

NATIONAL RANKING
OF
HIGH SCHOOL CROSS COUNTRY TEAMS
AS OF
November 9, 1963

1.	Ossining	Ossining, New York	48:49.5
2.	Carlmont	Belmont, California	49:07.1
3.	East	Wichita, Kansas	49:49.0
4.	Tennyson	Hayward, California	50:00.0
5.	York	Elmhurst, Illinois	50:00.5
6.	Redford	Detroit, Michigan	50:04.0
7.	Berkley	Berkley, California	50:12.9
8.	Concord	Concord, New Hampshire	50:43.6
9.	Pittsburg	Pittsburg, California	51:02.0
10.	North	Wichita, Kansas	51:03.0
11.	Pleasant Hill	Pleasant Hill, California	51:03.3
12.	Mills	Milbrae, California	51:11.0
13.	St. Xavier	Louisville, Kentucky	51:16.9
14.	<u>Hillsdale</u>	<u>San Mateo, California</u>	<u>51:19.5</u>
15.	Cubberley	Palo Alto, California	51:21.9
16.	Clayton Valley	Concord, California	51:24.8
17.	Carlmont #2	Belmont, California	51:27.0
18.	Terra Nova	Pacific, California	51:48.2
19.	New Bedford	New Bedford, Massachusetts	52:00.6
20.	South	Salem, Oregon	52:06.0
21.	Wyandotte	Kansas City, Kansas	52:21.9
22.	Newark	Newark, California	52:25.0
23.	Palo Alto	Palo Alto, California	52:34.4
24.	Edison	Tulsa, Oklahoma	52:40.4
25.	Charleston	Charleston, West Virginia	52:48.7
26.	Westmoor	Daly City, California	52:58.6
27.	Central	Little Rock, Arkansas	52:58.7
28.	Tamalpais	Tamalpais, California	53:25.7
29.	Washington	Centerville, California	53:30.9
30.	Cupertino	Cupertino, California	53:40.6
31.	Los Altos	Los Altos, California	53:57.2
32.	San Carlos	San Carlos, California	54:06.1
33.	Buchser	Santa Clara, California	54:10.8
34.	Pleasant Hill #2	Pleasant Hill, California	54:28.0
35.	Southeast	Wichita, Kansas	54:32.0
36.	Santa Clara	Santa Clara, California	54:37.7
37.	Ft. Lauderdale	Ft. Lauderdale, Florida	54:46.1
38.	Highlands	Albuquerque, New Mexico	54:55.2
39.	West	Wichita, Kansas	55:05.0
40.	Foothill	Hayward, California	55:03.8
41.	Valley	Albuquerque, New Mexico	55:33.3
42.	Olando Boone	Olando, Florida	55:33.4
43.	Sylvan	Atlanta, Georgia	55:50.8
44.	Kapaun	Wichita, Kansas	56:00.0
45.	Heights	Wichita, Kansas	56:05.0
46.	Lick	San Jose, California	56:12.0
47.	Manzano	Albuquerque, New Mexico	56:49.4
27.	Sunnyvale	Sunnyvale, California	53:08.8
28.	Los Gatos	Los Gatos, California	53:15.0



The first five runners for Ossining (N.Y.) high school averaged 9:45.9 for two-miles to break the national team total with a speedy 48:49.5. The top seven distance runners at Ossining include (kneeling, left to right) Vince Fallon; Calvin Rascoe; Steve Jacobson, junior, 10:14.0; (standing) Jim Burhans, junior, 9:30.8; John Lengers, junior, 9:29.1; Bill Sileo, senior, 9:54.2; Bill Murphy, junior, 9:41.4.

Ryan sets national prep mark

Mike Ryan of Santa Clara's Wilcox High School established a national scholastic record by covering the two-mile run in 9:09.8 last Saturday at Woodside High School.

Ryan set his mark in a special race during the Northern California Track and Field All-Comers meet held at Woodside High School.

Ryan's time erased the former mark of 9:11.5, established last September by Jim Ryun of Wichita, Kan.

The previous best clocking by Ryan, a junior, was 9:21.3. Finishing second was Ralph Gamaz of Hayward's Foothill High School in 9:13.7, fastest ever recorded by a 15-year-old.

Results of the NCTF all-comers meet:

70 high hurdles — Bill Toomey, Santa Clara Valley Youth Village, 9.0.

Mile—John Lodin, SCVYV, 4:24.4.

440—Bud Simons, SCVYV, 50.4.

100—G. Stulgis, unattached, 10.3.

880—Ossie Norris, City College of San Francisco, 1:59.3.

1320 — Steve Regan, unattached, 3:22.0.

220—Toomey, 22.4.

Two-mile—Lodin, 9:43.9.

Mile relay — Santa Clara Valley Youth Village (Toomey, Simmons, Marienthal, Richardson), 3:33.2.

Javelin—Al Sira, Peninsula Track Club, 151-9.

Hammer — Roy Salvato, PTC, 124-10.

High jump — Jim Brown, unattached, 6-7.

Broad jump — Mike Morse, San Jose City College, 20-7.

Shot-put—Don O'Hair, unattached, 50-1¾.

College discus—Jim Hughes, Golden Gate Track Club, 124-11.

High school discus—Mike Hickley, unattached, 156-3½.

Women's discus—Nancy Norberg, 135-7.

Triple jump—Darrell Horn, Kelly Air Force Base, 40-11½.

Pole vault — Phil White, unattached, 14-0.

Ryan Breaks U.S. Prep Mark; Scot Bid Fails

By DICK HINTON
Tribune Sports Writer

Carlmont's cross country team failed in its bid to turn in the nation's fastest high school team postal time, but junior Mike Ryan of Wilcox snapped the existing individual two-mile mark Saturday on the Woodside High track.

In addition to Ryan's feat, Ralph Gamez of Foothills High

in Hayward snapped his own national sophomore record he set only a month ago.

Ryan's 9:09.8 blitzed 1.2 seconds off the old mark, 9:11 by Jim Ryun of Wichita, Kan. Games' time was 9:13.2, knocking the dickens out of his old 9:20.8 clocking.

Carlmont ran a team time of 49:33.9. The Scots' aim was a 48:49.4 or better. Ossing, N. Y.,

ranked first nationally, owns a 48:49.5 Carlmont's best was run a month ago when the Scots gained the second spot nationally with 49:07.1.

Carlmont junior Mike McCann ran behind the two record-breakers in 9:35.4.

Palo Alto finished seventh in team competition in 54:26.5. The Vikings were the only other SPAL team entered.

The meet was originally scheduled for Stanford's Angell field, but the track was not prepared. The congregation then moved to Sunnyvale High but the wind was too stiff.

And the whole group then migrated north again to Woodside where Ryan and Gamez probably couldn't have been happier.

TEAM: Carlmont 49:33.9; Wilcox 50:08.8; Berkeley 50:53; Tennyson 52:12.4; Sunnyvale 52:58.9; Yonaco Valley 53:47.1; Palo Alto 54:26.5; Overfelt 54:31.5; San Leandro 55:30; Foothills 55:53.2; El Camino 55:58; Pleasant Hill 56:07.7; Hillsdale frosh 56:48.

Leading Individuals: Ryan (Wilcox) 9:09.8 (National record, Old, 9:11 Jim Ryun of Wichita East, Kan.), Gamez (Foothill) 9:13.2 (National soph record, Old, 9:20.8 by Gamez this year); Mike McCann (Ca) 9:35.4, Krieger (T) 9:36.8; Bruce (PH) 9:37.8; Martin McCann (Ca) 9:42.5, McCalla (B) 9:57; Trujillo (T) 9:54.5; Fernandez (S) 9:59.9; Orsua (S) 9:59.

Mills Runners Tie for 15th

Mills High School's cross-country running team tied for 15th in the nation in the final standings just released by U. S. Track and Field News.

Hillsdale High School was rated 19th, and the Hillsdale freshman team third in its class.



MIKE RYAN established a new interscholastic two-mile record of 9:09.8 in this race at Woodside, Calif. against Ralph Gamez who, as a sophomore, recorded a sensational time of 9:13.2. (Photo by Bill Hewlett)

HIGH SCHOOL TWO-MILE POSTAL TEAM RACE

Ossining, Ryan Champs

Schoolboy two-milers continued to raise their standards as new team and individual records were created in the seventh annual nationwide postal competition sponsored by Track & Field News.

Ossining of New York captured the five man team honors while Mike Ryan, Wilcox of Santa Clara, Calif., shattered the postal and interscholastic records in winning the individual title. It was the sixth straight year for the individual record to fall while the team mark held up only once, and then only by six tenths.

Only one senior is on the Ossining team that averaged 9:45.9. And the second place squad from Carlmont, Belmont, Calif. is composed of three juniors and two sophomores. Ossining totaled 48:49.5 for its five runners while Carlmont had an excellent 49:07.1. The old record was set last year at 48:50.9 by South Salem of Oregon.

Three runners tore the former 9:21.2 record to shreds. Ryan and Ralph Gamez, Foothill of Hayward, Calif., ran against each other in clocking 9:09.8 and 9:13.2. Second place went to Jim Ryun of East, Wichita, Kansas, with 9:11.5.

A record 95 schools from 20 states competed. They produced eight runners who broke 9:30, 20 under 9:40, 35 under 9:50 and 58 under ten minutes. A dozen teams bettered 51 minutes and 30 were under 52:00.

Ossining produced its winning squad from among 406 boys enrolled in grades 10-12. But coach John Covert has the advantage of a junior high school in an adjoining wing and a complete six year running program. The 7th and 8th grades turnout about 40 boys who compete in six meets, graduated by age classification, at three-quarters of a mile. Ninth grade runners number 10 to 15, competing in eight meets, mostly at a mile-and-a-half, but once or twice at the two-and-a-half mile varsity distance. The varsity and junior varsity squad numbers about 25 and runs in eight meets a year, the jayvees meeting varsities from other schools. The record breakers and two other team members:

9:29.1 John Lengers, junior, 17, 6'3", 168 lbs., 4:23.6 last spring.
9:30.8 Jim Burhans, junior, 16, 6', 147 lbs., 4:36.7, 2:06.7.
9:41.4 Bill Murphy, junior, 16, 5'11", 135 lbs., 2:10.
9:54.2 Bill Sileo, senior, 17, 5'10", 153 lbs., 4:42.1, 9:50.1.
10:14.0 Steve Jacobson, junior, 16, 5'8", 130, 4:50.2, 10:33.5.
Cal Rascoc, soph, 15, 5'7", 133, 2:08.7.
Vince Fallon, soph, 15, 5'7", 124, 10:24.7.

Inaugurated in 1957 by T&FN, the two mile postal for preps has sparked a sensational advancement in the quality of high school distance running. This chart tells the story:

Year	Under 9:10	Under 9:20	Under 9:30	Under 9:40	Under 9:50	Under 10:00	First Place	Tenth Place
1957					3	3	9:47.0	10:14.6
1958				1	2	6	9:33.0	10:05.0
1959			1	4	10	27	9:26.5	9:48.4
1960			2	3	19	39	9:24.8	9:43.0
1961			2	8	16	39	9:24.0	9:40.0
1962			5	13	29	55	9:21.2	9:38.1
1963	1	3	8	20	35	58	9:09.8	9:31.1

Morningside High of Inglewood, Calif., won the initial test in 1957 with a team time of 50:25. In 1958 it was Palo Alto, Calif., with 50:17.7; 1959, Mira Costa, Manhattan Beach, Calif., 49:20.6; 1960, Culver City, Calif., 49:21.2; 1961, Hillsdale, San Mateo, Calif., 49:04.2; 1962, South Salem, Oregon, 48:50.9; 1963, Ossining, N.Y., 48:49.5.

