

# TRACK NEWSLETTER

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## NEWS

### EUROPE (from Bob Quercetani):

There has been a hot time in old Europe the last two weeks, with four world record performances. The 1500m mark fell on successive days, the high jump went the next day, the mile mark tumbled July 19. Event by event:

100m Germar 10.3; Foik, Thorbjornsson, Iceland, Bachvarov, Bulgaria, Shirinskiy, Tokaryev, Plaskeyev, Bashlikov, all USSR, all 10.4. Nilsen two more 10.4s, once second to Leamon King's 10.3. Hary, Germany, 10.4w from Burg, 10.4w.

200m Germar 20.3, 500m track; and 21.0; Bartenyev 20.9, 21.1; Haas and Lauer 21.2; Segal, GB, 21.4y; D'Asnasch, Italy, 21.3.

400m Wrighton 47.2, Makomaski, Poland, 47.3; Rawson, GB, 47.3; Porschke, Germany, and I. Kovacs, Hungary, 47.5; Salisbury, GB, 47.8y, second to Higgisn 47.6y in AAA. Swatowski, Poland, barely beat Haas, both 47.5.

800m Moens 1:47.5, Paterson & Rawson, GB, 1:47.5, both behind Sowell 1:46.9; Marichev, T:48.1, USSR record; Boysen 1:48.3, second to Courtney 1:47.6; Jazy, France, 1:48.4 twice; Makomaski, Poland, 1:48.7 and 1:48.8; Delany, 1:49.6y in winning AAA title from Fawson 1:50.0; Szentgali, Waern, Stracke, Reinnagel all 1:48.9.

1500m Salsola (Olavi) lowered world's mark to 3:40.2 at Turku, July 11, against Sweden, with Olavi Salonen second in 3:40.2, Olavi Vuorisalo third in 3:40.3, and Dan Waern, Sweden, fourth in 3:40.8. Waern did most of the work, leading through 56.8, 1:57.8, and 2:29.0. Jorma Kakko 5th in 3:46.3. Next day, at Stara Boleslav-Houstka, Stanislaw Jungwirth of Czechslovakia ran 3:38.1. Splits were 54.9, 1:54.2, 2:24.5, 2:53.4--alone for last third of race. Zvolensky second in 3:48.3; Jungwirth did 3:40.9 on June 29 from Lewandowski, Poland, 3:42.3. Hewson 3:42.6 from Richtzenhain 3:43.8, Reinnagel 3:44, Hammarland 3:44.1, Norwegian record. Waern also 3:43.0, from Boysen 3:45.7, Barris 3:46.4, Spanis record, and Bowden, 3:46.5, Bowden record. Rozsavolgyi 3:44.4.

Mile At London, July 19, Derek Ibbotson, 3:57.2 from Ron Delany 3:58.8, Stan Jungwirth 3:59.1, Ken Wood 3:59.3 and Stefan Lewandowski 4:00.6. Blagrove, GB, set pace of 55.3, 1:55.8 with Jungwirth right behind. Latter ran 3:00.0, then Ibbotson cut loose. The same day Waern ran 3:59.3. Waern 4:00.1 on July 3, Swedish record, from Hammarland 4:03.8. Richtzenhain 4:04.2 from Pipyne 4:04.6, USSR record; Kent-Smith 4:04.4 and 4:05.0. Delany 4:04.7 from Berisford 4:04.8. Hewson 4:06.7. Ibbotson 4:10.2, July 22.

300m Bernard 8:04.5, French record; Krzyszkowiak 8:08.6.

3-miles Ibbotson 13:20.8, British AAA from Dunkley 13:41.0 and Gilligan 13:42.0.

5000m Miroslav Jurek, CSR, 14:00.4 from Larsen 14:03.8, Norwegian record, and Zatopek, 14:06.4, his best since 1955. Tuomaala, 14:02.0, Finnish record from Rantala, 14:09.4. Graf 14:06.1. Bolotnikov 14:07.6. Huttunen 14:07.4 from Tuomaala 14:08.2, Rantala 14:08.4 and Mimoun, 14:10.8.

