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San Mateo copped the title with 65½ points. Lincoln placed second with 45, Palo Alto 29½, Burlingame 28, Willow Glen 26, San Jose 15, Sequoia 13, Jefferson 13, Capuchino 5, Carlmont 5, and Menlo-Atherton 2.

The top four men in each event qualified for the North Coast section trials next Saturday at Salinas.

**100**—1, Loumena (B); 2, Carter (PA); 3, Knoth (L); 4, Steele (S); 5, Everhardt (SM). :10.0.

**220**—1, Loumena (B); 2, Knoth (L); 3, Steele (S); 4, Durstine (SJ); 5, Everhardt (SM). :23.0.

**440**—1, Carter (PA); 2, Byrne (Carl); 3, Arterburn (SM); 4, Monson (J); 5, Honeywell (J). :50.7.

**880**—1, Bowden (L); 2, Schenone (J); 3, Swarthout (WG); 4, Allen (J); 5, Marden (WG). 1:57.0. (New record, old mark of 1:59.4 set by Frevvert of Lincoln in 1944.)

**MILE**—1, Stephens (PA); 2, Jones (S); 3, Wulftange (L); 4, Carillo (WG); 5, Taylor (SM). 4:36.7.

**HIGH HURDLES**—1, Henderson (SM); 2, Kephart (L); 3, Newman (B); 4, Woods (Cap); 5, Timmons (WG). :15.0.

**LOW HURDLES**—1, tie between Henderson (SM) and Kephart (L); 3, Newman (B); 4, Yamada (SM); 5, Julian (S). :20.7.

**SHOTPUT**—1, Anderson (SM); 2, Douglas (S); 3, Donald (PA); 4, Bowman (M); 5, Houston (SM). 53-4½.

**DISCUS**—1, Kephart (L); 2, Andersson (SM); 3, Hori (SM); 4, Timmons (WG); 5, Babka (PA). 123-5½.

**POLE VAULT**—1, Hightower (SJ); 2, Andree (SJ); 3, tie among North (PA), Yamada (SM), Darwin (L) and Hunt (SM). 12-6.

**HIGH JUMP**—1, Hermann (WG); 2, Henderson (SM); 3, Graf (L); 4, tie among Benn (S), Ziff (B), Higbee (PA). 6-0.

**BROAD JUMP**—1, Herrmann (WG); 2, Sutherlin (SM); 3, Ferguson (Cap); 4, Gibson (PA); 5, Tasker (S). 22-2.

**RELAY**—1, San Mateo; 2, Burlingame; 3, Jefferson; 4, Lincoln; 5, Willow Glen. 1:33.0.

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NOTES from the NOTEBOOK — Young Don Bowden, Lincoln High School half miler, is hailed by Bert Nelson, Track and Field News Publisher, as one of the great middle distance runners of the future . . . He mentions Bowden in the same breath with the great Mal Whitfield . . . “Young Don Bowden isn’t in Whitfield’s class, of course. Yet he could be the Whitfield of the future,” he writes. . . . “His 1:57.0 in the PAL finals was an eye-opener.” . . . Bowden is just 16 and has another year of high school competition . . .

★ ★ ★

Bowden turned on the steam in the half mile to stop the clocks in the speedy time of 1:57. The lanky Lion broke Fred Frevert's league record by two and four-tenth seconds. The Lincoln junior's time of 1:57 is the fastest recorded prep time in the State of California.

Frizzell did the best performance of his life as the little Ram cleared the pole vault bar at 12 feet to break the league "B" record by one inch. Walrath lowered the 330 mark two-tenths of a second as he stopped the clocks in 37.3.

Although they did not break any records, Willow Glen's Frank Herrmann and San Jose's Chuck Hightower turned in excellent performances. Herrmann captured two firsts, the broad jump and the high jump, while Hightower vaulted 12 ft., 6 in. in the pole vault.

Herrman cleared the bar in the high jump at 6 feet even, the best jump in this area this year. The Willow Glen star won the broad jump easily as he recorded a leap of 22 ft. 2 in.

Burlingame's Hank Loumena turned in a minor upset when he defeated Lincoln's Bob Knoth in the 220-yard dash. Loumena was timed in 23 seconds flat. The Burlingame speedster tied the league record in the century where he stopped the clocks in 10 seconds flat.

