

TRACK NEWSLETTER

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LATE NEWS

EUROPEAN CHAMPIONSHIPS:

Bern, Switzerland, Aug. 25/29. Weather downright bad on opening day; rain soaked track. Better on second day and bright sunshine the three remaining days. 10,000m on first day was race principally effected. (Full details in September Track & Field News).

100m--Futterer 10.5; Boino, Fr, 10.6; Ellis, GB, 10.7. Pohl, Ger, 10.7
200m--Futterer, 20.9, full turn; Ignatyev, USSR, 21.1; Ellis, 21.2; Shenton 21.3
400m--Ignatyev, 46.6, two turns; Hellsten, Fin, 47.0; Adamik, Hung, 47.6; Haas, Ger, 47.6; Hegg, Switz, 47.8; Degats, Fr. disqualified.
800m--Szentgali, Hung, 1:47.1; 4 turns; DeMuynck, Belg, 1:47.3; Boysen, Norway 1:47.4; Johnson, GB, 1:47.4; Moens, Belg, 1:47.8; Rasquin, Lux, 1:51.4. (Only Harbig, 1:46.6, 1:47.8; Moens, 1:47.5, & Whitfield 1:47.9 also under 1:48
1500m--Bannister, 3:43.8; Nielsen, Den, 3:44.4; Jungwirth, Czech, 3:45.4; Ericsson, Swe, 3:46.2; Lueg, Ger, 3:46.4; Iharos, Hung, 3:47; Johansson, Fin, 3:47.4; Dohrom, Ger, 3:48.2; Boyd, GB, 3:49.2; Kakko, Fin, 3:51.8.
5000m--Kuts, USSR, 13:56.6, new world record; Chataway 14:08.8; Zatopek, 14:10.2; Okorokov, USSR, 14:20; Hanswyck, Belg, 14:25.6; Herman, Belg, 14:31.4; Saksvik, Norway, 14:32.2; Schade, Kovacs and Green dropped out.
10,000m--Zatopek, 28:58.0; Kovacs, Hung, 29:25.8; Sande, GB, 29:27.6; Schade, 29:32.8; Mihalic, Yug, 29:59.6; Driver, GB, 30:03.6; Saksvik, 30:04.4.
3000m StC--Rozsnyoi, Hung, 8:49.6; Rinteenpaa, Fin, 8:52.4; Larsen, Nor, 8:53.2; Karvonen, Fin, 8:55.2; Jeszenszky, Hung, 8:59.4; Kurchavov, USSR, 9:00.2.
110mH--Bulanchik, USSR, 14.4; Parker, GB, 14.6; Steines, Ger, 14.7; Lorgier, Yug, 14.7; Kinsella, Ire, 14.7; Opris, Rum, 15.1.
400mH--Yulin, USSR, 50.5; Lituyev, USSR, 50.8; Mildh, Fin, 51.5; Cury, Fr, 51.8. Shaw, GB, 52.3; Lippay, Hung, 52.4. Lituyev's first loss since Olympics.
HJ--Nilsson, Swe, 6-7 $\frac{3}{8}$; Lansky, CSR, 6-6; Kovar, CSR, 6-5 $\frac{1}{8}$; Holmgren, Swe, same
PV--Landstrom, Fin, 14-5 $\frac{1}{4}$; 2, Lundberg, Swe, same; 3, tie, Elliott, GB & Piironen, Fin, 14-1 $\frac{1}{4}$; 5, Homonnay, Hung, same. 4 at 13-11 $\frac{3}{8}$.
BJ--Foldessy, Hung, 24-7 $\frac{5}{8}$; Iwanski, Pol, 24-5 $\frac{3}{4}$; 4 more over 24 ft.
HSJ--Shcherbakov, USSR, 52-2; Norman, Swe, 49-9 $\frac{1}{4}$; Rehak, CSR, 49-6 $\frac{1}{2}$.
SP--Skobla, CSR, 56-5 $\frac{1}{8}$; Grigalka, USSR, 54-9 $\frac{1}{8}$; Heinaste, USSR, 53-4 $\frac{1}{2}$; Nilsson, Swe, 53-5 $\frac{7}{8}$; Savidge, GB, 52-9 $\frac{7}{8}$; Kovesi, Hung, 51-6 $\frac{1}{8}$.
DT--Consolini, It, 175-3 $\frac{7}{8}$; Tosi, It, 171-8 $\frac{5}{8}$; Szecsenyi, Hung, 169-2 $\frac{3}{4}$; Klics, Hung, 168-8 $\frac{3}{4}$; Nilsson, Swe, 167-2 $\frac{5}{8}$; Grigalka, 166-1 $\frac{7}{8}$.
HT--Krivonosov, USSR, 207-9 $\frac{3}{4}$, new world record; Strandli, Nor, 200-4 $\frac{3}{8}$; Czermak, Hung, 195-11 $\frac{1}{8}$; Rut, Pol, 189-3 $\frac{5}{8}$; Maca, CSR, 187-2; Nemeth, 186-6+
JT--Sidlo, Pol, 250-5 $\frac{7}{8}$; Kuznetsov, USSR, 244-9 $\frac{3}{8}$; Nikkinen, Fin, 240-9; Tsibulenko, USSR, 237-6; Bengtsson, Swe, 237-5 $\frac{5}{8}$; Sjostrom, Swe, 236-1 $\frac{7}{8}$.
Decathlon--Kuznetsov, USSR, 6752 (new table); Lassenius, Fin, 6424; Oberbeck, Ger, 6263; Kutjenko, USSR, 6097; Moraveck, CSR, 5953; Huber, Switz, 5813.
400mR--Hungary 40.6; GB 40.8; USSR 40.9; CSR 40.9; Italy 41.0; Sweden 41.3. Germany ran 40.7 in heat but was disqualified for bad pass.
1600mR--France (Haarhoff; Degats, duGard, Goudeau) 3:08.7; Germany, 3:08.8; Finland 3:11.5; Sweden 3:12.5; Hungary 3:28.2. Britain 1st, but disqualified