6 miles Knight won AAA in 28:50.4 from Eldon, 28:50.8.

10,000 Zhukov, USSR, 29:42.2, Konrad 29:50.4; Pudov 29:53.8; from Desyatchikov 29:54.2; Zatopek 30:00.0.

Steeplechase Larsen 8:44.4 from Vesely 8:45.8, Czech record; Larsen also 8:47.8 and 8:48.4; Krzyszkowiak, Poland, 8:50.8; Yevdokimov, USSR, 8:51.4; Rzhshshchin 8:52.8; Laine 8:64.2 from Karvonen 8:54.4.

110H Mikhailov, USSR, 13.9, equals European record, also 14.1; Lauer 14.2 from Sturmer 14.4 and Kotlinski 14.6. Dohen, France, 14.3; Kotlinski 14.4 from Veselsky, CSR, 14.4, Polish and Czech records; Stolyarov, Petrov and Ryedin, all USSR, all 14.4.

400H Igor Ilin, USSR, 51.1, Lituyev 51.7; Galliker, 51.8, Swiss record; Farrell 52.1y in BAAA. Kotlinski 51.8, 52.0 and 52.1; Syedov, USSR, 52.2.

High Jump Yuriy Stepanov, USSR, 25, did 7'1" at Leningrad, July 13, clearing 1.95, 2.00, 2.11, 2.16 first time, narrowly missing 2.18. Salminen of Finland second at 6'7 $\frac{1}{8}$ . Stepanov also 6'10 $\frac{1}{2}$  at Leningrad June 16. In Moscow, July 7, Kashkarov won from Stepanov and Sitkin, all 6'7 $\frac{7}{8}$ , with Chistyakov and Smirnov 6'6 $\frac{3}{4}$  for greatest high jump event in European history. Sikin 6'9 $\frac{1}{8}$ ; Thorkildsen 6'8 $\frac{3}{4}$ , Norwegian record; Salminen 6'8 $\frac{3}{8}$ ; Bodo and Lewandowski 6'7 $\frac{7}{8}$ , Hungarian and Polish records; Lein, 6'7 $\frac{1}{2}$ , East German record.

Lukashevich, USSR, 6'7 $\frac{1}{2}$ , and Popov, USSR, 6'7 $\frac{1}{8}$ ; Nilsson and Pettersson only 6'6 $\frac{3}{4}$  so far. Pole vault Roubanis 14'11 $\frac{1}{8}$  for European record at Athens July 7, also 14'9 $\frac{1}{8}$ . Landstrom and Bulatov 14'9 $\frac{1}{8}$ , Finn in beating Dave Kenly 14'5 $\frac{1}{2}$ . Preussger 14'7 $\frac{1}{2}$  twice; Thorlaksson, 14'4 $\frac{1}{2}$ , Icelandic record.

Broad jump Grabowski, Poland, 25'3 $\frac{7}{8}$ , two others over 25'1"; Valkama 25'3 $\frac{3}{8}$ ; Auga, Germany, 24'11 $\frac{1}{2}$ "; Richter, Germany, 24'10 $\frac{3}{8}$ ".

Hop-Step-Jump Tsigankov, USSR, 52'7 $\frac{1}{2}$ , from Shcherbakov 52'1", Chen 51'8 $\frac{7}{8}$ , and Kreer 51'7 $\frac{1}{4}$ ; Einarsson 52'2 $\frac{3}{4}$  from Kreer 52'1 $\frac{1}{4}$ . (Eina5rsson recently long jumped 24'5 $\frac{3}{4}$ ); Malcherczyk 51'11 $\frac{1}{2}$ , Polish record; Ryakhovskiy 51'6 $\frac{7}{8}$  and Kobelyev 51'4 $\frac{1}{2}$ , both USSR; Schmidt 51'2 $\frac{5}{8}$ .

