, tactics, etc. Good book for coach and runner. Illus. 129pp. \$5.25

COMPUTERIZED RUNNING TRAINING PROGRAMS, Gardner & Purdy. Thousands of computer-generated workouts take the guesswork out of training. Geared to the individual of every ability, every distance. \$4.50

THE CONDITIONING OF DISTANCE RUNNERS. "Turtle" Osler's training ideas, based on years of his own successful running and observation. Common-sense discussion aimed at the 10,000m.-and-up level, but useful to other runners as well. 1967. 29pp. \$1.50

FINNISH RUNNING SECRETS. RW booklet on the training methods of Viren, Vasala, etc. 68pp. \$2.50

GUIDE TO DISTANCE RUNNING is a superlative collection of material on all phases of endurance running: injury prevention, racing, pacing, training, coaching, the personalities, etc. 40pp. photos. 1971. 206pp. By Bob Anderson and Joe Henderson. \$4.95

GUIDE TO SPRINTING. Practical advice on training, technique, starting, etc. From Runner's World. \$1.25

HIGH SCHOOL RUNNERS & Their Training Programs, Joe McNeff. "How They Train" for the h.s. runner & coach. Workout programs of over 100 prepaces, including Ryan, Morton, etc., 440-10 miles. 1968. Illus. Soft Cover \$3.50, Hard Cover \$6.00

HOW THEY TRAIN, 2nd ed. In 3 volumes. Vol. I: Middle Distances (Wottle, Winzenried, Doubell, Keino, Popejoy, Van Zyl, 54 others); Vol. II: Long Distances (Shorter, Puttemans, Bedford, Prefontaine, 56 more); Vol. III: Sprinting and Hurdling (Borzov, John Smith, Lee Calhoun, Ralph Mann, etc.). Each is illustrated and contains valuable technical articles. Each volume, paperbound, \$3.00; hard cover (Vols. I and II only), \$4.50

HURDLERS BIBLE, Wilbur Ross. 2nd revised ed. of THE book for hurdlers and coaches, the most complete work on hurdling ever. Technique & training, style comparisons, etc. Illus. 150pp. \$4.95

HURDLING, John LeMasurier. British AAA. Rules, technique & training, exercises for all hurdle events. Illus. 39pp. \$2.00

INTERVAL TRAINING, Nick Costes. How to use interval workouts with profit. 80pp. Illus. 1972. \$1.95

JET SPRINT RELAY PASS, Bud Winter. The jet sprint relay style, which incorporates Russian pickup. English getaway, American sprint form, German verbals, 1964. 38pp. Illustrated. \$3.00

LEARNING TO RUN, Mal Whitfield. Olympic 800m. gold medalist aims this book at young readers, discusses ABCs of warm-up, body balance, mechanics of starting, etc. Well illus. 131pp. \$3.50

THE LONGEST DASH, John Telford. 2nd ed. 1971. Veteran quartermiler tells the story of his event: pace, workouts, training, competitive thrills, history, etc. 44pp. Illus. 1965. \$1.75

LONG SLOW DISTANCE: The Humane Way to Train. Joe Henderson's alternative to back-breaking interval training for distance runners. Fine reading for all. 1969. \$2.50

LYDIARD'S RUNNING TRAINING SCHEDULES. New 2nd ed. 1970. Revised tables & schedules, 880-marathon. \$1.75

MIDDLE DISTANCE RUNNING, Percy Cerutti. One of Cerutti's finest technique works. Hill running, diet, programs for youngsters, schedules, etc. 1964. 195pp. \$5.00

MIDDLE DISTANCE RUNNING, A.P. Ward. British AAA booklet. Technique, tactics, training to 6 miles. 1972 ed. Illus. \$2.00

NEW VIEWS OF SPEED TRAINING. Second thoughts on speed work for LSD purists. Lydiard, Higdon, Scobey, et al tell why some speed is vital. RW booklet. \$1.25

1974 MARATHON HANDBOOK. Another treasure-house of facts and figures on marathoning for the road running buff. All-time and 1973 US and world lists, results, feature articles, much more. \$1.95

RACING TECHNIQUES, focuses on actual racing and competition factors such as physical and psychological demands during the race, pacing, performances and the like. 48pp. RW booklet. \$1.50

ROCKET SPRINT START, Bud Winter, coach of sprint greats. Analysis of Armin Hary-style start. Stage by stage comparison of orthodox & rocket start. 24pp. Illustrated. \$3.00

RUNNER'S TRAINING GUIDE. RW booklet with articles on various sides of training: background and the systems of training, research, the coaches (Igloi, Bowerman, Van Aaken), etc. 96pp. \$2.50

RUN RUN RUN, Fred Wilt. Most useful book ever on running training. All training methods, theory, tactics, warmup and pace, from sprinting thru marathon. 30 chapters in 281 packed pages. 3d printing. Paperbound, \$3.95; Hard cover, \$6.50

THE RUNNING BODY. Physiology of the runner in action—and how to make the body function more efficiently. Non-technical discussion. 52pp. RW. \$1.50

RUNNING AFTER FORTY. Articles about aspects of seniors running, training profiles of Corbitt, Emerton, et al. \$1.00

SHOES FOR RUNNERS. 1973 edition of "All About Distance Running Shoes," revised and updated to include shoes for all runners. Objective evaluations, article on foot care. 85pp. \$1.95

SO YOU WANT TO BE A SPRINTER, Bud Winter. New revised (1974) 2nd edition of this world-famous guide to beginning sprinting and sprint training . . . by the coach of Tommie Smith, Lee Evans, Hal Davis, et al. Much new material, illustrations. \$3.00

SPRINT, Dr. Frank Ryan. Many sequence photos, illustrating starting, sprinting form, exercises, etc. Knowledgeable text on the ABCs of sprinting. Ex-San Jose State mentor Bud Winter was chief consultant. 49pp. Well illus. \$6.95

SPRINTING AND RELAY RACING. New edition of this widely used, highly useful AAA booklet by Bill Marlow. Rules, running and starting technique, training, women, relay rules and fundamentals, etc. 48pp. Well illus. \$2.00

SPRINTING SPEED: Its Improvement for Major Sports Competition, G. Dintiman. Training programs and physio- and psychological approaches to improve sprinting speed: how to increase stride length, starting ability, acceleration, etc. An expensive book, but nothing else like it. Illus. 206pp. 1971. \$15.95

STAMPFL ON RUNNING. Theories and schedules of interval training by Franz Stampfl, coach of Bannister, Doubell, etc. \$4.50

TEEN-AGE DISTANCE RUNNING, Kim Valentine. Year-round program for developing the young distance runner. First readily available guide for the coach or athlete. Full training schedules for all seasons. Illus. 64pp. \$2.50

TULLOH ON RUNNING. Ex-distance ace Bruce Tulloh covers training, tactics, motivation, etc. 800m.-up. 149pp. 1969. \$4.50

THE VARIED WORLD OF CROSS COUNTRY. RW booklet looks at cross country running: its joys and problems, its future, x-c in Britain, Spain, Mexico, Africa, etc., training styles. etc. 48pp. \$1.25

WHAT RESEARCH TELLS THE COACH ABOUT DISTANCE RUNNING. D.L. Costill. AAHPER study gives latest research findings on topics related to distance running: physiology, training methods, nutrition, etc. 49pp. '68. \$3.50

THE YOUNG RUNNER. RW booklet for those concerned with age-group track. Articles on children as nature's true athletes, the value of racing, physical aspects, etc. 48pp. Illus. \$1.00

FIELD EVENTS

DISCUS THROWING. British AAA book on rules, technique & training, instructions for the novice, coaching, exercises, etc. Illus. 40pp. \$2.00

GERMAN PHOTO-SEQUENCE BOOK V: TRIPLE JUMP. T. & E. Nett. Sequence strips of Saneyev, Schmidt, Prudencio, 19 more. German text, but excellent visual instruction. \$2.50

HAMMER THROWING, Howard Payne, Fine AAA book by a world class thrower: technique, training, rules, exercises, etc. 1969. \$3.25

HIGH JUMP, Denis Watts. British AAA instructional booklet. Rules, techniques, training, warm-up, diet, etc. 40pp. Illus. \$2.00

HIGH JUMP, Dr. Frank Ryan. A noted coach provides a solid presentation of high jump style, technique, conditioning and strength exercises, etc. Well illustrated. 1969. \$6.95

THE JUMPS: Contemporary Theory, Technique and Training, ed. by Fred Wilt. This collection of articles on the four jumps (HJ, TJ, LJ, PV) comprises a basic modern guide to these events. Essential reading for coach & athlete. 1972. 228pp. \$5.00

THE LONG JUMP, D.C.V. Watts. 5th ed. of British AAA booklet. Rules, technique, faults and their correction, training, coaching, resistance exercises, etc. Illus. 32pp. \$2.00

MECHANICS OF THE POLE VAULT, Richard V. Ganslen. 8th ed. (1973) of the most extensive work on a single event ever compiled. Photos & sequence strips on all top vaulters. Expert technical coverage of all aspects of fiberglass vaulting. 170pp. \$4.00

POLE VAULT. Sound introduction for coach and vaulter by Dr. Frank Ryan (ex-Yale field coach). Photosequences liberally used. 51pp. Hard cover. \$6.95

POLE VAULTING, Ian Ward. British AAA book. Technique, training, rules, etc. 1966. 43pp. Illustrated. \$2.00

SHOT PUTTING, Ron Pickering. British AAA booklet. 1972 ed. Training, exercises, wt. tng., technique, rules, etc. Illus. \$2.00

THE THROWS: Contemporary Theory, Technique and Training. Ed. by Fred Wilt. A superb collection of technical articles on the shot, discus, hammer, javelin, and strength training. 1974. 160pp. \$6.00

TRIPLE JUMP, Tom McNab. Internationally-known coach presents the definitive treatment. Technique training, rules, exercises, styles. Fully illustrated. 1968. 56pp. \$2.00

ALL EVENTS

THE AMERICAN TRAINING PATTERN, Tom Rosandich, Bob Lawson, Paul Ward. Training system designed for the school competition program in the U.S. 1970. 70 pages. \$3.75

BEGINNING TRACK & FIELD, John Cooper. For young t&f aspirants, covers all events in readable form. 1969. \$2.00

THE BEST IN TRACK AND FIELD from Scholastic Coach. 16 articles from SC by Ryan, Simonyi, Held, Wilt, etc. on technique, training of specific events. 127pp. Many sequence photos. '70. \$3.50

THE BIOMECHANICS OF SPORTS TECHNIQUES, James G. Hay. Practical, understandable presentation of the basics of biomechanics of each t & f event (and other sports). 1973. Illus. 529pp. \$14.95

CHAMPIONS IN THE MAKING, Payton Jordan & Bud Spencer. Quality training for beginner and veteran. All events, technique, conditioning, mechanics, etc. 280pp. 1968. \$8.75

COMPLETE GUIDE TO HIGH SCHOOL TRACK & FIELD COACHING, Ray Kring. An essential book for the prep coach. Chapters on selling your program, practice organization, staging a meet, coaching of all events, etc. 235pp. Illus. 1969. \$14.95

DECATHLON. First-ever book on the 10-event grind. A superb work on technique, training, rules, history, evolution of the tables, etc. By Tom McNab. AAA booklet. 72pp. Illus. \$3.25

MECHANICS OF ATHLETICS, Geoffrey Dyson. The most thorough book on the basics of motion in track. 5th ed. 1970 \$8.95

MECHANICS WITHOUT TEARS. Programmed, step-by-step introduction to mechanics for the layman. By Fred Wilt. \$5.50

TRACK AND FIELD DYNAMICS, Tom Ecker. Introduction to the dynamics of body movement in track and field events. New 2nd ed. paperbound, \$3.75. Hard cover 1st ed. only, \$4.95.

MODERN TECHNIQUES OF TRACK AND FIELD. Clarence Robison, C. Jensen, S. James, and Willard Hirschi, Brigham Young U. New text on the coaching, technique and training for all events, plus chapters on administration and promotion, track construction, etc. 357pp. 1974. \$13.50

TRACK & FIELD GUIDE FOR GIRLS AND WOMEN 1972-74. AAPHER guide, ed. by F. Wakefield. Official rules, standards, committees and commissions, etc. plus technique and admin. articles by John T. Powell, Berny Wagner, etc. Bibliography, visual aids, glossary. 168pp. 1972. \$2.50

TRACK & FIELD OMNIBOOK. Ken Doherty's colossal work incorporates all the great sequence drawings from *Movies on Paper* (now out of print), and adds many new ones. Text is a comprehensive guide to modern coaching theories and techniques. All events covered. Must reading for every coach & athlete. 498pp. 1971 \$10.50

TRACK & FIELD TECHNIQUES FOR GIRLS & WOMEN. Excellent technique work by Ken Foreman & Virginia Husted. New 2nd ed. 1971. Updated & expanded. All new photos. 279pp. \$6.95

TRACK AND FIELD FUNDAMENTALS FOR TEACHER AND COACH, John T. Powell. New 3d ed., 1971. A completely revised and updated edition of this standby for track coaches, etc. A basic text for teaching events and refinement of track skills. \$8.50

BIOGRAPHIES

THE DAVE BEDFORD STORY. A handsome magazine-style chronicle of Bedford's career to date (through the European Championships and beyond). Excellently illustrated with color and b&w photos, with full stats, 1964-71. 64pp. 8x11. By James Coote. \$3.50

A CLEAN PAIR OF HEELS. Life of Australian Olympic 5000m. champion (1960), Murray Halberg. By Garth Gilmour. Illus. \$3.95

FIRST FOUR MINUTES (formerly "Four Minute Mile"). Roger Bannister's stirring autobiography: the great account of the 4-min. breakthrough in the mile—perhaps the most famous occurrence in track history. Should be read by all sports fans. 252pp. Illustrated. 1955. Hard cover. \$3.00

HIGH ABOVE THE OLYMPIANS, Bud Spencer. Biography of controversial coaching great, Dink Templeton. The ups and downs of a long, colorful career, with material on fundamentals of each event. 1967. Illustrated. 320pp. Hard cover. \$6.50

KIPCHOGE OF KENYA, Francis Noronha. Great new biography of Kip Keino. Soft cover. \$3.00

MY RACE BE WON. The Vince Matthews story, as told to Neil Amdur. "The other side of the Olympic Gold medal . . . Well written, earthy, entertaining, it is an important document," Robert Lipsyte, former NY Times sports columnist. Hard cover. 1974. 400pp. \$10.00

THE RANDY MATSON STORY. Carlton Stowers' new biography of the Pampa strongman. Great stats and photos. 186 pages. Hard cover. 1971. \$5.95

NO BUGLES NO DRUMS is Peter Snell's crackling autobiography. Candid and revealing about himself, those he competed against, his coaches, etc. Snell pulls no punches in a book which is highly recommended. 1965. Illustrated. Hard cover. \$6.50

RUNNING WILD. Gordon Pirie's life story. The former British distance super-star and world record holder reveals all in readable style. 224pp. 1961. Illustrated. Hard cover. \$4.00

JIM RYUN STORY. Corder Nelson's account of the life & career of America's No. 1 track hero, complemented by almost 200 photos by Rich Clarkson. 272pp. 1967. \$5.95