EUROPE:

Audun Boysen ran 2:19.5 for a new world mark at 1000m. Intermediate times were 54.0 and 1:50.6. Boysen held unofficial record at 2:20.4, Whitfield official mark at 2:20.8. Aug. 18 at Gavle.

Benke Nilsson did 6-8 $\frac{3}{8}$ same meet.

Nilsson did 6-8 $\frac{3}{4}$ on Aug 20, Eskilstuna.

Soini Nikkinen threw 257-1 $\frac{3}{8}$ at Tyrva, Aug. 22.

Jerzy Chromik of Poland ran 8:08.8 for 3000m on Aug. 15, Zabrzeg.

Russian marks include: Sukharyev 10.4; Anatoliy Albov 14-5½; Shevchenko 10.5; Sukhorukov, 21.4, Kazantsev, 21.4;

British Games, Aug. 14, London: Willie Williams, 9.5w; Gibbs 21.6; Derek Johnson 47.9; Ralph Fessenden 47.9; R. Henderson, GB, 1:51.7; Ken Wood, GB, 4:04.8; L. Tabori, Hung, 4:05.2; F. Wyatt, G, 4:05.8; Fred Dwyer, 4:08.2; B. Barratt, GB, 4:10.8. Laps of 59.2, 2:03.4, 3:07.6. S. Garay, Hung, 13:44; K. Norris, GB, 13:47.2; M. Maynard, GB, 13:47.2; P. Pirie, GB, 13:53.6. SC, Shirley, GB, 9:06.4; 440H, Culbreath, 52.2; Kane, GB, 52.5; Floyd Jeter, 6-7; Jerry Welbourn 14-5;

Emil Zatopek came close to regaining his 5000m mark when he ran 13:57 at Stockholm Sept. 3, .4 behind Kuts and .2 ahead of his best. His 3-mile time was 13:31.2 against Kuts' 13:27.4.

PASADENA ALL-COMERS MEETS:

Bill Miller's great javelin throwing was topped by a 266-8½ heave on August 21, surpassing Bud Held's world javelin mark of 263-10. It is doubtful if the mark will be accepted although it will be submitted for approval. Miller broke his javelin in the morning, repaired it, passed the examination before the meet, but after the record was made it was determined the center of balance was 3 centimeters off. On Aug. 7 Miller threw 254-4, on August 28 he fouled at 257, won at 247-1½ and had four over 240. Aug. 21 he did 239-3½, then 250-3½ in exhibition.

Ernie Shelton continued his quest of the seven foot mark with more great jumping. On Aug. 21 he did 6-10 1/8 and on Aug. 28 6-10, for the fifth week in a row over 6-10.

Fortune Gordien, the third big star of the eight summer meets, finished with 188-8 on Aug. 28, with five throws over 186.