Track & Field News Honor Award certificates will go to the leading teams and individuals. The results:

1. OSSINING, N.Y. 48:49.5 (John Lengers jr 9:29.1; Jim Burhans jr 9:30.8, Bill Murphy jr 9:41.4; Bill Sileo sr 9:54.2; Steve Jacobson jr 10:14.0).
2. CARLMONT, Belmont, Cal. 49:07.1 (Mike McCann 9:28.6 jr; Martin McCann jr 9:37.5; Ken Nichols jr 9:56.6; Bill Bradford so 9:57.4; Tom Wake so 10:07.0).
3. EAST, Wichita, Kans. 49:49.0 (Jim Ryun jr 9:11.5; Chris Forsberg sr 9:53.5; Doug Boyle jr 10:13.7; Don Walker sr 10:15.1; Rob Billinger jr 10:15.2).
4. TENNYSON, Hayward, Cal. 50:00.0 (Larry Trujillo sr 9:35; Ray Celaya so 9:53; Gary Fowler so 10:03; John Clary sr 10:09; Gary Foster sr 10:20).
5. YORK, Elmhurst, Ill. 50:00.5 (John Woods jr 9:49.9; Roger Nelson sr 10:00; Dennis Peterson jr 10:02.5; James Nash sr 10:02.6; Joe McAnarney sr 10:04.6).
6. REDFORD, Detroit, Mich. 50:01.9 (Art Link sr 9:39.4; Tom White jr 9:53.3; Pat Logan jr 9:56.4; John Eicher jr 10:09.4; Dave McKelvey sr 10:23.4).
7. BERKELEY, Cal. 50:12.9 (Vernon McCalla 9:43.9; Jim Maslach jr 10:03; John Heinsteins so 10:03; Josei Elliott jr 10:25; Sheppard Lewis sr 10:48).
8. WESTMINSTER, Cal. 50:15 (Trentadue 9:53; Garrett 9:58; Greenman 10:01; Appell 10:09; Cooper 10:14).
9. DOWNEY, Modesto, Cal. 50:28.5 (Andy Vollmer jr 9:32.5; Guy Sisco 10:13; Jim Hilkey 10:13; Rod Quesnac 10:15; Hilkey 10:16).
10. CONCORD, N.H. 50:43.6 (Roger Maxfield sr 9:31.4; Parker Morgan sr 10:08.2; Bob Eslabrook sr 10:10; Alex Saltmarsh sr 10:22; Jerry Love jr 10:32).
11. Arroyo, El Monte, Cal. 50:48
12. Pleasant Hill, Cal. 50:53.3
13. Pittsburg, Cal. 51:02
14. North, Wichita, Kans. 51:03
15. Dominguez, Compton, Cal. 51:11
16. Mills, Millbrae, Cal. 51:11
17. La Habra, Cal. 51:16
18. St. Xavier, Louisville, K 51:16.9
19. Hillsdale, San Mateo, C 51:19.5
20. Miramonte, Orinda, C 51:20

Individual leaders: 1, Ryan (Wilcox) 9:09.8; 2, Ryun (East) 9:11.5; 3, Gamez (Foothill) 9:13.2; 4, Mike McCann (Carmont) 9:28.6; 5, Terry Kishbaugh (Marshall, Portland, Ore) 9:28.7; 6, Lengers (Ossining) 9:29.1; 7, John Mynott (Pearson, New Westminster, B.C.) 9:29.2; 8, Ted Quirk (W. Vancouver, B.C.) 9:29.4; 9, Burhans (Ossining) 9:30.8; 10, Web Loudat (Roswell, N.M.) 9:31.1; 11, Maxfield (Concord) 9:31.4; 12, Link (Redford) 9:32.3; 13, Vollmer (Downey) 9:32.5; 14, Jim Bruce (Pleasant Hill, Cal.) 9:33.0; 15, Ken Herron (Pearson, New Westminster, B.C.) 9:34.8; 16, Trujillo (Tennyson) 9:35.0; 17, Rich Kay (Miramonte) 9:36.8; 18, Keith Krieger (Tamalpais, Mill Valley, Cal) 9:36.8; 19, Martin McCann (Carmont) 9:37.5; 20, Craig Reynolds (San Leandro, Cal.) 9:38.9.

HIGH SCHOOL FRESHMAN TWO-MILE POSTAL TEAM RACE

13-Year-Old Runs 10:09

Central Junior High School of Pittsburg, Calif., repeated as winner of the two-mile team race postal competition for junior highs and high school frosh.

Coach Bert Bonano's crew came up with a sizzling 52:50 as compared with the 54:31 of last year. Leading the quintet was 13-year-old Ross Cardinalli who clocked 10:17. In another run Cardinalli did 10:09. Roy Finks ran 10:35 for Central, followed by Albert Ghysels 10:38, Howard Carter 10:40 and Dom Romano 10:40.

2. YORK, Elmhurst, Ill. 55:48.7. (John Schafer 10:35; Doug Berghorn 11:06.2; Dave Moos 11:23; Dave Bronson 11:41; Ed Bronson 12:03.5).
3. HILLSDALE, San Mateo, Cal. 56:14 (Gordon Minty 10:50; Mike Duncan 11:14; Wayne Sealey 11:16; Bob Friendenthal 11:21; Mike Jones 11:33).
4. La HABRA, Cal. 56:50.9 (Mike Newton 11:01; 2, Rich Morales 11:02; Andy Compise 11:27; Scott Pierce 11:37; Jacob Volkert 11:43.9).
5. Hamber School, Vancouver, B.C., Canada. 58:06; 6, Pleasant Hill, Cal., 60:10; 7, Meyers, Wilkes-Barre, Pa., 62:15.1.

Benny Half of Standing Rock Community School, Ft. Yates, N.D. did 10:52.6 while running for the varsity.

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The progress being made by high school distance runners continues to excite the editors of T&FN. Both 4:00 and 9:00 for the mile and two mile are within the realm of the possible--this year. For an insight into how, why, and when of this improvement we asked Bob Timmons, coach at Wichita High School East, Wichita, Kansas and mentor of Archie San Romani and Jim Ryun, to answer some questions. He insists he is only "an average high school coach who has been blessed with unusually fine material." Even so, he feels strongly about the future of track and field in America, and for this reason his answers are particularly provocative.

1. Do you believe it is reasonable to expect that a US high school boy will run under 9:00 for two-miles by June of the coming track season? Why?

Yes, it will be done if competition is available and weather conditions are right. There are several high school boys who are ready to go under--and 9:00 is no barrier. The biggest drawback is that there are so few opportunities to run the two-mile. If the United States is ever to have consistent world caliber distance runners beyond the mile it is imperative that the two-mile become a regular track event in the sprint season. It is inconsistent to legislate against a two-mile race in the spring because it is too far and physically too difficult when these same boys run the two-mile in fall cross country. The US will always be great in the sprints because they are emphasized by the numerous opportunities offered in meets; distance runners are discriminated against by rules established many years ago that are now obsolete because of our present methods of training.

2. By 1958, six years ago, the two-mile interscholastic record was 9:21.4 and only three prepsters had run under 9:40. This year 9:10 has been broken, and there is almost countless number who have run under 9:40. Why has there been so much improvement?

Because the distance runners no longer fear the two-mile and they are psychologically ready to run much faster. Repeat interval training has changed the whole picture. Training methods are so much more intensive that great results are sure to occur. Postal competition in high school has helped immeasurably since it is the only way athletes separated by great distances can make accurate comparisons with one another in a competitive situation. This has created a small group of runners who are nationally minded and who are struggling to achieve much higher goals than their counterparts who do not compete beyond the level of their own locality.

3. The same improvement exists in the mile. In 1958, Dyrol Burleson had the best time at 4:12.2, which was 3.9 seconds better than the next best, and only nine had broken 4:20. Now there are more than 75 who have run faster than 4:20.

Why has there been so much improvement here?

Same reasons as in number two. I feel certain we are just a few years away from witnessing a high school boy not only running four minutes but losing the race as well to another prep athlete. Only one thing will hold this off, and that is the psychological factor. Just as soon as we feel a 4:10 mile is routine and that there is nothing magic in running a 4:00 mile it will be done--and fairly often. After all, some experts said for years that a four minute mile couldn't be run. Yet since the breakthrough in 1954 the feat has become so commonplace that I have lost track of how many times it has been done.

4. Can a youngster start running too hard too soon? We now have a mark of 10:09 for a 13-year old boy; how will running this fast this early affect his future career, assuming he is a healthy, normal boy?

Yes, I feel there must be a point at which a little more and a little faster is too much for a beginning athlete. But this would depend on the individual--his background, physical condition, interest, etc. I don't believe this question can be answered in a general way but in specific individual cases. The 13 year old boy who ran 10:09 should be very fine in the years to come, provided he continues to enjoy running and can always look forward to future goals and new worlds to conquer.

5. In high school, is it possible to push a healthy boy too hard too soon?

Yes, I feel we have done this on occasion. Our State rules won't permit organized practice under a coach until Sept. 1. We have only ten weeks altogether. We are required to stop organized running on Nov. 9, the day of the State meet. So all of our running must take place in a ten week period. This puts so much pressure on the coach that he is forced into a "crash program" to get ready for competition. Because of this we have injured several beginning distance runners because they have an insufficient background, which is so vital in providing a proper foundation for the vigorous training program they need in present day competition.

6. Why do some high school distance stars fail to improve--at least for several years--in college?

In high school, most athletes compete simply because they enjoy sports--it's fun and it's a thrill to compete. Boys practice together on a team basis--and track in many schools is a team sport. These same boys go on to college, and many on scholarships, if they are outstanding. In many cases the motive changes, and these athletes compete because they have an obligation to do so.

6a. Does it have anything to do with their handling as prep athletes?

It is possible that they don't improve because of the way they were handled in high school. But if the college program is interesting and challenging and the enjoyment and thrills are still present, they should continue to make progress. Of course, injury, loss of interest, a demanding academic load or anything else which might dim the enthusiastic urge to compete will prevent progress at any level.

7. In swimming, we find many records held by high school age athletes. Is this a reasonable trend to expect from high school distance stars in the future? (Timmons has coached age group and interscholastic swimming for 10 years, and has been involved with age group track for five years.)

Yes, just as soon as age group track gets under way and progresses from small isolated areas of intense interest to a broad nation-wide program of mass participation. This will bring forth competition, and quality will soon follow.

I feel swimmers have a more open-minded approach to records. National age group swimming is a fantastic program. Records are kept and little boys and girls train hard and compete at a terrific level. These little ones are not told they won't reach maturity until they are 26, as many track athletes are told. Many try and some break world records in high school; this attitude doesn't seem to exist in track because somehow or another the track world holds records in awe while the swimmers just use them as goals. I know this is an over simplification but it is true that American track and field has in no way approached the marvelous national age group program found in swimming. This is a great shame, because we need a similar program in track if we are to improve as rapidly as in the rest of the world in this sport. Swimmers train in pools that are very expensive and not even available in most small communities. Track doesn't have this handicap since practice and even meets can be held in almost any vacant lot in America. All it takes is some sand, a few boards, and a little sweat.

8. How do interscholastic rules influence the improvement of the distance runners in the United States?

In some states they are designed to promote distance running, while others discourage entry into distance events by restricting them. Some form of doubling (mile and mile relay, 440 and 880, etc.) is permitted in 39 states while the others do not allow a half-mile or mile to run anything else but a sprint race. Only one state includes the two-mile in the spring events. Training methods have changed so much that rules that applied 30 years ago might well be studied for possible revision.

It's too bad that high school track rules aren't consistent with collegiate and open class rules, such as they are in basketball, football, swimming, tennis, golf, etc. It is interesting to note that as of 1960 only three states followed suggested events listed in the national interscholastic rules book. And what's more 30 states followed a program unique to itself and no other states.

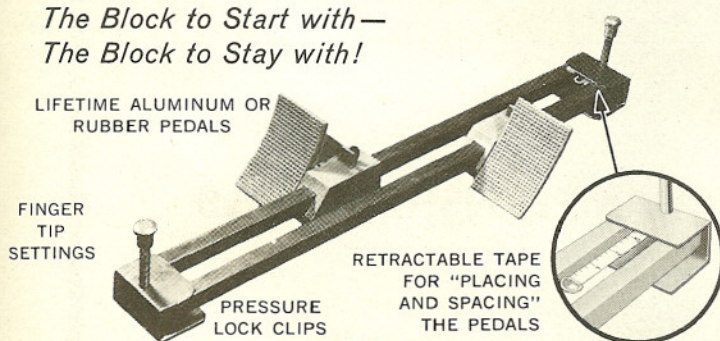
It seems to me that the American track and field program should be so designed to complement that of the Olympic Games. These Olympic events should be included in the college program wherever possible and in the high school schedule to a lesser degree. Adding such events as the triple jump and the two-mile run will give more boys an opportunity for participation and at the same time enhance our country's chances for greater achievement in the Olympics.

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Prep Cross Country

by Fran Errota

(These are the highlights of the prep cross country seasons - by states)

California---Mike Ryan, junior at Wilcox High in Santa Clara, is a two-time winner of the North Coast Section individual cross country championship and Carlmont of Belmont replaced Miramonte as the team winner in competition Nov. 17.

Ryan romped the two-mile course at Stanford University in 9:32 while Carlmont runners placed 4th, 5th, 7th, 17th and 20th to post a team time of 49:55 for the event. Tennyson of Hayward finished second with 87 points and Sunnyvale was close behind with 96. Wilcox (125), Pleasant Hill (136), Leigh of San Jose (136), Berkeley (154), Cubberley of Palo Alto (162), San Ramon of Danville (242), El Cerrito (243) and Carmel (263) followed in that order.

Individuals behind Ryan included Kay Rich (Miramonte) 9:35, Jim Bruce (Pleasant Hill) 9:39, Ralph Gamez (Foothill of Hayward) 9:42, Larry Trujillo (Tennyson) 9:45, Mike McCann (Carmont) 9:51, Bill Bradfield (Carmont) 9:52, Ray Celaya (Tennyson) 9:53, Martin McCann (Carmont) 9:54 and Joey Orsua (Sunnyvale) 9:55. Four others broke 10 minutes, and four of the first 10 are only 10th graders.

Although run in sunny weather, the course was wet and slow and Ryan missed his own meet mark of 9:30.7. He had done 9:30.6 in a race three weeks earlier, however.

Remaining members of the champion Carlmont team were Tom Wake 10:08, Dave Walsh 10:10 and John Mills 10:18 and Gary Larsen 10:20. Larsen is the lone senior and Bradfield, Wake and Walsh are only sophomores.

New York---Archbishop Molloy of Jamaica, N.Y., posted a 50:21.2 to nose out Stepinac of White Plains for the fourth annual Catholic High School Coaches Association five-man 10-mile relay Nov. 23 at Cardinal Spellman High School's 440-yard all-weather track.

Stepinac's Brian Kujawski galloped his two miles in 9:42.4 for the fastest time during a cloudy, 60-degree afternoon. Bob Zieminski did 9:46.4 for second and Molloy teammate Peter Farrell was close behind in 9:47.2. Also cracking 10 minutes were O'Brien of Power Memorial in 9:48.0, Arthur McCarthy of Power, 9:53.6, and James Corry of St. Francis, 9:56.6.