THE FRANK SHORTER STORY. John Parker's account of Shorter's road to Olympic glory. With other articles and stats on Frank's career. 48pp. \$1.00

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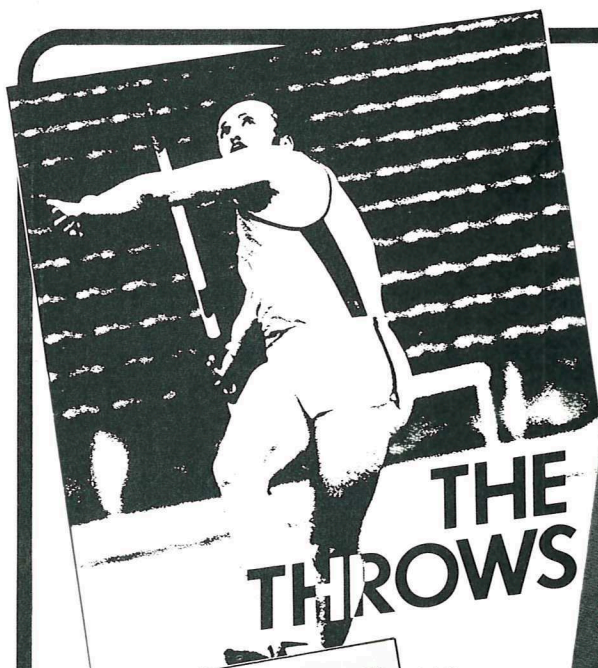
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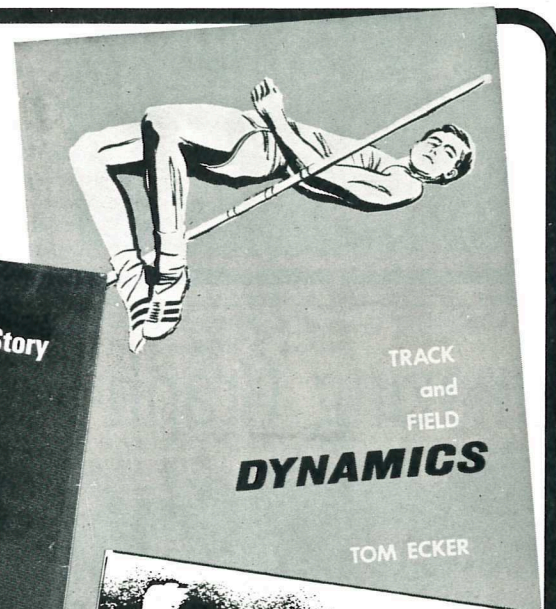
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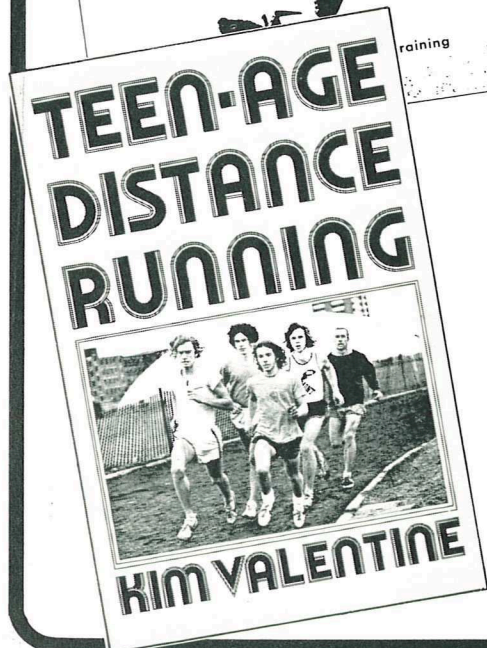


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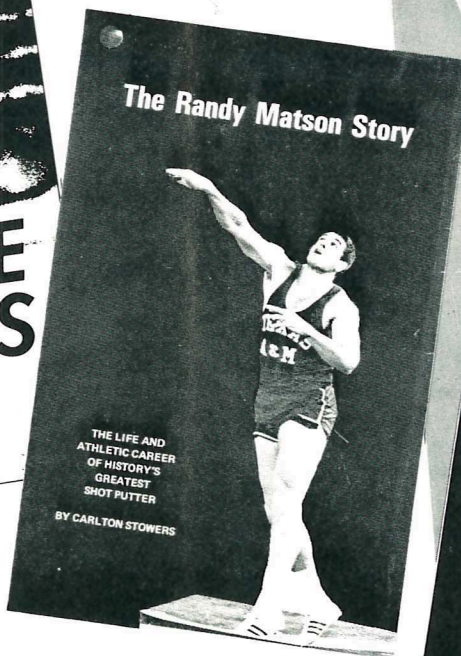
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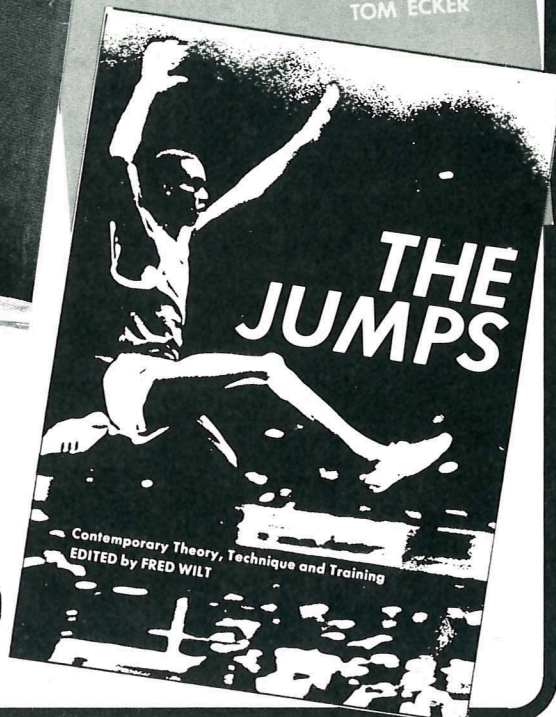
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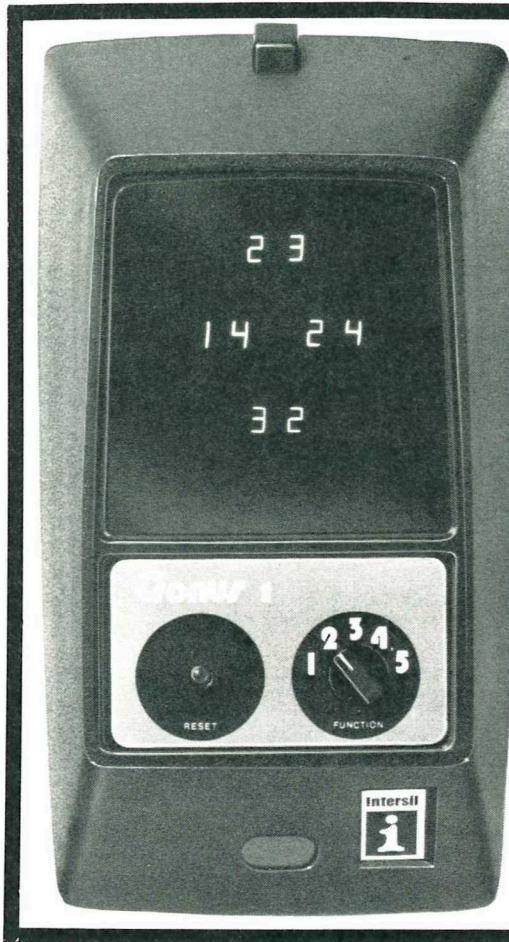
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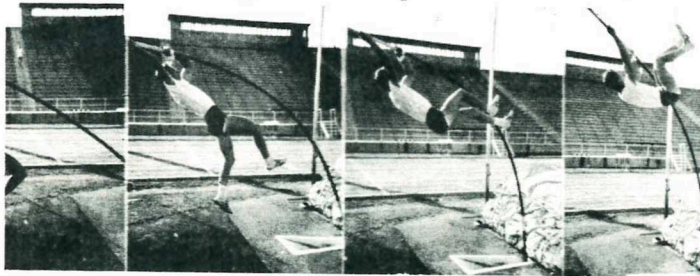
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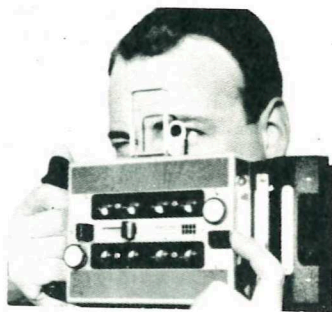
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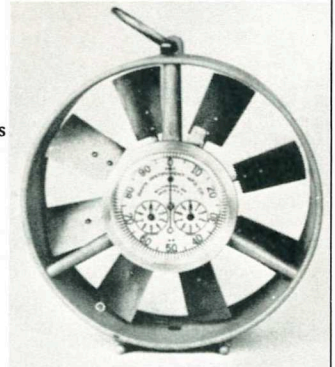
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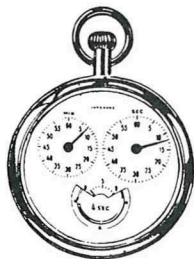
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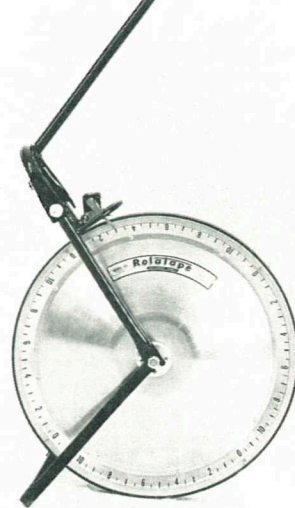
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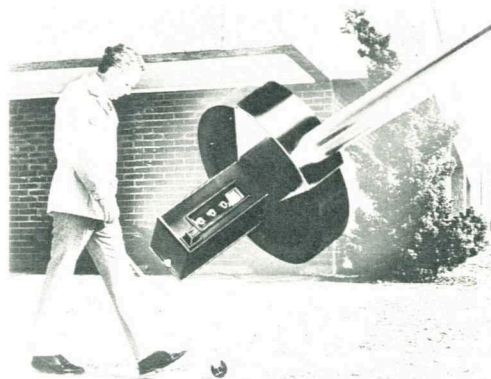
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Javelin: Wolfermann, Lusic, Nevala, Donins, Kinnunen, Kulcsar, Murro, Nikiciuk, Bill Schmidt, Sidlo, Stolle.

Short Sprints: Borzov, Carlos, Crockett, Charles Greene, Hart, Hary, Bob Hayes, Jim Hines, Lennox Miller.

Long Sprints: Larry Black, Borzov, Collett, Lee Evans, Matthews, Mennea, Quarrie, Julius Sang, John Smith, Tommie Smith.

Baton Exchanges: USA team (all 3 exchanges at '72 Olympics final, 400m. Relay); Charles Greene to Mel Pender; USSR team (Borzov taking final exchange, '72 Olympics); Quarrie to Deckard; Ronnie Ray Smith to John Carlos; UCLA 400m. team, 2nd & 3rd exchanges in WR-tying race; misc. 400 relay passes; Ronnie Ray Smith to Carlos (880 relay); Garrison to Deckard (880 relay—unofficial WR); Evans to T. Smith (880 relay); R.R. Smith to Evans (880 relay).

Middle and Long Distances: Snell, Doubell, Wottle, Arzhanov, Ryun, Vasala, Keino, Viren, Bedford & Gamoudi, Prefontaine & Puttemans, Ron Clarke, Wolde & Temu, Frank Shorter, '72 Olympic steeplechase/final (Biwott, Malinowski, Keino, et al).

High Hurdles: Milburn, Davenport, Drut, Tom Hill, Hayes Jones, Calhoun, McCullough, Ottoz.

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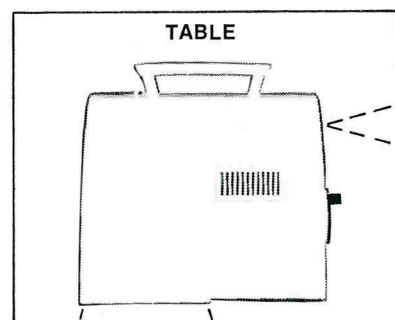


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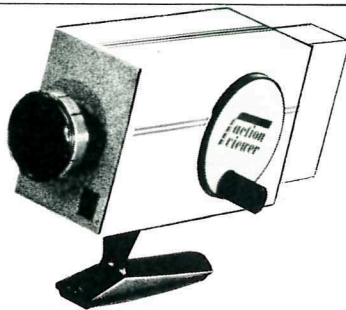
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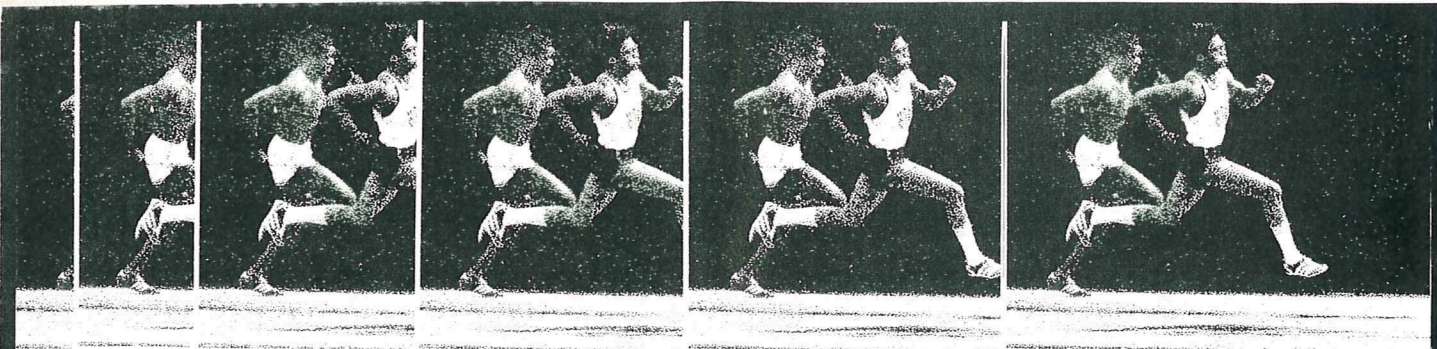
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SPRINT STARTS:

1. Armin Hary (W. Germany)
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3. Larry Black (USA)
4. Tommie Smith (USA)

SPRINTS:

5. Bob Hayes (USA)
6. Jim Hines (USA)

RELAYS:

7. USA 400m. team at Mexico
8. USA 400m. team at Munich (Tinker/Hart)

440:

9. Lee Evans (USA)

MIDDLE AND LONG DISTANCES:

10. Peter Snell (New Zealand)
11. Dave Wottle (USA)
12. Jim Ryun (USA) and Kip Keino (Kenya)
13. Ron Clarke (Australia) and Mamo Wolde (Ethiopia)
14. Steve Prefontaine (USA) and Lasse Viren (Finland)
15. Frank Shorter (USA)

STEEPLECHASE:

16. George Young (USA)
17. Willie Davenport (USA)
18. Earl McCullough (USA)
19. Rod Milburn (USA)

HIGH HURDLES:

20. Thomas Hill (USA)

INT. HURDLES:

21. John Akii-Bua (Uganda)

HIGH JUMP:

22. Valeriy Brumel (USSR)
23. Dick Fosbury (USA)
24. Juri Tarmak (USSR)
25. Dwight Stones (USA)
26. Ed Caruthers (USA)

POLE VAULT:

27. Bob Seagren (USA)
28. John Pennel (USA)
29. Wolfgang Nordwig (E. Ger)
30. Steve Smith (USA)
31. Kjell Isaksson (Sweden)

LONG JUMP:

32. Bob Beamon (USA)
33. Ralph Boston (USA)
34. Randy Williams (USA)

TRIPLE JUMP:

35. Viktor Saneyev (USSR)
36. Josef Schmidt (Poland)
37. John Craft (USA)

SHOT PUT:

38. Randy Matson (USA)
39. George Woods (USA)
40. Parry O'Brien (USA)
41. Al Feuerbach (USA)
42. Hartmut Briesenick (E. Ger)
43. Brian Oldfield (USA)

DISCUS:

44. Al Oerter (USA)
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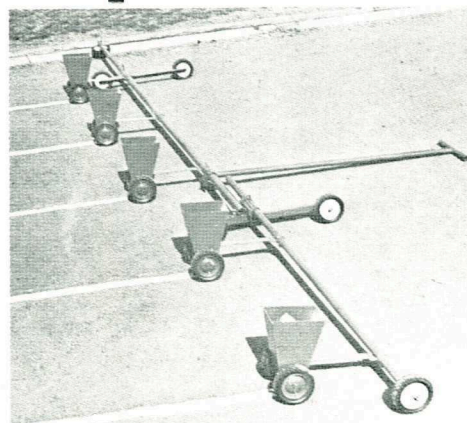
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EDITED BY FRED WILT

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Prep Report

by JACK SHEPARD

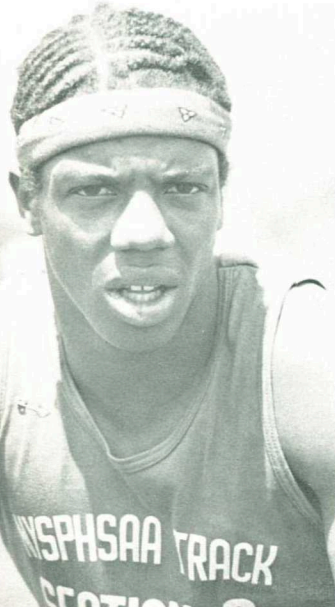
This list indicates just how successful the 1974 campaign was. National records in four events (100, 200, 330H and DT) were broken or equaled nine times. This is not the final season's list, as it does not include marks made between Sept. 1 and Dec. 31 of 1973 or those which will be made between now and Aug. 31.

I thank the many correspondents, coaches, publicists and athletes who took the time to report results. These lists can only be as complete as you make them.

Please send all amendments to Jack Shepard at 6306 Zelzah Ave., Reseda, Calif. 91335 for inclusion in the 1975 edition of High School Track, to be published by T&F N this fall. * = junior; ** = soph; *** = frosh; = converted metric time.

100 YARDS

- 9.3 Greg Edmond (Ball, Galveston)
- 9.3 Willie Smith (Uniondale, NY)
- 9.3 Carter Suggs (Tarboro, NC)
- 9.4 Larry Austin (Jacksonville, NC)
- 9.4 * James Brown (Main, Day B, Fl)
- 9.4 John Chambers (Neptune, NJ)
- 9.4 Stanley Harris (Main, Day B, Fl)
- 9.4 * Elijah Jefferson (Crawf, S Diego)
- 9.4 * Houston McTear (Baker, Fla)
- 9.5 * Joel Andrews (West, Bakfld)
- 9.5 ** Keith Brown (McD, Pksvle, Md)
- 9.5 *** Jerome Deal (Bolton, Alex, Va)
- 9.5 Mike Farmer (Wilson, S Fran)
- 9.5 * Harvey Glance (Cent, Phen, Cal)
- 9.5 Ray Gregory (Hempstead, NY)
- 9.5 Millard Hampton (SC, S Jose)
- 9.5 * Keith Johnson (Brandon, Fla)
- 9.5 * Kevin Johnson (Brandon, Fla)
- 9.5 Terry LeCount (Raines, Jack, Fl)
- 9.5 * Rich Manning (Cy L, Ft My, Fl)
- 9.5 Elvin Peacock (Central, Miami)
- 9.5 Scooter Reed (G Prairie, Tex)
- 9.5 * Mike Roberson (W Park, Fla)
- 9.5 Michael Simmons (Carson, Cal)
- 9.5 * Nate Sumpter (Myrtle B, Fla)
- 9.5 Willie Wilder (Haines City, Fla)
- Wind-aided:
- 9.2 Greg Edmond (Ball, Galveston)
- 9.3 Stanley Harris (Main, Day B, Fl)
- 9.3 * Mike Roberson (W Park, Fla)
- 9.4 Norman Boykin (LaGrange, Ga)
- 9.4 Mike Farmer (Wilson, S Fran)
- 9.4 Robert Harris (Kilgore, Tex)
- 9.4 Robert Hennings (Coll, Cleve)
- 9.4 Steve McBride (Jack, CH, NY)
- 9.4 Scooter Reed (G Prairie, Tex)
- 9.4 Cedric Smith (Plano, Tex)
- 9.4 Andy Snelson (Ray, Pas, Tex)



Mike Holdridge

Willie Smith's season was second to none among '74 preps: tied both sprint records, won both Golden West titles, 2nd in AAU Jr. and US-USSR Jr. 200s.

- 9.4 * Dwayne Strozier (Pow C, Fl, Mi)
- 9.4 Lloyd Toliver (Worthing, Houst)

220 (Straight)

- 21.1 * Lamar Preyor (Mad, Trot, Oh)
- 21.1 Clifford Wiley (Doug, Baltimore)
- Wind-aided:
- 20.0 Stanley Harris (Main, Day B, Fl)
- 20.2 * James Brown (Main, Day B, Fl)
- 20.8 Tyrone Gray (Sew, Fl P, NY)

220 YARDS

- 20.6 Willie Smith (Uniondale, NY)
- 20.8 Mike Farmer (Wilson, S Fran)
- 20.9 Millard Hampton (SC, S Jose)
- 21.0 Carter Suggs (Tarboro, NC)
- 21.11 Greg Edmond (Ball, Galveston)
- 21.1 Michael Simmons (Carson, Cal)
- 21.11 Charles Walker (Lakewood, NJ)
- 21.2 Gerald Burl (Manual, Denver)
- 21.2 * Mike Roberson (W Park, Fla)
- 21.2 * Dwayne Strozier (PC, Flint, Mi)
- 21.3 * Mike Curry (Bulk, Hartford)
- 21.3 Lee Dowell (Alb, Charlott, Va)
- 21.3 * Reggie Edwards (Page, Ariz)
- 21.3 Robert Franklin (Flem, Ro, Va)
- 21.3 Ricci Gardner (E, Nashville)
- 21.3 * Ronnie Harris (Alb, Charl, Va)
- 21.3 Stanley Harris (Main, Day B, Fl)
- 21.3 Ivory Lewis (Wilson, S Fran)
- 21.3 Terry Miller (Mitch, CS, Colo)
- 21.3 Gary Price (Estacado, Lubbock)
- Wind-aided:
- 20.81 Millard Hampton (SC, S Jose)
- 20.9 Greg Edmond (Ball, Galveston)
- 21.0 Gerald Burl (Manual, Denver)
- 21.0 Gary Price (Estacado, Lubbock)
- 21.2 Joel Briscoe (Dunbar, Ft Worth)
- 21.2 Alvin Crenshaw (Roos, Dallas)
- 21.2 Scooter Reed (G Prairie, Tex)
- 21.2 Wylie Turner (White, Dallas)
- Incomplete wind info:
- 21.0 * Harvey Glance (Cent, PC, Ala)

440 YARDS

- 46.31 * Ronnie Harris (Alb, Charl, Va)
- 47.0 Gerald Burl (Manual, Denver)
- 47.0 Mark Collins (Burleson, Tex)
- 47.0 * Sandy Lawrence (Ind R, Chesp)
- 47.01 Keith Tinner (Linc, Tacoma)
- 47.2 Elrick Brown (Lufkin, Tex)
- 47.2 Bill Cork (Hamlin, Tex)
- 47.21 Palmer Simmons (McC, Bl, SC)
- 47.4 James Grace (Mumford, Detroit)
- 47.5 Bill Blessing (Hillcrest, Dallas)
- 47.5 Alvin Crenshaw (Roos, Dallas)
- 47.5 Terry LeCount (Raines, Jack, Fl)
- 47.6 Alan Sheats (Muir, Pasadena, Ca)
- 47.7 Rod Connors (Cordova, RC, Ca)
- 47.7 * Brian Theriot (NH, Npt B, Ca)

880 YARDS

- 1:50.6 Mark Belger (Mep, Bellmore, NY)
- 1:51.0 John Musich (Burbank, Calif)
- 1:51.9 Alvin Crenshaw (Roos, Dallas)
- 1:51.91 Arthur Nious (Fox T, San Anton)
- 1:52.0 Mike Hagon (Suffern, NY)
- 1:52.0 Dennis Kern (Lane T, Chicago)
- 1:52.0 Steve Scott (Upland, Calif)
- 1:52.2 * Tom Lloy (Ed, Hunt Bch, Ca)
- 1:52.2 * Ron Stafford (Reg, Union, NY)
- 1:52.3 George Cagle (Novato, Calif)
- 1:52.3 Francois Wolman (Fairfax, LA)
- 1:52.5 Brian Donahue (Taft, WH, Cal)
- 1:52.5 Dave Hamilton (Leigh, S Jose)
- 1:52.6 Mark Hadley (Vint, Napa, Cal)
- 1:52.7 Mike Edwards (East, Bakrflld)

1500 METERS

- 3:47.2 Steve Lacy (McFarland, Wisc)
- 3:48.9 Rich Kimball (DLS, Conc, Cal)

- 3:49.5 Mike Elder (Hadd Twp, Wt, NJ)
- 3:51.5 * Jim Arriola (Gahr, Cerr, Calif)

MILE

- 4:02.4 Rich Kimball (DLS, Conc, Cal)
- 4:06.7 Andy Clifford (SH, Fullerton)
- 4:06.7 Ralph King (St Pius X, Atlanta)
- 4:07.4 Steve Lacy (McFarland, Wisc)
- 4:07.6 * Ralph Serna (Loara, Anaheim)
- 4:07.8 Mike Hagon (Suffern, NY)
- 4:08.0 Bill Fritz (Glen W, Gl Ell, Ill)
- 4:08.2 Ray Wickless (W Covina, Calif)
- 4:08.8 * Jim Arriola (Gahr, Cerr, Calif)
- 4:08.9 John McNulty (Burbank, Calif)
- 4:09.1 * Eric Hulst (Laguna B, Calif)
- 4:09.1 Jim Schankel (Lompoc, Calif)
- 4:09.4 Tom Duits (Hastings, Mich)
- 4:09.5 Tom Colley (SG, S Bern, Calif)
- 4:09.6 Rusty Nahirney (Wash, Fr, Cal)

STEEPLECHASE

- 9:33.4 Kevin Murphy (E Meadow, NY)
- 9:36.4 Paul Kafetski (BL, Brooklyn)
- 9:41.0 * John McNulty (Nanuet, NY)
- 9:41.6 Mike Elder (Hadd Twp, Wt, NJ)
- 9:44.6 Walt Fisher (White Plains, NY)
- 9:46.0 Andrew Ferris (E Provid, RI)

TWO MILES

- 8:46.6 Rich Kimball (DLS, Conc, Ca)
- 8:50.6 * Eric Hulst (Laguna B, Calif)
- 8:56.0 Ralph King (St Pius X, Atlanta)
- 8:56.6 Steve Lacy (McFarland, Wisc)
- 8:57.0 Jim Schankel (Lompoc, Calif)
- 8:57.8 Benton Hart (Modesto, Calif)
- 8:58.8 * Jim Eicken (Cent, Davpt, Iowa)
- 8:58.8 Steve Surface (S, Eugene, Ore)
- 8:59.4 * Rudy Chapa (Hammond, Ind)
- 8:59.6 Kirk Pfeffer (Crawf, S Diego)
- 8:59.6 * George Watts (Ed, Alex, Va)
- 9:00.4 Pat Davey (Broth R, Birm, Mi)
- 9:00.4 Dan Fulton (Benson, Port, Ore)
- 9:00.6 Guy Arbogast (CC, Encino, Ca)
- 9:00.6 Armando Cendejas (Buena P, Ca)
- 9:00.8 Gary Blume (Hunt B, Calif)

THREE MILES

- 13:45.4 * Ralph Serna (Loara, Anaheim)
- 13:52.2 Rich Kimball (DLS, Conc, Ca)
- 13:53.0 Steve Surface (South, Eugene)
- 14:04.6 * George Watts (Ed, Alex, Va)
- 14:11.8 * Ajim Baksh' (Hollywood, Ca)
- 14:13.2 Jim Schankel (Lompoc, Calif)
- 14:21.4 * Bill Stoip (Lynwood, Wash)
- 14:24.2 * Eric Hulst (Laguna B, Calif)

5000 METERS

Frosh Tim Holmes (Downey, Modesto, Calif) has already had a busy summer, claiming class records at 5000 (15:27.8), 6M, (32:05.6) and 10,000 (33:09.8).

- 14:16.2 * Ralph Serna (Loara, Anaheim)
- 14:22.0 Rich Kimball (DLS, Conc, Ca)
- 14:33.2 * George Watts (Ed, Alex, Va)
- 14:33.4 Jim Schankel (Lompoc, Calif)
- 14:33.6 Dan Fulton (Benson, Port, Ore)
- 14:35.0 Benton Hart (Modesto, Calif)
- 14:35.2 Steve Lacy (McFarland, Wisc)
- 14:45.0 Guy Arbogast (CC, Encino, Ca)
- 14:46.4 Brian Hull (Swn, Jamestown, NY)
- 14:53.0 Mike Elder (Hadd Twp, Wt, NJ)

SIX MILES

Schankel's sub-29:00 performances moves him into the No. 4 slot on the all-time list and rates as the No. 6 performance.

- 28:58.0 Jim Schankel (Lompoc, Calif)
- 29:32.8 * Eric Hulst (Laguna B, Calif)
- 29:40.0 Guy Arbogast (CC, Encino, Ca)
- 30:10.6 Pat Davey (Broth R, Birm, Mi)
- 30:38.4 Brian Brouillet (Wii, Tacoma)

10,000 METERS

- 30:36.2 * Eric Hulst (Laguna B, Calif)
- 30:42.8 Guy Arbogast (CC, Encino, Ca)
- 31:10.0 Pat Davey (Broth R, Birm, Mi)

MARATHON

- 2:25:26 Kirk Pfeffer (Crawf, S Diego)
- 2:27:52 * Ajim Baksh' (Hollywood, Ca)
- 2:30:39 Alex Aguilar (SC, San Jose)

- 2:31:56 Craig Martin (Edmonds, Wash)
- 2:34:31 Sam Simakis (NH, Npt B, Calif)

120 YARD HURDLES

That windy 13.3 for Jim Williams equals the fastest ever run by a prep (Bill Tipton also having a windy 13.3, in '67) as he nipped Gates at the Tri-States meet. He was oh-so-close to a new national record, the 4.9 wind reading just barely exceeding the legal limit of 4.473.

