

NEWSINDOORS

PHILADELPHIA INQUIRER, Jan. 20: 50--Richard (5.4), Haines (inches), Kline; 600--Jenkins(1:12.2)Whitfield(2'), Jones, Pearman; 1000--Sowell (2:12.6), Maynard, Courtney; Mile--Delany(4:16.9, 56 last lap), Truex (2), Deady (9), Matza; 2-mile--Ashenfelter (9:06.6), Ross (50), Shea, Wilt; 5000--Calhoun (6.0, equals meet and indoor record), Dillard (inches), Pratt, Shankle; Mile relays--Club, Pioneers (3:22.5); College, Villanova (3:23.9); HJ--Reavis (6-10, meet record), Dennis and Lee (6-6); PV--Richards (15-3), Bragg (15-0), Laz and Welbourn (14-10).

WASHINGTON STAR, Jan. 21 (220 yard, flat track): 70--Dave Sime (Duke soph)(7.0, meet record), Stanfield(2'), Richard; 80-Sime(8.0), Stanfield (5'), Torian; 100--Sime(9.5, world indoor record), Stanfield (7'), Hosham; 600--Jones(1:14.4), Gaffney(8'), Ingley; 1000--Courtney (2:14.2), Bright(2), Maynard (5); Mile--King, NYU (4:11.3, 58 last lap), Tidwell, Truex; 2-mile--Ashenfelter (9:14.2), Boehm (40-50), Beatty; 7000--Calhoun, NoCarolinaSt(8.3, equals meet record), Shankle, Davis; Mile relays won by Morgan State in 3:28, Georgetown in 3:28.7; two-mile R--Pittsburgh (7:48.5) (Sowell 1:51.3); HJ--Barksdale(6-6), Holding and Dennis (6-4); PV--Richards (15-0), Welbourn and Laz (14-8), Mattos and McKnight (14-0).

BOSTON AA, Jan. 28: 50-Sydnor (5.5); 440-Merritt, Holy Cross (50.5); 880-Wharton, Harvard (1:56.4); 1000-Courtney (2:11.9); Mile--Delany (4:06.3), Truex, Deady, Santee; 2-mile--Ashenfelter (9:01.1); 45 HH--Calhoun (5.6)(Dillard developed leg trouble, withdrew after heat); PV-Richards (15-3); HJ--Shelton and Reavis (6-9).

OTHER meets: Harvard, Jan. 14--Backus 63-0½ and Connolly 60-9, McWilliams 58-7 in 35# weight. (Backus & Connolly both over 63-5 in practice).

Harvard, Jan. 28--Connolly broke American record in weight throw with 63-8, three inches better than Backus' two year-old standard. Backus 62-11 ¾, Hall 61-6 ¾ (best ever collegiate toss, Bane 59-3).

Chicago, Jan. 14--70-McKown (7.2); 220-Caffey (23.0); 440-Rudisell (50.3); 880 Hanchett (1:57.1); Mile-Course (4:23.9); 3-mile-Coleman (14:29.9), Boehm (14:30u), Kelly (14:31u); 7000-May(9.0); 70LH, Loomis (8.0); HJ-Smith(6-5); PV-Landstrom (14-0); BJ-Stateler (21-3); SP-Bangert (53-4¼). West Point, Jan. 21--Ken Bantum, Manhattan (56-11½);

OUTDOORS

San Diego, Jan. 14--400m-Ellis (50.1); 800-Tyler (2:00.1); 1500-Sturak (4:01.8); 5000-Tyler (15:12.8); 7000-Davis (8.5); 100m-Lucas (10.7); HJ-Smith (6-5 ¾); PV-Smith (14-6); SP-Thompson (51-7); DT-Thompson (143-0½); JT-Pago(185-9½)

AUSTRALIA: Jan. 14--Salt, 49-0¼, HSJ; Power, 14:01.0, 3m; Jan. 21--Goodman 48.9; Henderson 4:09.4; Thomas 9:11.0, 3000m SC; McMahon 6-4¼; Randall 9.7; Hogan 9.8; Clarke (18) 4:11.7; Fleming 4:16.4; Jan 23--Clarke 14:39.8. Jan 25--Dave Stephens hung up his first world record with a brilliant 27:54 six mile, clipping 5.2 seconds off Zatopek's record. Stephens was surprised at how easy it was, felt he could do better. Jan. 28--John Landy returned to the wars with a bang, clocking 3:58.6, second fastest mile ever. Mer Lincoln second in 4:00.6. Jan. 30--Landy lowered Australian 800 record to 1:50.4.