Top teams behind Molloy's 50:21.2 were Stepinac at 50:44.9, Power Memorial 51:12.6, Fordham Prep 51:33.5 and St. Agnes of Rockville Centre, 52:03.0. Molloy also won the "B" race in 53:11.8 and Fordham Prep was runnerup with 53:38.0.

New York---Seven seniors, their best average times separated by only 3 seconds on the Van Cortlandt Park course, have been named to the 1963 Catholic High School Coaches Association All-Star Cross Country team.

Archbishop Molloy of Jamaica is the only school with two places. Chaminade placed three on the second team.

Peter Farrell of Molloy posted an average clocking of 13:25.7 to 13:25.8 for William Pease of Sacred Heart. Joining the two fastest ones on the first team are James Mortimer of St. Peter's (13:27.0), Robert Zieminski of Molloy (13:27.6), Greg Weis of Stepinac (13:32.6), James Corry of St. Francis (13:34.6) and Edward Gallagher of Cardinal Hayes (13:38.0).

On the second team are Brian Kujawski of Stepinac (13:39.0), Tom O'Neill of Chaminade (13:40.3), Paul Swenson of Chaminade (13:41.3), Charles Ewers of St. Agnes of Rockville Centre (13:42.0), Arthur McCarthy of Power Memorial (13:43.0), Clarence Burton of Sacred Heart (13:46.0) and John Brill of Chaminade (13:46.0). Brill is the lone non-senior named. He is a junior.

Long Beach, Calif., Dec. 2--Bill Schabram of San Marcos High School in Santa Barbara set a course record for individual honors and Westminster, Arroyo of El Monte, Oxnard and San Marino captured team laurels in the California Interscholastic Federation Southern Section cross country championships at Long Beach State College.

Schabram galloped 9:39.0 over the two-mile course to edge Hasaruk of Montebello who did 9:39.1 in another race.

Team and individual leaders by divisions:

AAA--(Team) Westminster 62, Colton 103, Millikan (Long Beach) 110, Crescenta Valley 115, California (Whittier) 120, Muir (Pasadena) 121, Burbank 125, Dominguez (Compton) 149, Lakewood 176. (Individual) Hasaruk (Mont) 9:39.1, Romero (B) 9:40, Felix (Co) 9:45, Webb (Mil) 9:48, Whittle (Muir) 9:49, Mendoza (Santa Ana) 9:52, Ortega (B) 9:57. Westminster scorers: Trentadue (8th in 10:01), Garrett (11th in 10:06), Solomon (15th in 10:10), Appell (20th in 10:13), Greenan (22nd in 10:15).

AA--(Team) Arroyo 67, San Marcos 90, La Habra 93, Mira Costa 104, South Torrance 111, Artesia 135, Santiago (Garden Grove) 150, La Puente 164, Los Altos (La Puente) 181. (Individuals under 10:00) Schabram (SM) 9:39.0 (course record), L. Albilar (Sant) 9:44, Hart (Whittier) 9:49, Dunlap (MC) 9:56, Savage (SM) 9:57. (Arroyo's first five) Barnett (10th in 10:06), Nichols (12th in 10:07), Hernandez (14th in 10:08), Towns (15th in 10:09), Martinez (32nd) 10:30.

A--(Team) Oxnard 82, Lynwood 88, Corona 98, Salesian (LA) 99, Aviation (Redondo Beach) 109, Lowell (Whittier) 112, Charter Oak (West Covina) 116, Victor Valley 195, Barstow 227. (Individual) Ramsay (Corona) 10:00.6. (Oxnard scorers) Jacinto (2nd in 10:05), Elizalde (3rd in 10:05), Ramirez (9th in 10:16), Rivera (30th in 10:42), Castro (54th in 11:05).

Small Schools--(Team) San Marino 56, Crespi Carmelite (Encino) 64, Valencia (Placentia) 84, West Torrance 116, South Pasadena 126, La Salle (Pasadena) 155, Bishop Amat (La Puente) 181, Atascadero 187, Chino 200, Garey (Pomona) 203. (Individual) Martinez (Cantwell of Montebello) 9:59.5. (San Marino scorers) Hughes (5th in 10:08, Day (6th in 10:14), Wimpres (10th in 10:20), Yetter (13th in 10:27), Steele (34th in 10:48).

A total of 279 runners qualified for the four-division finals and competed in 73 degree weather. The course was fast with a light wind and in the words of meet director Jack Rose, "runners had to go over two good hills to complete the two-mile course."

Knoxville, Tenn., Nov. 23--David Starnes of Hendersonville, N.C., copped individual laurels and Flaget High School of Louisville, Ky., the team crown to give out of state entries the top prizes in the Southern Interscholastic cross country championships on the University of Tennessee track.

Starnes eclipsed the meet record with a fine 10:26.9 performance over a tough two-mile course which includes a fence over which the runners must cross. The old standard was 10:31.2 by Ronnie Heaton of Hampton, Tenn. Sixty-six entries from eight schools took part.

Flaget wrapped up team honors with 59 points to outscore the Tennessee state champions from Johnson City with 83. Starnes led his Hendersonville team to third place with 86, Taylor County of Campbellsville, Ky., had 104, East Ridge, Tenn., (126), Somerset, Ky., (128), Oak Ridge, Tenn. (142) and South of Knoxville (144).

Running second and third behind Starnes were Andy Russell of Union City, Tenn., in 10:35 and Tim Henderlight of Knoxville South in 10:38. Members of Flaget team included Dan Dusch (6th in 10:50), Joe Lee (7th in 10:56), Danny Clark (12th in 11:16), Bob Ullrich (19th in 11:28) and Tim McDonald (20th in 11:29).

Philadelphia, Pa., Nov. 30--Tom Donnelly of LaSalle High School may not be an unbeatable runner but there are many in Philadelphia's high school circles who wonder if it might not be true.

Donnelly has won individual titles in 31 straight meets, the last one coming in the 2.4 mile Logan run which started and finished at Broad St., and Duncannon Ave. Donnelly's actual clocking was 12.22 but a 2:10 handicap gave him an elapsed time of 14:32 in the handicap event.

Donnelly's heroics did not prevent North Catholic from snaring team honors, however, as North runners placed second (Dennis Elmer, 14:40 with 1:10 handicap), fourth (Tom St. Clair), sixth (Charley Rahill), ninth (Joe Tomaszewski) and 12th (Bob McGrath) for 33 points. Cardinal Daugherty was next with 47 and Bishop McDevitt third with 74 in the race sponsored by the St. Jude Council, Knights of Columbus.

New York--Ron Gustafson of Wantagh raced to an easy victory in the New York State Intersectional Run which drew 294 runners, 14 from each of 7 sections.

Gustafson was clocked in 11:49 to finish far ahead of Ilion's Terry and Jack Sweeney who did 12:02 and 12:07, respectively. John Lengers of Ossining was fourth in 12:09 and led his team to Class Bee laurels with 51 points.

White Plains won the Class "A" team title with 86 points and Croton-Harmon was the Class Cee winner with 104.

Minnesota--Bob Wagner of St. Louis Park has two outdoor seasons remaining before leaving the high schools ranks but is already considered the finest distance runner in Minnesota's history.

The junior sensation won the gold medal in the State cross country championships by obliterating the old record of 8:48 over a 1.8 mile course with a great 8:36 effort. Bob Weigel of Minneapolis' Southwest High held the old mark.

Al Halley's Southwest team continues to hog team laurels as a second consecutive crown was added to the trophy case in the 1963 state event. It was the 10th title for Southwest in the 21 times the meet has been held and on seven other occasions this school finished second.

Southwest scored 71 points and Wagner's heroics brought his team in second with 79. Duluth East and Osseo had 85 each to share third place in one of the closest finishes in meet annals.

Prep Panorama

by Fran Errota

Mike Ryan, 16-year-old junior at Wilcox of Santa Clara, has been named Northern California Cross Country "Athlete-of-the-Year" for a second consecutive year. He won the North Coast Section crown a second straight time and also bettered the listed national mark in the two-mile run with a sizzling 9:09.8. . . . Ryan was one of four repeaters on the All-NC harrier squad--others were Mike McCann, Carlmont junior, and seniors Rich Kay of Miramonte and Joe Biber of Buchser in Santa Clara. . . . Other team members include soph whiz Ralph Gamez of Foothill in Hayward (9:13.2 for two-mile) and Bill Bradfield, another 10th grader from Carlmont. . . . Remainder of squad lists juniors Andy Vollmer of Downey in Modesto and Martin McCann of Carlmont, and seniors George Weed of Folsom, Ed Ortegón of Irvington, Jim Bruce of Pleasant Hill, Craig Reynolds of San Leandro, Larry Trujillo of Tennyson in Hayward, Ken Howard of St. Ignatius in San Francisco, Art Burkhard of Clayton Valley and Gunar Liepins of Pleasant Hill. . . . Ed Austin, coach at Mira Costa High in Manhattan Beach, Calif., is high on his sophomore distance crop of Mike Bailey (10:38), Rich Gainer (10:40), Rich Braley (10:50), Brian Waterbury (11:12) and Mike Blount (11:25), but his freshmen may be better--they are led by Rick Golish (10:48) and also include Pat Wooten (11:10), Mike Lopez (11:16), Frank Bailey (11:30) and Bruce Hatch (11:40) for a team total of 56:24.

Anthony Morelli, coach of the Chaminade High School in Mineola, N.Y., that nipped Molloy for the CHSAA crown in June, is now at Chaminade College Prep in St. Louis where he hopes to develop a strong track program. . . . Calvin Nutting, leadoff runner of 1:26.8 and 3:20.2 relay teams anchored by the great Tommy Smith at Lemoore, Calif., last year, is now at Castlemont High in Oakland. He is a junior. Smith is a freshman at San Jose State where he is averaging 16 points per game for the Frosh basketball team. . . . Gary Hobson, vault star at Kermit, Tex., did 14'4 1/2" in late June and is now a senior in high school. He should at least threaten national record of 15'0 1/2". . . . Gil Hartman from Williamsport, Pa., ran 4.8 mile course in 24:15 to crack previous mark of 25:16. He also won District 4 Class A cross country crown. . . . Discuss throwing members on the 1963 national honor roll had fruitful football seasons--Californians Bob Brannen (Los Gatos), Burt Marks (Leigh of San Jose), Chuck Smart (Los Altos) and Bill Staley (Las Lomas of Walnut Creek) all earning league and sectional honors in the grid sport. . . . Broad jumper Marvin Motley and hurdler Earl McCullough were backfield standouts on the unbeaten team at Long Beach Poly, Motley racing to four touchdowns in one game and three in another.

Indoor Season Preview

by George Grenier

The 1964 indoor season opens the Olympic Year on a note of amity and optimism. Supposedly the AAU and the Federation have buried their differences for the common good of producing the strongest Olympic team. There is, however, a strong undercurrent of difference about the question of dual sanctions that may lead to trouble. With an Olympic trip as the reward, many athletes will be using the indoor arena as a testing ground to find the right event for themselves.

The old line standbys of indoor track, the mile and pole vault, will be more of a feature than their usual wont. With six native milers under the magical four minute mark and only three Olympic places we should see some early skirmishing before those who cannot make the grade shift to a different training program for the outdoor season. Jim Beatty, the current king in the 5000. However, he will be under strong pressure to go the mile route. A 17-foot vault indoors will be the homing beacon for our corps of vaulters. John Pennel has been receiving indoor invitations as early as August for indoor meets. He is the only member of the 17-foot species, he will be a powerful drawing card. Uelses and Tork, both excellent indoor vaulters, will provide the principal opposition.

Training program for the outdoor season. Jim Beatty, the current king of indoor milers, may elect the longer distances to test his future in the 5000. However, he will be under strong pressure to go the mile route. A 17-foot vault indoors will be the homing beacon for our corps of vaulters. John Pennel has been receiving indoor invitations as early as August for indoor meets. As the only member of the 17-foot species, he will be a powerful drawing card. Uelses and Tork, both excellent indoor vaulters, will provide the principal opposition.

Though the Olympic year will work to the fan's advantage as far as qualitative talent is concerned, it becomes a disadvantage in regard to the foreign talent. The only definite foreign visitor is Belgium's Gaston Roelants, world record holder for 3000 Steeplechase who will only be here for two meets. The only other definite foreign news is that there will be no Russian delegation. In-stitutions of three months standing have been extended to English, French, English, and New Zealand athletes with nothing but discouraging replies. If any of these athletes are to visit our shores, it will be only as a result of strong individual persuasion by certain meet directors.

With the Olympic Year as an impetus the many new meets this year not only in new cities but as second meets in cities heretofore limited to one meet, will probably be sufficiently financially successful to repeat next year and contribute to the steadily expanding indoor season that a few short years ago was limited to the East Coast and three Midwest cities.

HIGH SCHOOL TWO-MILE

Ryan Breaks Ryun's Mark

Mike Ryan (Wilcox, Santa Clara, Calif.) ran the fastest ever high school two-mile to establish a new national interscholastic mark of 9:09.8. The mark came during a special two-mile race at Woodside, Calif. on Dec. 7.

Ralph Gamez, the 15-year-old sophomore wonder from Foothill HS, Hayward, Calif., trailed Ryan by a step through the seventh lap and finished in 9:13.2 for the fastest one-two finish in prep annals. Ryan is a junior.