- 13.6 Mike Harris (Indio, Calif)
- 13.6 Dave Hodge (Urs, Ygtwn, Oh)
- 13.7 Tony Boulter (WM, Charit, NC)
- * Dedy Cooper (Ells, Rich, Cal)
- 13.7 Marlon Gates (Middletown, Oh)
- 13.7 George Holmes (Coatesv, Pa)
- 13.7 Fred Shaw (Muir, Pasad, Cal)
- * James Walker (W Ful, Atlanta)
- 13.7 Jim Williams (W Side, Gary, Ind)
- 13.8 Tennell Atkins (BD, Dallas)
- 13.8 Bill Blessing (Hillcrest, Dallas)
- 13.8 * Greg Chandler (Tri P, Orlando)
- 13.8 Mike Chriss (Medford, Ore)
- 13.8 Brian Fulton (Burbank, Calif)
- * Robert Gaines (Kenn, Rich, Ca)
- 13.8 Richard Gillette (Davis, Mont, Al)
- 13.8 Richard Graybehl (LL, WC, Ca)
- 13.8 Mike Kirtman (Wilson, S Fran)
- 13.8 Gavin Robertson (LS, S Bend)
- 13.8 Mike Williams (Ray, Pasad, Tx)
- Wind-aided:
- 13.3 Jim Williams (W Side, Gary, Ind)
- 13.4 Bill Blessing (Hillcrest, Dallas)
- 13.4 Marlon Gates (Middletown, Oh)
- * James Walker (W Ful, Atlanta)
- 13.6 Mike Williams (Ray, Pasad, Tx)
- 13.7 Tennell Atkins (B Dunne, Dallas)
- 13.7 Mike Chriss (Medford, Ore)
- 13.7 Ricky Davenport (Baker, La)

180 LOWS (Straight)

- 18.7 John Galjour (S Laf, Gall, La)
- 18.7 Fred Shaw (Muir, Pasadena, Ca)
- 18.8 Jim Austin (Muir, Pasadena, Ca)
- 18.9 Robert Hennings (Coll, Cleve)
- 18.9 David Jakle (Los Altos, Calif)
- Wind-aided:
- 18.5 Fred Shaw (Muir, Pasadena, Ca)
- 18.7 Robert Hennings (Coll, Cleve)
- Incomplete wind info:
- 18.9 Jerry Arthur (Scotlandville, La)

180 LOWS (Turn)

- 18.6 Richard Graybehl (LL, WC, Ca)
- 18.9 Jim Austin (Muir, Pasadena, Ca)
- 18.9 Robert Hennings (Coll, Cleve)
- 18.9 Fred Shaw (Muir, Pasadena, Ca)
- 19.0 John Foye (Locke, Los Angeles)
- 19.0 Marlon Gates (Middletown, Oh)
- 19.0 Mike Kirtman (Wilson, S Fran)
- 19.0 * Tim Roberts (West, Arvada, Co)
- Wind-aided:
- 18.9 * Tim Roberts (West, Arvada, Co)
- Incomplete wind info:
- 18.9 Willie Rouse (Wayne, Ft W, Ind)

330 YARD HURDLES

Progress. Georgia and California will go to the 330 hurdles next year. Unfortunately, California's will be lows (like Illinois) rather than intermediates. Still, it's a major step in the right direction.

- 35.9 Bill Blessing (Hillcrest, Dallas)
- 37.0 Curtis Isaiiah (Refugio, Tex)
- 37.2 Mark Blackwell (Groveton, F, Va)
- 37.2 Jarvis White (Ft Lauderdale)
- 37.3 George Adkinson (S San Anton)
- 37.3 * Charles Whigham (Dun, Ft Wth)
- 37.4 Mike Chriss (Medford, Ore)
- 37.4 Ken Sweat (Greenville, Tex)
- 37.5 Daniel Stagg (Lee, Baytown, Tx)
- 37.5 Guy Sullivan (Seq, Ft Worth)

330 lows:

- 36.9 Ron Sterrenberg (LT, LG, Ill)
- 51.6 Richard Graybehl (LL, WC, Ca)
- 51.8 Gary Schmidt (Oceanside, NY)
- 52.5 Bill Blessing (Hillcrest, Dallas)
- 52.8 Quentin Wheeler (MR, NS, NJ)
- 54.0 Mike Chriss (Medford, Ore)

HIGH JUMP

Late-season seven-foot clearances by juniors Walker and Mann push the num-

ber over that barrier to seven this season, equaling the record set last year.

- 7-13½f Dean Herzog (Lansing, Kans)
- 7-13½f Mark Wilson (Monte V, Dan, Ca)
- 7-0f Clarke Beedle (LS, Carmich, Ca)
- 7-0f Charles Hatch (Wilson, S Fran)
- 7-0f *Ed Mann (WV, Spokane)
- 7-0f Mark Ridge (Merced, Calif)
- 7-0f *Tim Walker (Rogers, Npt, RI)
- 6-11 ½f *Ron Shaw (Jeffersonville, Ind)
- 6-11 ½f Noel Ruebel (Highland, Ind)
- 6-10 ¾f Kyle Arney (Apollo, Gi, Ariz)
- 6-10 ¾f Brian Melly (C O'H, Spgfld, Pa)
- 6-10 ¾f **Matt Barney (Safford, Ariz)
- 6-10 ¾f *John Green (Natchitoches, La)
- 6-10 ¾f *Nat Page (Evanston, Ill)

POLE VAULT

Northern Indiana spring weather isn't exactly conducive to good vaulting. Hunter is beginning to show what he can do as the summer warms up. After performing creditably in major post-season affairs (3rd in International Prep, 6th in Junior Champs, 1st in Golden West), he has been hot-hot-hot. His sequence of marks, through July 13: 16-0, 15-8 (16-6 after meet), 16-6 (tie for national lead), 16-4, 16-0, 16-0, 16-0, 16-0 and 16-8½. Only Casey Carrigan and Steve Smith have vaulted higher than the last mark, which also ranks as the equal-fifth performance ever.

- 16-8 ¾ Gary Hunter (North, Ft W, Ind)
- 16-6 Mike Tully (Millikan, L Beach)
- 16-5 Tim Johnson (Bl Twp, Chic H)
- 16-4 Tad Scales (Lawrence, Kans)
- 16-¾ Tim Riley (East, Wichita)
- 16-0 John Weigel (Cherry C, Eng, Co)
- 15-8 Jim Knaub (Lakewood, Calif)
- 15-8 Tom Rice (U Arl, Columb, Oh)
- 15-6 ¾ *Greg Pickett (N, Ft Smith, Ark)
- 15-6 ¾ Jim Stokes (Kears, Flint, Mich)
- 15-6 ¾ Ron Clausen (Shoreline, Seattle)
- 15-6 Scott Fisher (Medford, Ore)
- 15-6 Dave Lipinski (Fitz, Warr, Mi)

- 15-6 John Tesone (Ch Cr, Engl, Co)
- 15-5 ¾ Dennis Dudley (Hanf, Rich, Wa)

LONG JUMP

- 25-1 ½ Donald Dykes (Hammond, La)
- 24-7 David Wells (Pueblo, Tucson)
- 24-5 ¾ *Larry Perry (Alton, Ill)
- 24-4 ¾ James Lofton (Wash, LA)
- 24-4 ¾ *Eugene Collins (Rockledge, Fl)
- 24-4 ¾ Roy Williams (W Or, Orange, Tx)
- 24-3 ¾ Kevin Cole (Gardena, Calif)
- 24-3 Veryl Crawford (South, Wichita)
- 24-2 ¾ *Jon Sutton (Morn, Inglewood)
- 24-2 ¾ Dan Williams (Hoover, Fresno)
- 24-2 ¾ Bobby Jones (Gardena, Calif)
- 24-1 ¾ Willie Banks (Oceanside, Calif)
- 24-1 *Robert Calhoun (SPF, SC, NJ)
- 24-1 Gordon Kurz (SC, Oxnard, Ca)
- 24-1 Ronald Williams (Opelousas, La)
- Wind-aided:
- 25-½ Jerry King (Altus, Okla)
- 24-11 ¾ Veryl Crawford (South, Wichita)
- 24-9 ¾ James Lofton (Washington, LA)
- 24-7 ¾ David Wells (Pueblo, Tucson)
- 24-6 ¾ Kevin Cole (Gardena, Calif)
- 24-3 ¾ Gordon Kurz (SC, Oxnard, Ca)
- 24-2 ¾ Willie Banks (Oceanside, Calif)
- 24-2 ¾ *James Brown (Main, Day B, Fl)
- 24-2 ¾ *Larry Johnson (Wash, Easton, Ca)

TRIPLE JUMP

- 51-3 Willie Banks (Oceanside, Calif)
- 50-7 ¾ Jerome Hutchings (NE, Macon)
- 50-6 ¾ *James Gardner (Alb, Charl, Va)
- 50-4 ¾ Ken McClendon (Wash, Denver)
- 50-2 ¾ Don Bryson (Oakland, Calif)
- 50-1 ¾ *Harper Brown (West, Rome, Ga)
- 50-¾ Don Duval (Cor, Colo Springs)
- 49-11 ¾ *Tony Easley (Flem, Roan, Va)
- 49-3 ¾ Tor Brosstrom (Greeley, Chap, NY)
- 49-0 Roosevelt Reynolds (Carver, NO)
- 48-11 ¾ Doug Henderson (Frankfurt, WG)
- 48-10 ¾ Charles Hollis (BT, Chic Hts)
- 48-10 Dan Williams (Hoover, Fresno)
- 48-9 Joe Johnson (DeRidder, La)
- 48-8 ¾ Mike Sawyer (Smith, Ches, Va)
- Wind-aided:
- 53-3 ¾ Willie Banks (Oceanside, Calif)
- 52-2 Ken McClendon (Wash, Denver)
- 50-8 ¾ *James Gardner (Alb, Charl, Va)
- 50-8 Don Duval (Cor, Colo Springs)

- 49-4 Mike Sawyer (Smith, Ches, Va)
- 48-11 ¾ Charles Hollis (BT, Chic Hts)
- 48-10 Pat Augeri (Xavier, Midd, Conn)

SHOT PUT

- 69-8 ¾ Paul White (Russellville, Ark)
- 65-11 ¾ Curt Hampton (Vall, EC, Cal)
- 65-1 Ron Klotzer (Union, NJ)
- 64-8 ¾ *Dave Kurrasch (Santa Ana, Ca)
- 64-4 ¾ Mark Chew (Wooster, Reno)
- 64-0 Ian Pyka (Bayonne, NJ)
- 63-7 *Eric Drescher (Hershey, Pa)
- 62-11 John Dunn (Tac H, Hills, NY)
- 62-8 Ray Sahadi (Tenafly, NJ)
- 62-5 Russ Brown (Hoover, Fresno)
- 62-2 ¾ *Bob Feuerbach (Preston, Ia)
- 62-2 *Curt Denny (Burns, Ore)
- 61-10 Dave Hart (Skyline, SLC, Utah)
- 61-8 ¾ Rich Torbert (Lowell, Whittier)
- 61-8 John Sloan (Rolling Mead, Ill)

SHOT PUT (16 lb)

- 53-7 ¾ Mark Chew (Wooster, Reno)
- 52-11 ¾ John Dupont (Dim V, FR, Mas)
- 52-9 Ian Pyka (Bayonne, NJ)
- 52-6 ¾ *Dave Kurrasch (Santa Ana, Ca)

DISCUS THROW

- 201-6 Ray Burton (Vacaville, Calif)
- 199-3 Mike Columbus (SPF, SP, NJ)
- 196-2 Ron Klotzer (Union, NJ)
- 195-8 Leon Farmer (Killeen, Tex)
- 194-2 Darrell Elder (Red, Larks, Cal)
- 191-10 Scott Genter (Brecksville, Oh)
- 190-2 Mark McNaughton (Hoov, Fres)
- 188-11 Melvin Baker (Ontario, Ore)
- 188-11 Steve Brown (Wn H, Ft Worth)
- 188-6 Pat Bailey (SW, Minneapolis)
- 187-9 Mark Chew (Wooster, Reno)
- 186-10 Chuck Avants (Lake, S Ang, Tx)
- 185-10 Floyd Dorsey (SMS, Ov Park, Ka)
- 185-7 *Tim Fox (Bend, Ore)
- 185-1 Chris Ward (Patterson, Dayton)

HAMMER THROW

- 206-10 Gene Mancino (North Bergen, NJ)
- 206-1 Emmett Berry (Hope, Prov, RI)
- 204-6 Edward Ajoottan (Class, Prov)
- 192-1 Dave Porrozzo (Class, Prov)

- 181-6 Bill McNeil (Coventry, RI)

JAVELIN THROW

- 237-9 Frank Perbeck (Manhattan, Ka)
- 236-5 Gene Lorenzen (EV, Trent, Wa)
- 236-1 Stu Ralph (Piscataway, NJ)
- 231-6 Dennis Morris (L Charles, La)
- 229-11 Ed Mikula (Hanover, NH)
- 219-10 *Ralph Ruggerio (Brookton, Ma)
- 219-6 Ken Mackay (Connell, Wash)
- 216-11 *Ron Perkins (South, Eugene)
- 215-9 *Russ Armstrong (Tim, Lacey, Wa)
- 215-3 Mike Matter (Greenville, Pa)
- 213-10 Nate Hoberg (GV, G Mills, Pa)
- 213-10 Rich Stewart (Kam, Kenn, Wa)
- 213-9 Dale Crabtree (St Francis, La)
- 213-6 Michael Bryant (Cap, B Rouge)
- 213-4 Joe Simpson (St Pauls, Cov, La)

DECATHLON

- 6400 Dave Morey (CBE, Bucking, Pa)
- 6246 Mike Kowal (Ambridge, Pa)
- 6175 Mike Radford (Hale, Seattle)
- 5994 Dave McDuffie (Pierce, Tacoma)
- 5961 **Rocky Dumais (Ayer, Milp, Ca)
- 5748 **Matt Barney (Safford, Ariz)

440 YARD RELAY

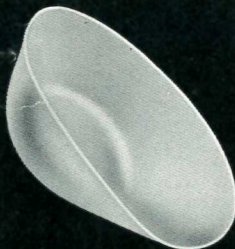
- 41-2 Dunbar, Fort Worth
- 41-2 Wilson, San Francisco
- 41-3 Poly, Fort Worth
- 41-4 Gardena, Calif
- 41-4 Kennedy, Richmond, Calif
- 41-4 Navasota, Tex
- 41-5 Muir, Pasadena, Calif
- 41-6 Ector, Odessa, Tex
- 41-6 Greenville, Tex
- 41-6 Lincoln, Port Arthur, Tex

MILE RELAY

- 3:13-8 Muir, Pasadena, Calif
- 3:14-4 Roosevelt, Dallas
- 3:14-9 Lufkin, Tex
- 3:15-2 Lane Tech, Chicago, Ill
- 3:15-8 Bakersfield, Calif
- 3:16-0 Oceanside, NY
- 3:16-2 Raines, Jacksonville, Fla
- 3:16-4 Dunbar, Fort Worth
- 3:16-6 Glenville, Cleveland □

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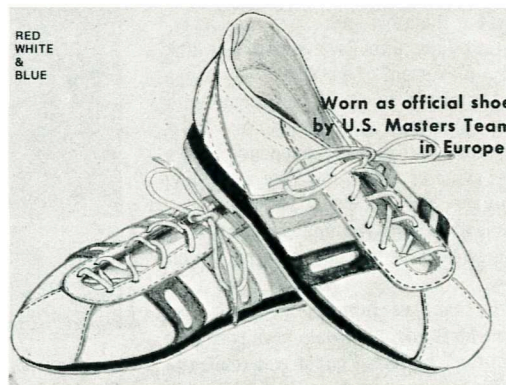
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US Scene

880 YARDS

Chicago was really riding high on top of the two-lap world in early June, especially on the 8th. Within a few hours on that day, Rick Wohlhuter of the UCTC broke his own world record in the 880, Willie Thomas (who prepped at Chicago Englewood) won the NCAA title and Dennis Kern (Lane Tech) beat some of the top preps in the nation at the International Prep Invitational.

