

# TRACK NEWSLETTER

Vol. 4, No. 3, September 4, 1957  
By Bert & Cordner Nelson, Track & Field News

P. O. Box 296, Los Altos, Cal.  
\$6.00 per year (24 issues)

## LATE NEWS

EUROPE (From Roberto Quercetani): Sprints Germar 10.3, 21.3 national championships; Thorbjornsson 10.3, Icelandic record; Losev, USSR, 10.3 from Yefishin 10.4; Jakabfy 10.4 Futterer 10.4; Konovalov 10.5, USSR Ch.; Konovalov 21.2; Bunaes, 21.3, equals Norwegian R; Hellsten 47.2 from HAas 47.6, disq; Higgins 47.3 from Salisbury 47.7 & Ignatyev 47.8; Kovacs 47.3, Hung Ch; Kuhl 47.4 from Haas 47.4, Germ Ch;

Middle distances Andersen 1:48.3; Gottfridsson 1:48.2, Swedish record, from Waern 1:48. Schmidt 1:48.2 from Vuorisalo 1:48.3; Farrell 1:49.2y from Johnson, Hewson, Rawson, all 1:49.6; Salsola 3:42.5 from Salonen 3:42.6, Kakko 3:43.2; Vuorisalo 3:43.3 from Lawrenz 3:43.8, Salsola 3:47.0; Ibbotson 3:58.7 from Vuorisalo, Naantali, Aug. 7; Salsola 4:00.2 from Ibbotson (not Johnson, per last TN) 4:00.5, Vuorisalo 4:03.1; Waern's 3:59.7 Aug. 6 had 54.7y last lap, fastest ever in sub-4 miles; Waern 3:59.6, Aug. 26, 3rd in threes; from Moens 4:01.8, Belgian record, Ericsson 4:03.6, Barris 4:04.4, Spanish R; Wood 4:02.0.

Long Distances Pirie 13:58.6m from Ibbotson 14:00.4, Bolotnikov 14:01.4; Iharos 14:05.0 from Kovacs 14:05.6, Hung Ch, Iharos first comeback race; Zimny 14:05.6; Kuts 29:13.2 from Knight 29:25.8; Bolotnikov 29:09.8 from Kuts 29:09.9 (?) USSR Ch.; Julin 29:39.4 from Rantala 29:39.6, Konrad 29:41.0 and Schade 29:44.6; Saksvik 29:54.4 from Torgersen 29:54.4, photo finish; Ullsperger 29:44.4 from Zatopek 29:45.2, Czech Ch.

Steeplechase Rzhshchin 8:42.0 and 8:46.4, from Disley 8:49.0; Larsen 8:47.6, NatCh; Laufer 8:51.2; Tjernebo 8:51.4 from Helander 8:54.2, Swedish Ch; Auer 8:52.0;

Hurdles Lauer 13.7 (again second to Gilbert's 13.6) 13.9 and 14.0; Hildreth 14.4 from Russians; Olsen 14.4; Mikhailov 14.4, USSR Ch; Schottes 14.3; Farrell 51.1 from Lituyev 51.2, Kane 51.7, Ilin 51.7; Yulin 51.7; Mildh 51.8 from Lauer 53.2; Metcalf 52.0m & 52.3y;

