

TRACK NEWSLETTER

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 By Bert & Cordner Nelson, Track & Field News \$6 per year (24 issues)

NEWS

INDOOR MEETS Chicago, Dec. 30--McKinnon, 70 in 7.2; Burnett 23.0; Gaffney 50.2; McDonald 1:58.1; Truex 4:10.3, Lamb, Maynard; 700H, Loomis 9.1; Bangert 53-11; Welbourn 14-5, Lax 14-0; Etnyre 6-0, Ben-singer 22-4 7/8.

Met AAU, NY, Jan. 7--Gathers 6.6; Pearman 1:13.4; Bright 2:15.4; Deady 3:01.2 (new 1320 record); Matza 4:20.4; Ashenfelter 14:22.3; Knight 8.7; Shaw 24-9; Lee 6-3 3/4; DeCosta 13-0; Moyer 54-9 1/2; Thomson 60-5 1/2. K of C Games, Boston, Jan. 14--50-Sydnor(5.4), Williams, Remigino, Bell. 600-Jenkins (1:11.4), Scruggs(6), Jones, Gaffney; 1000-Courtney(2:14.6) Maynard (5), Smith, Schoeniz; Mile-Delany(4:11.2), Truex (4:11.8), La Pierre (4:14.2), Deady (4:16.4), Fawcett (4:17.9). 2-mile-Ashenfelter (9:03.6), King, Sbarra, Stieglitz; 450H-Dillard(5.7), Knight, Cohen, Settole; Mile Relay-Villanova (3:20), Manhattan, St. John's; 2-mile-Pitt (7:39.6 meet record) (Sowell 1:48.6), Manhattan, NYU, Fordham. HJ-Reavis (6-9 3/4), Lee (-6-4), Ferrara, Bowering; PV-tie, Richards, Bragg, Laz, Welbourn (14-6);

Quadrangular, Ithaca, Jan. 14--Al Hall set collegiate record of 60-10 1/2 in 35# weight throw. Vielbig 4:20.7; Richtie 1:14.3; Drew 2:16.6.

AUSTRALIA Lincoln 8:53.6 Jan. 4; Henderson 4:09.6 Dec. 31, 4:08.0 Jan. 7; Thomas 9:08.4 3000mSC; Gosper 48.1; Power 9:04.4; Ridgway, age 16, 6-5 5/8; Landy, Jan. 14, 3 miles, "easily", in 13:39.0.

WIND SPRINTS

Weather for the Met AAU field events, held outdoors, was below freezing...Matza's last 440 59.9...Gordon McKenzie's English wife Chris is a sprinter...Conwell was tossed out of the Met 60 for breaking... Laskau won his 8th straight Met walk...Remigino was belted near the star and pulled up...Ireland will send a 10 man team to the Olympics at a cost of \$17,000...the Zatopeks ran training courses in India... John Landy says he's going all out in Victorian mile Jan. 28, aiming at new record...Santee's leg trouble developed in a warm up for his Junior Orange Bowl mile, and he almost had to stop running on the 2nd lap...UP sports editor Leo Petersen says he is tremendously impressed with Australian Olympic preparations...Deady never quit training during his four years in the Air Force...Santee says "Deady sure would have made me run. Maybe it's lucky I didn't start."...Deady's best mile in college was 4:16.9...he says his goal is the Olympic 1500...George Eastment says it was the most amazing comeback he has ever seen...a 4 man U.S. team will compete in Trinidad in February...TN Bill Jameson is responsible for tipping the Met promoter that Deady should be invited... Dan Ferris says there is a possibility Chromik and Disley will run indoors. The Russians have said no and Nilsson won't decide for some time...Ernie Shelton will compete in the Boston AA and Millrose...Wel-bourne expects 45,000 visits for the Games, has made 13,500 beds avail-able in private homes...basketball ace Bill Russell wants to make the Olympics in basketball and the 400 hurdles, where he says he can step over them while others are jumping them. He supposedly has run 49.6 for the 440...a posed action picture of Milt Campbell as a footballer was voted the best college publicity picture of the 1955 season...Jim Golliday is a father for the second time, will graduate at summer session in August, will have plenty of time to prepare for the OG... Gordon Pirie, receiving a "sportsman of the year" award, castigated British sports writers for their derogatory remarks on athletes...Ed Friel of the Newark Evening News is the new president of the NY track writers association...American newsreel people say unless they are allowed to cover the OG individually there will be no American coverage.

SO THEY TELL US

TN SYD DEROMER, Newark: "Jesse Abramson of the NY Times practically has Villanova winning the NCAA, but he will be surprised when at least three teams and maybe four are higher than Villanova. I see almost a deadlock between USC and Kansas with UCLA third and either California or Villanova fourth. I am counting on SCs field strength to bring them home on top. However I am sure no other team will crack the first five."