Shot put Meconi, Italy, won 2 out of 4 from Dave Owen, best of 56'2 $\frac{3}{4}$  twice; Owen's best was 55'5 $\frac{3}{4}$ ; Skobla 57'8 $\frac{1}{8}$ ; Raica, 57'1 $\frac{7}{8}$ , Rumanian record; Plihal, CSR, 56'7 $\frac{1}{2}$ ; Lingnau, Germany, 55'10 $\frac{1}{2}$  from Sosgornik 55'6 $\frac{7}{8}$ , Polish reord; Kwiatkowski, Poland, 55'3".

Discus throw Consolini lost to Oerter 168'2 $\frac{1}{2}$  to 172'1 $\frac{1}{8}$ "; Piatkowski 175'6 $\frac{3}{4}$ , Polish record; from Buhrle, Germany, 170'7 $\frac{1}{2}$ , best by German since the war; Matveyev, USSR, 175'6 $\frac{1}{4}$ , Truseneyev, USSR, 173'1 $\frac{1}{8}$ ; 18 Europeans over 170' so far.

Hammer throw Krivonosov 218'9 $\frac{7}{8}$  in second meet of season; In first meet his 206'2 $\frac{3}{4}$  beat Bezjak 195'8 $\frac{3}{8}$ ; Samotsvetov 207'3 $\frac{3}{8}$ ; Nyenashev 207'1 $\frac{1}{4}$ "; Yegorov 202'2 $\frac{3}{4}$ ; Racic, Yugo, 204'5 $\frac{1}{2}$ ; Vaivads 201'2 $\frac{1}{2}$ , best ever by Latvian; Cieply, 200'9 $\frac{7}{8}$ , Poland; Kolodiy, USSR, 200'4 $\frac{3}{8}$ .

Javelin Sidlo 271'11" and 270'2 $\frac{1}{4}$ , with 8 winning marks over 260' this year; Danielsen 265'5" but otherwise spotty record; Macquet 264'5 $\frac{1}{4}$ , French record; Kopyto, 254'2 $\frac{3}{8}$ ; Will, Germany, 251'7 $\frac{1}{2}$ ; Hyytiainen 251'1 $\frac{3}{4}$ ; Sillanpaa 250'5 $\frac{1}{8}$  and Avhvenniemi 249'6 $\frac{1}{2}$ , both Finland. Decathlon Meier, Germany, 6973.

NEW YORK VS. LONDON, London, July 19 and 20: first day: mile, see above; Gilbert 13.9 from Kinsella 14.4; Hall 206'11 $\frac{1}{2}$  from Connolly 205'6 $\frac{1}{2}$ , Ellis 199'10; Sime 9.5 from Thomas 9.7; Jenkins 47.4 from Higgins 47.8 and Pearman 48.0; Knight 8:50.2 from Pirie 8:50.8, Stieglitz 9:10.2; Bantum 54'4 from Lucking 52'9 $\frac{1}{2}$ , Marchiony 52'3 $\frac{1}{2}$  and Savidge 52'2; NY 41.1 from Britian 41.1 and Warsaw 41.5; Culbreath 51.5y, Lewis 51.5, Kane 52.9; Metcalf 53.2; Reavis 6'8; Ellis 176'3 $\frac{1}{2}$  from Oerter 172'8 $\frac{1}{2}$ , Carr 164'; Kane 48.1m from Maiocco 48.5; Bragg 15' from Schwarz and Elliott 13'6; Collymore 21.2; second day: Ellis 168'11 $\frac{1}{2}$  from Oerter 166'6 $\frac{1}{2}$ ; Sime 10.5 from Foik; Gilbert 14.; Khaliq 10.7; Courtney 1:47.7y from Johnson 1:48.5, Carroll 1:52.7; Bragg 14'6"; Elliott 13'6, Schwarz 13'6"; Hall 208'8 from Ellis 198'10 $\frac{1}{2}$ , Connolly 198'8 $\frac{1}{2}$ ; Gilbert 23.3; Collymore 21.6y; Pirie 14:05.6 from Graf; Reavis 6'6"; New york 3:12; Clark 4:03.5; Bantum 53'8; NY 41.7; Shaw 23'8 $\frac{1}{2}$ .