BULLETIN BOARD

Next Newsletter, Feb. 14. Jan. T&FW mailed Feb. 9.

Indoor meets: Millrose Games, NY, Feb. 4; NYAC Games Feb. 11

Questionnaires must be turned in this week. Results are being tabulated.

Pen Pals wanted by H.J. Long, 4 Lang St., Bancroft Rd, London E.1.

WIND SPRINTS

Dillard and Richards will be seeking their tenth straight Millrose Games wins Feb. 4...construction dispute at the Melbourne Olympic stadium is over...the Presidium of the West German sports Federation accused East German sports officials of using international sport in an attempt to get the communist regime recognized as a sovereign state. Track and field bosses from both parts of Germany agreed it was "impossible to hold all-German championships or pre-Olympic contests this year, and the combined German team will be selected...fastest ever indoor half was John Woodruff's 1:47.7 on the six-lap-to-the-mile Dartmouth track in 1940...Harry Howell, coach of St. John's Prep's world indoor two-mile relay record holders says New York teams would own every high school record in the books if they had weather like California. He says his team has been training outdoors in fog, wind and freezing temperature...Brian Hewson won't make the indoor season as planned, but may be here for the K of C meet March 3...

Athletics World reports on the world's only known track triplets, Czechoslovakia's Suoboda brothers, Alois 6-0 3/4, Jiri 190-9 3/4 JT, and Joseph 141-6 DT...East Germany took away the title "Master of Sports" from five athletes who fled to West Germany, including Ewald Schroeder, once East Germany's sprint champ...Arnie Sowell is scheduled for a busy day Feb. 4, with two or three races and the broad jump against Army in the afternoon and then anchor in the two-mile relay in the Millrose Games in the evening...William Clark, Anthony Eden's new public relations officer, knocked down 11 hurdles in an Oxford race in 1938--all his own and one in the next lane...Robert Garrett, winner of the discus throw at the first modern Olympic Games in 1896, is a prominent Baltimore banker and philanthropist and has been named to the Maryland Athletic Hall of Fame...Stella Walsh, now 44, says she has run her last race...Gordon Pirie's track ambition started when he saw Zatopek in the 48 OG and vowed to do the same for Britain...Heinz Futerer was scheduled for an operation to correct a displaced cervical vertebrae...Benke Nilsson averaged 6-7 5/8 in 50 1955 meets...Mihaly Igloi estimates Tabori already is capable of 13:45...

Tony Storti is the new track coach at Montana State, replacing Bob Fliieger, resigned...Jess Hill, former SC broad jumper and track coach, will become the school's athletic director in 1957...a field of 10,000 athletes, picked from earlier trials by millions of athletes, will compete in the Russian Red Olympics in August in a brand new 100,000 capacity Moscow stadium...Phil Delavan, Iowa State soph, has done 51-2 1/2 in practice...Al Hall of Cornell warms up for the 35 pound weight throw by tossing the 16 pound hammer...Fionnbar Callanan of the Irish Times conducted a U.S. vs. Europe all-time dream match on paper, with the US winning by 109.6 to 102.4...Europe has not produced an Olympic winner in the 100, 200 or 400 since 1924...Voitto Hellsten ran 33.6 for 300m while a group of Finns were enjoying the Spanish sunshine...the only four white men to surpass Neville Price's new Empire record of 25-10 are John Bennett, Robert Clark and Ed Hamm of the US and Lutz Long of Germany...using the average points (from IAAF scoring tables) of the best mark in each event for the season, 1955 was track's best year with 1343 points, followed by 1954, 1314; 1953, 1286; 1952, 1243; 1950, 1228; 1951, 1212; 1948, 1193; 1949, 1184; 1947, 1160; 1936, 1151...