"They should retire the race and present it to the city," said *Tribune* columnist Don Pierson.

The most consistent 880 squad over the past few seasons has been Illinois. Illini runners have made the finals in the NCAA 880 the last four years, indoors and out: indoors-'71, Rob Mango 5th; '72, Lee LaBadie 5th, Mango 6th; '73, Mango 5th; '74, Dave Kaemerer 5th; outdoors-'71, Ron Phillips 3rd; '72, Phillips 2nd; '73, Mango 2nd; '74, Kaemerer 8th. The all-time best strings belong to Southern Cal, Michigan and Ohio U, with scorers in this event in five straight meets. The Illini are now the all-time scoring leaders in this event leading Michigan 130-115.

"Retirement?" somebody queried Rick Brown after the NCAA.

"No, the Olympics. I've got to take care of business."

TRIPLE JUMP

Africa seems to be a good source for interesting recruiting stories. As Maury White of the *Des Moines Register* relates it, Illinois assistant Gary Wieneke was having trouble tracking down Charlton Ehizuelen in Benin City, Nigeria. Deciding to shoot his entire budget, he called long-distance and took potluck with the first operator he got at the other end.

"Would you by any unbelievable stroke of luck know Charlton Ehizuelen?" he asked.

"Oh sure," said the voice, "I had a date with him last night." Mission accomplished.

"I don't know if that really happened," says Ehizuelen. "It's one of the stories they are telling about me—but they are telling a lot of stories."

Like the one about him winning two watches in his first meet, so he wore one on each arm, one on Nigerian time.

One of the happiest jumpers at Austin was runner-up Ken McBryde. "It would have been nice to win, of course," he said, "but it was so nice to finally get off a long legal jump [a PR 54-1/2]. It's been a long time coming."

Then there was the quality long jumper who just couldn't seem to master the three-bounce event. The coach pulled him out of the triple and told him to watch the good guys (this is supposedly a true story by the way). "That's great," says the jumper. "Maybe now I can learn how they manage to hit both of those boards without fouling on either one."

440 YARDS

Larance Jones of Northeast Missouri finished his collegiate (make that track) career with a rush, becoming only the fourth athlete ever to win three college division titles in a row, then scoring a big

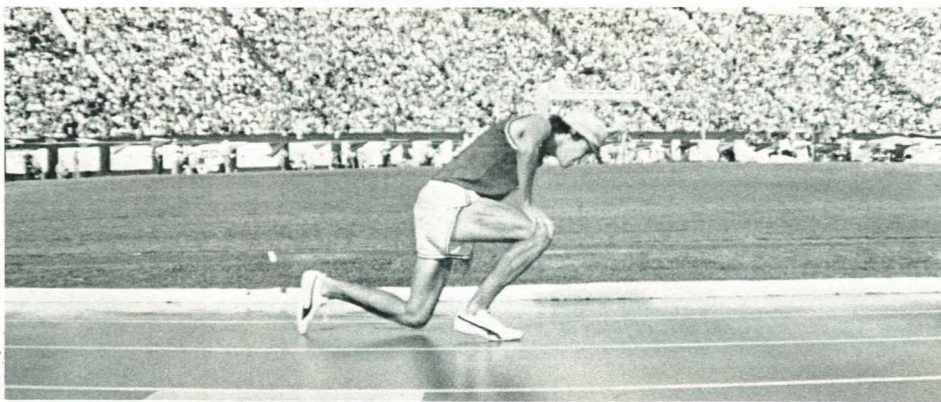
win at Austin. In the latter, his toughest opponent was bad publicity about his possible contamination of others because of his pro football contract. "I've been getting shafted as far as publicity goes," he said. "If I had known the consequences of the international rule I never would have signed."

"Yeah, I thought about the consequences of running against Larry," said Terry Erickson after the heats. "and the consequences are, I might break 45. I never considered not running. Larry's the best in the world, and I've been waiting all year to run against him. The rule where they may make everyone ineligible [it won't, see page 29] is an %*+&)(@=! rule."

It's easy to push the virtues of training where



Don Wilkinson



Penny Crowell

the weather is warm, but Trinidad Olympian Charles Joseph of Seton Hall says the cold isn't so bad. "The warm weather schools tried to recruit me [when he left UTEP] and they all said the same thing—I could train year-round outdoors. But there's an advantage to running here. You do strength work in the off-season, and when the weather turns nice you're ready. When you run hard all year by the time the nationals come around you're all burnt-up."

STEEPLE

AAU winner Jim Johnson felt that a brief trip he took to Czechoslovakia (where he got a PR 8:30.4) was one key to his victory. "I knew I was ready to go at the AAU," he said. "I think I lucked out. I was having a lot of trouble getting

into meets in the US. I ran some miles; a steeple here and there. The trip came up at just the right time. I'm just starting to peak."

Johnson and Doug Brown ran as a team against the USSR, alternating the lead. "I'm tired of the Russians running team tactics on me," said Brown. Running at a sub-8:30 pace, the American strategy was dimmed when Brown fell heavily over a hurdle.

Tennessee used team running to superlative advantage with a 1-2 at Austin, the 28th time a school has taken the top two places in an event, the first time in the steeple. Brown's win gave him 26 points overall in the event, moving him ahead of Sid Sink (24) in the all-time scoring race.

Behind Tennessee, surprising Massachusetts juniors Bill Gillin and Tom Wilson were doing some fine team running of their own, moving gradually up to 5-6, but were broken up to 5-7 at the finish. The gutsy Wilson took the latter spot

The perils of steepling: Tom Wilson ended up without shoes in the NCAA race, won by Doug Brown (below). Brown was even less fortunate a month later, taking a big spill over a barrier against the Soviets.

after losing a shoe on the first lap, then discarding the other to race barefooted.

TEAMS

Jumbo Elliott of Villanova, not unexpectedly, had a few harsh words for Jim Bush after the UCLA mentor made strong statements supporting moves to rid the NCAA of foreigners. "All Bush has to do," said Elliott, "is get 50% of the track people within 15 miles of his school and he can win the national championship."

"I've had 15 kids in 25 years from out of the country [Ed: at least] and I'm proud of every one of them. They've contributed more to our school than points for the track team."

"I felt this American team was much better than the one we saw in Odessa," said Asari

Gerchikov of this year's **US Junior Team**. "The American team, I believe, could have won even against an all-European team."

The Soviet senior squad, according to Neil Amdur of the *New York Times*, was much more relaxed than previous editions. "The festive mood caught on with both teams," he reported. "Soviet athletes who often appeared tense and cautious in New York and Los Angeles were relaxed and even took in the x-rated movie *The Devil in Miss Jones* at a local drive-in, besides stocking up on cigarettes and records."

Although the US victory over the USSR seemed like a close squeeze at 117-102, that was merely a function of the international scoring system (5-3-2-1), which tends to produce closer scores. Using the 5-3-1 dual scoring of the NCAA, the US would have had a 102-78 romp.

440 YARD HURDLES

A Penn 1-3 (Bruce Collins and Harold Schwab) finish at Austin pushes the Quakers to the top rank in the all-time NCAA scoring list for the event with 42 points. BYU is next with 32. Collins and Schwab passed up the AAU to run on the combined Penn-Cornell team which traveled to England at the same time. Collins also missed the '72 AAU (when he won the NCAA) and is the only winner of this event (among Americans) to miss the AAU since the NCAA forced collegians out in '65.

"I hit the hurdle with my trail-leg," explained Michigan State's **Bob Cassleman** of his fall in the NCAA heats. "I had just switched down to 15 steps and it felt so easy I guess I just relaxed and quit concentrating."

RELAYS

The **National Team** had little trouble against the USSR, winning the 440 relay by almost a second. "We just wanted to win," said leadoff man Charles Foster. "We made sure of our handoffs. We played it safe."

The NCAA mile relay championship hasn't moved around much since it was made a part of the meet in 1964. This year's was the 11th race. UCLA has won 7 (plus a 5th), California 2, Iowa 1 and Villanova 1. Although NCC clocked a world-leading 3:05.0 in the heats, UCLA's winning time of 3:06.6 was the slowest winner in six years.

The key to the win was when UCLA switched order, something they have done before. "We were beaten at the '69 Kennedy Games by Rice when they put a fast man second," said coach Jim Bush. "I have a picture on my office wall to remind me. So I put Len Van Hofwegen second at the NCAA, he ran 45.0 and we weren't pressed, but still ran an American record [3:03.4]."

120 YARD HURDLES

Charles Foster, on his distinctive hairstyle (bald head with small "wings" above the ears): "Some people say I do it to cut wind resistance but I just laugh that off. It's just something I like. I like it better this way."

Harley Tinkham of the *LA Times* said it best, describing **Willie Davenport's** surprising 13.5 for third at the AAU: "Running on memory alone." It was only the third race of the season for the 31-year-old three-time Olympian.

"All I'm trying to do is maintain a level plane in my conditioning," says Willie D. "I want to start

next year in a serious effort to make the '76 Olympics. This year I just wanted to hold my own."

"You needed one more 330," offered long jump great **Ralph Boston** after the race.

"He was right," said Davenport. "I needed a little more distance work. I was right with the leaders at 70, but after that I sort of died and couldn't kick in those last couple of hurdles."

Remember the world record equalling 13.2 by **Thomas Hill** at the 1970 USTFF meet? Although **Rod Milburn** has since eclipsed that with a pair of 13.0s, Hill has never received credit for the mark due to an AAU/USTFF hassle. But Hill has grown philosophical about the whole thing.

"A world record is every athlete's dream," he

Poles, Planes Poor Pair

The energy crisis has had many easily recognizable effects on American life. The lowered speed limits and rising cost of petroleum products have affected every citizen.

Track and field competition, with human energy as the fuel, may seem aloof from the problems of an energy shortage. However, the frustrations experienced by Florida Track Club pole vaulter **Mike Cotton** during the past indoor season reveal that it is not.

In Florida, the airlines have begun to utilize smaller planes to conserve fuel. As a result of this, Cotton was only able to use his own poles at three of the eight meets he entered. The reason—the loading bins of the smaller planes were not large enough to accommodate his 16-foot poles.

The problem was not in the total length of the loading bins, but in the placement of the loading entrances in the middle of the compartments. Cotton tried to help load his poles each weekend, but except for the three times it was possible to be scheduled on a large plane, he was unable to have his poles follow him to the meets. Although at the Millrose Games his three poles did arrive, one was broken.

Problems such as this combined with injuries [see Status Quo] didn't add up to a very happy season for last year's AAU champ. 1975 can't go anywhere but up. */John Hardy/*

said recently. "Imagine, nobody in the world has ever done what you have. That's the way of life, innocent people will get hurt. I was caught in the middle of a tangle of red tape and became a victim.

"As a result of this incident I'm no longer as concerned with records and times. I realize these can be taken away. Now I'm most concerned with winning. If I set a record, wonderful, but I'm not hung up on it."

HAMMER THROW

Northeastern's **Boris** (we used to call him **Dov Djerassi** recently summed up the plight of US hammer throwers rather succinctly. "Somebody once said it very nicely: 'We are parking lot

throwers and we will always be that way.' It's true. If you don't want to throw in parking lots, you shouldn't be entered in the hammer throw."

It was quite a comedown from his previous NCAA finishes of 1-2-1, but **Jacques Accambrey** did become the first four-time scorer in the hammer with his fifth at Austin. And he took over the all-time scoring lead with 30 points.

HIGH JUMP

Hard-luck **James Barrineau**, the Georgia frosh who suddenly popped over 7-2 to win the Junior meet but severely injured an ankle trying 7-3, must rate as one of the big improvers of the year. His prep best in Pensacola, Fla., last year was only 6-6.

"I wouldn't have believed it," said Tennessee Coach **Stan Huntsman** at the AAU, "if you had told me that anybody could jump 7-1 at the NCAA and not score a point." But that's just what his charge, **Mark Branch**, managed at Austin, equaling his PR but only getting eighth. He can take some consolation from the fact that it's the best eighth-place mark ever.

Dwight Stones hasn't lost his world record yet, but he has lost the honor of having the best straddle/flip combo. His 7- $\frac{1}{4}$ /7-6 $\frac{5}{8}$ WR for 14-6 $\frac{7}{8}$ has been usurped by old world record holder **Pat Matzdorf**. Converting from a 7-6 $\frac{1}{4}$ straddler, the ex-Wisconsin star recently upped his flop best to 7-2 $\frac{5}{8}$ for a 14-8 $\frac{7}{8}$ aggregate.

SIX MILES

"Last week I ran a 3:58.5 mile, but I hate to run the same race two weeks in a row," said Colorado's **Ted Castaneda** after scoring second in the NCAA six-mile. So next time out he changed again, getting fourth in the AAU 5000.

Dick Buerkle's second in the AAU 10,000 was impressive in itself, but even more so when one considers that *T&FN* has no record of him having run the 6M/10k distance since a 12th in the 1970 AAU.

Minnesota's **Garry Bjorklund** is taking his comeback (after myriad problems) slow and easy. "I'm running about 70 miles a week," he said after a 10-kilo third at the AAU. "I'm not even trying to run my old mileage. Not being able to run was really like losing three fingers." Bjorklund eschewed an opportunity to compete against the Soviets. "I'm done for this year," he said. "I'm just happy to be able to compete again."

The fourth scored in the NCAA six by **Pat Mander** was notable in that he finished second last year. Only seven other runners have been able to score twice in this event since it became a regular in 1963. Only four runners have a better total than his 12 points.

LONG JUMP

NCAA winner **Jerry Herndon** had trouble using some of favorite strategy against the Soviet Juniors. He couldn't use psychology as he usually does. "It's hard to psych a guy out if you can't talk to him," said the UCLA frosh. "You have to give 'em a mean eye, but a lot of Russians have mean eyes."

AAU winner **Bouncy Moore** says he uses five different gears when he jumps. "The first three deal with my start, running and spring into the air," he reveals. "When I'm in the air I change gears. I move my legs and get my feet ready for the landing. You can usually tell—at least I can—

just how good your jump is going to be when you leave the ground."

Bill Rea of Pitt was certainly in a familiar spot with his fifth in the NCAA this year. That's exactly where he finished as a frosh and junior, too, breaking up the string with a third as a soph.

