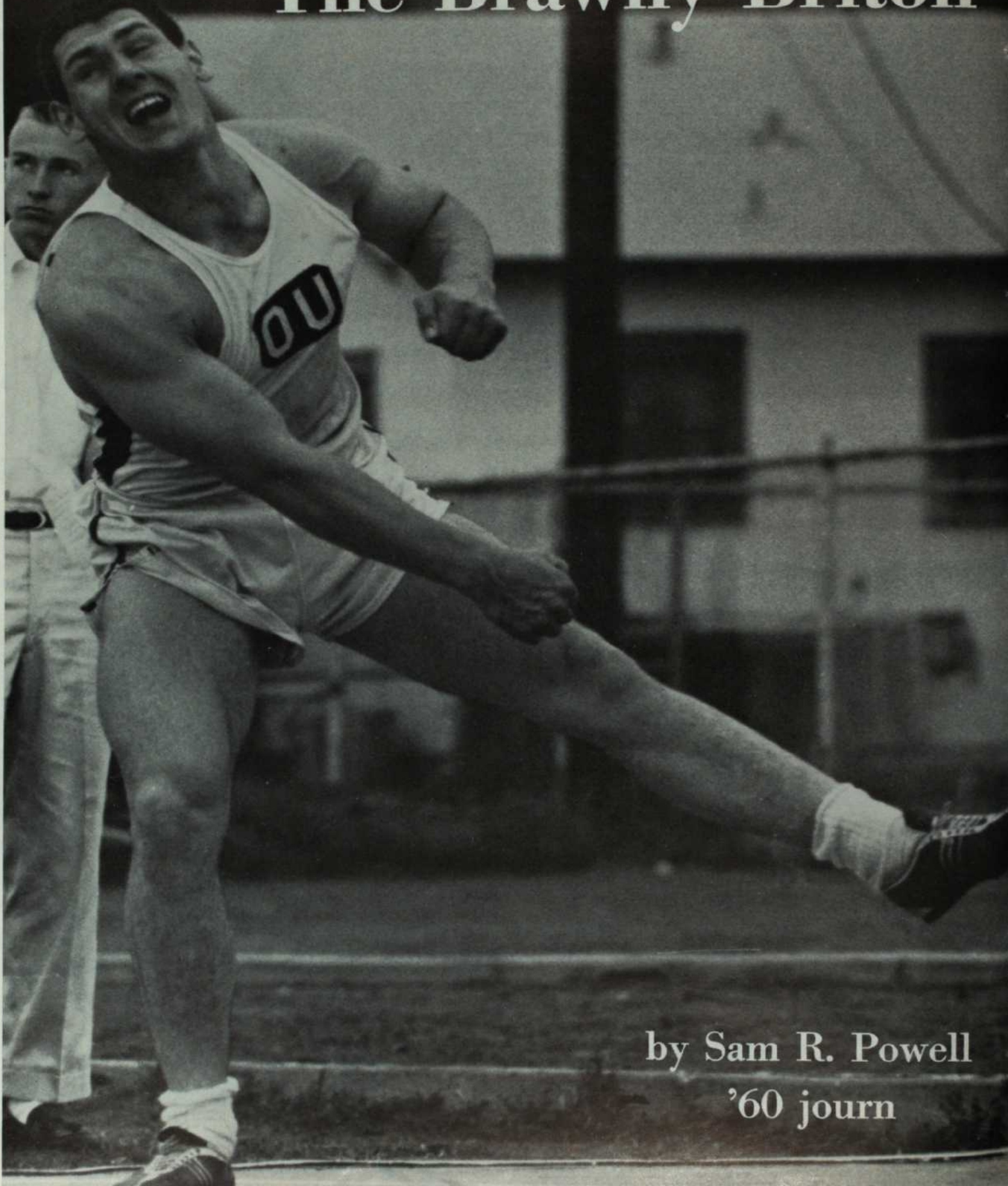


The Brawny Briton



by Sam R. Powell
'60 journ

mike lindsay is an old hand at setting sooner records with shot put and discus

I DON'T like easy competition. I'd rather finish fifth against good competition than first against easy men." So says a brawny O.U. athlete who makes a habit of finishing first against almost everybody.

Mike Lindsay, a British import, owns one of the best records of any athlete at O.U. this year. While the sports picture at Oklahoma has been far from spectacular, Lindsay's individual performances as the University's shot put and discus man have been outstanding.

The likeable senior squad co-captain tossed the shot in each of the first nine meets he entered this year and threw the discus in three. He was beaten only once in each event. His defeat in the shot put was at the hands of Parry O'Brien, who finished second in the Rome Olympics. O'Brien beat him in the Milwaukee Journal Games, and it took a toss of 61 feet to get the job done.