Other marks in the last three meets include: George Rhoden 9.9; Joe Tyler 15:29.7, Hal Higdon 15:38.4 for 5000m. On Aug. 28, Jim Lea 10.2; Tyler 9:48.5; Art Barnard 14.7 and 14.8; Parry O'Brien 55-1 and 173-1½ (extra throws after fouling out), Clyde Wetter 52-8; Ray Martin, 51-6½; Floyd Jeter 6-6½; and Warren Shelton, 6-4½.

An All-Comers decathlon concluded the series with Ernie Shelton the winner with 6119 points, one point better than Aubrey Lewis' second place effort in the AAU. Shelton did 11.7, 21-1½, 40-6½, 6-6½, 52.9; 15.2, 118-8½, 10-2½, 170-8½, 4:56.8. Bob Richards competed the first day but was off form. Gordien ran the first event, doing a good 11.7 for the 100, then "collapsed from the heat". On the second day he threw 187-1½. Shelton's win reportedly qualified him for the Pan American Games.

WIND SPRINTS

Jack Davis told Athletics Weekly that the performance which gave him the most personal satisfaction was his indoor AAU win because it was his first shot at Harrison Dillard since the Olympics. His advice to the young athlete is: "Don't be afraid to work hard. Have a burning desire to win. Be prepared to sacrifice in order to stay in shape." A typical competitive season week's work is: M-warm up, 3 hard 220s; T-warm up, starts, 5 sets 70 yard high hurdles, 3 sets 120 LH, one 220; W-warm up, starts, 5 sets 70HH, 5 sets LH, one hard 220. T-warm up, starts, 3 sets 70HH, 1 set LH, one hard 100. F-rest, sunabout. Saturday, compete. Sunday, light grass work. In the winter he jogs on grass 3 days a week, with many stretching exercises..... a 19-year-old Canadian, George Becking, has the rather rare honor of breaking a Wes Santee record. He won an inter-provincial 880 in 1:58.3, to take .3 off Santee's mark..... Joseph Kovacs says: "this year began rather unfortunately for me. I had my tonsils out, and because of this I had to drop three full weeks training. Later, I injured my left knee during training in the hills, and this was not

even completely better when I fell again, while ski-ing, this time injuring my other knee. So my training at the beginning of the year was tremendously hindered." Later he beat Zatopek in 29:09. Kovacs trainer is Dr. Andras Casplar, former long distance record holder. For the winter holidays he took Kovacs and Sandor Jeszenszky, the speeplechaser, skiing.....a pre Miracle Mile poll of newspapermen at Vancouver had 13 picking Landy, only four for Bannister and only one with a sub-4 minute time (Bert Nelson). Los Angeles experts, in another poll, were unanimous for Landy.....the Los Angeles Coliseum, possibly the world's best equipped stadium, has installed a clock shaped thermometer, 14 ft. in diameter.....John Landy believes weight training for runners is of some value, but not much. He says it depends, of course, on the individual, and said he needed to gain upper body development but beyond that he couldn't see it. Teammate John Vernon, the high jumper, used weight training under Percy Cerutti also.....In a study made before the Miracle Mile, Bob Hoare averaged the six fastest miles of the leading contenders, as follows: Landy 4:1.93, Santee 4:2.95, Andersson 4:3.8, Haegg 4:4.15, Bannister 4:4.31 and Reiff 4:4.66 (on five times).....

Harry W. Dawson, 2430 Foothill Blvd, Oakland has an interesting approach to the problem of ultimates. Rather than worry about the indefinite future, he predicts ultimates as of a certain date. On Feb. 8, 1939, he predicted the following for metric distances: (top line is for Jan. 1, 1950; second line for Jan. 1, 1960; 3rd line for Jan. 1, 1970

		Mile			Mar.			Relays				
10.1	20.3	45.0	1:45.0	3:44.0	4:00.8	14:02	29:42	2:23	13.7	49.4	39.4	3:06.
10.0	20.1	44.6	1:43.5	3:42.8	3:59.5	13:55	29:28	2:20	13.6	49.0	39.2	3:04
10.0	20.0	44.4	1:42	3:41.5	3:58.5	13:50	29:18	2:15	13.5	48.6	39.0	3:02
7-0	26-11	15-2	53-0	58-0	187-0	270-0	208-0					
7-1	27-2	15-5	53-5	58-9	195-0	277-0	215-0					(What do you think?)
7-1+27-6	15-7	53-10	60-0	203-0	285-0	225-0						

Jack Petty, a frosh at Bass High in Atlanta, pole vaulted 8 feet, with one arm, and a stub a few inches long on the other arm.....the Amateur Athletic Union of Australia has published its third annual Almanac of Records and Results for 1954. One interesting feature shows the average of the 10 best performers each year for the past four seasons. From 1951 to 1954 improvements were shown as follows: 880, 1:56.5 to 1:53.6; mile 4:20.6 to 4:12.8; 3 mile 14:58.6 to 14:17.3; Other events did not show comparable progression.....