Jumps Stepanov 6'11 $\frac{1}{4}$ " from Kashkarov 6'11 $\frac{1}{4}$ ", Aug. 23; Sitkin 6'10 $\frac{1}{4}$ ", USSR Ch, from Stepanov 6'10 $\frac{1}{4}$ " and Kashkarov 6'6 $\frac{3}{4}$ ", Aug. 28; Holmgren 6'8 $\frac{3}{4}$ " from Andersson 6'8 $\frac{3}{4}$ "; Lewandowski 6'8 $\frac{3}{8}$ ", Polish R from Thorkildsen 6'8 $\frac{3}{8}$ "; Pettersson, Nilsson 6'8 $\frac{3}{8}$ "; Landstrom and Preussger 14'5 $\frac{1}{4}$ "; Roubanis 14'5 $\frac{1}{4}$ "; Lukman 14'4 $\frac{1}{2}$ "; Yugoslav R; Wazny 14'3 $\frac{1}{4}$ "; Ter-Ovanesyan (19) 25'5 $\frac{7}{8}$ "; Valkama 25'1 $\frac{3}{4}$ "; Molzberger 25', German Ch; Valkama 24'10 $\frac{3}{8}$ " from Molzberger 24'10"; Kropidowski 24'9 $\frac{5}{8}$ "; Battista 51'10", French R; Chen 51'5 $\frac{1}{4}$ "; Rahkamo 51'4 $\frac{1}{2}$ "; Rehak 51'4 $\frac{1}{2}$ ".

Throws Skobla 59'2 $\frac{5}{8}$ ", European record, Athens, Aug. 14, and 59'1", CSR Ch; Sosgornik 57'1", Polish record; Lingnau 56'2 $\frac{3}{8}$ "; Grigalka 180'6" from Matveyev, who had foul of 188"; Baltushnikas 179'10 $\frac{5}{8}$ ", USSR Ch from Grigalka 171'; Piatowski 180'3 $\frac{3}{4}$ ", Polish R; Merta 177'7 $\frac{1}{8}$ ", CSR Ch; Trusenyev 177'4 $\frac{3}{4}$ "; Consolini 174'8 $\frac{1}{2}$ " behind Babka's 182'10 $\frac{1}{2}$ "; Krivonov 212'6" from Mike Ellis, 205'9", British Empire record; Samotsvetov 199'2 $\frac{1}{2}$ "; Rudenkov 208'9 $\frac{1}{2}$ ", Rascanescu 204'11", Rumanian R; Rut 203'10" from Cieply 203'6 $\frac{1}{2}$ "; Muzicek 203'3 $\frac{3}{8}$ ", CSR R; Husson 202'11 $\frac{7}{8}$ ", French R; Viad. Kuznetsov 271'11 $\frac{1}{2}$ ", USSR R, from Tsiuienko 263'10"; Sidlo 265'7" from Kopyto 261'9 $\frac{3}{8}$ "; Kauhanen 256'3 $\frac{3}{8}$ " fAWill 251'9 $\frac{5}{8}$ "; Backus 200'9".

Americans abroad; Aarhus, Aug. 13, Cortney 1:55.2; Culbreath 51.5; Matza 3:54.5; Stevens 13.8; Jenkins 47.8; Gcteborg, Aug. 26; Pearman 47.6, Culbreath 51.5;

AUSTRALIA Halberg of NZ won national 10,000m cross country title in 31:52.8 from Power, Baillie, G. Thomas, Pierce and Ollerenshaw; Freddie Green of England, one time 3-mile record holder, is in Australia with his company, is considering comeback as a pro; Dave Stephens seems interested in comeback, but unsure as wife is expecting, busy house building, and preparing for exams. Foot seems ok after surgery.

U.S. El-Monte/All-comers: Aug. 16--O'Brien 58'8 $\frac{1}{2}$ ", Davis 52'9", Humphreys 51'9"; O'Brien 177'9 $\frac{1}{2}$ "; Jennings 163'8 $\frac{1}{2}$ "; Davis 156'10 $\frac{1}{2}$ "; Hmphreys 156'; Seymour 227'4; Janewicz 13'6; Avant 6'4; Championships, Aug. 23--O'Brien 60'4 $\frac{3}{4}$ ", Davis 52'1 $\frac{3}{4}$ "; O'Brien 180'11", Davis 161'5 $\frac{1}{2}$ "; Jennings 160'4; Conley 230'1 $\frac{1}{2}$ "; Seymour 227'9 $\frac{1}{2}$ ; Shelton 6'6 $\frac{1}{4}$ "; Embury 13'6"; Smith 9.8; Portland All-comers Ch., Aug. 17: Whitney 13'6 $\frac{1}{2}$ "; Bingham 215'1 $\frac{1}{2}$ "; Edstrom 23'8 $\frac{3}{4}$ "; Anderson 23'7"; Clement 49.2; Buffalo: Richards 14'9 $\frac{1}{2}$ ; Gilbert 14.2; Murchison 9.4; Truex 9:09.2; UCTC 7:18.2 1 $\frac{7}{8}$  mile medley relay.

