

Hats Off To

Lincoln's Two Mile Relay Team and Bob Knoth!

Both of the above won places at the recent El Cerrito relays. The Two Mile quartet led by Don Bowden edged a good Pittsburg crew to win its event in the time of 8:29.8. Knoth captured fourth in the open 100 yard dash against plenty of tough competition.

TWO MILE RELAY



Hightower, Lion Quartet Win at El Cerrito Relays

Chuck Hightower, San Jose pole vaulter, and Lincoln High's two mile relay team brought home blue ribbons from Saturday's Fourth Annual El Cerrito relays. Richmond and Alameda shared team honors in the varsity division with 27 points each. Lincoln took sixth place with 11 points.

Don Bowden, Lincoln's anchor man was forced to pass Pittsburg's final baton carrier on the backstretch of the final lap to gain the victory. Bowden finished going away as he raced the final laps of the race in the time of 2:01.1.

All chance of a new record went out the window when second man, Charlie Ashby, developed a cramp at the end of his first lap. Ashby, running on pure will power, stuck with it to finish in the time of 2:14.5. The Lion team stopped the clocks in 8:29.8.

San Jose High's Hightower sailed over the bar at 12 feet to nip three rivals in the pole vault. The San Josean missed his three tries at 12 feet, 6 inches, but nevertheless registered this city's top individual performance.

The day's outstanding performances were made by Monte Upshaw of Piedmont. Upshaw set two meet records in the high hurdles and broad jump. Upshaw won the high sticks in 15.0 and just nipped Willow Glen's Frank Herrmann in the broad jump by leaping 23 feet, 1 inch.

Lincoln's Bob Knoth and Willow Glen's Herrmann were the only other local tracksters to place. Knoth broke the tape in 10.1 to take fourth place in the 100 yards dash, while Herrmann jumped 22 feet, 11. inches to grab second in the broad jump.

Team scoring: Alameda and Richmond 27, Berkeley 14, Washington 13, Piedmont 12, Lincoln 11, Jefferson 10, Salinas and Pittsburg 8, El Cerrito and San Mateo 7, Burlingame 6, San Jose, Lowell and Fremont 5, Santa Rosa, Mt. Diablo, Palo Alto and Hayward 4, Acalanes, Willow Glen and Balboa 3, Riordan 1.

Bowden Sets Record

The first annual All-City Track Meet last Saturday was a huge success. There was a large crowd and the performances of the athletes was nothing short of outstanding.

Almost a packed house watched Don Bowden break Fred Frevert's school record in the half mile. Frevert had run the two laps in 1:59.4 back in 1944, but Bowden snapped this record with a speedy 1:58.9. Only one man, Purdue of North Hollywood, has beaten Bowden's time. Purdue placed second in last year's state track meet.

Other outstanding performances by Lions were Bob Knoth's 22.3 in the 220, only one-tenth of a second off the school record, and Del Kephart's 129 ft. 6 in. in the discus, only a foot off the school record.