SO THEY TELL US

DINK TEMPLETON, ex Stanford, now Olympic Club coach, after being eulogized at S.F. track dinner: "I have just heard the damndest crap. It took me three years to teach Ben Eastman an arm form that turned out to be all wrong. Harlow Rothert was on the right track with his shot putting form, having turned half way to the back of the ring, but I tried to straighten him out and he had his worst marks. When Bob Evans was fired as Stanford coach I was hired as a joke and then the board of athletic control fired the athletic director when he approved me. In my first year I brought Morris Kirksey from 9:6 to 10.1. For the four minute mile I would like to see a 1:49 half miler run 1:53, 2:55 and die. Do it often enough and he would be able to finish."

TN BILL JIMESON: "There is no fraternity as fine and as loyal as the track fans of the world. We have a language all our own. I got a paper published in German with the results of one of their big meets. I don't read German, but I could make out the sense of the story written on this meet. I couldn't make out one other thing in the paper."

H. ARCHIE RICHARDSON, publisher of Archie's Little Black Book:
 "The following lines from my chronology of track and field are by Bevil G.D. Rudd of South Africa, in a 1920 book on track: I belonged to the pre-World War I era, when training at the English Universities was essentially casual and competition only occasional. The athletes conformed to traditional training schedule which, while it kept them fit, in no way tested their potential abilities or smoothed their style. Elongated striding was cultivated in the belief that the fewer strides taken in a race the less energy was expended and there was more vigor than system in all their field event activities. The methods used by American Rhodes Scholars were more thorough and they were patient in their training. However, when the Americans were unable to do as well in the cold month of March in England as they did in June in America, their lack of success was ascribed by the English students to a too fussy preparation. Also, the sweat suits the Americans wore on cold days were viewed as a sign of bodily delicacy and asthetic indelicacy. However, a change in the attitude towards training took place after the war and the English athletes became more experimental and asked more questions. Visits to the U.S. and the return visits of US college teams quickened the imagination of the English. They saw that the contacts were more important than the contests. Still more important, they became friendly with American coaches and found they were not the unsympathetic drill sergeants they had suspected them of being, but subtle psychologists and genial personalities who stimulated the English men's study of the science of Track & Field".

DR. YOSHIO KONNO, Sports Medical Association, Tokyo: "I have been studying the condition of sports and new sports massage and the way of training, measuring the muscle hardness and the function of the muscle contraction. I measured all the Americans here in 1951, and found George Brown's M femeris has been indurated and I advised him to take new sports massage to be restored. We were both overjoyed when he got his best jump. The condition of Whitfield's health was perfect. I found Wes Santee needed the new Lymph stroke for several muscles and advised him on an exercise to extend his natural stride and speed up his kick. I know Santee's form is wonderful now compared with 1951 but I believe the above method will give more effectiveness to his form."

JANUSZ PIEWCEWICZ, Poland: "After two wars, Poland is working hard to regain a place in international track. First-class coaching has been going on for the last years (3). It aims at attaining a widely spread athletic achievement. When this is reached the ripest and most talented boys will be picked out and given further training on a higher level. Up to then we shall be rather satisfied to have on our list about one hundred names of promising athletes who will then be given a further build-up in the hope of producing about 10 top rank athletes. The first class athletes are cared for by special coaches, and athletes living in the provinces are visited by the coaches."

BUD HELD, one time pole vaulter: "The javelin really is easier than vaulting. When vaulting the stick throws you. In the javelin you throw the stick. It is easier on you. Bud Deacon started me out in the PV and recommended me to Stanford. The javelin looked easier to me and I threw 150 the first time. The next day I threw 165 but the coach told me to go back to vaulting. Finally I hit 180 and was allowed to stay."

TN CHUCK ESSER "I believe that by the year 2000 professional track with para-mutual betting will be one of the biggest sports and businesses in the world as interest in track seems to be growing every year. If this would benefit amateur track is debatable. I, for one, would rather gamble on the humans than on the horses."

AUDLEY LEWIS - MD -