The expected high hurdle duel between Lincoln's Del Kephart and San Mateo's Charlie Henderson did not materialize. Even though Kephart ran the fastest time of his life, he was nipped by three yards by the San Mateo, who ran a speedy 15 second flat. The low hurdles was the close one as Kephart and Henderson battled to a draw in the time of 20.7.

Palo Alto's Roger Stephens ran away in the mile, a race that was supposed to be fairly close.

Stephens was clocked in the swift time of 4:36.7. South City's Luigi Nurisio took the lead for the first two laps, but collapsed at the beginning of the third lap. Defending champion Jack Jones took second, while Lincoln's Frank Wulfange ended up 20 yards behind Jones for third spot.

The closest race of the day was the 440. Palo Alto's Lloyd Carter won as was expected, in the fast time of 50.7, but it was a Carlmont sophomore, John Byrne, who provided the thrills as he surged from behind to nip the previously unbeaten Floyd Arterburn of San Mateo by a yard for second place.

Dave Easley and Chuck Durham sparked Menlo-Atherton and Capuchino to victories in the light-weight classes. Easley ripped off wins in the broad jump and 150-yard dash, besides taking a third in the 75. Durham won the C class 150 and 330-yard dashes and took a second in the broad jump. Both boys anchored winning relay teams.

## PAL Summaries

Complete summaries of the Peninsula Athletic League meet held at Stanford yesterday follow:

### CLASS A

120-yard H.H.: Henderson (SM), Kephart (L), Newman (B), Woods (Cap), Timmons (WG). Time, 15.0.

100-yard dash: Loumena (B), Carter (PA), Knoth (L), Steele (S), Eberhardt (SM). Time, 10.0.

330-yard run: Bowden (L), Schenone (J), Swarouth (WG), Allen (J), Marden (WG). Time, 1:57 (new PAL record, old record of 1:59.4 set by Fred Frevert of Lincoln in 1944).

440-yard run: Carter (PA), Byrne (Carl), Arterburn (SM), Monson (J), Honeywell (J). Time, 50.7.

220-yard dash: Loumena (B), Knoth (L), Steele (S), Dirstine (SJ), Eberhardt (SM). Time, 23.0.

180-yard L.H.: tie for first Kephart (L) and Henderson (SM), Newman (B), Yamada (SM), Julian (S). Time, 20.7.

Mile Run: Stephens (PA), Jones (S), Wulfange (L), Carrillo (WG), Taylor (SM). Time, 4:36.7.

Shot Put: Andersson (SM), Douglas (SM), Donald (PA), Bowman (MA), Huston (SM). Distance, 53 ft. 4 1/2 in.

Pole Vault: Hightower (SJ), Andree (SJ), tie for third between North (PA), Darwin (L), Hunt (SM), and Yamada (SM). Height, 12 ft., 6 in.

Discus: Kephart (L), Andersson (SM), Horl (SM), Timmons (WG), Babka (PA). Distance, 129 ft., 5 in.

High Jump: Herrmann (WG), Henderson (SM), Graf (L), tie for third between Benn (S), Ziff (B), and Higbee (PA). Height, 6 ft.

Broad Jump: Herrmann (WG), Sutherland (SM), Bergesen (Cap), Gibson (PA), Tasker (S).

Relay: San Mateo (Tom Guidry, John Eberhardt, Jim Gilkey, and Floyd Arterburn), Burlingame, Jefferson, Lincoln, Willow Glen. Time, 1:33.1.

Scoring: San Mateo 65 1/2, Lincoln 45, Palo Alto 29 1/2, Burlingame 28, Willow Glen 26, San Jose 15, Sequoia 13, Jefferson 13, Capuchino 5, Carlmont 5, Menlo-Atherton 2.

### CLASS B

70-yard H.H.: Demorest (MA), Schumaker (SM), Jones (WG), Clark (Cap), Rugge (SSF). Time, 9.6.

75-yard dash: Webb (J), Moher (B), Easley (MA), Baker (Cap), Altieri (B). Time, 8.3.

660-yard run: McKenna (MA), Hilyard (Cap), Dunbar (SM), Crawford (S), Coates (J). Time, 1:29.9.

330-yard run: Walrath (WG), Clark (PA), Webb (J), tie, Varty (MA) and Condrin (Cap). Time, 37.3 (new PAL record, old record 37.5 set by Rittenmeyer of Burlingame in 1949).