AMERICANS IN EUROPE King 10.2 & 10.3; Sime 10.3 twice; Murchison 10.3; Griffin 10.4; Shelby and Kave 10.5; Sime and King 21.0; Murchison 21.3; Griffin 21.4; Jenkins 21.5; Courtney 46.0m and 46.4y from Jenkins 47.7; Sowell 47.1, Bowens 47.4; Bowden 47.9; Sowell 1:46.9 and 1:47.3; Courtney 1:47.6 and 1:47.8; Courtney lost once to Boysen 1:53.6 to 1:53.1; Bowden 1:49.2; Chshman 1:50.4, Stanley third 1:50.8; Courtney 2:19.3, also 2:21.4; Bowden 3:46.5, 1:47.3; Stevens 13.7 and 13.9; Gilbert 13.8 and 14.0; Jones 14.1; Culbreath 51.6 and 51.8; Cushman 52.6 twice; Shelton 6'7 $\frac{1}{8}$  twice; Fehlen 6'6 $\frac{3}{4}$ ; Allard 6'4 $\frac{3}{4}$ ; Morris 14'10 $\frac{3}{8}$ ; Kenly 14'5 $\frac{1}{4}$ ; Welbourn 14'4"; Shelby 25'2 $\frac{3}{8}$ ; Herrmann 25'2"; Jones 24'1 $\frac{1}{2}$ "; Owen 55'5 $\frac{3}{4}$ ; Babka 52'7 $\frac{1}{2}$  and 180'8 $\frac{7}{8}$ ; Oerter 177'11"; Connolly 205'1; Hall 204'11 $\frac{1}{2}$ ; Backus 203'8 $\frac{7}{8}$ ; Fromm 247'11 $\frac{5}{8}$ ; Duckworth 230'11 $\frac{5}{8}$ .

U.S. All-comers meets: Chicago, Floyd Smith 6'8 $\frac{1}{2}$ ". El Monte: Seymour 224'3 $\frac{1}{2}$  (236'11 extra trail), Quist 210', Davis 161'5, Smith 150'1, Humphreys 50'1, Lord 153'9 $\frac{1}{2}$ , Lipscomb 1:54.6, Reay 1:55.5, Richards 13', all July 12: July 19: Seymour 217'9", Lipscomb 1:55.1, Robertson 4:19.1 and 9:26.6; Smith 49.6, Davis 160'3 $\frac{1}{2}$ , Smith 154'11, Humphreys 151'5 and 51'3 $\frac{1}{2}$ , Lord 151'4,. Burlingame, Cal.: July 13- Wilson 6'6, Egan 157'11 $\frac{1}{2}$ . July 20: Mattos 14'9, Lloyd 4:19.3.

#### BULLETIN BOARD

THIS IS IT--the last issue of Volume 3. If you haven't renewed, it's been nice, but we can't send any more issues. So get in that six bucks now, before the Europeans really get hot. NEXT Newsletters August 13 and 20. August Track & Field News to be mailed August 15. WANTED 1953 and 1955 ATFS ANNUALS for \$2.00 or \$2.50 each, by Walter Austen, 635 58th St., Brooklyn 20, New York. Contact him there if you can help this TN.

NOTED WITH INTEREST

BEST U.S. PERFORMANCES as rated by IAAF scoring tables, are submitted by TN AddisonAlton of Keokuk, Iowa, as of July 2, with the notation that beyond 1500 points one cannot be sure of the exact number in projecting outward the scoring table. Only 200m-220y around a turn was used:

Points	Mark, athlete				
	224'10 $\frac{1}{2}$ Connolly	1378	59'5 $\frac{3}{4}$ Owen	1338	4:00.8 Dwyer
	216'4 $\frac{1}{2}$ Blair	1377	10.1 Williams	13'6	45.8 Lea
1825	63'2 O'Brien		10.1 Murchison	1307	3:42.8 Santee
1693	62'2 Nieder		10.1 King	1306	58'7 $\frac{3}{4}$ Vick
1678	213'1 $\frac{1}{2}$ Hall	1372	49.5 Davis	1300	10.2 Paddock
1551	270' Held	1371	190'7 $\frac{7}{8}$ Iness		10.2 Metcalfe
1573	15'9 $\frac{3}{4}$ Gutowski	1370	45.2 Jones		10.2 Owens
1509	194'6 Gordien	1360	6'11 $\frac{1}{2}$ Shelton		10.2 Davis
1500	13.3 Davis		6'11 $\frac{1}{2}$ Smith		10.2 Ewell
1490	266'8 $\frac{1}{2}$ Miller	1358	13.5 Attlesey		10.2 Sime
1470	7'5 $\frac{5}{8}$ Dumas		13.5 Calhoun		10.2 Morrow
1425	60'1 $\frac{1}{2}$ Bantum	1340	6'11 Steers		22.2 Dillard
1421	13.4 Campbell		59'1 Jones		13.6 Dillard
	13.4 Gilbert		49.7 Southern		20.6y Stanfield
1390	6'11 $\frac{5}{8}$ Davis	1336	259'8 $\frac{1}{2}$ Young		20.6y Morrow
1387	3:58.7 Bowden	1334	22.2 Sime		20.6y Mashburn
1379	15'7 $\frac{3}{4}$ Warmerdam		22.2 Robinson		4:01.4 Seaman
	59'5 $\frac{7}{8}$ Lampert	1330	58'10 $\frac{3}{4}$ Fuchs		
		1327	4:00.5 Santec		
		1324	26/8 $\frac{1}{2}$ Owens		

RON DELANY was interviewed by TN Lou Maysel, sports editor Austin American-Statesman: "The only important part of the race is the last part. The first three laps are bloody hard work, but the thrill comes in the last 220 yards when you come up on your man and you know you're the master of him. My pre-race feeling is one of stoic resignation. You know you've got a job to do and you do it. I always fear the race but I don't go into it in a state of shock. I can only do what God gave me the strength to do. What you've got all comes from above. You have to supply the hard work but it all goes back to the Creator. My wins are all based on my finish and give me a great inner satisfaction. It gives you a thrill to know that you have something somebody else hasn't got, but I don't go pushing anyone around because I can run well. . .I never worry about what the conditions are. I don't think the weather gives another runner an advantage over me. He's breathing the same air I am. I think it's mostly psychological. I took to indoor running like a duck to water. The first indoor race I ran was the 1000 yards and I came within 1.1 seconds of the record. I think it's exaggerated, all the talk about smoke bothering runners. You can see it in the air when you look up at the crowd, but I've never been able to smell it at all. . .I believe the 3:55 is within reach. Don Bowden is 20 and he's already done 3:58.7. I did 3:59.0 at 21. Were both young men and there's only one way for the time to go--down."

TRANSITION OF A HAMMER THROWER is reported by British national coach D.N. J. Cullum, who describes how young British hammer star Mike Ellis made the leap from the 12 pound junior weight to the 16 pound implement. In 1954, aged, 17, Ellis did 185'8" with the 12, and 158'6 with the 16, starting to handle it at the end of the season. In 1955, while in the service, he improved to 195'9 and 163'10, but had higher general level of performance, even though constantly switching from one weight to the other. On reaching 19, and having to go to the 16 pounder for good, Ellis had a problem with three parts. a--How to retain the mental and physical sensation of throwing fast and far with the 12 lber, while forgetting the more ponderous senssation of the 16 lb. b--how to gain considerably in strength in just six months; how to blend these with his actual throwing in a series of carefully graded 1 stages, with an increase in weight of implement matching the gain in strength.