Jesse Owens weighed 163 when he arrived in Berlin for the 1936 Olympics, 148 when he left, and was down to 137 after some races in England...Tom Skutka, H.S. mile record holder, is at Georgetown...Charley Capozzoli is reported in fine shape and expects to run 9 minutes or better in the New York two mile races. He has been doing 4:28 twice with 10 minutes between...Hungary wants its three stars to run in the US 1957 indoor season on the way home from the Olympics...

SO THEY TELL US

TN JACK MORTLAND, Bowling Green, Ohio: "I look for Landy to win the OG 1500, but wish he would concentrate on the 5000 as he could win it in even more impressive fashion. If a 13:00 three-mile is going to be run soon I think Landy is the man to do it...this picking of Olympic winners is a risky business. I am only sure of two events--O'Brien and the USA 1600m relay. Richards and Krivonosov are fairly certain, but have competitors close enough to make their positions precarious. In the balance a wild guess is probably as good as any...In the relay I believe the US could field three teams to take all the medals...I feel a man knows what he needs to do to remain in condition, and if he really wants to run he is going to do it regardless of what Roger Bannister or anyone else says."

TN SOL BERMAN, Elizabeth, NJ: "Indiana could crack the first five in the NCAA, with Milt Campbell in the highs and lows, Greg Bell now a soph (he's the AAU BJ champ), Ward in the 440 (47.5 last year), and help from a high jumper, vaulter and middle distance man. That would bring their total over 30 points. You don't need a good team to win the NCAA, only 4 to 5 top performers. USC usually has both."

TN PETE MAY, Montreal: "It is really something to see the old boys back home in London turn out 3 or 4 times a week, rain, snow or sleet, to train for cross country race even though they know that they will be say 100th out of 120 in the field. It is just a case of a love for the sport, that is all the incentive that is needed to help in training. Numerous athletes of all ages train 30 to 60 miles per week, 5 to 7 days a week, without every hoping to achieve fame. They are the backbone of British track and the true amateurs."

FRANK KARNES, Lincoln: "Look for Nebraska to come back. Frank Sevigne has an outstanding group of frosh and of course knows how to coach them."

TN SIDNEY CLAIRE, Minneapolis: "It seems to be that when I was very young (around 1645 or so) the pentathlon was not scored by a table, but in cross country style. Does anybody know?..The logic of Dick Maiocco's statement that four Americans could beat Ignatyev becomes a little clouded to me when I recall that Ignatyev beat Maiocco by 12 yards without going all out. I'll still pick Ignatyev at Melbourne...bravo for P.W. Green's comment; let us stop the snide alibis about other people's deplorable methods and get down to hard work, so we can still win--that is the American way."

STATS

INDOOR MARKS, best ever recorded at the standard distances:

60, 6.1, by 20 men since 1938; 600, 1:09.5, Whitfield 1953; 880, 1:50.5 Borican, 1942; 1000, 2:08.2, Gehrman 1952, Sowell 1955; 1500m, Santee 3:48.3, 1955; mile, 4:03.6, Nielsen, 1955; 2-m, 8:50.5, Ashenfelter, 1954; 3-m, 13:45.7, Rice, 1942; 600M, 7.1, Dillard, 1948; HJ, 6-10 3/4, Wiesner, 1953; PV, 15-8 1/2, Warmerdam, 1943; BJ, Owens, 25-9, 1935; SP, 59-5 1/2, O'Brien, 1955.

EVOLUTION INDOOR MILE RECORD

4:37.2 Smith, 1898	4:11.6 Ray, 1919	4:07.4 Fenske, 1940
4:30.4 Kellogg, 1903	4:12.0 Nurmi 1925	4:07.4 Fenske 1940
4:28.0 Shutt, 1904	4:12.0 Ray 1925	4:07.4 MacMitchell, 1941
4:24.0 Lightbody, 1907	4:11.2 Venzke 1932	4:06.4 Dodds, 1944
4:23.0 White, 1908	4:10.0 Venzke 1932	4:05.3 Dodds, 1948
4:19.8 Trube, 1909	4:09.8 Cunningham, 1933	4:03.8 Santee, 1955
4:18.8 Hodlund, 1913	4:08.4 Cunningham 1934	4:03.6 Nielsen, 1955
4:18.2 Kiviat, 1913	4:04.4 *Cunningham, 1938	
4:16.0 Overton, 1917	4:07.4 Cunningham, 1938	* 6-lap track