BULLETIN BOARD Next newsletters: Sept. 17; October 8, 22; Sept. T&FN mailed Sept. 26.

WOMEN'S WORLD LIST (to August 25, 1957)

<u>100m</u>	<u>80m hurdles</u>	<u>Discus Throw</u>
11.6 Dekonskaya, USSR Bujanova, USSR Popova, USSR Itkina, USSR Krepkina, USSR	10.8 Kohler, Germany Jelissejeva, USSR Bystrova, USSR	181' <sup>7</sup> / <sub>8</sub> " Ponomaryeva, US 174'5 <sup>1</sup> / <sub>4</sub> " Press, USSR 170'8 <sup>3</sup> / <sub>4</sub> " Begljakova, USSI 169'1 <sup>1</sup> / <sub>2</sub> " Mertova, Czech. 166'11 <sup>1</sup> / <sub>8</sub> " Muller, Germany 166'7" Rutkowskaya, US
11.7 Hendrix, Germany Restschikova, USSR Kobranova, USSR Bloemhof, Holland	10.9 Fisch, Germany Gastl, Germany Eiberle, Germany	165'11" Voborilowa, Czec 160'3" Lafrenz, Germa: Simankova, Czec
<u>200m</u>	<u>High Jump</u>	<u>Javelin Throw</u>
23.2 Mathews, Australia 23.5 Cuthbert, Australia 23.9 Kohler, Germany Itkina, USSR 24.0 Hermitage, England Kobranova, USSR 24.1 y Boyle, Australia Bloemhof, Holland Janiszewska, Poland	5'8 <sup>1</sup> / <sub>8</sub> " Balas, Romania 5'7 <sup>3</sup> / <sub>4</sub> " Chen-Fen-Chun, R. China 5'6 <sup>1</sup> / <sub>2</sub> " Donaghy, N. Zealand 5'6 <sup>1</sup> / <sub>8</sub> " Hopkins, England 5'6" Geyser, South Africa Tyler-Odam, England 5'5 <sup>3</sup> / <sub>4</sub> " Ballod, USSR 5'5 <sup>3</sup> / <sub>8</sub> " Pissaryeva, USSR Tschentschik, USSR	187'8 <sup>1</sup> / <sub>8</sub> " Larney, USA 174'9 <sup>1</sup> / <sub>2</sub> " Figwer, Poland 173'10 <sup>3</sup> / <sub>4</sub> " Zatopek, Czech 173' <sup>3</sup> / <sub>8</sub> " Jaunseme, USSR 167'7 <sup>1</sup> / <sub>4</sub> " Almqvist, Sweden 166'11 <sup>1</sup> / <sub>8</sub> " Makorova, USSR 166'2 <sup>1</sup> / <sub>2</sub> " Bogun, USSR 165'5" Oslina, USSR 164'9 <sup>3</sup> / <sub>4</sub> " Brommel, Germ.
<u>400m</u>	<u>Broad Jump</u>	<u>Pentathlon</u>
53.6 Itkina, USSR 54.4 Chomutova, USSR 54.7 Donath-Jurewitz, Germ. 54.9 Lassarjeva, USSR 55.4 Jemoloajeva, USSR 55.5 Awramova, USSR Alksne, USSR 55.6 Zaitseva, USSR Palzewva, USSR	20'7 <sup>1</sup> / <sub>2</sub> " Kasmina, USSR 20'4 <sup>3</sup> / <sub>4</sub> " Weigel, Germany 20'1" Dunska, Poland 20' <sup>1</sup> / <sub>4</sub> " Maremaa, USSR 19'7 <sup>3</sup> / <sub>4</sub> " Klauss, Germany 19'7 <sup>1</sup> / <sub>2</sub> " Willis, Australia Radtschenko, USSR 19'7 <sup>1</sup> / <sub>8</sub> " Winogradova, USSR 19'6 <sup>1</sup> / <sub>4</sub> " Lebedva, USSR	4560 Bystrova, USSR 4508 Eiberle, Germany 4458 Burekova, USSR 4441 Maremaa, USSR 4445 Burdulenko, USSR 4433 Akimova, USSR 4420 Schrnakova, USSR 4404 Chudina, USSR 4331 Buchner, Germany
<u>800m</u>	<u>Shot Put</u>	
2:05.8 Otkalenko, USSR 2:06.8 Leather, England 2:07.4 Jermolajeva, USSR 2:07.6 Donath, Juerewitz, G. 2:07.9 Otel-Dumitru, Rom. 2:08.1 Lewicka, USSR 2:08.4 Muchanova, USSR 2:08.7 Sasvari, Hungary 2:08.8 Kazi, Hungary	53'4 <sup>1</sup> / <sub>8</sub> " Zybina, USSR 53'2 <sup>5</sup> / <sub>8</sub> " Tischkevitsch, USSR 53' <sup>5</sup> / <sub>8</sub> " Dojnikova, USSR 52'11" Kusnezova, USSR 50'7 <sup>7</sup> / <sub>8</sub> " Press, USSR 50'7 <sup>1</sup> / <sub>8</sub> " Shdanova, USSR 50'6 <sup>3</sup> / <sub>4</sub> " Sloper, New Zealand 50'4 <sup>3</sup> / <sub>4</sub> " Werner, Germany 49'6 <sup>1</sup> / <sub>8</sub> " Wastschenko, USSR	