Ryan's torrid pace was 28 (220), 60, 2:10.6, 3:22.4, 4:34.5, 5:56.4, 6:58.3, 8:08.0. On the last lap, Gamez dropped back just after the gun sounded but fought back to Ryan's shoulder as they headed into the final turn. But Ryan turned on a 30.3 last 220 to outlast the young Mexican-American wizard. Ryan's last lap was 61.8, Gamez' 65.1.

Gamez moved to fourth on the all-time US prep list, behind Jim Ryun (E. Wichita, Kans.) who has 9:11.5 as a junior this fall, and Tracy Smith (Arcadia, Calif.) who ran 9:11.6 during the summer.

Ryan missed the international age 16 record by .5 seconds. Rex Madaford (New Zealand) ran 9:09.3 on March 18. He did get the junior record, formerly held by Wendell Cox (Hillsboro, Ore.) at 9:21.6 (1962), while Gamez reduced his own international age 15 mark of 9:20.8 set in November. Gamez knocked six-tenths off the sophomore record set this year by the Kansas Ryun, which he set this past spring.

INDOOR REPORT

The indoor season has just barely got underway. There are a couple of results from the east worth noting.

500: Mays (Grand Street Boys) 57.8, McArdle (Manhattan) 58.5, Dec. 13, NY.

600: Roberts (Brown) 1:14.4, Dec. 5, Providence, RI.

1000: Farrell (St. John's) 2:14.3; Bauer (St. John's) 2:14.5; Germann (Seton Hall) 2:14.5, Dec. 13, NY.

Two-Miles: Laris (NYAC) 9:13.4; Furnell (NYAC) 9:14.6, Dec. 13, NY.

High Jump: McClellon (Clinton HS, NY--sophomore) 6'7", Dec. 14, NY. Pardee (Harvard) 6'6".

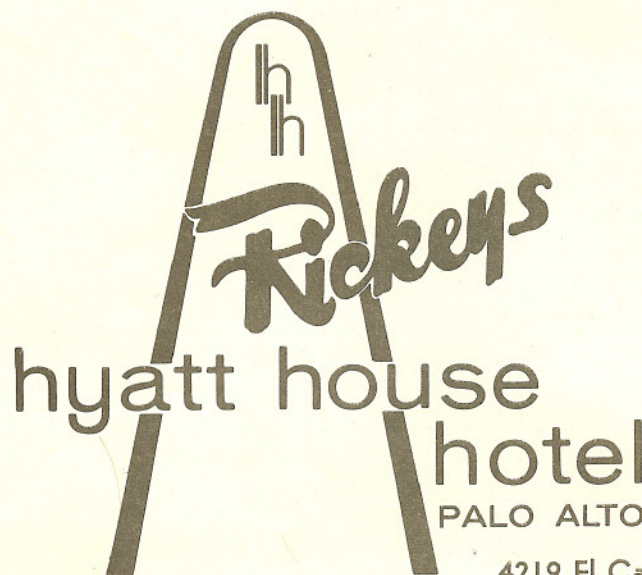
Broad Jump: Ohiri (Harvard) 24'3 1/2", Dec. 14, Cambridge.

Pole Vault: Plymale (Army) 14'10", Cambridge, Dec. 14.

35-Pound Weight Throw: Croasdale (Harvard), Dec. 14, Cambridge.

(Notice to correspondents: Be sure to include first names when reporting indoor performances.)

THE SPORTS HEADQUARTERS of NORTHERN CALIFORNIA



CHAMPIONSHIP MEALS WITH CHAMPIONS

7 a. m. to 1 a. m.

Continuous Entertainment and
Spike-talk with Old Friends
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4219 El Camino Real - Palo Alto - Phone DAVenport 5-3231

HIGH SCHOOL FRESHMAN TWO-MILE POSTAL TEAM RACE

13-Year-Old Runs 10:09

Central Junior High School of Pittsburg, Calif., repeated as winner of the two-mile team race postal competition for junior highs and high school frosh.

Coach Bert Bonano's crew came up with a sizzling 52:50 as compared with the 54:31 of last year. Leading the quintet was 13-year-old Ross Cardinalli who clocked 10:17. In another run Cardinalli did 10:09. Roy Finks ran 10:35 for Central, followed by Albert Ghysels 10:38, Howard Carter 10:40 and Dom Romano 10:40.

2. YORK, Elmhurst, Ill. 55:48.7. (John Schafer 10:35; Doug Berghorn 11:06.2; Dave Moos 11:23; Dave Bronson 11:41; Ed Bronson 12:03.5).
3. HILLSDALE, San Mateo, Cal. 56:14 (Gordon Minty 10:50; Mike Duncan 11:14, Wayne Sealey 11:16; Bob Friendenthal 11:21; Mike Jones 11:33).
4. La HABRA, Cal. 56:50.9 (Mike Newton 11:01; 2, Rich Morales 11:02; Andy Compise 11:27; Scott Pierce 11:37; Jacob Volkert 11:43.9).
5. Hamber School, Vancouver, B.C., Canada. 58:06; 6, Pleasant Hill, Cal., 60:10; 7, Meyers, Wilkes-Barre, Pa., 62:15.1.

Benny Half of Standing Rock Community School, Ft. Yates, N.D. did 10:52.6 while running for the varsity.

October 1, 1963

Dear Coach,

Congratulations on the splendid condition of the runners on your teams. The quality of performance is much better than ever before at this time in the season. The following chart shows the number of runners bettering the indicated time in the first meet for the past three years:

<u>Time</u>	<u>1961</u>	<u>1962</u>	<u>1963</u>
9:40	0	0	1
9:50	0	0	5
10:00	3	4	11
10:10	5	5	18
10:20	8	13	33
10:30	10	26	48

Several coaches submitted entries without including all necessary information. Please comply with the following rules:

All clockings on the two mile run must be made on a regulation 440 yard track and can be made at any time during the period indicated, with all times being established in the same race.

Please time the first five runners to the NEAREST TENTH OF A SECOND and submit the results in the following order:

Bill Jones Senior 10:15.2

The next meet may be run anytime between September 29, and October 27. Air mail your results so they will arrive by October 28.

Thanks for participating and best of luck in your remaining meets.

Sincerely yours,

Bob Timmons

Bob Timmons
Cross Country Coach

*Plato -
Sorry you
couldn't make first
meet. Hope you'll be in
the second.*

FIFTH ANNUAL
Wichita East National Invitational
Two Mile Postal Competition
October 1, 1963

First Postal

Results - Regular Scoring

<u>School</u>	<u>Abbrev.</u>		<u>Points</u>
1. Redford, Detroit, Michigan	RDM	(1, 6, 16, 19, 36)	78
2. York, Elmhurst, Illinois	YEI	(11, 15, 17, 19, 31)	93
3. <u>Carlmont</u> , Belmont, California	CBC	(5, 7, 21, 41, 42)	116
4. St. Xavier, Louisville, Kentucky	XLK	(18, 25, 28, 29, 33)	133
5. Ossining, Ossining, New York	ONY	(2, 9, 26, 45, 53)	135
6. New Bedford, New Bedford, Mass.	NBM	(22, 23, 36, 50, 64)	195
7. Central, Tulsa, Oklahoma	CTO	(3, 32, 51, 55, 63)	204
8. South, Salem, Oregon	SSO	(35, 38, 40, 48, 49)	210
9. Clayton Valley, Concord, California	CVC	(8, 39, 52, 54, 59)	212
10. Wyandotte, Kansas City, Kansas	WKJ	(13, 30, 46, 65, 72)	226
11. Pleasant Hill, Pleasant Hill, Calif.	PHC	(4, 14, 56, 80, 87)	241
12. Edison, Tulsa, Oklahoma	ETO	(26, 44, 47, 65, 70)	252
13. <u>Pittsburg</u> , Pittsburg, California	PPC	(24, 34, 71, 81, 96)	306
14. Charleston, Charleston, West Virginia	CWV	(10, 65, 83, 84, 93)	335
15. East, Wichita, Kansas	EWK	(43, 69, 73, 77, 82)	344
16. Ft. Lauderdale, Ft. Lauderdale, Fla.	FLF	(57, 62, 75, 79, 107)	380
17. Highland, Albuquerque, New Mexico	HAN	(58, 60, 86, 88, 97)	389
18. Central, Little Rock, Arkansas	LRA	(61, 68, 74, 92, 99)	394
19. Valley, Albuquerque, New Mexico	VAN	(12, 91, 101, 104, 105)	413
20. Sylvan, Atlanta, Georgia	SAG	(76, 85, 89, 93, 100)	443
21. San Carlos, Belmont, California	SCC	(78, 93, 108, 109, 110)	498
22. Manzano, Albuquerque, New Mexico	MAN	(90, 98, 102, 103, 106)	499

Results - Time

<u>School</u>	<u>Total</u>	<u>Average</u>
1. Redford, Detroit, Michigan	50:04.0	10:00.80
2. <u>Carlmont</u> , Belmont, California	50:40.3	10:08.06
3. York, Elmhurst, Illinois	50:40.6	10:08.12
4. Ossining, Ossining, New York	50:46.1	10:09.22
5. St. Xavier, Louisville, Kentucky	51:17.7	10:15.54
6. Central, Tulsa, Oklahoma	51:51.7	10:22.34
7. Clayton Valley, Concord, California	51:58.4	10:23.68
8. New Bedford, New Bedford, Massachusetts	52:00.6	10:24.12
9. South, Salem, Oregon	52:06.6	10:25.32
10. Wyandotte, Kansas City, Kansas	52:21.9	10:28.38
11. Pleasant Hill, Pleasant Hill, California	52:38.9	10:31.73
12. Edison, Tulsa, Oklahoma	52:40.5	10:32.10
13. <u>Pittsburg</u> , Pittsburg, California	53:43.1	10:44.62
14. East, Wichita, Kansas	54:01.7	10:48.34
15. Charleston, Charleston, West Virginia	54:06.0	10:49.20
16. Ft. Lauderdale, Ft. Lauderdale, Florida	54:46.1	10:57.22
17. Central, Little Rock, Arkansas	54:55.2	10:59.04
17. Highland, Albuquerque, New Mexico	54:55.2	10:59.04
19. Valley, Albuquerque, New Mexico	55:33.3	11:06.66
20. Sylvan, Atlanta, Georgia	55:50.8	11:10.16
21. Manzano, Albuquerque, New Mexico	56:49.3	11:21.86
22. San Carlos, Belmont, California	57:28.0	11:29.60

FIFTH ANNUAL
Wichita East National Invitational
Two Mile Postal Competition
October 1, 1963

First Postal

Rules:

Must be run on a regulation 440 yard track with
all times being established in the same race.

<u>Name</u>	<u>Class</u>	<u>School</u>	<u>Time</u>
1. Link, Art	Sr	RDM	9:32.3
2. Lengers, John	Jr	ONY	9:40.1
3. Morrison, James	Sr	CTO	9:44.2
4. Bruce, Jim	Sr	PHC	9:46.1
5. McCann, Mike	Jr	CBC	9:49.7
6. White, Tom	Jr	RDM	9:50.4
7. McCann, Martin	Jr	CBC	9:50.6
8. Burkhard, Art	Sr	CVC	9:52.4
9. Burhans, Jim	Jr	ONY	9:52.5
10. Harless, Jerry	Sr	GWV	9:56.0
11. Woods, John	Jr	YEI	9:56.6
12. Laubert		VAN	10:00.8
13. Cambridge, Mike	Jr	WKG	10:01.5
14. Liepins, Gunar	Sr	PHC	10:04.8
15. McGregor, George	Jr	YEI	10:05.3
16. Eicher, John	Jr	RDM	10:08.8
17. Nash, James	Sr	YEI	10:09.8
18. Roberts, Chuck	Jr	XLK	10:09.9
19. Boyles, Bill	Sr	YEI	10:10.4
19. Logan, Pat	Jr	RDM	10:10.4
21. Bradfield, Bill	So	CBC	10:11.0
22. LeFrancois, Wayne	Sr	NBM	10:11.3
23. Gomes, David	Sr	NBM	10:12.7
24. Drolet, Roger	Jr	PPC	10:13.4
25. Nevitt, Bill	So	XLK	10:13.9
26. Sileo, Bill	Sr	ONY	10:14.0
28. Henneke, Ben	Sr	ETO	10:14.0
28. Weis, Bob	So	XLK	10:17.0
29. Singler		XLK	10:17.1
30. Hallman, Howard	Sr	WKG	10:17.9
31. McAnarney, Joe	Sr	YEI	10:18.5
32. George, Lloyd	Sr	CTO	10:19.3
33. Kelly, Mike	Sr	XLK	10:19.8
34. Carter, Sherman	So	PPC	10:20.9
35. Schlegel, Bob	Sr	SSO	10:21.2
36. Abendroth, Steven	Sr	NBM	10:22.1
38. McKelvey, Dave	Sr	RDM	10:22.1
38. Thompson, Terry	Sr	SSO	10:22.3
39. Edman, Glen	Jr	CVC	10:22.5
40. Steinke, Dave	So	SSO	10:23.1
41. Nichols, Ken	Jr	CBC	10:24.0
42. Walsh, Dave	So	CBC	10:25.0
43. Forsberg, Chris	Sr	EWK	10:25.8
44. Dratz, John	Jr	ETO	10:26.0
45. Farrell, Mike	Jr	ONY	10:27.3

