

TRACK NEWSLETTER

Vol. 1, No. 17, April 13, 1955 P.O. Box 296, Los Altos, Calif.
 By Bert & Cordner Nelson, Track & Field News \$6 per year (24 nos).

NEWS

INDOOR season ended with Canadian Indoor Track Championships, Montreal, April 1. 500, Gaffney (59.0); 1000, Bright (2:23.1), Pearman; Mile, Zellers (4:17.3), Keilstrup; 2M, Ashenfelter (9:06.3)

OUTDOORS the dual meet season continues in California, while the big relays are coming up at Kansas, April 23; Penn and Drake April 30, with the California relay season commencing May 14 at Fresno.

ARKANSAS RELAYS at Fayetteville, April 9, saw two Kansans move to top of collegiate lists. Les Bitner threw the javelin 236-0 3/4 while Bill Nieder put the shot 56-0 3/4.

SANTA BARBARA RELAYS, April 9. SF Olympic Club missed two-mile relay record when cold wind slowed all runners in stretch. Nelson 1:54.8, Pratt 1:52.1, Simpson 1:53.3, Spurrier 1:49.3 (50.5 first lap) for 7:29.5, fifth fastest on record. Agostini 9.6; Truex 4:18.7; Wright 14.6; SC, 42.2, 1:27.1, 3:15.6, 10:07; Shelton 6-9 3/4; Findler, Pomona, Jeter, SC, Shelton (warren) LAAC, all 6-7; Richards 14-10; Barnes, 14-3; Andrews, Arizona, 24-6 1/2; Martin 54-4; Iness 179-7; Long, 242-8 1/2, Miller, 235 (app.), Dick Righter, SFOC, 228.

DUAL MEETS. Michigan completed its all-victorious Western swing by downing Fresno 83-39 and Arizona State 88-34. At Fresno, April 5, Ron Wallingford turned in top winning two-mile time, 9:19.6; Gray 1:52.4 three weeks after apendectomy; Scruggs 48.4; Moule 4:17.1; Owens 51-9 1/2; Ron Kramer, football ace and shot putter, 6-4.

Oklahoma A&M lost to Occidental, April 9, 67-55, despite Mashburn's 48.6 and 21.6, anchors on winning 440 and mile relay (47.5), fifth in the 100, and readiness to run the lows if it could have helped.

UCLA nosed out Stanford, 69-62 on Russ Ellis' 47.3 relay leg. Seaman moved to head of mile list with 4:10.7, then 1:54.7 and a relay lap; Saras, S, 9.7w; Garrett, S, 48.2; Hunt 9:20.5; Nelson, S, 14.4w; Ball, LA, 14.5w; Rosellini, C, 14.6w; Luttrell, S, 23.7w, Rosellini 23.8w, Hollaway 23.8w; Hermann, S, 23-10 1/2; Flint, S, 13-8; Bugge, S, 216-5 1/2; Kimball, S, 216-2; Vick 54-9 3/4; Wetter 54-3 1/2; Cheney 53-10; Drummond 166-5.

California defeated Fresno 75 1/6 to 55 5/8; Rice, F, 1:54.7; Hersch, C, 1:54.9; Carlson, C, 1:55.9; Denbow, F, 4:20.5 and 9:37.8; Stellern 53-5; Kahnert 52-1.

San Jose State won triangular as Chuck Hightower, soph, had best collegiate outdoor vault 14-4; Wade, SJ, 21.3w; Kreyenhagen, SJ, 14.6w; Kreyenhagen 23.4w; Wright, SJ, 52-0 3/4; Linn, SCYC, 171-3; Malinoff, SJ, 156-9 1/2; Green, SJ, 226-6; Goodwin, SJ, 6-5 3/4; Griggs, SCYC, 24-7;

OTHER OUTDOOR MARKS include: Cal Frosh, King 9.7 and 21.4; Bowden 48.7 and 1:52.9 (57 first lap); Upshaw 24-6, 9.9; Griffin & Baker 14.9. Graves, Stanford Frosh, 4:20.9. Babka, Menlo College, 156-0. Bragg, Villanova, 14-1. Hendrickson, Oklahoma 21.2; Cook, Ok., 24-9 1/2. Compton College, 440 relay, 41.5, national JC record. Camp Pendleton, Taylor 9.5wn, 9.8, 20.9wn, 21.4t; Jensen 14.8, 23.2w, 23.9t; Parker, 24-0. Gamble, Prairie View, 25-3. Shankle, Duke, 14.3. Hight, Rice, 14.4. Pruitt, Houston, 14.5. Barton, Auburn, 9:28.5. Heard, OA&M & Shinn, Oxy, 1:52.9.