Randy Williams has now scored 22 points in the NCAA LJ, the No. 3 total ever. He needs to win next year to be the best ever; second would gain him a tie with Iowa's Edward Gordon ('29-'30-'31—the event's only three-time winner).

Olympic bronze medalist **Arnie Robinson** says he was planning on retiring this year until he heard that the AAU was at UCLA. "That gave me second thoughts," he revealed. "I really like the facilities and I felt that if there was ever a chance to go 28, it would be there."

MILE

"My season is over," said NCAA champ **Paul Cummings** after the meet. "Due to a construction job this summer I won't be competing in the AAU or touring Europe. My workout schedule will be the same as last summer's. I'll try to get in 10 miles a week or so."

Nine sub-4:00 runners were eliminated in the heats at Austin, including 3:55.0 performer **Denis Fikes**, who dropped out with a 110 to go. "A week ago, I was having the best workouts I've ever had," he revealed. "I got down here Monday and started having nasal problems. I've been feeling poor ever since then."

Romping all over the two-lappers, **Rick Wohlhuter** would like to try the 1500/mile this summer, he stated at the AAU. "I hope to meet Filbert Bayi this summer," he declared. "I'd like to run behind a guy who goes out on a good pace. I feel I have a chance of beating him." The owner of a 3:55.1 mile, Wohlhuter added, "I consider the mile a vacation from the half. It's a change of pace, which is quite literally the situation. I think

Austin's heat decked mile victor Cummings.



Chip Gane

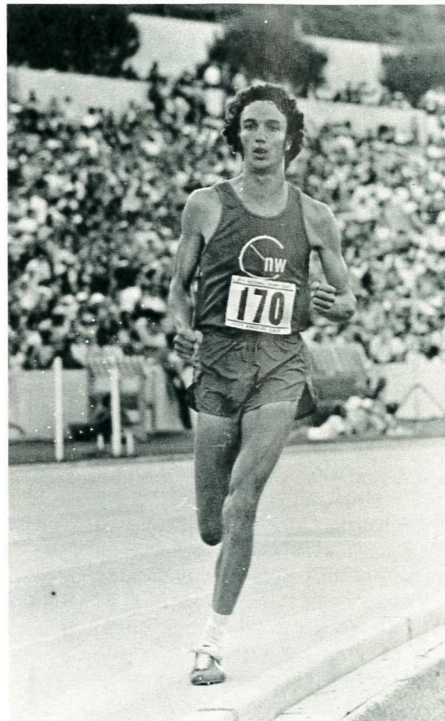
my half-mile speed should help me in the mile and I always feel I'm capable of winning any race I enter."

"It may be a long time to sustain my interest in track," says **Marty Liquori**, "but when the Olympics are only nine months away and it's time to start training hard, I hope to put my business interests aside and concentrate on running like I did in college. College is great, but it isn't the real world. Anybody who gets out of college and thinks he can make a total commitment to track while still earning a living is banging his head against a wall."

THREE MILES

Dick Buerkle explained at the AAU how he overcame a serious blister problem: "I haven't had any problem since I started taping my entire foot."

Tripping along quietly along in third-place in that hot Eugene three-mile behind Pre and Frank



John Morvant

Don Chadez

Kardong's secret: Fruit Loops?

Shorter was **Don Kardong**, cutting 22.2 off his old PR with his 12:57.6. Why the improvement? "It's my diet. Typical day's diet for me is in the morning a couple of bowls of Fruit Loops and some orange juice. At lunch, two peanut butter and jelly sandwiches and a small bag of cookies, and for dinner, pizza and beer. And that's pretty much the reason for my improvement."

"The race didn't feel too good, because when I got to the last lap, they were all screaming for Pre and Shorter. I almost stopped, because it was really loud, and they weren't even watching me."

"Where is he? He's supposed to be the best in America, but he's never around for the big ones. The only place he ever seems to really run well is in Eugene." So sayeth New Zealander **Dick Quax** about our own **Steve Prefontaine** upon his arrival in the US. PS—Quax finished a well-beaten sixth in the AAU 5000.

The Pac-8 win string in the NCAA three-mile was stretched to nine with the Austin victory of



Bishop D: big throws at home.

Paul Geis. The win also moved the Ducks within striking distance of overtaking Indiana as the all-time 2M/3M scoring leader. The Hoosiers now lead 103-99.

SHOT PUT

The "home-ring advantage" certainly came into play at Austin, as Longhorns **Bishop Dolegiewicz** and **Dana LeDuc** were the only throwers to record PRs in the shot. The hot Dolegiewicz produced four throws over his own pending Canadian record of 64-4½ (set just the week before), finally reaching 64-9¼ in the last round. This, despite a sore shoulder which required constant massage during the competition and forced his withdrawal from the discus final. LeDuc was no slouch in the championship meets either, getting PRs in the USTFF (64-9¼), NCAA (65-7½) and AAU (65-8¾). Too bad the season ended there.

As a member of Kansas' Orange Bowl team, ITA putter **Karl Salb** had fair football credentials. But he only lasted one day with the WFL Houston Texans this spring. "I couldn't stay with the people getting ready for football," he said. "Football training is too much of a change from my training for track."

"I like being the sole judge of what to do. I do what I think is best for my training. Nobody tells me to do a drill that I know is detrimental to my physical well-being."

Salb seemed very concerned for his body. "Once I get out of sports," he added, "I'll have a better chance of walking and living out my life if I stay in track than if I play football."

DECATHLON

NCAA champ **Ronald Backman** says he hopes to have two successful seasons this year. "I want to be in shape for both coaches, at school and back home in Sweden," he said at Austin. "What I am trying this year is to be in very good shape for two months (to cover the NCAA), then go home

and take some time off. Then I'll hit it hard a month before the big meets in Europe."

That Austin 10-eventer really brought out the best in the collegiate decathletes. The first five (Runald Backman, Roger George, Bo Sterner, Mike Hill and Bob Coffman) scored PRs, as did No. 7 Greg Hackney. And sixth-placer Christer Lythell missed his by only four points, eighth-placer Bill Hancock by 18.

The Texas competition was missing Navy's **Brad Stephan**, who had gone all the way to Baton Rouge in 1973 to try to get added to the field because he was just a few points short of qualification; that was denied. This year he was one of the leading qualifiers (7387, seventh-best) but was ordered to stay in Annapolis for graduation ceremonies, where Richard Nixon delivered a speech.

SPRINTS

Conspicuously absent from the NCAA sprints was Florida A&M Olympian **Rey Robinson**. Apparently part of the reason that neither he nor the rest of his 39.9 compatriots showed up was a major coaching metamorphosis at the Tallahassee institution. Robinson is now trying out as a free agent with pro football's Miami Dolphins. I'm not in top shape," he said. "It might take me a while

to really work up my speed and endurance but when I do I'll get a little quicker. I usually do."

"There's no doubt Rey's a world-class sprinter," said Dolphin coach Don Shula, "and now we have to find out if he's a football player."

Mark Lutz thinks that white men can still make it in the sprinting world. "I think a few coaches seem to think that if you're not black, you can't run fast," he says. "I really feel that a lot of the track coaches in this country try to steer white people away from the sprints. I also feel that a lot of white prospects see blacks dominating the sprints and then decide that they should try another event."

Super JUCO performer **Donald Merrick** (Seminole, Fla) had a remarkable frosh season, being selected as the MVP at both the indoor and outdoor championships, winning two titles at each. He recorded 6.2/30.6i and 9.2/20.8 clockings, the 9.2 being a World Junior Record.

Asked which sprint he liked best, **Don Quarrie** responded, "I like both. The 100 is more of a crowd race. Everybody likes to see it and I like to run it. But to be honest, the 200 is hard. It hurts me, but I know I run a good 200 so I don't mind."

Steve Williams reflected the thoughts of many as to why **Valeriy Borzov** and **Yevgeniy Arzhanov** didn't race against him and **Rick Wohlhuter** in the

US-USSR affair. "It's very obvious what they're doing," he said. "We ran too well in our nationals for them to step on the line."

Borzov looked pretty good at the beginning of the Durham 200, leading **Reggie Jones** and **Lutz** for the first half of the race before both pulled ahead of him, Jones winning in a photofinish. "I put everything out of my mind except winning," said Jones. "The clock kind of takes care of itself."

Borzov appeared reserved. "The race begins in the last 100 meters," he shrugged. "I'm at the beginning of my season and didn't expect to win."

Del Meriwether did a good come-out-of-nowhere job at the AAU, turning in a creditable 10.2 for sixth. Not bad for a 31-year-old doctor in his second or third meet of the year. "I don't think I was in the top five," he said immediately after the race. "With this kind of field though, I'm not a bit surprised. This was an exceptional race." When it was announced Williams had run 9.9, Meriwether laughed, "No wonder I couldn't catch him. Wooo . . ."

According to NCAA 220 champ **James Gilkes**, he and UTEP Swede **Chris Garpenborg** collided midway through the 100, which might explain why neither did as well as might have been expected. □

Status Quo

Pole **Andrzej Badenski**, the No. 1 ranked one-lapper of 1965, defected to the West while in Germany for the World Soccer Cup. The 31-year-old Badenski, who has 20.7/45.4 credits, ran in three Olympics, winning the 400 bronze at Tokyo.

Memphis State's **Paul Bannon**, a 13:27.8 performer, missed the NCAA because of a stress fracture of his right tibia discovered in mid-April.

Darwin Bond is through with his eligibility at Tennessee. Although he essentially didn't compete one year, the conference refused to give him another year.

Ted Bregar's first assignment as an ensign will be at the Naval Academy, where he will be able to train through the Olympic season.

Although he had offers to join the Gainesville distance colony, steepler **Doug Brown** reports that he plans to stay in Knoxville and train with Stan Huntsman for '76.

Prep indoor mile record holder **Vince Cartier** (4:06.6) recently ran his first mile in two years—4:12.9. Cartier redshirted at Florida this year after surgery on an Achilles last summer.

Although we reported last fall that **Wayne Collett** was actively pursuing his comeback, he didn't show up at all this season. Apparently, he got a new job that doesn't give him the training time he needs, so he is staying retired for the present.

Mike Cotton, the '73 AAU vault champ, was hindered nearly all season by a torn muscle in his lower abdomen. He vaulted 17-2 at the Florida Relays in spite of the injury, but his condition went downhill from there.

"I'm on the brink of signing a pro football (NFL) and track contract," said **Ivory Crockett**

after the AAU. "I can't say who with yet, though."

Colorado's 16-8½ vaulter, **Bill Curnow**, had to miss the NCAA because of a broken toe.

Several wags suggested that **Marshall Dill** be awarded an Oscar for his acting performance in the 220 quarters at Austin. Clearly beaten for the fourth qualifying spot, he reached back and grabbed his hamstring as he approached the line, as if to indicate an injury. But he did not limp or otherwise evidence pain and his gesture drew shouts of derision, rather than sympathy, from the crowd.

Northeastern's **Ken Flanders**, ninth in the '73 NCAA six, missed the outdoor season as a result of an arch injury incurred by training when he was injured.

Prep javelin record holder **Russ Francis**, now at Oregon, is reportedly considering a career as a pro wrestler. A super multi-talent, Francis rates as a pro prospect in both football and baseball as well. But no more javelin, and maybe football, too. "It's like the javelin," he says. "I said when it stopped being fun I'd give it up. That's what happened with football."

Indoor TJ find **Arnold Grimes** (53-11¾) didn't compete at the AAU because he couldn't afford to miss summer school.

Soph Lavis Grisby had a mediocre season, largely due to a tender ankle. A member of the Junior 400 relay last summer, he relates, "I stepped in a hole, twisted my ankle and fell into a rosebed while playing football at the home of the US ambassador in Warsaw last summer." He pledged never to touch a football again.

USTFF javelin champ **Van Holloway** is football

coach at Bethany College, but is still a legal amateur by all rules. Before taking the job, Holloway cleared his situation with the AAU, and since he is getting paid as the admissions counselor, not as the football coach, he violates no statutes.

Former superstar **Gerry Lindgren** may be retiring from competition, stating that the ITA Championships may be his last meet ever: "I haven't got a job and I can't get one, 'cause you can't keep a job when you gotta train. I'm 28 years old and what have I done? I'm unemployed and haven't got anything to show for the last six years. I may clear \$3000 from the tour this year and I've already spent that."

Super-starter **Clifford Outlin** passed the AAU because he had had a long season and wanted to rest and get a summer job, says Auburn coach Mel Rosen.

New Zealand stars **Tony Polhill** and **Dick Tayler** both withdrew from the touring team at the last minute. Polhill was suffering from bursitis of the Achilles tendon, an old problem of his, while Tayler had an unspecified foot injury.

Tony Waldrop sensed that he really wasn't that far out of shape at the nationals. "I'm really excited about going to Europe," he said at Durham. "It's something I've always wanted to do. I should be ready by the time I get to London." He was, winning the AAA 1500.

Former world indoor three-mile record holder **Tracy Smith** has retired again. "In February my sciatic nerve started acting up, sending pains down my legs," he reports. "This has caused my retirement. I'm not going to compete any more. I want to coach and set up jogging programs."

Trojan **Randy Williams** was happy about not having to jump while injured—as he had been to the previous six weeks—at the NCAA. "I had a pinched nerve, a sprained ankle, and Achilles problem; all kinds of jacked-up injuries," he says. □

The Longest Summer

by Jerome McFadden

Question: How often would Mark Winzenried race if Mark Winzenried could race as often as Mark Winzenried would like to race? **Answer:** One hell of a lot!

How often is often? Last summer, when my curiosity prompted me to track him through his annual summer odyssey through Europe (I had noticed the summer before that this guy seemed to be sweeping the old continent faster than the Asian flu), I traced him through 39 races in 4 months, the fastest being a 1:46.2 and the slowest 1:52.0. There were also a few 47-48 quarters and a 3:45 1500 meters thrown in for variety's sake. One month's itinerary (September) looked like an American Express 10-cities-in-10-days package tour: Edinburgh, Aarhus, Brussels, Rome, Dormagen, St. Etienne, Barcelona, and Paris—precisely in that order!

When I finally cornered him in Paris he confirmed that the preceding was quite correct, and that this summer program had come on top of 30 other races in the US. "But 1971 was the biggest year," he added modestly, "when I got in 73 races between home and overseas."

But don't you get a little tired with all that hard racing? "Sometimes. But a lot of it is just a question of rhythm. I just go out and set a pretty good pace and see what happens. A lot of times the other runners are too timid to come along and some times it looks like a really tight race but I'm just trailing along as best I can. For instance last August, in Bergen [Norway], the crowd got really excited because they thought it was a close race but Byron Dyce could have blown me off the track if he had known how tired I was." (Dyce won the race in 1:48.9.)

A lot of this frenetic racing around can be explained by Mark's personality. He just can't stand still. He comes on as basically shy when you first meet him but as you get past this you start to wonder how you can get him wound down again. And his present job as Director of World Athletic Tours doesn't help in this respect. The company itself is an outgrowth of his own personality. Based on his experience traveling and competing abroad, he and a few friends invested what little capital they had to form a business specializing in sports tours, training camps, and the sale of sporting equipment.