FIRST POSTAL
-continued-

46.	Poteet, Ray	Jr	WKC	10:27.5
47.	Stroup, Steve	Sr	ETO	10:28.5
48.	Sterett, Barry	Jr	SSC	10:29.7
49.	McKellop, Jeff	So	SSC	10:30.3
50.	Esteves, Antonio	Jr	NEM	10:30.4
51.	Slover, Mike	Sr	CTO	10:31.2
52.	Hillman, Sanford	Sr	CVC	10:31.9
53.	Peterson, Lance	So	ONY	10:32.2
54.	McCollum, Bob	Sr	CVC	10:32.5
55.	George, Boyd	Sr	CTO	10:34.3
56.	Gallanthine, Steve	Sr	PHC	10:38.5
57.	Maguire, Steve	Sr	FLF	10:38.6
58.	Nanboya, C.		HAN	10:39.0
59.	Wasson, Dave	Sr	CVC	10:39.1
60.	Mantoya, D.		HAN	10:39.8
61.	Hemingway, Chuck		LRA	10:39.9
62.	Ross, Phil	Sr	FLF	10:40.8
63.	Duvall, Phil	Sr	CTO	10:42.7
64.	Young, Michael	Sr	NBM	10:44.1
65.	Kyle, Mark	Jr	WKC	10:45.0
65.	Marcus, Tom	Sr	CWV	10:45.0
65.	Gravitt, Mike	Sr	ETO	10:45.0
68.	Milks, David		LRA	10:46.0
69.	Billinger, Rob	Jr	EWK	10:46.8
70.	Perryman, Phil	Sr	ETO	10:47.0
71.	Lujan, Jerry	Jr	PPC	10:49.7
72.	Pettigrew, Ed	Sr	WKC	10:50.0
73.	Dodson, Kent	Sr	EWK	10:52.1
74.	Sawrie, Mike		LRA	10:52.2
75.	Engler, Robert	Jr	FLF	10:52.8
76.	Knight, Jimmy	So	SAG	10:54.0
77.	Smith, John	Jr	EWK	10:55.1
78.	Zachary, Ben	So	SCC	10:59.0
79.	Hines, Gary	So	FLF	11:00.1
80.	Brodie, Darrell	Sr	PHC	11:00.5
81.	Aiello, Vince	Jr	PPC	11:01.0
82.	Boyle, Doug	Jr	EWK	11:01.9
83.	Jean, Paul	Jr	CWV	11:02.0
84.	Witt, Ronald	Sr	CWV	11:05.0
85.	Frost, Doug	So	SAG	11:05.1
86.	Arrington,		HAN	11:08.3
87.	Ipson, Mike	Sr	PHC	11:09.0
88.	Skeet		HAN	11:09.6
89.	May, Gary	So	SAG	11:12.6
90.	Stovall		MAN	11:13.3
91.	Lujan		VAN	11:13.6
92.	Cameron, Danny		LRA	11:17.1
93.	Williams, Bob		SCC	11:18.0
93.	Gonnella, Tom	So	SAG	11:18.0
93.	Tackett, Ricky	Jr	CWV	11:18.0
96.	Marshall, Rich	Jr	PPC	11:18.1
97.	Samuel		HAN	11:18.5
98.	Cox		MAN	11:19.6
99.	Hadley, Mike		LRA	11:20.0
100.	Pieper, Ronnie	So	SAG	11:21.1
101.	Chavez,		VAN	11:22.4

FIRST POSTAL

102.	Taylor,		MAN	11:23.6
103.	Sanchez, R		MAN	11:25.3
104.	Martinez,		VAN	11:28.2
105.	Samuels		VAN	11:28.3
106.	Sanchez, O.		MAN	11:28.5
107.	Olschewske, Pete	Sr	FLF	11:33.8
108.	Granucci, Jim	Sr	SCC	11:34.0
109.	Rose, Mike	So	SCC	11:43.0
110.	Higbee, Pete	Jr	SCC	11:54.0

Scots Earn Top Honors

Carlmont High school's cross-country team, achieving a goal it sought all season, also broke a team record Saturday in the second annual Hillsdale High school Invitational Postal meet.

Competing against Northern California's best crop of harriers, Coach Loren Lansberry's Highlanders covered the two-mile track distance in an aggregate clocking of 49:47.7 to break the old team record of 50:10.8 set last year by Hillsdale. The Scots beat Downey High school of Modesto, by almost a full 30 seconds for their big first place, which gave them top ranking as the best prep cross-country squad in the United States this year.

The individual runners, who were competing for places on the All-Northern California team, were led by sophomore Ralph Gamez of Hayward's Foothill High school, who ran a brilliant 9:24.8 to break the old individual record of 9:28 set by Marcel Hetu of Hillsdale last season.

In a freshman race for national ranking, Hillsdale finished second behind Central Junior High school of Pittsburg. Gordon Minty of the Knight frosh was runnerup in the race with a 10:52.3 clocking.

HILLSDALE INVITATIONAL POSTAL MEET Varsity

Carlmont (49:47.7); Downey, Modesto (50:28); Pleasant Hill (51:00); Tennyson (51:07); Berkeley (51:19); Miramonte (51:23); Hillsdale (52:16).

INDIVIDUAL RUNNERS

1. Ralph Gamez (Foothill) 9:24.8; 2. Andy Vollmer (Downey) 9:32.5; 3. Mike McCann (Carlmont) 9:35.7; 4. Rich Kay (Miramonte) 9:36.8; 6. Craig Reynolds (San Leandro) 9:38.9; 6. Jim Ruse (Pleasant Hill) 9:39; 7. Larry Trujillo (Tennyson) 9:42; 8. Gunnar Liepins (Pleasant Hill) 9:49; 9. Martin McCann 9:5; 4 10. Joe Bieber (Bucsher) 9:55; 11. Ken Ferguson (Alameda) 10:57; 12. Howard Hancock (Berkeley) 9:59.

Frosh

Central J.H.S. (Pittsburg) (55:33.8); 2. Hillsdale (56:29.6).

1. Ross Cardinalli (Central JHS) 10:32.1; 2. Gordon Minty (Hillsdale) 10:52.3; 3. Al Ghyfels (Central) 11:03.3; 4. Howard Carter (Central) 11:04.9; 5. Don Moreno (Hillsdale) 11:17; 6. Bob Friedenthal (Hillsdale) 11:17.3; 7. Ron Finks (Central) 11:17.5; 8. Mike Duncan (Hillsdale) 11:26; 9. Jim Bosse (Carlmont) 11:27; 10. Don Romano (Central) 11:36.

Frosh End Hillsdale Run Season

Hillsdale High School's freshmen cross-country runners will close out the 1963 season Saturday in a postal meet at Stanford.

The Hillsdale varsity will not compete, according to coach Plato Yanicks.

Hillsdale hosted its second annual invitational cross-country meet last weekend, and saw Carlmont break the varsity course record set last year by the Knights.

Hillsdale's freshmen finished second to Central Junior High School's nationally top-ranked frosh team to remain the No. 2 squad in the country.

Varsity

Carlmont 49:47.7, Downey 50:28.5, Pleasant Hill 51:00, Tennyson 51:07, Berkeley 51:09.7, Miramonte 51:23, Hillsdale 52:16.

1. Ralph Gamez (Foothill) 9:24.8, 2. Andy Vollmer (Downey) 9:32.5, 3. Mike McCann (Carlmont) 9:35.7, 4. Richard Kay (Miramonte) 9:36.8, 5. Craig Reynolds (San Leandro) 9:38.9.

Hillsdale entrants: 14. Mike Sayer 10:07, 31. Ron Friedenthal 10:28, 34. Roger Spence 10:31, 37. Brent Harnish 10:34, 38. Roger Browne 10:36, 40. John Wall 10:55, 41. Bob Henderson 11:03.

Freshmen

Central Junior High 55:33.8, Hillsdale 56:29.6. Carlmont ran incomplete team.

1. Ross Cardinalli (C) 10:32.1, 2. Gordon Minty (H) 10:52.3, 3. Al Ghysels (C) 11:03.3, 4. Howard Carter (C) 11:04.9, 5. Don Moreno (H) 11:17, 6. Bob Friedenthal (H) 11:17.3, 7. Ron Finks (C) 11:17.5, 8. Mike Duncan (H) 11:26, 9. Jim Bosse (C) 11:27, 10. Dom Romano (C) 11:38, 11. Len Murray (H) 11:37, 12. Rich Park (H) 11:56, 13. Mike Jones (H) 11:58.

Vikings Tripped By Memory

A bad memory blocked Mills High School's cross-country team in its bid to move up in the state and national ratings last weekend.

The Viking runners, champs of the Mid-Peninsula League and ranked 12th in the United States, were scheduled to try to better their position Saturday at a Stanford postal meet.

"**BUT A COACH** down there 'phoned up and asked us to come down a day earlier, on Friday," said a glum coach Joe Dees. "He said he had some of his seniors taking scholastic aptitude tests Saturday and that would interfere."

Mills agreed, said Dees, but when the team drove down for the Friday event, the place was empty. "I 'phoned the coach, but he said he'd forgotten and had already worked out his boys and let them go."

The Vikings couldn't return for the regularly scheduled meet the next day because the team members had made other, individual plans. "The kids were really disappointed," said Dees.

"**I THINK** we could have moved up to third or fourth in the state and eighth or better in the nation. We were only nine seconds away from eighth last time (at an earlier postal meet at Stanford)."

Mills ran an intra-squad meet rather than turn around and come home, but clocked a slow 51:39.

"It just wasn't any good without real competition."

Dees said his boys had been preparing for the postal since the MPL Finals on Nov. 13. "We must have run close to 175 miles. What a disappointment for those kids."

Hillsdale HS Hosts

Top Distance Teams

Coach Plato Yanicks says his freshman cross-country running team "has an excellent chance" of winning its division tomorrow in a postal meet at Hillsdale High School.

Freshman and varsity performers will run two 2-mile races at the Hillsdale track. Times will go toward adjusting or confirming national rankings. Hillsdale's varsity is 14th in the country.

The top five varsity teams in Northern California, headed by Carlmont, will be on hand. Also attending are 13 individual runners from as far away as Folsom and McClatchy.

"WE'LL HAVE college coaches from all over coming

to Hillsdale to drool," said Yanicks. "Name a top high school runner, and we'll have him here."

Hillsdale's Knights are the sixth varsity team, but though they are the defending Hillsdale Invitational champs, rate sixth in the field. Mike Sayer stands the best individual chance. Hillsdale's 1962 team time of 50:10.8, which ranked that squad fourth in the nation, is the existing record.

Plato is especially interested in the freshman event, because his unbeaten frosh "may be the best freshmen team in Northern California." Gordon Minty is the "prime favorite" in the race.

The five varsity teams, in addition to Hillsdale's, are from Carlmont, Wilcox, Tennyson, Downey, and Berkeley. The freshman race is at 9:45 a.m., the varsity at 10 a.m.

Nov 23, 1963

Dear Fellow Coaches,

Hillsdale High School is hosting a national postal meet on Sat Nov 30th. The freshman race begins at 9:45, the varsity race will start immediately after at approximately 10:00 AM.

The race will be 2.0 miles on the track. All results will be forwarded to Track and Field News.

The purpose of the meet is to enable the top individuals in Northern California to run against each other in the same race. Only 6 of the top teams and 11 of the top individuals not on these teams have been invited to attend.

The meet will not take long as there are only two races. You will have plenty of time to take in the Cal-Stan football game later on in the day.

The following varsity teams will compete:

★ 1.	Carlment	49:07.1	
★ 2.	Tennysen	50:00.0	
3.	Wilcox	50:44.0	★ = indicates that teams have accepted invitations
★ 4.	Downey of Modesto		
★ 5.	Berkeley	50:12.9	
★ 6.	Hillsdale	51:19.5	

The following freshman teams have been invited to compete:

★ 1.	Central Jr High	54:08	(Stanford course)
2.	Irvington	56:04	(Stanford course)
3.	Wilcox	57:25	(Stanford course)
4.	Sunnyvale	56:21	(Stanford course)
★ 5.	Hillsdale	56:14	(track)
★ 6.	Carlment	56:55	(Stanford course)
7.	Wilbur Jr High	57:44	(Stanford course)
8.	Los Altos	57:32	(Stanford course)

The following top varsity individual performers have been invited:

9:20.8	1.	Gamez	(Foothill)
9:44.0	2.	Heward	(St Ignatius)
9:34.0	3.	Reynolds	(San Leandro)
9:42.9	4.	Biber	(Buchser)
9:44.0	5.	Ortegen	(Irvington)
9:42.8	6.	Berrera	(Newark)
9:43.8	7.	Burkhard	(Clayton Valley)
9:27.0	8.	Weed	(Folsom)
9:33.0	9.	Bruce	(Pleasant Hill)
9:43.3	10.	Liepina	(Pleasant Hill)
10:07.0	11.	Ferguson	(Alameda)
9:57.0		Kay	(Miramonte)

Stars competing for Teams

9:30.6	Ryan (Wilcox)
9:38.0	Mike McCann (Carl)
9:35.0	Trujillo (Tenny)
9:37.5	Martin McCann (Carl)
9:27.2	Vollmer (Downey)
9:43.9	McCalla (Berkeley)
9:52.0	Sayer (Hills)

If everyone shows, a group photograph will be taken of the top 16 individuals. The results from this meet may well determine the All Northern Calif Team.