OVERSEAS. New Zealand, Halberg 2:59.2 and 8:55.0. Wells 6-7. Australia, Stephens, 3 miles in 13:54.6, training run.

NEXT NEWSLETTER, April 26. Send in news and comments.

FIRST ANNUAL TRACK NUTS POLL

Here are the results to some of the questions in our first poll. Others will follow.

- Question 22. What will Santee's best time be this year? Average, 3:59.15. Fastest 3:57, slowest 4:05, 7 under 3:58, 7 over 4:00.
- 23: What world records will be broken this year. Almost unanimous on 880, 5000m, high jump, shot, discus, javelin and hammer. Big majority said two and three miles. Less than half, but good support, for 800, 1000, 3000, 1500, 6 miles, 10,000, 400 hurdles, hop-step-jump.
- 25 Who is the top U.S. track coach: Jesse Mortensen, Southern Cal, 38 points. Brutus Hamilton, Cal, 35 points. Payton Jordan, Occidental, 31 points. Bill Easton, Kansas, 26. Leo Johnson, Illinois, 16. Dean Cromwell, retired, 13. Don Canham, Michigan, 10. Ken Doherty, Penn. 10. No others more than five points.
- 26 How many meets do you see a year. Average, 20. Low, 1. High, 55.
- 27 Greatest track & field man of 1954. Bannister, handily over O'Brien, Landy and Kuts. Gordien and Chataway honorable mention.
- 28 Greatest track man? Bannister in runaway from Landy, Kuts, Chataway.
- 29 Greatest Field man? O'Brien, all first place votes but two. Gordien edged out Shelton, then Krivonosov.
- 30 Greatest U.S. t&f man? O'Brien by large margin over Santee, Gordien. Mention to Richards, Shelton, Miller, Davis.
- 31 Greatest US track man? Santee almost unanimous. Davis, Whitfield, Lea and Bragg all polled good vote.
- 32 Greatest US field man? O'Brien, all votes but one. Shelton & Gordien tie for second, Richards and Miller tie for fourth.
- 33 Greatest collegiate t&f man? Santee 75%, Shelton 20%, Lea, Sowell honorable mention.
- 33b Top collegiate track man? Santee, Lea, Sowell.
- 33c Top collegiate field man? Shelton, 90%. Koch & Bennett, mention.
- 34 Top high school t&F man? Upshaw by wide margin. Johnson, Bowden.
- 34b Top high school track man? Truex by half point over Jackson, three and a half over Bowden, no other votes.
- 34c Top high school field man? Upshaw, 85%. Dailey, Oerter, Johnson,
- 35 Most improved world athlete? Nilsson and Szentgali tie, 23 pts; Kuts 7, Chataway 6, Iharos 6, Bannister 5.
- 36 Most improved U.S. athlete? Sowell 16 points, Seaman 15, Miller 15.
- 37 Greatest performance of 1954? Bannister's 3:59.4 with 34 points; Landy's 3:58 with 25; O'Brien's 60-10 with 23; Bannister's 3:58.8 with 21; Kuts' 13:51.2 with 9.
- 38 Greatest win? Bannister over Landy, 29 points; Chataway over Kuts, 17 points. Szentgali over field, 10 points. No other mention.
- 39 Biggest upset? Szentgali 18, Kovacs over Zatopek 14, Kuts at Bern 13, Yulin over Lituyev, Chataway over Kuts, Green over Chataway.
- 40 Biggest comeback? Stan Lampert, two to one over Bragg & Bangert.
- 41 Biggest flop? Whitfield's miling, two to one over Hogan, with only a scattering for others.
- 42 Event most like to have seen? 1:47.1 800M in European championships; Miracle Mile (3:58.8); 13:51.6 Chataway over Kuts 13:51.8; 3:59.4.