(Don't forget, the other Track Nuts want to hear your comments)

NOTED WITH INTEREST

OXYGEN CONSUMPTION is all important in running, and the scientific journal Nature reports on measurements of the rate at which oxygen can be absorbed in breathing while taking all-out exercise. Measurements were made in Stockholm on Landy, two Swedish runners, and six champion skiers. Three of the skiers beat the previous world record for measured rate of oxygen consumption, established in 1937 by Don Lash, two mile record holder. The three runners and first three members of the ski team were placed in each case in their correct order of racing performance. The highest figure, for skier S. Jörnberg, was 5.88 litres a minute, to 5.35 for Lash and 5.04 for Landy. Normal but well trained men students averaged 4.11.

ZATOPEK's 5000m splits in his record breaking 25,000 meter run were: 15:14.8, 15:09.4, 15:20.2, 15:22.9, 15:29.1. He ran his first 10,000 some nine seconds faster than the American record. Zatopek holds every record from 10,000m up, has broken 18 world marks. 5000m, 13:57.2; 6 miles, 28:08.4 and 27:59.2; 10,000m, 29:28.2, 29:21.2, 29:02.6, 29:01.6 and 28:54.2; 10 miles, 48:12; one hour, 19,558m (12 m, 269y), 20,052m (12m, 810y); 20,000m, 1:01:15.8, 59:51.8; 15 miles, 1:16:26.4, 1:14:01.0; 25,000m, 1:19:11.8, 1:16:36.4; 30,000m, 1:35:23.8.

GREAT BUNION DERBY of 1928 is recalled by Sheik Gardner who finished 8th. The race, promoted by C.C. (Cash & Carry) Pyle, was from Los Angeles to New York over newly completed U.S. highway 66. "200 of us faced the starting line. A couple of Indians, Flying Cloud and Mad Bull were the favorites. After all, each had won the 482 mile run from Grants Pass to San Francisco. They were ahead at 500 miles, then they got discouraged. A South Africa, Arthur Newton (author of Races & Training) took the lead then. Imagine this if you can--he ran 50 miles in seven hours one day and 50 miles in seven hours the next day. I guess he over extended himself. A thousand miles and he was out of it.

"Cash and Carry had a tent show traveling ahead of us. They'd set up in the afternoon and keep waiting natives entertained with wild men from Borneo and hula girls. We'd finish each day's run in the ring. CC levied tribute. He insisted on a guarantee from each stopping place along the route. Some of them wouldn't pay, so we simply detoured those towns. That was okay with CC, but a little tough on the runners.

"One day it was 58 miles from paying town to paying town. Another day it was 87 miles. One leg was over a mountain pass, 3000 feet up in 38 miles. One day we ran in the snow. Another day it was 103 in the shade. Half way across the country the man with the traveling kitchen gave up. Losing his shirt. We dined on washtubs of beans after that. 84 days, 3422 miles and 14 pair of shoes later, Gardner and 55 others arrived in NY. The last 20 miles were run in Madison Square Garden. The Garden was packed. People went nuts. They threw \$10 bills at the runners. Andy Payne won it and got \$25,000. Gardner got \$2,500."

SANDOR IHAROS, answered the Athletics Weekly questionnaire. Says 3000m record was one that gave him most personal satisfaction because it was his first. Trains every day throughout the year, generally in the evening, often morning and evening. Spends 1½ to 2½ hours each session. A typical summer week is: Monday, easy alternating pace running; Tuesday, longer even-pace running; Wed., fast sectional distances; Thurs., fast shorter sectional distances; Friday, warming up or easy pace running; Saturday, race; or warming up; Sunday, race. Typical winter work is: M, steam bath; T, 12-12km even pace; W, gymnasium; T, 1½ hours alternating pace running; F, 10-12km even pace; Sat, gym; Sun, long runs interspersed with sprints. Warm up consists of 4000m easy running, gymnastics, several fast sprints. Advises young athletes to train harder every year than preceding year. Wants two day meets scheduled so shorter distance of double is always on first day.