Thomas Downey High School

1000 COFFEE ROAD

LA-25221

MODESTO, CALIFORNIA

November 22, 1963

Plato Yanicks
741 Darmouth
San Carlos, California

Dear Mr. Yanicks:

The Thomas Downey High School Varsity cross country team has accepted the challenge and is extremely appreciative of even being listed with such teams as Carlmont, Tennyson, Berkeley and Hillsdale. We know they are nationally ranked teams. We hope we can live up to any reputation that we must have gained to be put in such a race as this.

Our team won our invitational over some very good squads - Antioch, Clayton Valley, Pittsburg, El Camino, Bullard, Cubberley, etc. - but our biggest disappointment was losing our own section meet to El Camino of Sacramento by 3 points. However, Andy Vollmer won the individual race in 9:42.7 for 2.06 miles (which I think is about a 9:27 2 mile time.) I hope that he can stay at his peak until your meet so that he can give the teams in your meet a true indication of his great competitive spirit. The 2 mile, I'm sad to say, isn't really his race, but he runs very much on determination at these "shorter" distances. The rest of the team let him down at the section meet and he, after beating George Weed of Folsom- unbeaten in our section for 2 years - said "yes, I won but what a hollow victory."

We don't have a freshman team worthy of running with teams you have selected. Please, by all means, select someone else for this honor. But, give us a chance in the varsity.

Here are my approximations as to times of our men at 2 miles:

1. Andy Vollmer 9:27 (Ran 9:46 in July)
2. Ron Silvius 9:55 (Ran 10:19 in July)
3. Jim Hilkey 10:15
4. Rod Quesnel 10:15
5. Guy Sisco 10:00
6. Kelley Van Hees 10:20

(I don't know yet which 5 will run.)

Yours truly,

Ed Maurice
Thomas Downey High School
Home phone LA 3-4970

EM;sl

HILLSDALE INVITATIONAL CROSS COUNTRY
NATIONAL POSTAL MEET, Nov 30, 1963

Conditions: Good.

HEAT I VARSITY:

1.	9:24.8	Ralph Gamez	Foothill
2.	9:32.5	Andy Vollmer	Downey
3.	9:35.7	Mike Mc Cann	Carlmont
4.	9:36.8	Rich Kay	Miramonte
5.	9:38.9	Craig Reynolds	San Leandro
6.	9:39.0	Jim Bruce	P.H.
7.	9:42.0	Larry Trujillo	Tennyson
8.	9:49.0	Gunar Liepins	P.H.
9.	9:54.0	Martin Mc Cann	Carlmont
10.	9:55.0	Joe Biber	Buchser
11.	9:57.0	Ted Ferguson	Alameda
12.	9:59.0	Howard Hancock	Berkeley
13.	10:01.0	Bill Bradfield	Carlmont
14.	10:07.0	Mike Sayer	Hillsdale
15.	10:08.0	Tom Wake	Carlmont
16.	10:09.0	Dave Walsh	Carlmont
17.	10:09.0	Steve Daubert	Carlmont
18.	10:10.0	Dave Furst	Cubberly
19.	10:11.0	Ray Celaya	Tennyson
20.	10:12.0	Tom Castro	Berkeley
21.	10:12.0	Mark Wondelleck	St Joseph's
22.	10:13.0	Guy Sisco	Downey
23.	10:13.0	Jim Hilkey	Downey
24.	10:14.0	John Heinstein	Berkeley
25.	10:15.0	Rod Quesnee	Downey
26.	10:16.0	Hilkey	Downey
27.	10:17.0	Ron Sitterding	Tennyson
28.	10:18.0	Jim Mashach	Berkeley
29.	10:19.0	Gary Fowler	Tennyson
30.	10:27.0	Mike Ipsen	P.H.
31.	10:28.0	Ron Friedenthal	Hillsdale
32.	10:29.0	John Mills	Carlmont
33.	10:29.0	Pete Baldo	Berkeley
34.	10:31.0	Roger Spence	Hillsdale
35.	10:32.0	Stan Stephens	P.H.
36.	10:33.0	George Kennedy	P.H.
37.	10:34.0	Brent Harnish	Hillsdale
38.	10:36.0	Roger Browne	Hillsdale
39.	10:38.0	Gary Foster	Tennyson
40.	10:55.0	John Hall	Hillsdale
41.	11:03.0	Bob Henderson	Hillsdale
42.	11:12.0	Jeff Cunniffe	Tennyson
43.	11:13.0	George Black	Berkeley
44.	11:14.0	Dennis Julian	P.H.
45.	11:17.0	Darryl Brodie	P.H.

1. CARLMONT

2	9:35.7
6	9:54.0
8	10:01.0
10	10:08.0
11	10:09.0
37	49:47.7

2. DOWNEY

1	9:32.5
15	10:13.0
16	10:13.0
18	10:15.0
19	10:16.0
69	50:28.5

3. PLEASANT HILL

3	9:39.0
5	9:49.0
23	10:27.0
28	10:32.0
29	10:33.0
88	51:00.0

4. TENNYSON

4	9:42.0
13	10:11.0
20	10:17.0
22	10:19.0
32	10:38.0
91	51:07.0

5. BERKELEY

7	9:59.0
14	10:12.0
17	10:14.0
21	10:28.0
26	10:26.7
85	51:09.7

6. MIRAMONTE

9:36.8
10:04.0
10:25.1
10:26.1
10:50.0
51:23.0

7. HILLSDALE

9	10:07.0
24	10:28.0
27	10:31.0
30	10:34.0
31	10:36.0
121	52:16.0

HILLSDALE INVITATIONAL NATIONAL POSTAL MEET (CONT)

VARSITY HEAT II

1.	10:05.0	George Coon	Miramonte
2.	10:18.0	Steve Cole	Wilcox
3.	10:20.0	Mary Mc Cann	Wilcox
4.	10:25.1	Rich Marty	Miramonte
5.	10:26.1	Steve Crane	Miramonte
6.	10:26.7	Mike Farrell	Berkeley
7.	10:27.4	Ken Nichols	Carlmont
8.	10:29.0	Cary Larsen	Carlmont
9.	10:33.0	Don Frost	Carlmont
10.	10:39.0	Norm Freitas	Berkeley
11.	10:50.0	Bill Elgas	Miramonte

FRESHMAN HEAT:

1.	10:32.1	Hoss Cardinalli	Central
2.	10:52.3	Gordon Minty	Hillsdale
3.	11:03.3	Al Ghysels	Central
4.	11:04.9	Howard Carter	Central
5.	11:17.0	Don Moreno	Hillsdale
6.	11:17.3	Bob Friedenthal	Hillsdale
7.	11:17.5	Ron Finks	Central
8.	11:26.0	Mike Duncan	Hillsdale
9.	11:27.0	Jim Bosse	Carlmont
10.	11:36.0	Don Romano	Central
11.	11:37.0	Glenn Murray	Hillsdale
12.	11:56.0	Rich Park	Hillsdale
13.	11:58.0	Mike Jones	Hillsdale
14.	11:59.0	Frank Hernandez	Central
15.	12:06.0	Dave Gutierrez	Central
16.	12:34.0	Dave Smith	Hillsdale

1. CENTRAL

1	10:32.1
3	11:03.3
4	11:04.9
7	11:17.5
9	11:36.0

24 55:33.8

2. HILLSDALE

2.	10:52.3
5.	11:17.0
6.	11:17.3
8.	11:26.0
11.	11:37.0

31 56:29.6

NOTE: This was the second annual Hillsdale Invitational Postal Meet. Hillsdale won last year's meet with a 50:10.8 clocking. Marcel Hetu of Hillsdale won the race with a 9:28.0 clocking. Thus Carlmont now holds the the team time record of 49:47.7, and Ralph Gamez of Foothill now holds the individual record of 9:24.8

Boy, 15, Sizzles In 2-Miler

LOS ALTOS — (AP) — Ralph Gomaz, 15, from Foothill High School in Hayward, won a two mile race yesterday at Angell Field, Stanford University, in 9:20.8.

Gamaz' time was described as the best ever recorded by a 15 year old U.S. high school runner and fifth best for any U.S. high schooler.

The high school competitive record is 9:11.6, set this year by Tracy Smith of Arcadia.

Other finishers:

Second—Mike McCann, Carlmont High, Belmont, 9:28.6; third—Jim Bruce, Pleasant Hill, 9:34.0.

Hayward prep sets two-mile run mark

Ralph Gamaz of Hayward's Foothill High School ran the fastest two miles in history by an American 15-year-old Saturday when he was clocked in 9:20.8 at Stanford's Angell Field.

Gamaz was competing in a postal meet organized by Bert Nelson of Track and Field News. There were other races being held across the country with results wired to Nelson, a Times columnist, for tabulation.

The former record was set last year by Mike Ryan of Santa Clara's Wilcox High School. His time was 9:21.3.

Track and Field Postal Meet
Angell Field
November 9, 1963

Conditions: Good

Heat: 1

Division: Varsity

- | | | | | |
|----|----------------|----------------|-----|---------|
| 1. | Carlmont | 1-4-9-10-19- | 44 | 49:07.1 |
| 2. | Tennyson | 3-9-17-21-24 | 73 | 50:00 |
| 3. | Berkeley | 7-11-15-16-28 | 77 | 50:12.9 |
| 4. | Pleasant Hill | 2-5-27-29-35 | 98 | 51:03.3 |
| 5. | Mills | 12-18-23-25-27 | 105 | 51:11 |
| 6. | Clayton Valley | 6-13-14-30-34 | 97 | 51:25.8 |

1	9:20.8	Gamez	Foothill
2	9:28.6	Mike McCann	Carl
3	9:33	Bruce	Pleasant Hill
4	9:35.8	Truhillo	Tebbyson
5	9:37.5	Martin McCann	Carl
6	9:43.3	Liepins	Pleasant Hill
7	9:43.8	Burkhard	Clay V
8	9:43.9	McCalla	Berk
9	9:53	Delays	Tenn
10	9:56.6	Nichols	Carl
11	9:57.4	Bredfield	Carl
12	9:58	Hancock	Berk
13	10:01	Kay	Mills
14	10:02	McCollum	Clay V
15	10:03	Hillman	Clay V
16	10:03	Malach	Berk
17	10:03	Heinstein	Berk
18	10:03	Fowler	Tenn
19	10:04	Hudson	Mills
20	10:07	Wake	Carl
21	10:08	Walsh	Carl
22	10:09	Clary	Tenn
23	10:10	Sandin	Carl
24	10:15	Larsen	Carl
25	10:18	Garcia	Mills
26	10:20	Foster	Tenn
27	10:21	Allen	Mills
28	10:21	Mills	Carl
29	10:23	Daubert	Carl
30	10:24	Sitterding	Tenn
31	10:24	Ipsen	P Hill
32	10:25	Elliot	Berk
33	10:25	Frost	Carl
34	10:27	Mountain	Mills
35	10:36	Robertson	Mills
36	10:41	Julian	P Hill
37	10:42	Edman	Clay V
38	10:43	Thomas	Mills
39	10:47	Nicholas	Tenn
40	10:48	Lewis	Berk
41	10:54	Moss	Clay V
42	10:57	West	P Hill
43	11:10	Brodie	P Hill
44	11:11	Sheilds	Clay V
45	11:12	WELHAM Welham	Clay V
46	11:16	Milliken	P Hill
47	11:20		
48	11:22		
49	11:29		

Top 10 Individual High School Postal 2-Milers in the United States as of 11-8-63

- | | | |
|-----|---|--------|
| 1. | Jim Ryun (11), Wichita East | 9:11.5 |
| 2. | Gamez (10), Foothill, Hay., Calif. | 9:20.8 |
| 3. | Mike McCann (11), Carlmont, Bel., Calif. | 9:28.8 |
| 4. | John Lergers (11), Ossining, N.Y. | 9:29.1 |
| 5. | Jim Burnens (11), Ossining, N.Y. | 9:30.8 |
| 6. | Roger Manfield (12), Concord, N.H. | 9:31.4 |
| 7. | Bruce, Jim (12), Pleasant Hill, Calif. | 9:33.0 |
| 8. | Truhillo (12) Tennyson, Hayward Calif. | 9:35.0 |
| 9. | Martin McCann (11), Carlmont, Belmont, Calif. | 9:37.5 |
| 10. | Bill Murphy (11), Ossining, N.Y. | 9:41.4 |

Track and Field Postal Meet
Angell Field
November 9, 1963

Conditions: Good

Heat: 2

Division: Varsity

1.	<u>Hillsdale</u>	1-7-12-16-19	55	<u>51:19.5</u>
2.	Cubberley	4-5-10-15-20	54	51:21.9
3.	Pittsburg	2-3-14-22-28	69	51:45.4
4.	Palo Alto	11-13-18-25-26	93	52:34.4
5.	Westmoor	8-9-24-19-30	100	52:58.6
6.	Los Altos	6-17-12-33-34	122	53:57.2