NATIONAL STANDINGS, based on world list through August 21, scoring 20 points for first place, and on down to 1 point for 20th place, in Olympic events except walks, decathlon, and marathon:

1. USA	1509	11. Hungary	65	21. Switzerland	21
2. USSR	754	12. Yugoslavia	49	22. Trinidad	20
3. Germany	295	13. Puerto Rico	42	23. Belgium	19
4. Finland	237	14. Bulgaria	39	24. Argentina	17
5. Poland	215	15. South Africa	38	Brazil	17
6. England	142	16. Iceland	35	Greece	17
7. Czechoslovakia	125	17. France	34	27. Canada	16
8. Norway	120	18. New Zealand	29	28. Jamaica	12
9. Sweden	82	19. Romania	26	29. Holland	4
10. Australia	73	20. Italy	23	Ireland	4

## NOTED WITH INTEREST

JIRI SKOBLA, long time European shot record holder (now with 59'2 $\frac{5}{8}$ "') is a 238 pound husky, 6'1 $\frac{3}{4}$ " tall. His chest measures 43 inches relaxed, and his waist 41 $\frac{3}{4}$ ". His thighs measure 30 inches and his neck and upper arm 16 $\frac{1}{2}$ ". He began his sports career at the age of four. His first sport was swimming, and he learned--to his surprise--that he could swim when it was discovered that the rubber ring he was using had long since lost its air although Jiri was still swimming gaily along. Until eighteen he swam, played football and basketball, and boxed a bit. Football was, and is, his passion. Until 18 he was given his head in sport, on the theory that early experience in many sports was to be the basis for subsequent specialization. Eventually he was to follow in the footsteps of his father, an Olympic champion weight lifter. At 18 Jiri started with the weights, won the Czech junior title within a year. Having watched lifters all his life he had a natural style. But Skobla was an impetuous, over-ambitious youth and could not resist the lure of mighty loads. One time he tried too much, injured his spine, and his weight lifting career was over. He turned to track and field and was first tried at the hammer. After  $\frac{3}{4}$  hour practice his best throw was 82 feet, and he was told to run along and amuse himself. While jogging around he kept thinking "all this messing about, swinging a silly hammer around my head. Why can't I find something simpler to do?" And then he discovered a shot, tried it, told the coach, and was given the go ahead to work on both events. That year he was sent to a track training camp for a week, taking along a shot and hammer, which, by mistake, were senior weights. But on arrival at camp he found it deserted (everyone had gone berry picking). So, disgusted he determined to return to Prague. The last bus having left, he lugged his 32 pounds of implements, and his suitcase, 21 miles to the railroad station.