One of Lindsay's best performances of this season was in the Arkansas Relays, where he picked up gold medals in both shot put and discus, setting a meet record for the shot put with a heave of 58 feet 10 $\frac{3}{4}$ inches and leading the discus field with a mark of 167 feet 3 inches. The shot put that won that meet is a career high for Lindsay. In the discus his best is last year's tremendous throw of 181 feet 6 $\frac{1}{2}$ inches. Both of these marks are school records.

Statistics show that Lindsay's performance in each event is as good as it has to be to take the gold medal for that particular meet. His coach, Bill Carroll, '50ed, explains Lindsay's competitive philosophy this way:

"Mike's seen a lot of competition, and he knows there's no use killing yourself if the extra distance is not needed. If somebody's in the meet who can push him, he can get those needed feet or inches to win. The weights are just like any other event; you need to be mentally prepared. Mike knows his competition . . . when he has to rise to an occasion, he can do it. That's what makes him a consistent winner."

Muscular young Mike Lindsay (opposite page) is taking another fling at the O.U. discus mark, only one of the many records he has smashed in his three years of U. S. collegiate competition. He also participated in the 1960 Olympic Games.

Personally, Lindsay has shot putting broken down in his mind in three divisions. "Shot putting is 60 percent strength, 30 percent technique and 10 percent mental attitude," he says.

Of course size and great strength are the primary factors in a topnotch weight man, and Lindsay fulfills these qualifications perfectly. He carries 228 pounds on his 6-foot 2-inch frame, and to the track meet spectator it seems that half of that 228 must be in his gigantic arms—tree stumps with powerful hands attached.

Ironically, Lindsay did not start his athletic career as a shot putter. Hailing from London, England, he began competing in British track events at the age of 13 and was, of all things, a broad jumper and high jumper. But he switched to the weights a year later, when his own weight reached 160 pounds. By the time he was 18, he was British discus champion. Applying at Oxford and London universities, Lindsay found himself facing a long wait before he could possibly be admitted to either school. At this same time a great runner from South Africa, Gail Hodgson, was in his freshman year at O.U. He told Coach Carroll about the British lad; a letter was written to Lindsay, and the Sooners had another outstanding athlete. Since becoming eligible for varsity competition two years ago, Lindsay has ranked among the best collegiate weight men in the nation.

DURING his first year at Oklahoma, Lindsay teamed up with another great weight man, Dan Erwin, '60 bus, to give the Sooners the best one-two punch in these events in the country. That year Lindsay won the shot put in both the Big Eight indoor and outdoor meets, while Erwin took second. Lindsay also took second in the discus. He held the top outdoor shot put among American collegians, with a 58-foot 2-inch heave.

After Erwin's graduation, Mike was the whole show. In his junior year he recaptured his conference shot put titles, again took second in the discus, and won the shot put at the Kansas and Drake Relays. Only the other third of the famous "triple crown" of Midlands track competition eluded him as Bill Nieder pushed the steel

ball 65 feet 7 inches in the Texas Relays. This season Lindsay repeated his shot put win at the conference indoor meet in Kansas City and was O.U.'s only individual champion there.

The highlight of Lindsay's career was his fifth place finish in the shot put at the 1960 Olympics. He competed for Great Britain in both shot put and discus. His shot put mark of 58 feet 5 $\frac{3}{8}$ inches was good enough to collect two points at the Rome games, placing him behind the Americans who dominated the top three spots and a Russian who finished fourth.

A SPECIAL magazine which was published after the Olympics praised Lindsay for his performance: "Mike Lindsay deserves congratulations for his fifth place finish against such tremendous competition."

Those Olympics proved that to throw the shot well enough to keep up with the likes of Bill Nieder, Parry O'Brien and Dallas Long, enormous strength is needed. Most of these powerful men, including Lindsay, rely on weight-lifting to develop this strength.

"Right now I work out real hard two days a week with the weights, three days easy," Lindsay says. "In the winter I work hard three days a week. I use them year 'round. Some of my favorite exercises are back - press, behind - the - neck - press, and squats (with weights ranging from 210 pounds to 420 pounds). My coach started me when I was 14. I don't know of anyone in the top 20 shot putters who doesn't work with the weights. I think this is the main reason why the performances in this event have been getting better every year."

What lies ahead for Lindsay in future competition? He's young, only 22, and already owns a fifth-place Olympic finish. A month after his graduation next January (with a degree in mechanical engineering) he plans to compete in the 1962 Empire Games in Australia. And by that time the world's athletes will be looking ahead to the 1964 Olympics in Tokyo. Asked if he plans to be there, Lindsay grins a "you bet!" And you can bet that this determined Britisher will give his opponents a tough fight for that gold medal.