1	9:52	<u>Sayer</u>	<u>Hills</u>
2	9:59.7	Drolet	Pitt
3	10:22	Carter	Pitt
4	10:03	Furst	Cubb
5	10:03.4	Bruno	Cubb
6	10:05.2	Bennet	LA
7	10:09.6	<u>Harnish</u>	<u>Hills</u>
8	10:17.9	Tracy	West
9	10:18.7	Bravos	West
10	10:19.2	Byers	Cubb
11	10:19.6	Harman	PA
12	10:20.9	<u>Friedenthal</u>	<u>Hills</u>
13	10:21.8	Grobestein	PA
14	10:23.2	Lujan	Pitt
15	10:23.3	Sudeman	Cubb
16	10:24	Broune	<u>Hills</u>
17	10:24	Headly	LA
18	10:25	Stodelord	PA
19	10:33	<u>McEmery</u>	<u>Hills</u>
20	10:33	McEmery Lockhart	Cubb
21	10:34	Farreel	Berk
22	10:34	Frehag	Berk
23	10:34	Logan	Cubb
24	10:35	Pierce	Pitt
25	10:39	Wilson	Cubb
26	10:41	Beuhers	West
27	10:44	Herbett	PA
28	10:44	Bates	PA
29	10:45	Eding	PA
30	10:45	Werner	St. Fr
31	10:46	McKnight	Pitt
32	10:47	Airrola	West
33	10:48	Glover	Berk
34	10:54	Torres	West
35	10:56	Jacobs	Cubb
36	10:57	Harman	Cubb
37	10:59	Thompson	PA
38	11:06	Gear	LA
39	11:10	Olsen	LA
40	11:12	Rodgers	LA
41	11:17	Feth	LA
42	11:27	Mattson	Cubb
43	11:31	Moody	Pitt
44	11:31	Aiello	Pitt
45	11:31	Miller	LA
46	11:32	Malmberg	LS
47	11:34		
48	11:46		
49	11:56		
50	11:57		

ANGELL FIELD
November 9, 1963

Conditions: Good

Heat: #3

1.	Newark	1-3-10-18-22=54	52:25
2.	washington	5-9-12-13-17=56	53:30.9
3.	Cupertino	4-7-15-21-25=72	53:40.6
5.	Buchser	2-11-30-31-34=108	54:10.8
4.	San Carlos	6-8-16-23-26=79	54:06.1
6.	Lich	14-27-32-36-38=147	56:12

1.	9:42.8	Barrera	New.
2.	9:42.9	Biher	Bu.
3.	10:01.9	Valenzuela	New.
4.	10:14.6	Wagerman	Cub.
5.	10:32.4	Blea	Wash.
6.	10:33	Zachary	S.C.
7.	10:35	Jameses	Cup.
8.	10:36	Jones	S.C.
9.	10:37.1	Brooks	Wash.
10.	10:41.3	Simpson	New.
11.	10:44.9	Munger	Buch.
12.	10:45	Backwell	Wash.
13.	10:45.4	Thomas	Wash.
14.	10:46	Guerrerd	Lick
15.	10:47	Ddson	Cup.
16.	10:48	Kane	S.C.
17.	10:51	Trujillo	Wash.
18.	10:57	Yong	New.
19.	10:59	Burruss	Wash.
20.	10:59	Nielson	Wash.
21.	11:00	Oklu	Cup.
22.	11:02	Redeker	New.
23.	11:04	Williams	S.C.
24.	11:04	Olwas	New.
25.	11:04	Hawkins	Cup.
26.	11:05	Munday	S.C.
27.	11:05	Durham	Lick
28.	11:06	Neal	Cup.
29.	11:07	Nunemaker	Cup.
30.	11:12	Burns	Buch.
31.	11:13	Lilly	Buch.
32.	11:14	Blatt	Lick
33.	11:15	Nolan	S.C.
34.	11:18	Furight	Buch.
35.	11:19	Panchro	New.
36.	11:20	Houghton	Cup.
37.	11:26	Moniz	Lick
38.	11:27	Peterson	Wash.
39.	11:34	Higbee	S.C.
40.	11:41	Gorcit	Lick
41.	12:21		

Track and Field Postal Meet
Angell Field
November 9, 1963

Conditions: Good

Heat: 4

6. Santa Clara	10-21-24-25-39	110	54:37.74	1. Terra Nova	2-5-7-14-26	54	51:48.2
7. F. H.	32-38-39-40-43	192	57:27	2. Sunnyvale	608-9-16-20	59	53:08.8
				3. Los Gatos	3-11-15-18-27	98	53:15
				4. Tamalpais	1-4-19-22-42	88	53:25.7
				5. Pleasant Hill	12-13-17-28-31	101	54:28

1	9:47.8	Krieger	Tam	51	11:42	Branch	Irv
2	10:00	Blaylock	TN	52	11:43	Bawson	Irv
3	10:01.8	Berta	LG	53	11:44	Cummings	FH
4	10:20.3			54	11:52	Collier	Tam
5	10:23.9	Lopez	Tam	55	11:56	Griffin	Tam
6	10:28.6	Brun	TN	56	12:00	Reeder	FH
7	10:29.2	Beck	Sunn	57	12:12	Good	SC
8	10:30.6	Cooper	TN	58		Dowseth	TN
9	10:32	Mulkey	Sunn				
10	10:34.6	Austin	Sunn				
11	10:35.7	Gonzales	SC				
12	10:38	McIntosh	LG				
13	10:42	West	PH				
14	10:42	Stephen	PH				
15	10:43	Covell	TN				
16	10:43	Montahro	LG				
17	10:44	Bond	Sunn				
18	10:45	McIntosh Kennedy	PH				
19	10:47	Mason	LG				
20	10:48	Smith	Tam				
21	10:49	Urban	Sunn				
22	10:49	Lema	SC				
23	10:55	Hope	Tam				
24	10:58	Gustafk	Sunn				
25	10:59	Olkowski	SC				
26	11:05	Hilton	SC				
27	11:06	Wognon	TN				
28	11:06	Greene	LG				
29	11:07	Kraft	PH				
30	11:08	Sohl	TN				
31	11:09	Contreras	SC				
32	11:12	Brodie	PH				
33	11:18	Schreck	PH				
34	11:19	Gay	SC				
35	11:20	Turdice	PH				
36	11:21	Rogers	TN				
37	11:24	Begley	Irv				
38	11:25	King	PH				
39	11:26	Wilson	TN				
40	11:27	Peterson	SC				
41	11:28	Leach	FH				
42	11:28	Waxner	FH				
43	11:29	Clark	FH				
44	11:30	Letzkus	SC				
45	11:31	Giroux	Sun				
46	11:31	Costello	Tam				
47	11:33	Wright	PH				
48	11:39	Miller	Irv				
49	11:39	Reis	SC				
50	11:41	Miller	PH				

1	10:40	Hall	Hills
2	10:48	Donniley	Mills
3	10:49	Waller	Mills
4	10:53	Henderson	Hills
5	10:55	McLean	Hills
6	11:06	Fassett	Carlmont
7	11:07	McDonald	Hills
8	11:11	Mitchell	Mills
9	11:12	Spike	Hills
10	11:26	Weston	Hills
11	11:28	Dudley	Hills
12	11:29	Multon	Hills
13	11:33	Hooper	TN
14	11:34	Seawell	Carlmont
15	11:45	Spiller	Hills
16	11:47	Christina	Mills
17	11:51	Clegg	TN
18	11:53	Reed	Hills
19	11:54	B. McLean	Hills
20	11:58	Bedford	TN
21	11:59	Maggi	TN
22	12:00	Hughes	Mills
23	12:08	Gonzales	Lick
24	12:12	Myer	TN
25	12:21	Loos	TN
26	12:23	Maggi	Lick
27	12:29	Jasso	TN
28	12:35	Claymorr	TN
29	12:42	Asnon	Mills
30	12:53	Castro	TN
31	12:54	Holmer	Mills
32	12:59	Phillip	TN
33	12:59	Butler	TN
34	13:00	Erker	TN
35	13:12	Byfield	TN
36	13:28	Erickson	TN

1. Hillsdale	1-4-5-6-8	24	54:47
2. Mills	2-3-7-14-20	46	56:35
3. Terra Nova	12-15-18-19-22	86	59:52

Fresh-TRACK AND FIELD POSTAL FIELD

Angell Field November 11, 1963

Conditions: Good
Heat: 6

1. Carlmont 3-4-7-8-9--31 55:37
2. Hillsdale 1-10-11-13-17--52 56:14
3. Mills 2-5-15-22-24--68 56:57
4. Los Altos 6-12-14-16-19--67 56:58
5. Lick 18-23-27-28-31--127 61:07

- | | | | |
|-----|-------|-------------|--------|
| 1. | 10:50 | Minty | Hills. |
| 2. | 10:53 | Lane | Mills |
| 3. | 10:59 | Darling | Carl. |
| 4. | 11:00 | Moore | Carl. |
| 5. | 11:01 | Caridis | Mills |
| 6. | 11:07 | Caron | L.A. |
| 7. | 11:12 | Bradfield | Carl. |
| 8. | 11:13 | Talamantez | Carl. |
| 9. | 11:13 | Bosse | Carl. |
| 10. | 11:14 | Duncan | Hills. |
| 11. | 11:16 | Sealey, w | Hills. |
| 12. | 11:20 | Bridges | L.A. |
| 13. | 11:21 | Friedenthal | Hills. |
| 14. | 11:25 | Pearson | L.A. |
| 15. | 11:26 | Giampi | Mills |
| 16. | 11:27 | Hollstein | L.A. |
| 17. | 11:33 | Jones, m | Hills |
| 18. | 11:35 | Stoudt | Lick |
| 19. | 11:39 | Fimmel | L.A. |
| 20. | 11:40 | Jensen | Hills. |
| 21. | 11:47 | Palmer | L.A. |
| 22. | 11:48 | Nelson | Mills |
| 23. | 11:49 | Tilden | Lick |
| 24. | 11:50 | Houven | Mills |
| 25. | 11:55 | Shea | Mills |
| 26. | 11:57 | Rice | Mills |
| 27. | 11:58 | | |
| 28. | 12:04 | | |
| 29. | 12:05 | Gaston | Mills |
| 30. | 12:06 | Murray | Hills. |
| 31. | 12:07 | Needham | Mills |
| 32. | 12:07 | Sealy, g | Hills. |
| 33. | 12:08 | Fitlig | Hills. |
| 34. | 12:19 | Samish | Mills |
| 35. | 12:22 | Thompson | Hills. |
| 36. | 12:25 | Smith, d | Hills. |
| 37. | 12:26 | | |
| 38. | 12:27 | Handenburg | Lick |
| 39. | 12:28 | Wallace | Mills |
| 40. | 12:29 | Blailleskey | Lick |
| 41. | 12:40 | Winters | Mills |
| 42. | 12:45 | Pearson, j | L.A. |
| 43. | 12:46 | Lorenzi | Mills |
| 44. | 12:47 | Pelerman | LA. |
| 45. | 12:56 | Gugimoto | Lick |
| 46. | 13:12 | Peterman | L.A. |
| 47. | 13:10 | | |
| 48. | 13:10 | | |
| 49. | 13:52 | Petrakis | Hills. |
| 50. | 13:27 | | |
| 51. | 14:14 | | |
| 52. | 14:19 | | |
| 53. | 14:27 | | |

FIFTH ANNUAL
Wichita East National Invitational
Two Mile Postal Competition
November 1, 1963

Second Postal

Results - Regular Scoring

<u>School</u>	<u>Abbrev.</u>		<u>Points</u>
1. Ossining, Ossining, New York	ONY	(2, 3, 7, 11, 30)	53
2. York, Elmhurst, Illinois	YEI	(9, 16, 19, 20, 23)	87
3. <u>Carlmont</u> , Belmont, California	CBC	(6, 14, 28, 35, 37)	<u>120</u>
4. East, Wichita, Kansas	EWK	(1, 18, 29, 33, 54)	<u>135</u>
5. Concord, Concord, New Hampshire	CNH	(4, 24, 26, 41, 51)	146
6. North, Wichita, Kansas	NWK	(15, 25, 33, 38, 39)	150
7. <u>Pittsburg</u> , Pittsburg, California	PPC	(10, 12, 42, 45, 46)	155
8. St. Xavier, Louisville, Kentucky	XLK	(22, 31, 32, 40, 43)	168
9. Pleasant, Hill, Pleasant Hill, Calif.	PHC	(5, 17, 50, 53, 55)	180
10. Wyandotte, Kansas City, Kansas	WKC	(8, 36, 48, 52, 61)	205
11. Charleston, Charleston, West Virginia	CWV	(21, 44, 47, 58, 65)	235
12. Central, Little Rock, Arkansas	LRA	(27, 49, 63, 64, 69)	272
13. Southeast, Wichita, Kansas	SEW	(13, 77, 80, 81, 83)	334
14. Edison, Tulsa, Oklahoma	ETO	(66, 67, 70, 75, 84)	362
15. Highland, Albuquerque, New Mexico	HAN	(55, 59, 60, 89, 106)	369
16. Orlando Boone, Orlando, Florida	OFB	(62, 74, 79, 86, 99)	400
17. Kapaun, Wichita, Kansas	KWK	(57, 86, 88, 90, 96)	417
18. Heights, Wichita, Kansas	HWK	(72, 76, 81, 94, 96)	419
19. West, Wichita, Kansas	WWK	(67, 71, 78, 103, 104)	423
20. Manzano, Albuquerque, New Mexico	MAN	(85, 92, 93, 100, 101)	471
21. South, Wichita, Kansas	SWK	(72, 90, 95, 107, 110)	474
22. Sandia, Albuquerque, New Mexico	SAN	(98, 102, 105, 108, 109)	522

Results - Time

<u>School</u>	<u>Sept</u>	<u>Total</u>	<u>Oct</u>	<u>Average</u>
1. Ossining, Ossining, New York	50:46.1		48:49.5*	9:45.90
2. York, Elmhurst, Illinois	50:40.6		50:00.5	10:00.10
3. <u>Carlmont</u> , Belmont, California	50:40.3		<u>50:25.1</u>	10:05.02
4. East, Wichita, Kansas	54:01.7		<u>50:28.1</u>	10:05.62
5. Concord, Concord, New Hampshire	- - - -		50:43.6	10:08.72
6. <u>Pittsburg</u> , Pittsburg, California	53:43.1		<u>51:02.0</u>	10:12.40
7. North, Wichita, Kansas	- - - -		51:03.0	10:12.60
8. St. Xavier, Louisville, Kentucky	51:17.7		51:16.9	10:15.38
9. Pleasant Hill, Pleasant Hill, Calif.	52:38.9		51:19.0	10:15.80
10. Wyandotte, Kansas City, Kansas	52:21.9		52:51.0	10:22.20
11. Charleston, Charleston, West Virginia	54:06.0		52:18.7	10:27.74
12. Central, Little Rock, Arkansas	54:55.2		52:58.7	10:35.74
13. Southeast, Wichita, Kansas	- - - -		54:32.0	10:54.40
14. Edison, Tulsa, Oklahoma	52:40.5		54:36.0	10:55.20
15. Highland, Albuquerque, New Mexico	54:55.2		55:01.9	11:00.38
16. West, Wichita, Kansas	- - - -		55:05.0	11:01.00
17. Orlando Boone, Orlando, Florida	- - - -		55:33.4	11:06.68
18. Kapaun, Wichita, Kansas	- - - -		56:00.0	11:12.00
19. Heights, Wichita, Kansas	- - - -		56:05.0	11:13.00
20. Manzano, Albuquerque, New Mexico	56:49.3		57:05.2	11:25.04
21. South, Wichita, Kansas	- - - -		58:07.0	11:37.40
22. Sandia, Albuquerque, New Mexico	- - - -		58:31.9	11:42.30

*betters National record of 48:50.9

FIFTH ANNUAL
Wichita East National Invitational
Two Mile Postal Competition
November 1, 1963

Second Postal

Rules:

Must be run on a regulation 440 yard track with
all times being established in the same race.