In the six years since he first went overseas in 1968 Mark has raced more than 120 times overseas, throughout Europe, Africa and the West Indies. In this period he had become very much of a "European"



Horstmueller

MARK WINZENRIED
London, Rome and points between

runner, meaning that he has become a standard feature of the late summer European invitational meets. He is popular with the European meet directors because they know they can count on him to liven up the pace, which is especially appealing on the old continent where the races tend to be tactical with everyone waiting for the wild finish.

The French press has lovingly tabbed him as "the skinny kid with the relentless pace and the face of a Jesuit priest!" Which explains why he can get invited to 39 races in one summer while other people have to beg and cajole just to make the trip.

His training reflects his attitude on speed and pace: few repetitions, but at high speeds. "I've got this theory," he says in his most convincing voice, "that you have to run fast to clean out the cardiovascular system. The repeated speed pushes the blood through the clogged capillaries and the arteries, making them more efficient. The next time you're at that pace, it is smoother, easier. The system is ready for it."

It seems to work for him. He has been at the top or near the top for the past six years without burning himself out. He expected to ease up this year; now living in London, he missed the major US outdoor meets. But he has hardly been dormant in '74, twice clocking 1:47.2 and competing in cities from London, Paris, Helsinki, Oslo

and Turin to Werdohl and Rehlingen, West Germany and Seraing, Belgium.

He may get in only 40 or 50 races this year, a schedule that only Mark Winzenried could consider light.

Five Coaches Up for Montreal Head Job

Whether we are supposed to know it or not, it's down to five nominees for the head coaching job of the '76 US Olympic team.

As a meeting of the USOC Track & Field Committee in Durham in early July, a field of over 200 names, submitted by various governing bodies in track, was pared down to five finalists for the head coaching position and 46 to fill four assistant coaching roles, the head manager and an undecided number of assistant managers.

The quintet in the race for head coach are Jimmy Carnes of Florida, Stan Huntsman of Tennessee, Dave Maggard, former California coach and now athletic director, Berny Wagner of Oregon State and LeRoy Walker of North Carolina Central. The final selection of head coach, head manager and their assistants will come in October.

The selection process was supposed to be secret and the results not released to the press. But—shades of Watergate—the news was "leaked" to the media by one of those "reliable" sources.

It was agreed that event-competence will be given prime consideration in selection of assistants to prevent another Munich situation when three of five assistants were sprint-oriented. Plans call for Montreal assistants to cover areas of the jumps, throws, sprints and distances, thus freeing the head coach to assume administrative duties.

The other top-priority item on the track committee's agenda was securing travel expenses, plus allowances for meals and housing, for all athletes qualifying for the Olympic Trials. The USOC itself is reportedly in favor of the idea.

But, as one coach pointed out, implementation of such a program may well mean stiffer qualifying standards: "We think some of the US standards are ridiculous. We could have several hundred high hurdlers running 14.0 (the '72 standard). So, in some instances, we may have to set up standards tougher than those for the Olympics."

Possible sites for the '76 Olympic Trials were also discussed. The list of interested cities includes Eugene, Gainesville, Los Angeles, Seattle, and Durham.

A similar expenses proposal, with a limit of 16 athletes per event, is under consideration for the Pan-Am Games Trials, scheduled for the first week in April, 1975. No site has yet been chosen for those trials.

Steroids: Status Quo

When the IOC announced in May it had added anabolic steroids to its list of prohibited substances at the Olympic Games, it appeared the noose was growing ever tighter around the necks of those athletes who use the drug to bulk up, speed up and otherwise boost performances.

And the development by a group of English doctors of an inexpensive, yet accurate testing method, fueled the hopes of many officials and observers that drug use of all types could one day be eliminated.

But little appears to have changed. Use certainly continues unabated. No major meets have agreed to allow testing of competitors. No national federation has instituted spot-checks to counter the accumulative effects of steroids. No indication has been given that tests will be conducted at all national, area or geographic-group championships.

After Dr. Roger Bannister's announcement last October of the development of the new test for steroids, it was announced athletes competing at the Commonwealth Games would be randomly tested.

"There was no 'testing' in the strictest terms," Bannister admits. "Specimens were taken from certain athletes, sent back to researchers in England and tested. Some of these tests were positive."

The so-called "testing" was blasted by veteran hammer thrower Howard Payne, who says he has never taken the drug, yet who recently set a world age-43 record of 232-6.

"I really thought progress had been made when Bannister announced his tests," Payne told Neil Wilson in *Sportsworld*. "So what happened in Christchurch? The medical officer got us together and said, 'Don't worry, chaps. None of you will be banned because these tests are only for research purposes.' That made me very angry. For the first time, Bannister had the drug takers worried and here were the doctors giving them the break they were looking for."

The big drawback to any kind of steroid testing remains the fact that an athlete can take the drug for a period before an important competition, derive the advantages, then stop in time for all traces to pass from his body and thus pass the drug screening test. Bannister has urged the IAAF and national federations to institute spot checks to keep users honest.

"Many concerned national federations are reacting very positively and sympathetically to our initiative seeking tests," he says. "It is also our impression that individual athletes are reacting the same way. Many, I believe, would be relieved if a foolproof detection system were adopted since it would release them from what they feel to be the necessity of taking drugs they know to be potentially

harmful simply on the grounds their chief competitors do so."

But, as writer/marathoner Kenny Moore points out, since such tests are not mandatory, it is possible the ban on steroids could be unevenly enforced around the world.

"The East German sports machine is based on drugs," British shotputter Mike Winch, himself a qualified research biochemist, told Moore. "You're not going to catch them with any spot-checks when it takes six weeks to get a visa into the country. All such tests will do is make it impossible for Western athletes to compete equally."



MIKE WINCH

Tests a disadvantage to Westerners?

Another 'Secret'?

Is there yet another organic "secret" for weightmen? Britain's *Sportsworld* recently reported shot putter Geoff Capes thinks so.

The Commonwealth champion and Britain's first 21-meter thrower (68-10 $\frac{3}{4}$) with a heave of that exact distance, Capes recently revealed his secret.

Seaweed.

Said the 6-4 $\frac{1}{2}$ /311 Capes, "I eat yards of a specially prepared local seaweed because of its exceptional iron content. I am convinced it is doing me a world of good."

Of course, he also devours gargantuan meals each day, including two pounds of either meat or fish. His weekly meat bill is about \$50 and the family's milk bill is close to \$25 weekly.

Winch added another dimension to the problem: "A screening test is just that; it only determines if a steroid is present in the blood or urine. More extensive tests must determine the exact steroid. If it happens to be testosterone, the natural male hormone, officials can't say it's an artificial steroid, thus the athlete can't be disqualified."

Chris Brasher, one of the runners who

helped Bannister to the first sub-4:00 mile, feels Bannister may be hoping for too much in the new test. "He has erred in saying the steroid problem is broken because of the test," Brasher firmly told *Sports Illustrated's* Moore. "It's obvious that the test will be circumvented unless there is worldwide, season-long monitoring by Olympic Committee doctors—a measure no one seriously contemplates."

Bannister just as firmly maintains, "It is unfair and against all principles of sporting competition—cheating in fact—to make use of drugs in this way. I hope the IOC and other sports authorities will accept this new technique and go on to introduce whatever further checks will effectively rid sports worldwide of the evils of drug abuse."

Defending the Flip

The announcement that the IAAF Technical Committee had discussed banning the somersault long jump [II July] because, according to US delegate Pincus Sober, "this method of jumping was so different it has not been traditionally known as the long jump," brought some response from Tom Ecker, the chief proponent of the technique.

"If that same argument had been used in the past," Ecker replies, "we would still have scissors high jumping, sail long jumping, stiff-pole pole vaulting, sideways shot putting, no-turn discus throwing, non-aerodynamic javelin throwing, etc. In fact, it appears the long jump has gone longer without a major technical improvement than any other field event."

Sober was also asked if the somersault style, nicknamed the "flip," is any more revolutionary than the Fosbury Flop. He replied, "There was nothing we could do about the flop because it was in wide practice before we could meet to consider it."

Ecker counters, "When Dick Fosbury won the Olympic gold medal in '68, he had been using the style off and on for five years. Yet only a handful of high jumpers were using the flop at that time. Technical articles on flop jumping didn't begin to appear to any great extent until almost a year later—and I wrote one of them."

"Contrarily, the somersault long jump is being used by hundreds of jumpers. Every day I receive clippings and requests for additional information from coaches and athletes from all over the world. Technical articles on the flip have already appeared in magazines in 17 different countries—that I know of."

"With less than a year of emphasis, the flip is in much wider practice now than the flop was in 1969—a year after the Olympic gold medal and six years after the flop's development."

The Technical Committee is expected to continue consideration of the flip when the IAAF meets at Rome in September. □

Pins by Swank



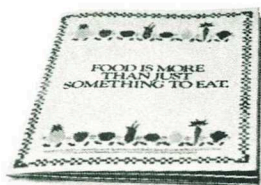
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I Think

by Bob Payne

Isn't it about time the foreign athlete critics came to the point?

Now, there may be some substantive reasons for opposing foreigners in the NCAA Track Championships, but we haven't heard any yet. Instead we have been subjected to heavy doses of rhetoric, couched in moralism and vague calls to patriotism.

This is not to say that anyone who opposes foreign participation is hiding behind phony reasons. They just haven't come up with any valid ones.

And the opposition seems to have little connection with reality, or with the traditions of American higher education and the sport of track.

We find little altruism on either side of the issue. Indeed, it's hard to imagine an issue at all if we didn't keep score. Coaches are not so much opposed to foreign athletes' presence as they are to getting beat by them. (It is perhaps revealing that so many of the proposals concern ways to keep the foreigners from scoring.) At the same time, it's the frantic pursuit of victories and team success which has prompted other coaches to recruit "instant stars" overseas.

In any case, foreign athletes right now are a big part of American collegiate track and those who want to change that are going to have to do the convincing. And what about their arguments, such as they are?

- It has been vaguely suggested that the foreigners' presence is not in keeping with the colleges' responsibilities of "developing young American talent." Yet no coach has disputed the fact that competing with and against experienced and accomplished athletes is beneficial to the development of young (American) athletes. And exposure to persons of different backgrounds and ideas usually is considered beneficial to the development of young citizens.

- It has been charged that foreign athletes in effect "take away" scholarships that might have gone to deserving American boys. But most of the critics are only too happy to point out that schools which recruit foreign athletes "can't recruit American athletes." There is some truth here. However, at all but a handful of super-endowed schools (which "don't need" foreign athletes), squads are filled out by local boys splitting rides or receiving merely in-state tuition or jobs. Blue-chippers don't go begging.

- It has been claimed "we are training everybody else's athletes to beat us in the Olympics." This is presumptuous in the extreme, also out of touch.

First, the argument presumes that these athletes would not have developed if they hadn't come here. Nonsense. The fact is that almost all of the foreign athletes competing in the NCAA were long

identifiable as their countries' top prospects, if not stars already then "blue-chippers" in the American recruiting vernacular. This means they were well along in their development and were national class already—just like our native-born blue-chippers.

Of course, this argument has nothing to do with the Mike Boits and Julius Sangs, Olympians when they got here and men who give far more to American track than they take away.

And how is it that a coach who goes to Africa or Asia on a Peace Corps or exchange program is a humanitarian but one who brings an African or Asian athlete here is a cheat?

- It often is claimed that foreigners should not compete in the NCAA because the meet is "our national championship." But it's not.

The AAU meet is the closest thing we have to a true national citizens' championship—and here a case can be made for the exclusion of non-citizens. But the NCAA is a championship of the colleges and universities, and not all of them at that.

And what is a university if not a gathering place of diverse people and ideas? In areas other than track, colleges take great pride in their foreign student populations as well as in the number of states represented.

Why is it right for Reggie Jones to come from Saginaw, Mich., (out-of-state tuition) to a state college in Tennessee but wrong for James Gilkes to come from Guyana to another school in Tennessee? I suspect the recruiting of Gilkes was less complicated and less expensive.

We are, after all, talking about an individual sport and the most international sport of them all. Team competition is an integral and exciting part of collegiate track but even in the NCAA meet the great majority of athletes compete for individual satisfaction, pulling for their teammates and friends as individuals, unconcerned by the team battle being waged by a handful of powerhouse teams.

The school that wins the NCAA is one which has done a great recruiting job—whether that be in Sweden, Kenya and Trinidad or in Saginaw, Los Angeles and Coos Bay. Considering the nature of both the sport and of the American university, some coaches' virulent opposition to foreign athletes is unbecoming. And for the American colleges to now turn their backs on the rest of the world would be a travesty. □

Bob Payne's efforts make Spokane's Spokesman-Review one of the best track-coverage newspapers in America. T&FN rates him as one of the top track writers in the country.

OF PEOPLE & THINGS

by Bert Nelson

PROBABLY NO OTHER newspaper in the United States has done as much as the *Los Angeles Times* to promote track and field. I've read the *Times* off-and-on for some 40 years but it wasn't until I started reflecting on the *Times* sponsorship of the AAU that I realized what an impact the big daily has had on our sport.

Its coverage of track isn't what it used to be before professional sport took over but it's still the second best in the country. (We think the 60,000 circulation *Register Guard* of track-mad Eugene, Oregon is tops, followed by the million-plus *LA Times* and the 850,000 *NY Times*.)

As a sponsor of track events, the *Times* stands by itself (with the *San Francisco Examiner* second). The Times Indoor Games has been one of the prestige meets of the undercover season for 15 years and has generated more than \$140,000 in contributions to the local track program.

The *Times* sponsored the US-USSR match-up in 1964 and again in 1966. The Russians never showed up for the second meet so *Times* special event promoters Glenn Davis and Will Kern and publisher Otis Chandler, who ranked fifth in world shot putting in 1949, put together an all-star international meet and put on another one the next year. Once it paid the US national team's way to Europe with the money to be returned the next year when the Soviets came here. When they didn't return, and wouldn't pay the obligation, the *Times* wrote it off the books, thus gifting the AAU with \$85,000. Now the *Times* is considering offering permanent sponsorship to the AAU championships.

For whatever it's worth, there may not have been a *T&FN* if it weren't for the *Times*. As boys in Southern California, brother Cordner and I got our first real exposure to track through the *Times* and I had my first taste of participation in the *Times*-sponsored junior pentathlon.

■ ■ ■
OF PEOPLE AND THINGS. My three pet peeves in track are (1) fans who clap louder for the last placer in a distance run than they do for those who not only run faster but try harder; (2) fans who boo the starter for too many false starts when it's really the runners' fault; and (3) joggers who insist on doing their 8-minute miles on the inside lane of the track when an outside lane or the grass would be just as good or better.

What is the significance of 100th-second timing? When the timing is accurate it gives you a very good idea of the distance between runners. Sprinters cover about four inches in a hundredth of a second. So when you read that in the first heat of the NCAA Ron Whitaker ran 9.37 and Mike Sands 9.44 you will know that Whitaker was more than two feet ahead of Sands. But if the times had been rounded

off to tenths according to the rules both would have been reported as 9.4 and you would have no idea whether they were an inch or three feet apart.

Believe it or not, the international rules do not require stop watches to be checked or certified. AAU rules say watches should be checked at frequent intervals during the season. But seldom, if ever, are watches checked after a record. Knowing how stop watches can lose their accuracy, I can only guess that a majority of world records have been timed with one

KEEPING TRACK

by Bob Hersh

Dick Bank is one of the world's leading track experts and is justly respected for his knowledge of the sport. He has an awesome memory for statistics and also has an international perspective which few Americans can approach. When Dick talks about track, I listen.