By 1948 he was Czech junior champ at 43'6 $\frac{3}{8}$ ". Improving, he ran into a recurrence of his spinal trouble in 1949, and did not resume training until 1950. This time, under coach Otakar Vodicka, he began systemic training, which was the beginning of his tremendous chest and shoulder power of today. To build up his muscles and strengthen his waistline he was put on to swinging a full weight hammer, until in the end he was swinging 800 times to the right, and 800 times to the left every day. Asked if this was too much of a task, he said: "It was nothing to me. Counting the number of turns was the biggest trouble." After a time he replaced the 16 pound hammer with one weighing 55 pounds. He started with 50 swings each way, progressed to 600 to 800 turns a day. This was only a part of his strengthening exercise. Twice a week he would throw the shot as high as possible overhead, from one hand to the other, frequently as many as 500 times. Then with arms stretched out sideways at shoulder level he would flip the iron sphere from hand to hand overhead 150 times. And each day he would do 80 to 100 standing throws. He also gave thought to speed and agility, and again twice a week, he would sprint 30 meters and have a session of high jumping. In 1954 he cleared 5'7", weighing 253 $\frac{1}{2}$  pounds.

Each day he would roll into bed completely exhausted, rising again by five to start work at six as a pastry cook. In the European Championships of 1950 he was a complete flop, doing only 44'1 $\frac{1}{2}$ ". He told his trainer, "You can train your grandmother or anyone else you like, but not me. I'm through" and he disappeared from track for two weeks. But he realized that he had been training too hard, and came back. In 1951 he quit as a baker, and started work as a smith in a factory. But first he spent three weeks with a knee in a cast as a result of trying rugby.

Now he found a new training gimmick. He had a gallows-like contraption, 15 feet high, over which he would put the shot 50 to 100 times a day to develop legs and shoulders. He would put in another normal 50 puts for technique. That year, 1951, so Skobla on his way. He equalled the national record of 53'1 $\frac{3}{4}$ ", set back in 1932 by the great Fratisek Douba. His history since then is well known. Skobla's training is more orthodox, but he still gets into trouble. In the winter of 1954-5 he wrenched a knee skiing. Back in training for a short time, he broke an ankle playing football. Once asked what he did with his left hand, he said "I use it for eating". But he was persuaded to exercise the left side of his body, too, on the theory that it could help his right hand throwing. For the records, his first put with the junior weight was 38'9". (More than 1 $\frac{1}{2}$  million people out of Czechoslovakia's 13 millions take an active part in 36 forms of organized sport and physical recreation. 50,000 are in track, following over 500,000 in physical training, 200,000 registered footballers, and 100,000 volleyball players.)

## SO THEY TELL US

TN BIFF SCHREIBER, Chicago: "Tom Courtney should surely get some kind of special recognition for what he's turned in this year. How about an annual Track Nuts Award to the most valuable man in the U.S., or something like that? I'd be glad to contribute \$.25 toward something appropriate and am enclosing same. What do you other TNs think?... I heard of a junior Olympic high jump winner in Denver or Boulder named Skip Jump... Anybody heard any comments from Dumas? Looks like he's got a job cut out for him, and possibly an incentive to concentrate more on jumping."