<u>Name</u>	<u>Class</u>	<u>School</u>	<u>Time</u>
1. Ryun, Jim	Jr	EWK	9:22.1
2. Lengers, John	Jr	ONY	9:29.1
3. Burhans, Jim	Jr	ONY	9:30.8
4. Maxfield, Roger	Sr	CNH	9:31.4
5. Bruce, Jim	Sr	PHC	9:38.2
6. McCann, Mike	Jr	CBC	9:40.0
7. Murphy, Bill	Jr	ONY	9:41.4
8. Cambridge, Mike	Sr	WKC	9:48.4
9. Woods, John	Jr	YEI	9:49.9
10. Carter, Sherman	So	PPC	9:50.9
11. Sileo, Bill	Sr	ONY	9:54.2
12. Drolet, Roger	Jr	PPC	9:55.5
13. Butth, Dennis	Sr	SEW	9:56.0
14. McCann, Martin		CBC	9:56.5
15. Smith, Jim	Sr	NWK	9:57.0
16. Nelson, Roger	Sr	YEI	10:00.9
17. Liepins, Gunar	Sr	PHC	10:01.4
18. Forsberg, Chris	Sr	EWK	10:02.0
19. Peterson, Dennis	Jr	YEI	10:02.5
20. Nash, James	Sr	YEI	10:02.6
20. Harless, Jerry	Sr	CWV	10:02.6
22. Roberts, Chuck	Jr	XLK	10:02.9
23. McAnarney, Joe	Sr	YEI	10:04.6
24. Morgan, Parker	Sr	CNH	10:08.2
25. Burditt, Bruce	Jr	NWK	10:09.0
26. Estabrook, Bob	Sr	CNH	10:10.0
27. Hendingway, Chuck		LRA	10:11.2
28. Bradfield, Billy	So	CBC	10:11.4
29. Walker, Don	Sr	EWK	10:12.0
30. Jacobson, Steve	Jr	ONY	10:14.0
31. Kelly, Mike	Sr	XLK	10:14.5
32. Singler, Ron	Sr	XLK	10:15.4
33. Billinger, Rob	Jr	EWK	10:16.0
33. Munson, John	So	NWK	10:16.0
35. Sandin, Jack	Sr	CBC	10:18.0
36. Poteet, Ray	Jr	WKC	10:18.4
37. Wake, Tom	So	CBC	10:19.2
38. Hayes, Jim	Sr	NWK	10:20.0
39. Henry, Bill	Sr	NWK	10:21.0
40. Weis, Bob	So	XLK	10:21.1
41. Saltmarsh, Alex	Sr	CNH	10:22.0
42. Aiello, Vince	Jr	PPC	10:23.0
42. Graf, Robert	Sr	XLK	10:23.0
44. Tackett, Rick	Jr	CWV	10:24.3
45. Pierce, Don	So	PPC	10:26.0
46. Lujan, Jerry	Jr	PPC	10:26.6
47. Marcus, Tom	Sr	CWV	10:27.5
48. Wilkins, Thom	Sr	WKC	10:28.2
49. Milks, Dick		LRA	10:29.0
50. Ipson, Mike	Sr	PHC	10:29.3

-continued-

51.	Love, Jerry	Jr	CNH			10:32.0
52.	Parra, Ernest	Sr		WKC		10:33.0
53.	Brodie, Darrell	Sr		PHC		10:33.2
54.	Dodson, Kent	Sr	EWK			10:36.0
55.	Milliken, Randy	Sr		PHC		10:36.9
55.	Montoya, Charles	Sr			HAN	10:36.9
57.	Norwood, Sandre	Sr			KWK	10:38.0
58.	Anderson, Rodney	Sr		CWV		10:38.8
59.	Montoya, Don	So			HAN	10:42.2
60.	Arrington, Ray	Jr			HAN	10:42.4
61.	Jacob, Paul	Sr		WAC		10:43.0
62.	Steere, James	Sr			OBF	10:43.2
63.	Sawrie, Mike			LRA		10:45.0
64.	Cameron, Danny			LRA		10:45.3
65.	Witt, Ronald	Sr		CWV		10:45.5
66.	Dratz, John	Jr			ETO	10:47.0
67.	Sheahon, Mike	Jr			WWK	10:48.0
67.	Leyh, Ron	Jr			ETO	10:48.0
69.	Evans, Jack			LRA		10:48.2
70.	Goggin, Bill	Jr			ETO	10:49.0
71.	Haebsch, Cliff	Jr			WWK	10:54.0
72.	Parker, Jerry	Jr			SWK	10:57.0
72.	Sadowske, Richard	Sr			HWK	10:57.0
74.	France, Dan	So			OBF	10:57.1
75.	Lamprich, Larry	Jr			ETO	10:59.0
76.	Hayworth, Ron	Jr			HWK	11:02.0
77.	Potter, Toby	Jr		SEW		11:03.6
78.	Callison, Ron	Jr			WWK	11:05.0
79.	Hunter, John	Sr			OBF	11:06.7
80.	Moore, Mike	Sr		SEW		11:10.0
81.	McCutcheon, Gary	Sr			HWK	11:11.0
81.	Kennedy, Mike	So		SEW		11:11.0
83.	Weber, George	Jr		SEW		11:12.0
84.	Gravitt, Pat	Jr			ETO	11:13.0
85.	Cox, Pat	Sr			MAN	11:14.1
86.	Leiner, Ken	Jr			OBF	11:15.0
86.	Dullea, Jeff	Sr			KWK	11:15.0
88.	Finn, John	So			KWK	11:17.0
89.	Samuels, Fergeson	Jr			HAN	11:18.0
90.	Firsching, John	Jr			SWK	11:20.0
90.	Wittman, Delbert	So			KWK	11:20.0
92.	Taylor, Steve	So			MAN	11:20.7
93.	Sanchez, Ray	Jr			MAN	11:22.6
94.	Johnson, Terry	Jr			HWK	11:25.0
95.	Moore, James	Jr			SWK	11:26.0
96.	LaCoss, Gary	So			HWK	11:30.0
96.	Stransky, Pat	Sr			KWK	11:30.0
98.	McCain, Ken	Jr			SAN	11:30.8
99.	Andrews, Jesse	So			OBF	11:31.4
100.	Keck, Richard	So			MAN	11:32.9
101.	Gonzales, David	So			MAN	11:34.9
102.	Bertholf, Neill	Jr			SAN	11:37.0
103.	Wilson, Mike	Jr			WWK	11:38.0
104.	McMillion, Trent	Jr			WWK	11:40.0
105.	Kogen, Dave	So			SAN	11:41.0
106.	Hackett, Mike	Jr		HAN		11:42.2
107.	Liggett, Richard	So			SWK	11:50.0
108.	Sanchez, Ray	Jr			SAN	12:18.2
109.	Zobel, Bob	Jr			SAN	12:24.9
110.	Collins, Steve	Jr			SWK	12:34.0

We thought you might be
interested in seeing the results
of our second postal. We hope
that you will be interested
in entering the meets next
year -

East High School
Wichita, Kansas
November 1, 1963

Dear Coach:

Thank you very much for participating in our postal competitions this season. Thirty-one teams competed in the meets this fall. We feel this type of competition has aided us a great deal because it helps our boys adjust their goals.

We would like very much to have another meet next month, but that won't be possible since our season ends November 9. We hope to clock one more time on the track, but we won't be able to organize another postal since our state rules will not allow participation after the state meet.

We hope you feel that these contests have been of some value to your team. Let me know if you care to take part again next fall. Best of luck in your state meet.

Sincerely yours,

Bob Timmons

Bob Timmons
Cross Country Coach
Wichita, Kansas

The following chart shows the number of runners bettering the indicated time in the first and second meets for the past three years:

Time	1961		1962		1963	
	Sep	Oct	Sep	Oct	Sep	Oct
9:40	0	1	0	1	1	6
9:50	0	1	0	2	5	3
10:00	3	6	4	4	1	6
10:10	5	5	5	8	18	11
10:20	8	11	3	16	33	12
10:30	10	9	26	16	48	2

WICHITA EAST NATIONAL INVITATIONAL
TWO MILE POSTAL COMPETITION
Week of September 28, 1963

	NAME	Class	School	Time
1.	MIKE MCCANN	11	Carlmont	9:49.7
2.	Martin MCCANN	11	Carlmont	9:50.6
3.	BILL BRADFIELD	10	Carlmont	10:11.0
4.	KEN NICKOLS	11	Carlmont	10:24.0
5.	DAVE WALSH	10	Carlmont	10:25.0
6.	Steve DAUBERT	12	Carlmont	10:31.0
7.	GARY LARSON	12	Carlmont	10:34.0
8.	JOHN MILLS	11	Carlmont	10:46.0
9.	TOM WAKE	10	Carlmont	10:49.0
10.	DON FROST	11	Carlmont	10:54.0
11.	JACK SANDIN	12	Carlmont	10:59.0
12.	Bill, Zachary	10	San Carlos	10:59.0
13.	Harry Cross			11:13.0
14.	Bob Williams		San Carlos	11:18.0
15.	Gianucci, Jim	12	San Carlos	11:34.0
16.	Rose, Mike	10	San Carlos	11:43.0
17.	Doug Jones			11:43.0
18.	Pete Higbee	11 12	San Carlos	11:54.0
19.	BILL DARLING	10	Carlmont	12:18.0
20.	NED SEAWELL	11	CARLMONT	12:33.0

CARLMONT	San Carlos
9:49.7	10:59
9:50.6	11:18
10:11	11:34
10:24	11:43
10:25	11:54
<hr/> 50:40.3	<hr/> 57:28.0

Dear Bob,

We are somewhat elated with our first attempt, and we are looking forward to our next effort.

Sincerely,

Loren L. Lansberry
Cross Country Coach
Carlmont High School

FIFTH ANNUAL

WICHITA EAST NATIONAL INVITATIONAL
TWO MILE POSTAL COMPETITION
Week of October 24, 1963

1. Mike McCann	11	Carlmont	9:40.0
2. Martin McCann	11	"	9:56.5
3. Bill Bradfield	10	"	10:11.4
4. Jack Sandin	12	"	10:18.0
5. Tom Wake	10	"	10:19.2
6. Dave Walsh	10	"	10:20.4
7. Steve Daubert	12	"	10:22.0
8. Gary Larsen	12	"	10:25.0
9. John Mills	11	"	10:29.4
10. Don Frost	11	"	10:35.0

TEAM TIME	2nd team
9:40.0	10:20.4
9:56.5	10:22.0
10:11.4	10:25.0
10:18.0	10:29.4
10:19.2	10:35.0
50:25.1	52:01.8

Sincerely

Loren L. Lansberry
Cross Country Coach
Carlmont High School

Dear Bob, Our second attempt wasn't up to par due to the illness of Ken Nickols and a hard race yesterday. We also have a hard race tomorrow at a local invitational meet. We should be ready for our big effort on November 9th--We will send you the results.

RESULTS OF OUR POSTAL TIME TRIAL

10/24/63

Mike McCann	9:40.0	New School Record
Martin McCann	9:56.5	
Bill Bradfield	10:11.4	
Jack Sandin	10:18.0	Lifetime Best
Tom Wake	10:19.2	Lifetime Best
	50:25.1	New School Record
Dave Walsh	10:20.4	Lifetime Best
Steve Daubert	10:22.0	Lifetime Best
Gary Larsen	10:25.0	Lifetime Best
John Mills	10:29.4	
Don Frost	10:35.0	Lifetime Best
	52:01.8	
Bill Darling	11:53.0	

WE WILL BE READY FOR OUR NEXT EFFORT--NOVEMBER 9th.