* * *

TN Hugh Gardner: "Leave it to Indiana. An indoor meet was postponed a week because of outdoor conditions. Wish I were sunbathing on the beach at Santa Monica right now."

H. Williams, 15, Beech Grove, Hainault, Ilford, Essex, England: "Can you find me a pen pal in the USA, preferably an active athlete. I am 22, run the middle distances and cross country."

TRACK NUTS: Let us know how you like the Newsletter, what changes you would make, and your comments on the world of track and field.

WIND SPRINTS

Franz Stampfl, English coach who will coach in Australia for three years, says Santee, Dwyer, Chataway and Brian Hewson will run under 4 minutes this year. "Chataway is pointing towards one tremendous mile bid before July, going all out to break 3:58, and I am sure he will do it." Chataway has been training hard since January, will work on the mile until July, the two mile through July and August, and then the 5000m for the Britain-Moscow meet Sept. 11...high jumper (6-7½) Bill Russell of USF was named college basketball player of the year by the Helms Foundation...Parry O'Brien was voted by the fans as the most meritorious performer at the AAU Indoors, receiving 3627 votes to Sowell's 3536, Richards' 3136, Santee's 1802, and Haines 1404....Ken Wiesner, now out of the Navy and practicing dentistry in Milwaukee, says he may come out of retirement if good weather moves him, but that right now he feels he may never jump again...Wiesner prefers to jump indoors, as there seems to be more spring. He thinks either Shelton or Wyatt can do 7-0 indoors...Santee has run the mile under 4:10 thirty times, three more than the runner-up in this department, Gil Dodds...Wes says the same effort put into a race will produce a two second faster mile outdoors over indoors. He says every time you round a curve indoors it puts a strain on the legs, side, shoulders and neck. As a result, fatigue comes faster. "You have to swing your right arm across your body, too, instead of pumping it straight ahead. You have to cross it to maintain your balance on those tight curves."...Adhemar da Silva is coming to the U.S. on a good will tour, has been invited to compete in the L.A. Coliseum relays...Coliseum Relays officials are pointing towards a crowd of 75,000...Dr. Franklin Henry, professor of P.E. and research associate in medical physics at the University of California, has predicted the ultimates in track through a complicated study of the physiological factors that determine running ability--the muscle energy supply system. "It involves an equation between running speed and the body's ability to overcome its own inertia and to carry out certain energy releasing, physiological-chemical reactions that take place in the muscles". Dr. Henry says the two-mile can be run in 8:31.5, among other things. He admits the one factor he does not take into consideration is psychology...SC's new shot star, Ray Martin is a small giant at 19--257 pounds, 6-4½...Ernie Shelton has not been beaten in over 60 meets...Dave Stephens is averaging about 360 miles a month in training and is increasing his schedule steadily...da Silva's best hop-step-jump marks break down as follows:

Sao Paulo, 12/3/1950 5.52 + 4.79 + 5.68 = 16.00m

Rio de Janeiro 9/30/51 6.10 + 4.75 + 5.16 = 16.01m

Helsinki 7/23/52 6.05 + 4.70 + 5.47 = 16.22m

Mexico City 3/16/55 6.28 + 4.95 + 5.33 = 16.56m

....Eddie King, the Salinas, California, high school ace, ran 48.3, 21.1w, Saturday... North Phoenix's vaulters have improved to 13-9½ for Jim Brewer, 13-8 for Ernie Bullard...Fortune Gordien expects to be father of twins soon... Shelton feels he is ready for seven feet Saturday against the hapless Cal bears, has asked the caretaker to have the Coliseum pit hardened... the Coliseum track has been lengthened from 400m to 440 yards...Brutus Hamilton says Don Bowden has more endurance than Mal Whitfield, admits his potential is so great that he is being kept under wraps at the moment, will go all out only a few times this season...Lon Spurrier, who trains with Bowden, says "Don has the potential ability to run faster than any half-miler in history. Of course, that includes me."...observers feel Bowden may crack 1:50 the first time he cuts loose...an April 3 meet in Santiago, Chile, saw O'Brien throw 168-4½ to beat Chile's Hernan Haddad, 161-6½. Jack Davis 14.4. Ernesto Lagos, 6-4 3/4, Jean Bennett 6-0 3/4, Lou Jones 47.2m....