150 yard dash: Easley (MA), Tinker (SM), Moher (B), Altieri (B), Greenberg (PA). Time, 16.2.

120 yard L.H.: Schumaker (SM), Demorest (MA), Clark (Cap), Tinker (SM), Baker (Cap). Time 14.3.

1320 yard run: Mellor (Cap), Gross (L), Spillman (Carl), Rechter (J), Bragg (PA). Time 3:25.1.

Discus: Thomas (B), Sato (MA), Hubbard (PA), Conn (S), Von Strahl (SM). Distance, 118 ft., 5 1/4 in. (new PAL record, old record 96 ft. set by Pol of Burlingame in 1952).

High jump: Schumacker (SM), Hibson (B), Barranti (WG), tie for fourth between Vallentine (Carl) and Stein (B). Height 5 ft. 5 in.

Shot put: Flynn (S), Renner (Cap), Pound (S), Horst (SJ), Hickey (L). Distance 57 feet.

Pole vault: Frizzell (WG), tie for second between Spicer (MA), Vallentine (Carl), Gillipsis (SSF), Feinberg (B). Height 12 ft. (new PAL record, old record 11 ft. 11 in. set by Peregrina of Sequoia in 1940).

Broad Jump: Easley (MA), Walker (S), Jones (WG), Frizzell (WG), Moher (B). Distance 19 ft. 8 1/2 in.

Relay: Menlo-Atherton (Wayde Hampton, Tom Demorest, Dan Varty and Dave Easley), San Mateo, Sequoia, Capuchino, Willow Glen. Time 45.7.

Scoring: Menlo Atherton 57 5/8, San Mateo 35 1/2, Capuchino 29 1/2, Burlingame 29, Willow Glen 28, Sequoia 23, Jefferson 14, Palo Alto 10, Carlmont 7 5/8, Lincoln 6, South San Francisco 4 1/2, and San Jose 2.

### CLASS C

75 yard dash: Schulenberg (S), Montandon (Cap), Klaiser (J), Dobashi (SJ), Villanoeva (Cap). Time 8.3.

330 yard run: Durham (Cap), Fernandes (WG), Grotts (S), Chilton (SM), Rathbone (SM). Time 38.7.

150 yard dash: Durham (Cap), Klaiser (J), Ikeda (SM), Bevilockway (B), Schulenberg (S). Time 16.7.

120 yard low hurdles: Lee (SM), Guiron (SSF), Arevalo (SJ), Sullivan (J), Tatsuka (SM). Time 14.5.

Shot put: Grider (MS), Kahn (S), Curley (SM), Lugliani (Cap), Sanders (SJ). Distance 47 ft. 6 1/4 in.

High jump: Corveini (SSF), tie for second between Medefessor (Cap) and Kreckel (B), Carter (B), Lopez (MA). 5 ft. 4 1/4 in.

Broad jump: Ikeda (SM), Durham (Cap), Medefessor (Cap), Varcos (Cap), Schulenberg (S). Distance 17 ft. 10 1/4 in.

Relay: Capuchino (Morris Montandon, Dan Villanoeva, Barney Varcos and Chuck Durham), San Mateo, San Jose, Sequoia, Willow Glen. Time 47.8.

Scoring: Capuchino 44, San Mateo 31, Sequoia 20, South San Francisco 13, Jefferson 10, San Jose 9, Menlo-Atherton 9, Burlingame 8, Willow Glen 6.

ABRAHAM LINCOLN CUB TALES, FRIDAY, MAY 8, 1953



DON BOWDEN

# PAL Track Finals Last Saturday

The Lions score 45 points to be runners up in PAL championship; San Mateo took first in the grueling battle.

Last Saturday the Lincoln track team clashed in the 20th annual Peninsula Athletic League track meet at Stanford. In Class A Lincoln's Don Bowden broke Fred Frevert's league record by two and four-

tenths seconds. The Lincolnite's time of 1:57 is the fastest recorded prep time in the state. In the 220-yard dash, Hank Loumena of Burlingame upset Bob Knoth with a time of 23 seconds flat.