TN EMERSON CASE, Schenectady: "The problems that confront a track coach are not always fully appreciated. In addition to his purely 'coaching' problems, he is forced to make what might be called 'mathematical' decisions. These often involve the laws of chance and probability and are particularly necessary before a meet, when he wants to maximize his points. One of the simplest cases is the order in which the team should be run in a relay. If there are only 4 men available these can be run in 24 different ways. If 6 men are available they can be run in 360 different orders. It can easily be seen that, as the number of men becomes greater, the number of possible orders grows in astronomical fashion--particularly if some of these men can, or will, run on more than one relay team. There are, of course, purely personal and competitive factors which will cut down the numbers somewhat, but nevertheless a coach of a large track squad faces inexorable mathematical laws which greatly increase his task. The mathematical problems of a coach do not, of course, end with his relay teams. Since he wants to maximize his total points in a meet, he must weigh the chances of all his men in the individual events (many of them in more than one event) against the expected opposition. Every track coach must face this problem before every meet; and if he is mathematically inclined, he will, other things being equal-- achieve greater success."

TN RONALD JONES, Orange, Calif.: "1956 was the best year ever in the broad jump with 12 jumps over 25'7 $\frac{1}{4}$ ". 1936 was second best with 11, 1935 had 9 jumps over 25'7 $\frac{1}{4}$ ", and 1948, 51, 52 and 55 are the fourth best years. It seems that the U.S. dominance of the broad jump is disappearing as the following figures show: (Year, jumpers over 25', from U.S., from other countries, number in top ten from U.S.):

1947	3	3	0	9	1952	4	4	0	5	In 1956 U.S. had 4 jumpers & jumpers
1948	8	7	1	8	1953	6	3	3	4	in the 1st ten and 9 over 25', while
1949	4	3	1	7	1954	8	5	3	5	USSR had 2 in the 1st ten and 4 over
1950	6	5	1	9	1955	8	5	3	5	25'. Picking 5 years previous as a
1951	3	3	0	8	1956	19	9	10	4	random typical year, in 1951 U.S.

had 8 jumpers in 1st 10 and 3 over 25', while USSR had 0 jumpers in first 10 and only one over 24'. Finland, Poland and Germany are also coming along very well."

BERN KLOPFER, Clawson, Mich: "It seems that Californians like to exaggerate so that their marks (Griffin's 20.3) won't be recognized. I followed Mr. Bank's instruction, and I came out with a beautiful .168 mph wind. Just in case that Banks had his multiplication and division mixed up, I divided 4.8 by .035 and I came out with a very unlikely 137.14 mph. Who's 100% wrong?"

TN CRAIG DIXON, UCLA assistant coach: "As you can see from the following letter from Rafer Johnson, his knee apparently is fine. I think he'll be tough next year. He writes from the Belgian Congo on his State Department tour: "I have spent a week in the air, and it seems the only time I have to myself is on the plane. Spending two weeks in Italy was fun, and the country and people are really wonderful. I even got to Venice and had a great time in the gondolas. I was also in Brescia, Parma, Bologna, Milan and Rome. I have also spent a week in Yugoslavia. Even though the country is communistic, there are many people who are against it. I guess there are good people everywhere you go. I was in Ljubljana where I took part in the Yugoslavian championships. I ran the 100m in 10.3, threw the javelin 210'4", and put the shot 51'10". I then went to Zagreb and then Belgrade, where I lectured, demonstrated the different events, and showed films. From Yugoslavia I spent a day in Rome. I bet I saw more of that city in one day than most people see in 3 weeks. I visited the grounds for the 1960 Olympics. The track is beautiful, but some of the buildings are not completed. I am now in Africa, working with the athletes, and they all want to learn, and this makes my job easy. I will next go to Israel. As you can tell, I don't stay very long in one place, but I'm meeting some wonderful people, with terrific experience