But when he talks about the apartheid situation in South Africa, I have no reason to pay any attention at all. As far as I know, Dick has no particular expertise in international politics, nor is he a student (much less a master) of philosophy or ethics. So I do not give any weight to his opinions on such subjects. What's more, I disagree with him.

Dick recently wrote that South Africa should be readmitted to the IAAF and IOC because the nation has allowed interracial

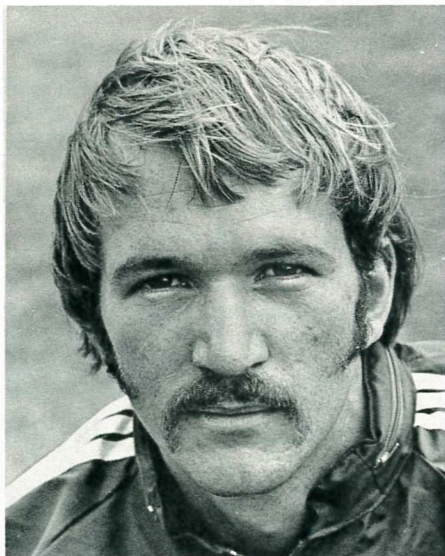
facility. The white minority controls the government and inflicts upon the native majority a status of complete legal subservience. That is apartheid.

But Dick Bank is so fanatically interested in seeing the best possible track competition that he would allow the most minimal changes in South Africa's racial policies to justify getting John Van Reenen, Danie Malan, etc. into the Olympics. He conveniently ignores the relegation to inferior facilities and competition imposed on thousands of their fellow South African athletes (including Lord knows how many potential Keinos, Bayis or Akii-Buas), who happen to be Bantus.

I, too, would much prefer to see the Olympics denationalized. But as long as countries are represented as such, there is a chance to use athletics to serve other more important purposes. Before the last Olympics, I wrote that the South Africa ban will be justified if it can help to bring an end to the terrible oppression of 15 million black South Africans. Since then, the United Nations Commission on Apartheid has expressed its view that the refusal to play against South African sports teams is the most effective weapon which the international community has to influence that nation's outrageous racial practices. I have no basis for quarreling with this conclusion.

As long as the IAAF and IOC are constituted of nations, and as long as their championships are comprised strictly of national teams, it is not wrong for these nations to use a track and field boycott to uplift the human condition of a suffering people.

When should the boycott end? Dick Bank says now because South Africa has permitted limited interracial competition. Again, I disagree. To be sure, I'm glad that some progress is taking place. But I know from my own country's sad and shameful history that if people whose moral leadership can affect public policy will accept tokenism, then no more than tokenism will ever be achieved. □



Mark Shearman

DANIE MALAN
Still no Olympic chances

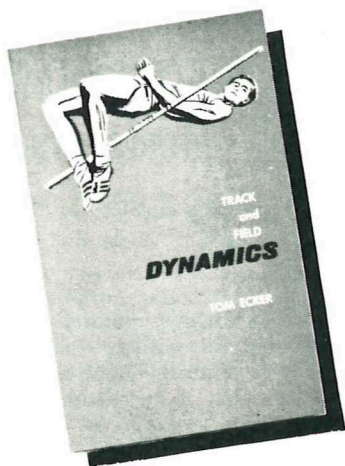
competition at three international track meets. He acknowledges that every other aspect of track and field in South Africa is strictly segregated by law. Domestic interracial events are illegal, as is integrated seating in the stadia and in every athletic

NEW SECOND EDITION OF THIS MAJOR WORK

A knowledge of the physical laws of motion and their application to movements in track and field is without question one of the most valuable theoretical "tools of the trade" a coach can possess. Yet American coaches, due in great part to the lack of clear, easy-to-follow writings on the subject in English, are not keeping up with the rest of the world, particularly European technicians, in their understanding and application of mechanics to track & field skill development.

In 1971, Tom Ecker went a long way toward correcting this imbalance. Ecker, whose credentials as a writer and coaching authority are widely recognized, gave the track world its first concise, readily understandable presentation of this vital subject.

Dynamics is now out in a revised second edition. Only a few changes had to be made from the original—some terminology matters and a few photos—and it is still the definitive introductory work in the field. All is explained in layman's language and many widely-held coaching myths are exploded. Ecker shows vividly how knowledge of the principles of dynamics (the action of force on bodies) can be immediately valuable in improving athletic performance.



Track and Field Dynamics

BY TOM ECKER

112 pp. 1971. Fully illustrated.

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PRAISE FROM COACHES AND ATHLETES:

"Track and Field Dynamics is a great book—necessary if one is to understand the mechanics of track and field. A must for all competitors," Ralph Boston, Olympic long jump champion.

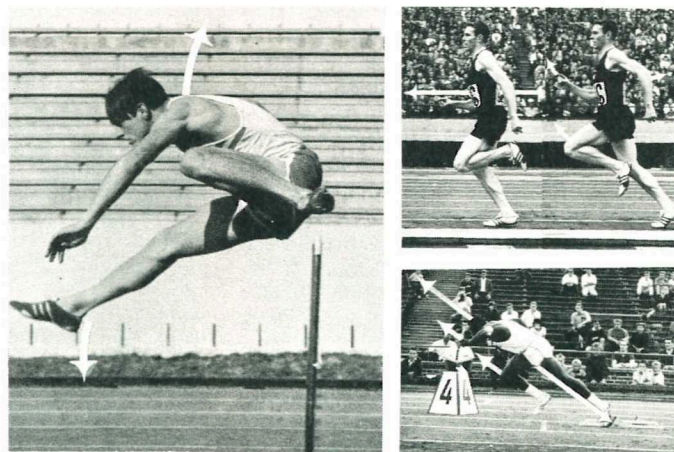
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Last Lap

3:30 Mile Possible or Not?

Earlier this year, Roger Bannister said he saw a 3:30 mile as a distinct possibility by the end of the century.

"We shall see further improvement," he said of Jim Ryun's 3:51.1. "I see as the next target the 3:40 mile and ultimately, by the end of the century, as athletes improve their performances—the 3:30 mile.

"Jipcho and fellow Africans Bayi and the others who have the benefit of living and training at high altitudes will improve on the present record."

Famed New Zealand coach Arthur Lydiard responded later by saying that 3:30 was an absolute impossibility.

"No one could run so far, so fast," he countered.

Lydiard said that he couldn't see milers ever getting past 3:47 because of the high rate of oxygen debt which would be incurred.

No Contamination by Jones

Those who feared that the presence of ("pro") Larence Jones at the NCAA meet would contaminate those who competed against him having nothing to fear.

"That isn't going to happen," says Ollan Cassell, AAU executive director. "The AAU has its differences with the NCAA, as everybody knows, but there's no reason for the athletes to be punished. They have done no wrong.

"We regard the NCAA Championships as a closed meet and we certainly wouldn't try to tell that organization how to run its business.

"Of course, the football professionals can't run in AAU events."

What Are Portuguese Tables?

Several readers have asked us just what the Portuguese Tables are, which are constantly referred to in the pages of *T&FN*.

These tables are similar to the IAAF Scoring Tables, used in the decathlon. Different performances in different events are awarded point values. Thus, a certain degree of comparison can be made between, say a 9.3 100 and a 7-0 high jump (the 100 is 14 points better).

The Tables were developed by a Portuguese, Fernando Amado, thus the name. Most cognoscenti agree that the Portuguese Tables give a better idea of comparative worth than do the IAAF Tables, thus their popularity.

Both sets of tables are flawed, a major reason being that neither has been updated since 1962. Thus, they don't take into account the effect of steroids on the weight events, and the fiberglass pole, skewing

points out of proportion there.

Unfortunately, the Portuguese Tables are out of print and are no longer available, either from *T&FN* or any other sources known to us.

Oregon State vs US Navy

"I had a goal, it was like a dream," says prepster Mark Wilson. "Our school record was 6-6½ and I really wanted to break it."

That he did, setting a new Interscholastic mark of 7-1¼ this spring, second all-time only to Rey Brown's 7-3.

Just a 5-8 performer as a junior, Wilson decided that the only way he would get to college was to join the service and qualify under the GI Bill. So he signed a contract to join the US Navy. He has also signed a letter-of-intent at Oregon State. That's a good place for a flopper to go.

"I guess I was kind of naive," admits Wilson. "I thought I had to go seven-feet to get a scholarship somewhere. I figured it was either seven-feet or the Navy, and I've got to do it."

Beaver Coach Berny Wagner is hopeful that the Navy will be understanding of the situation and release Wilson from his obligation.

Pearson Bill Passes Senate

A bill providing a sweeping reorganization of the international aspects of US amateur sport has passed the Senate and awaits action by the House of Representatives.

The Pearson bill sets up a five-man sports board empowered to designate the American governing group for each international sport. It was strongly supported by the NCAA as soon as all controls over domestic sport were removed. Vigorous opposition was offered by the US Olympic Committee, the AAU and other governing bodies. The next move is up to the House sub-committee on education which is expected to hold hearings, perhaps in November.

Hall of Fame Tabs Inductees

Twenty-one of the US's greatest track athletes comprise the first inductees into the US Track and Field Hall of Fame.

Don Cohen, chairman of the Charleston, W. Va., shrine, announced the selections; the athletes plus three coaches and two officials will be formally inducted at the Hall's opening Aug. 30.

The athletes: Ralph Boston, Lee Calhoun, Glenn Cunningham, Glenn Davis, Hal Davis, Mildred "Babe" Didrikson, Harrison Dillard, Ray Ewry, Rafer Johnson, Alvin Kraenzlein, Bob Mathias,

Lon Myers, Parry O'Brien, Al Oerter, Harold Osborne, Jesse Owens, Wilma Rudolph, Robert Simpson, Les Steers, Dutch Warmerdam and Mal Whitfield.

The coaching trio, all former Olympic coaches include former Southern Cal mentor Dean Cromwell, former Cal coach Brutus Hamilton and early Yale head Mike Murphy. All are deceased as are Didrikson, Ewry, Kraenzlein and Myers.

Contributors chosen were former IOC President Avery Brundage and long-time AAU official and IAAF delegate Dan Ferris.

Vince Matthews Revisited

Everyone who was moved by the Matthews-Collett incident at Munich (negatively or positively) owes it to himself to read *My Race Be Won*.

This refreshing Vince Matthews biography, written in conjunction with



Don Wilkinson

VINCE MATTHEWS

ace-reporter Neil Amdur of the *New York Times*, gives fantastic insights into Vince Matthews, the man.

A talented writer of poetry and short stories, the articulate Matthews was able to draw heavily on his

"Thought Book" to conjure up images from throughout the years.

While his childhood is interesting enough, it is his life in big-time track that will really interest the track fan.

Find out some of the nasty things. Like petty politicking on the Olympic Team, shoe payments, ripping off the promoters, racism. This isn't a lurid expose though, just good insight into the other side of the athletic coin.

Even though the startling revelations are there, they aren't what makes the book so eminently readable.

It's the personal insights Vince has into himself and others. One really relives parts of his life with him. You climb fences as the only way to get a workout when you're preparing for the Olympics. You feel the rejection when the *T&FN* panel of experts tabs you for only fourth in the Olympics.

Find the answer to the question posed by Matthews' mother after he got off the stand: "Why did you do it Butch? You were on top of the world. Now you've knocked yourself down. For a couple of seconds it wouldn't have hurt."

/Winston Sinclair/

My Race Be Won: 396pp. hardback, available from T&FN for \$10.00.

To Box 296

Max L. Garver, no address.

The AAU scored a ten-strike in scheduling the Soviet meets in Austin and Durham and should be congratulated for it. By doing so it assured our winning both meets, but more important it gave those Rooskies a taste of their own medicine. We've always gone out of our way to give them the best. In contrast, they've put us up in sleazy hotels, fed us food a dog would walk away from and given us the fast shuffle from a stacked deck. I'd love to have seen their faces when they stepped into those hell-holes and were hit by 90° heat and 90% humidity.

Harry Mall, Stockton, Calif.

A big rousing boo to all those that chose not to compete against the Soviets at Durham. It seems that loyalty and patriotism are a thing of the past. Any good American would have competed in this meet.

Bill Allen, Arlington, Va.

The account of the US-USSR meet recaptured in major part an exciting track weekend. For understandable reasons, however, one aspect of what made it an out-of-the-ordinary meet was omitted from the account. Bob Hersh's announcing was as good as any I have heard and

contributed greatly to the excitement of the meet and everyone's enjoyment of it.

Elliott Denman, West Long Branch, N.J.

What is needed in American track these days is a domestic summer circuit. . . Small towns in particular are looking for summer activity and track could easily be the answer. Small towns in Europe promote track on a first-class basis every summer. Why can't the US do likewise? Has anyone ever thought that Europeans might want to visit the US for competition in summer as much as Americans might want to go there? Let's get organized and do the job!

T.J. Saunders, London, England.

Paul Geis may be big in NCAA surroundings, but he seemed out of his depth here [after a 5th in the AAA Championships].

Jerry Neugebauer, Pittsburgh, Pa.

The answer to the question, "What's the matter with Pre?" is "nothing." He is good but he is not great. He is doing the best he can. There are no runners here in his class but lots of Europeans who are better.

Bud Morse, Pasadena, Calif.

I think you have to give Ivory Crockett a lot of credit. He knew he'd have no chance at the AAU because they were running 100 meters. The extra 10y was just what

Williams and Quarrie needed. Crockett gave it all he had but he was never in the race. . . We know from seeing him in the AAU he can't run 9.0, but who knows if all those 9.1s were legal?

Paul Goldman, Latham, N.Y.

I would like to predict a US domination of the sprint scene. We have three great sprinters in Jones, Williams and Crockett. Europe has no quality Junior sprinters except Fons Brydenbach. The upcoming trio of Suggs, Smith and Edmond far surpasses other years.

Alvin Dahlene, Lawrence, Kans.

Although Tony Waldrop did some fantastic running in the indoor mile, Jim Ryun is still king of the college milers. The word was that Waldrop would beat Ryun's university record in the outdoor mile, but he didn't. Waldrop is out of university now and Ryun's records still stand as the greatest of all time for a college man. . . Maybe a super young man will come along some day in the US and beat Ryun's records—but it will take some real good running.

Jefferson Buffalo, New York City.

Can I think of a better nickname for a long jumper than "Bouncy"? Of course I can. Didn't you know that when Alfred Hitchcock was in high school, he tried long jumping for a while. But his friends started calling him Hitchkick Hitchcock, so he quit the team and took up making movies instead. □

MOTIVATION AND COACHING PSYCHOLOGY

64 pages

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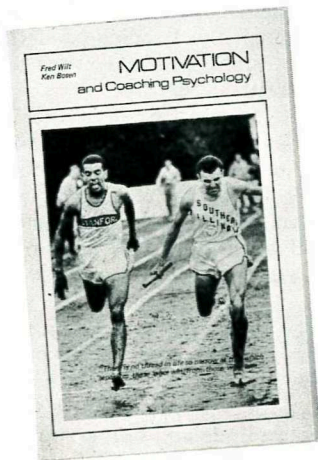
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