



Fleet-footed track star Ben Angle, '51

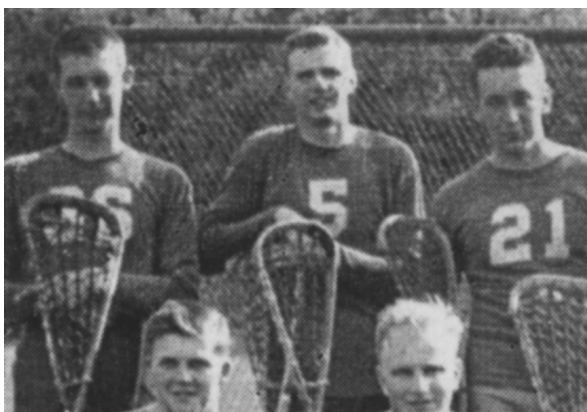
This Hall of Famer never ran a foot in a track meet at AMA... yet he went to the Virginia Military Institute where he set many conference and school records.



He set records in the mile...the half mile and as the anchor of the mile relay team.

At AMA... Ben Angle was a star lacrosse player for four years.

He was offered an athletic scholarship to play lacrosse at NC State.



Ben Angle (5) on the AMA lacrosse team

But turned it down to go to VMI.

There... as a Rat... he couldn't get enough to eat until **Frank Spencer** told him to get on the track team so he could eat at the training table.

It must have worked!

For as a Rat... Ben set a new Southern Conference and State half mile record the second time he ran the race!

He later won the outdoor State and Conference crowns in both the mile and the half mile.

Though he had been injured... Ben qualified for the NCAA Championships his last two years at VMI.

He easily was the Conference's best middle-distance man during his years at VMI.

Ben Angle ran the 880 in one fifty two point seven (1:52:7), 3.5 seconds faster than the Virginia State mark which had been set all the way back in 1936.

A champion runner – Ben Angle from the Class of 1951!