NOTED WITH INTEREST

ATHLETICS WEEKLY says Zatopek has pledged two world records this year, at 6 miles--10,000m and 20 miles--30,000m. He looks and feels years younger than he did at the end of last season. Emil says it is quite unlikely he will run the 5000 at Melbourne. He is emphatic in saying that Kuts and Chataway will now always be able to beat him at 5000, and Pirie, too. He may go for his 6m-10000 record at Stara Boleslav May 15.

In 1954 Zatopek covered the following distances in training: January 600 kilometers; February 910, March 935, April 832, May 780, June 865, July 712, August 654, September 600, October 600, November 140, December 260. After he ran against USSR in October he did no training for two weeks but went to the mountains. Then he did one week of normal work, then he began work to increase his stride length, the usual one lap of hard work with a half lap at an easier pace in between, only now he cut out the fast work and concentrated on getting the longest stride possible without regard to speed. This he frequently did wearing Army boots.

In January he put in 1057 kilometers, remarked that his protege Ivan Ullsperger did 1100. In January he ran regularly in the early morning and late afternoon, usually about 40 laps fast with easier half-laps in between, twice a day. When he could not go out because of weather or work he would put in from one to two hours morning and afternoon doing jogging and the "hundred-up" on a sponge rubber mat at home.

In preparing for a road race Feb. 20 he worked out as follows: Feb. 1--40x400m, 200m in between; 2--30x400-200; 3--2½ hours on jogging and hundred up; 4--30x400-200, 1 hour jogging, etc. 5--10x400-200, 1 hour jogging, etc; 6-2 hours jogging, etc. 7-40-400-200 twice; 8-50x400-200, 40x400-200; 9-50x400-200, 40x400-200; 10-40x400-200 twice; 11-40x400-200 twice; 12-30x400-200, 1 hour jogging, etc. 13, 2 hours jogging, etc. 14-5x200-200, 40x400-200, 5x200-200 intensive; 15--5x200-200, 20x400-200, 5x200-200 normal; 16-5x200-200, 20x400-200, 5x200-200 intensive; 17-5x200-200, 10x400-200, 5x200-200 normal; 18-5x200-200, 10x400-200, 5x200-200 intensive; 19-5000 meters easily, several short sprints; 20, competition, won 8300m road race, with drop and rise of some 400 feet, and with six inches of snow on course. 26:07.2.

ATHLETICS WORLD studies the 10,000/6 mile runners of world class, finds Finland leads in quantity, Britain in quality. Standard is 29:30 or better for six miles, 30:30 or better for 10,000m. After 1948 only 33 athletes from 11 countries had reached world class, with 14 from Finland, 8 from Sweden 3 from Hungary. After 1952 there were 16 countries and 63 athletes, with Finland 20, Great Britain 4, Sweden 12, USSR 7, Hungary 5. After 1954, there were 108 runners from 18 countries, led by Finland 24, Great Britain 18, Sweden 14, USSR 13, Hungary 11, Australia 5. Averages of the top ten are Great Britain 29:48.6, USSR 29:55.7, Finland 30:58.4, Sweden 30:03.8, Hungary 30:07.5. U.S.A.? Nobody.

JESS MORTENSEN says "there is no doubt but that pole vaulting poses the most difficult problem of all the track and field events. Everything happens so quick it's almost impossible to coach a pole vaulter right on the spot. We have found that motion pictures will bring out technical errors in vaulting style. What sets vaulting apart is that it requires a combination of talents or abilities. A boy has to have good speed, split-second timing, the acrobatic agility of a tumbler, and an abnormally strong upper body. He needs strong abdominal muscles to pull himself perpendicular so that his feet are sticking straight up. Rope climbing practice and work on the bars in the winter is the answer to this development. Gymnasts are good prospects for vaulters."