As soon as the 1955 season ended Ellis started to work with a specially made 14 lb hammer. This provided a convenient stepping stone between the two weights. In november he could throw 170; in Jan. 1, 1956, 180; by Jan. 15, 187; and by Jan. 29, 195. This meant

that in the space of three months he had achieved with an extra 2 pounds the distances he had previously attained with a 12 lb. A very appreciable gain. During this time he had been undergoing a fairly strenuous strengthening program, consisting of an average weekly schedule of one evening in the gym, doing agility exercises, sandbag hammer throwing with 18 pounds, and circuit training, a total of about 2 hours; two evenings of heavy weight training; a basketball game; and a Sunday throwing session. On Feb. 12 he left the 14 lb and moved up to 15 lb. On his first session he threw 183'. He was unable to stay with the 15 as long as planned as the season started early, and on March 4 he hit 180 with his first crack at the 16 again. On March 18 he moved up to 184. Now began a new but not unexpected problem. All winter training had been without regard to the limits of the circle, while footwork was practiced in the gym. But practice overcome the lack of footwork control and in his first season he threw 187'11". The next winter, he worked on a modified plan to obtain another substantial gain in strength, and to improve his balance and control while rotating at high speed. He returned to the 15 pound for a time, in order to become accustomed to the sensation of throws in the region of 200'. So far this season he has done 199'10". (Coach Cullum wonders if any similar system of progression has been tried out, and how results compare.)

TOM COURTNEY says he first started in the pole vault, now favors the 440 and 880; he got the most personal satisfaction from his 1956 AAU 400m win because "it showed I had some speed" (it was 45.8) and from the Olympic win, "goal of all runners". He trains five days a week throughout the year, for about two hours. A typical weeks work during the competitive season: Monday,  $\frac{3}{4}$  in 3:01, 2 x 300; Tuesday, 660 in 1:18, 2 x 300; Wednesday, 4 x 30; Thursday, rest; Friday, jog; Saturday, race; Sunday, rest. Warming up consists of one mile jogging, 20 mins of exercises, stride 3 x 100 yards, jog for 10 minutes. He advises young athletes to "make up your mind and you can do it."

JIM PETERS, retired marathon great, says marathoners should have a 10 year program of racing mapped out. The first five years should be spent as an apprentice, working up to every day training for 50 weeks of the year. The first year he should compete at 880 and mile in the summer, with a full cross country season in the winter. The second year should be the same except that the training should be slightly increased. The 1 and 2 miles should be tackled in the 3rd year, and the 2, 3 and 6 miles in the 4th and 5th seasons, with the athlete getting down to 9:15, 14, and 29:30 or better. Now the athlete should be about 26, mentally and physically mature, and ready for his five years on the road. Then he should step up his training until he goes out nine or 10 times a week--and by the 9th and 10th years, it should be 12 to 14 times a week if possible. I think that running at speed--5:15 to 5:30 for a mile--is more beneficial and less monotonous than a run which plods along at miles in 6:30 or 7:30, so it is essential to have two sessions a day. Fast running is achieved over shorter distances, and the twice-a-day arrangement increases the mileage. Stamina for long distance comes by an accumulation of speed work.

"An athlete's ability to run marathons varies of course, but I preferred to run only three or four full marathons a year, while running some 30 races a year. The shortest period during which I ran two marathons was 21 days. Actually I think it is best to leave six weeks if possible, but two marathons can be run in half that time without damage to a really fit athlete.

"I think I could have finished at Vancouver, as I was cooling off in the shade of the main stand, just as I had on each of the 24 laps of the six mile. I wish I was running again, but one has to quit some time, and now I have gained 28 pounds. Yes, if I had my life to do over again, I would have another go at marathoning."

SOUTHERN CALIFORNIA'S 1943 NCAA win was sweet for the Trojans. Defeated for the first time in over a dozen years by California in a dual meet, the Trojans were not favored to win at Evanston, reports Bill Schroeder in a special Helms Foundation release. With the country at war there were strict travel limitations and the Trojans and California each could send only four men, and even SC coach Dean Cromwell couldn't make the trip. NYU qualified 7 men in the finals and was favored entering the last day. But Cliff Bourland won the 440 and took third in the 220; Edsel Curry was second in the broad jump; Jack Trout second in both sprints; and Doug Miller third in the javelin--for 48 points and the title. Cal, with Hal Davis winning the sprints, totaled 39; Rice, led by Bill Cummins two hurdle wins, had 36 points; and NYU was fourth with 32. It was SC's 12th win in 18 competitions.