In the high hurdle battle between Del Kephart of Lincoln and Charlie Henderson of San Mateo, Henderson ran a swift 15 seconds flat, clipping Kephart by three yards. Kephart, though, ran the fastest in his career. Roger Stephens of Palo Alto took the mile in a fast 4:36.7 with Jack Jones of Sequoia, defending champion, tak-



LEE COX

ing second. Frank Wulfang of Lincoln took third.

# San Mateo Captures PAL Track Ch

## Lions Grab 2nd; Bowden Sets Record

### Lincoln Halfmiler Runs 880 in 1:57

By PETER MECKEL  
(Staff Prep Correspondent)

San Mateo ended a 20-year victory famine to score a resounding triumph in the 20th annual Peninsula Athletic League track meet yesterday at Stanford. The Bearcats scored 65½ points to capture their first cinder championship. Lincoln, paced by record-breaking Don Bowden, scored 45 points for runner-up honors.

The Bearcats also picked up second places in both the B and C divisions. Men 10-Atherton won the B class with 57 5/6 digits, while Capuchino emerged on top in the C class with 44 points. Willow Glen and San Jose placed fifth and sixth in the varsity, while the Rams were a close fifth in the B class and San Jose tied for fourth in Class C.

Although San Mateo took team honors, some of the top individual performances were turned in by local preps. Bowden was the only man to break a varsity record, while Willow Glen's Ron Frizzell and Bob Walrath eclipsed Class B marks.

Bowden turned on the steam in



P.A.L. RECORD FALLS—Lincoln High's Don Bowden (left) breasts tape after winning Peninsula Athletic League 880 finals in 1:57.0, breaking Don Frevert's old standard of 1:59.4 for Lincoln in 1944. Bowden, a junior, now boasts the fastest prep half-mile clocking in the state. Chuck Hightower (right) is shown clearing bar in the pole vault. He won event easily at 12 ft. 6 in., but failed to crack the PAL league meet standard of 12 ft. 7¾ in. PAL finals were held Saturday at Stanford Stadium.

—Mercury-News Staff Photo

# Best 880 in PAL Meet

STANFORD STADIUM, May 2.—Don Bowden of Lincoln (San Jose) ran the fastest prep 880 in the State this season, 1:57.0, to highlight the Peninsula Athletic League track finals today.

The Lincoln junior won by over 25 yards in establishing a new league record.

Former mark of 1:59.4 was established in 1944 by Bill Frevert of Lincoln.

The team title went to San Mateo, which piled up 65½ points to Lincoln's 45, Palo Alto's 29½, Burlingame's 28, Willow Glen's 26, San Jose's 15, Jefferson's 13, Sequoia's 13, Capuchino's 5, Carlmont's 5, and Menlo-Atherton's 2.

Only double winners in the meet were Hank Loumena of Burlingame, Hank Kephart of Lincoln and Bill Henderson of San Mateo.

## The summary:

- 120 High Hurdles—Henderson (SM), Kephart (L), Newman (B), Woods (C), Timmons (WG)—:15.
- 100—Loumena (B), Carter (PA), Knoth (L), Steele (S), Eberhardt (SM)—:10.
- 880—Bowden (L), Schenone (J), Swarthout (WG), Allen (J), Marden (WG)—1:57.
- 440—Carter (PA), Byrne (Carl), Arterburn (SM), Monson (J), Honeywell (J)—:50.7.
- 220—Loumena (B), Knoth (L), Steele (S), Durstine (SJ), Eberhardt (SM)—:23.
- Pole Vault—Hightower (SJ), Andree (SJ), tie among North (PA), Yamada (SM), Hunt (SM) and Darwin (L)—12' 6".
- Shot Put—Anderson (SM), Douglas (SM), Donald (PA), Bowman (MA), Huston (SM)—53' 4½".
- Discus—Kephart (L), Anderson (SM), Hori (SM), Timmons (WG), Babka (PA)—129' 5½".
- High Jump—Hermann (WG), Henderson (SM), Graf (L), tie among Ziff (B), Benn (S) and Higbee (PA)—6'.
- 180 Low Hurdles—Tie between Henderson (SM) and Kephart (L): Newman (B), Yamada (SM), Julian (S)—:20.7.
- Mile—Stephens (PA), Jones (S), Wulf-tange (L), Carrillo (WG), Taylor (SM) 4:36.7.
- 880 Relay—San Mateo (Guidry, Eberhardt, Gilkey, Arterburn), Burlingame, Jefferson, Lincoln, Willow Glen