TN SIDNEY CLAIRE, Minneapolis: "What has happened to Ferenc Klics? I trust he has not been 'liquidated' for un-Hungarian activities. Also, what about Ib Planck who reached prominence in the 3000 and 5000 two years ago and then seems to have dropped out of sight; I know they have no salt mines in Denmark."

TN HAL HIGDON, Germany: "I've had to do my training around 10 at night, which is a little dangerous when the moon is not out...Tom Ryan, California marathoner, ran 2:37 in a German marathon in October, also a sixth in a double marathon in England (52 miles in 6:07). He's 26 and might be coming into his own...I heard that when Frank Flores injured his neck last summer in Athens he broke it. The former SC broad jumper still has it in a brace...around the Stuttgart area are Sam Adams and Steve Turner of Cal, Dean Thackery of Boston AA, and Frank McBride, South Dakota State."

TN BILL JIMESON, Baltimore: "I agree in part with TN Norman Lumian. Smoking in any form at any time is out. However beer every once in a while is o.k., if the athlete is of age. This does not mean the coach should tell his charges to go out and have a beer. The whole thing is up to the athlete himself. If he cares about his athletic accomplishments, and the ones who care are the ones that are usually great, he will be very moderate in all things--except training."

STATS

AVERAGE AGES of the 50 best athletes of all time in each event have been figured as: 100m, 22.1; 200m, 22.4; 400, 23.8; 800, 25.0; 1500, 25.5; 5000, 27.6; 10,000 28.7; marathon, 32.2; MH, 24.0; HJ, 22.8; PV, 25.4; BJ, 23.4; SP, 26.8; DT, 25.6; HT, 29.8; JT, 26.0; Dec., 25.3. Average age of place winners in Olympic 100 meter has increased from 23.7 in 1932 (Tolan 23, Hecalfe 22, Jonath 23, Simpson 24, Joubert 24, Yoshioka 24), to 24.3 in 1936 (Owens 23, Hecalfe 26, Osendarp 20, Wykoff 26, Borchmeyer 31, Strandberg 21) to 25.7 in 1948 (Dillard 25, Ewell 30, LaBeach 25, McCorquodale 22, Patton 24, McBailey 28) to 25.8 in 1952 (Remigino 21, McKenley 30, McBailey 32, Smith 20, Sucharcv 28, Treloar 24).

Average age of 10 best of all time in 800 was 23.7; 1500, 24.4; 5000, 26.3; 10000, 28.0. Olympic placers of 1952 averaged: 800, 24.7; 1500, 25.1; 5000, 29.0; 10,000 30.4.

EVOLUTION OF RECORDS

25,000m		30,000m	
1:26:29.6	Kolehmainen, Finland 1920	1:48:06.2	Stenroos, Finland 1915
1:25:19.6	Kolehmainen, Finland 1922	1:47:13.4	Kolehmainen, Fin. 1922
1:24:24.0	Harttelin, Finland 1928	1:46:11.6	Stenroos, Finland 1924
1:23:45.8	Harper, Grt. Britain 1929	1:43:07.8	Sipila, Finland 1928
1:22:28.8	Harttelin, Finland 1930	1:42:30.4	Zabala, Argentina 1931
1:21:27.0	Tamila, Finland 1939	1:40:57.6	Ribas, Argentina 1932
1:20:14.0	Hietanen, Finland 1948	1:40:49.8	Hietanen, Finland 1947
1:19:11.8	Zatopek, Czecho. 1952	1:40:46.4	Hietanen, Finland 1948
1:17:34.0	Ivanov, USSR 1955	1:39:14.6	Vanin, USSR 1949
1:16:36.4	Zatopek, CSR 1955	1:38:54.0	Moskatschenko, USSR 1951
		1:35:23.8	Zatopek, CSR 1952

NOTED WITH INTEREST

IHAROS 5000 in 13:40.6, additional comment: The race was in a 15-minute interval between two football games. Iharos rubbed oil into the sole of his shoes because the track was wet. Coach Mihaly Igloi had planned the race for three weeks with an objective of 13:44.0, but both Iharos and Tabori had maintained their 1500m training with no special preparations. Iharos did not look particularly exhausted after his race and Igloi commented that he saw no reason why Iharos should not be turned loose on the 10,000 record. 400m lap times, and leaders, were: Tabori 63.5, Iharos 66.5, Tabori 65.5, 66.3, Iharos 66.2, Tabori 66.3, 67.5, Szabo 66.0, Tabori 69.0, Iharos 69.0, 63.4, 61.1. Last lap in 59.6. The 1500, 24 hours before in the same Hungarian championships, saw Bakos lead in 58.7, Tabori take over momentarily, then surrender to Rozsavolgyi in 2:00.0. Tabori led again, followed by Beres. Tabori kicked the last lap in 55.8, but beat Rosy by less than a yard.

MEDICAL FINDINGS on a survey of 165 runners who competed in six Western Hemisphere marathons and 10 mile races in Los Angeles area since 1948; Average age was 27, weight 142. During the race the runners lost approximately 1% of body weight for every five miles run...blood pressures were normal, but venous blood pressures were increased on an average of 210% after 26 mile race...pulse was characteristically slow, averaging 57 at rest...there was an increase in nonprotein nitrogen, red and white blood cells, sedimentation rate, sodium and hemoglobin...calcium, sugar, carbon dioxide, potassium and chlorides decreased...hearts of the runners were found to be larger than those of the non-runners, but there was no evidence of heart disease...Recommendations: due to a 73% increase of nonprotein nitrogen, the eating of a high protein diet before and after the race would be beneficial...it was suggested that the longer races should be undertaken by the older group of runners, 31 to 48.

HARRISON DILLARD got his start from Jesse Owens. Watching Cleveland acclaim Owens for his 1936 Olympic honors, Dillard resolved to win an Olympic title, probably in hurdles because he wasn't considered fast enough as a schoolboy sprinter. And until he met Owens he wasn't good enough as a hurdler either, knocking down too many with his trailing leg. "Why don't you switch legs" asked Owens. "Clear the hurdle with your left leg instead of your right" Dillard switched.

BOBBY MORROW is 20, 6-1½, 170, with brown hair and brown eyes. He has a seven foot stride. Coach Oliver Jackson attributes Morrow's success to inherited leg drive combined with a strong competitive spirit. He played football at San Benito high, married his high school sweetheart after graduation (she's now at ACC too), is a P.E. major with a psychology minor, and wants to coach. Jackson predicts a peak in two years. Morrow won 17, lost 4 in 1953, won 23, lost 0 in 1954, won 17, lost 1 (AAU 220) in 1955.

P.W. GREEN, editor of Athletics Weekly, says: "I was pleased to see Doug Wilson (one-time British miler) debunking the idea that we get beaten by athletes from other countries because they are state-sponsored. Nothing irritates me more than this excuse. Except in a few isolated cases it just is not true, and is merely an excuse for being beaten either by better athletes or by those who have put more into it despite having no more time than our own. Most of the overseas athletes have a job to do and if some of them are in the services, so are many of ours, too. Let's hope we hear no more of this nonsense.

BULLETIN BOARD

Newsletters scheduled for Jan. 31, Feb. 14. T&FN Jan. issue mailed 2/9
Indoor meets: 20th, Phil. Inquirer; 21st, Wash. Star; 28th, Boston AA

TRACK NEWSLETTER SECOND ANNUAL POLL

(Please return the questionnaire as soon as possible)

Name

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| 1. Your prediction for 1956 Olympic Games winners: | 100-MORROW |
| 200-GOLLIOAY | 110H-DILLARD |
| 400-LEA | 400H-LITUYEV |
| 800-BOYSEN | 400R-U.S.A. (MORROW, GOLLIOAY, RICHARD, BRAGG) |
| 1500-TABORI | 1600R U.S.A. (LEA, JONES, JENKINS) |
| 3000SC-CHROMK | Mara. ZATOPEK (MASHBURN) |
| 5000-IHAROS | Dec. CAMPBELL |
| 10000-KUTS | HJ TIE SHELTON & NILSEN |
| | BJ-BENNETT |
| | PV-TIE BRAGG & RICHARDS |
| | HSJ-DA SILVA |
| | SP-O'BRIEN |
| | DT-GORDON |
| | JT-HELD |
| | HT-KRIVINIS |

(following questions pertain to 1955 season)

2. World's greatest track or field athlete IHAROS
3. World's greatest track athlete IHAROS
4. World's greatest field athlete DA SILVA
5. U.S. greatest track or field athlete GOLLIOAY
6. U.S. greatest track athlete GOLLIOAY
7. U.S. greatest field athlete SHELTON
8. Collegiate greatest track or field athlete GOLLIOAY
9. Collegiate greatest track athlete GOLLIOAY
10. Collegiate greatest field athlete BRAGG
11. High school greatest track or field athlete SOUTHERN
12. High school greatest track athlete SOUTHERN
13. High school greatest field athlete DUMAS
14. Most improved world track or field athlete IHAROS
15. Most improved U.S. track or field athlete BRAGG
16. Greatest single performance, world IHAROS 5,000 meter
17. Greatest single performance, U.S. JONES, USA 400 meter record
18. Greatest win SOWELL DAN 8'0"
19. Biggest upset TABORI IN 3:59.0 OVER CHRISTOPHER & NEWSIA
20. Biggest comeback
21. Biggest flop HUNGARIAN VISIT TO AUSTRALIA
22. Event most liked to have seen IHAROS 5,000
23. Discovery of the year CONNELLY
24. U.S. coach of the year