

TRACK NEWSLETTER

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

NEWS

EUROPE (from Dr. Roberto Quercetani) Sprints Many 10.4s from Russia. Bartenyev from Tokaryev both 10.4; Sukharyev 10.4; Marin 10.4; Bjorn Nilsen, 18, 10.4, Norwegian record; Mike Larrabee of USA 10.5 from Bob Whilden 10.5; Germar 10.5 and 21.4; Whilden 21.1; Larrabee 21.3 from Whilden 21.3; Nilsen 21.3, Norwegian record. Larabee 46.9; Martin Lauer, 19, Germany, 47.7, fastest decathlon 400 ever. Middle distances Boysen 1:46.4 (equaling Courtney's best of year) on 7/30 from Derek Johnson 1:47.7, Dan Waern 1:49.1 and Gene Maynard 1:49.5; Boysen outsprinted Moens, both 1:49.5, on 8/2 with second half in 52.8. Tidwell 3rd in 1:50.2, Pearman 1:54; Moens 1:47.3 in Belgian championships 8/5. World record for Istvan Rozsavolgyi 8/3 with 3:40.6. Last 300 in 40.8. Tabori 2nd in 3:44.8. Waern finally beat Haegg's Swedish record with 3:42, from Lillebeth, Norway, 3:45.4 and Aberg, 3:45.8. Derek Ibbotson 3:59.4 (finale in 57.4) (1500 in 3:44.4) from Ian Boyd 4:03.2 and Delanie 4:06.4. Olavi Salsola 4:03 for Finnish record from Olavi Vuorisalo 4:03.2 and Jorma Kakko 4:03.6. Ken Wood 4:03.8 from Jungwirth 4:04 (first loss of season) and Hewson 4:04.0. Russian Olympic trials won by Tzimbalyuk in 1:50.3 from 1955 champ Osminkin and national record holder Ivakin. Distances Ibbotson 13:28.2 (2 days before 3:59.4) from Graf of CSR, 13:32.8. No 5000s under 14:15 in last 10 days. Kuts, 28:57.8, new Russian record 8/5; Steeplechase John Disley, 8:46.6, British record, from Brasher 8:47.2 and Brlica 8:51.8. Marulin 8:49.4. Hurdles High jumper Bernie Allard equalled Europe's best of year, 14.3; Lauer did 14.3 twice, equalling German record, and 14.4 in decathlon; Hildreth d. Parker, both 14.3; Hirsch, Brigham Young, 14.5; Lituyev 50.9. Ilin 50.7, then won Olympic trials in 51.2. Hildreth 52.9y. Jumps Bengt Nilsson better than ever, with best of 6-9 7/8 on 8/6. Polyakov won Russian Olympic trials with 6-6 3/4, same for Kashkarov and Sitkin; Little activity in pole vault. Landstrom no better than 14-1 1/4 most meets. Grabowski, 24-9 5/8, Polish record. Wilmshurst, 51-2, British record, from Rehak, CSR, 50-6; Rahkamo, Finland, 51-2 1/8. Lehto, Finland, 50-8 1/4; Kobelyev, USSR, 50-10 5/8. Throws Skobla 56-4; Wegmann, Germany, 54-5 7/8; Pharaoh's mark corrected to 174-0 1/8. Don Vick 172-7 and 55-1; No 200 footers in hammer. (Many top European athletes taking rest, heat is oppressive). Egil Danielsen is simply amazing; his javelin flew over 80 meters (262-5 5/8) four more times in a week: 269-6 3/8 on 7/31; 267-11 on 8/2; 265-7 on 8/4 and 273-6 on 8/6. He has seven winning marks over 260 already this year. In last two meets he beat Nikkinen easily; the Finn did 251-4 1/2 and 250-3 1/2; Sidlo's latest is 253-8 1/2. Will 258-11 7/8, German record. Tsibulenko, USSR, 257. Decathlon Lauer, 6892 in first ever decathlon, 14th on all-time list. International Military Games, where Williams and Murchison ran 10.1, also produced: Pratt 21.1, Glaze 21.4, Khaliq, Pakistan 21.4 and 10.4; Lissenko, France, 10.5; Al Griffith, USA, 47.1; Degats, France, 47.9; Courtney 1:53.1; Zellers 3:52.6; US 40.7; Pratt 14.0; Malik, Pakistan, 14.7; Puckett 14.7; Culbreath 51.1; Bennett 24-9 5/8; Engel 185-10 3/4; Henderson 182-0; Cantello 234-8 1/8.

LATEST NEWS Semyon Rzhischchin, Russia, world steeplechase record of 8:39.8, Aug. 14; Belgian team 4x800 relay 7:15.8 (Leva 1:47.7, Moens 1:46.3) world record; Kuts 13:42.2; AAU Relays, Buffalo, Aug. 5-- Miencznikowski 3 miles in 13:56.3; Bantum 56-2 & 161-1 1/2; Connolly 187-6; Bright 53.0y; NYPC 3:13y; East York 41.6y; 7/28, Jones, 9:13.5

AUSTRALIA Dave Stephens 3:55.2; Dave Power 14:29.4; Ray Land 10.3w, 21.6; Peter Hanlin, 51-2 $\frac{1}{2}$, national shot record; Hee Hogan 75 in 7.0 with wind, 7.4 against wind.

CANADA Caledonian Games, Vancouver, Dellinger 15:14 for 3 miles; Bailey 1:53.4; Bailey 4:14.2 from Dellinger 4:15.0. Parrington's 10.2 probably won't be recognized as there was a wind and no wind gauge; in same race Joe Foreman ran 10.3, Stan Levenson 10.3, Elmer Coleman 10.5, Richard Harding 10.6, Laird Sloan 10.7. In July, Reg Darley 4:13.6 from Selwyn Jones 4:15; Murray Coburn 1:54.6.

UNITED STATES Eastern AAU, Baltimore, July 22; Coia 9.7, 21.5; Bowen 48.1; Clarence 1:55.5; McKenzie 14:31.8; Ross 30:54.3; Gilbert 14.2; Jackson 23.6; Bright 53.2y; Kiwitt 234-5; Connolly 199-1; Bantum 56-9; Harrington 14-0; Shaw 24-1 $\frac{1}{2}$; Sharpe 47-2; Pembroke, Mass, Aug. 13, Blair 204-6, Connolly 200-3 with hammers under 16 pounds. Lou Jones ran 47.2y on concrete auto track at New Haven. Pasadena All-Comers: Aug. 4--Poynter 9.8, Rhoden 9.9, Brown 9.9, Rhoden 21.2, Stanley 21.7, Wilson 6-4 $\frac{1}{2}$ (6-6 $\frac{1}{2}$ extra jump), Maijala 210-8, O'Brien 59-1; Roubanis 14-3 7/8, Greek record, Richards 14-2, Hightower 14-2, Gutowski 14 (14-6 exh.). Aug. 11--Andrews 24-0 $\frac{1}{2}$; Gutowski and Roubanis 14-0 (Gutowski 14-6 extra try), Fendler 6-4, Humphreys 50-3; La Habra, Aug. 4--Spurrier 47.2m, Stanley 47.6, Weiss 48.7, Rhoden 48.8; Spurrier 1:51.5m, Walters 1:53.1; Shelby 23-10 $\frac{1}{4}$; Wilson 6-5 7/8; Hightower 14-0.

BULLETIN BOARD

Next Newsletters August 28, Sept. 4 and 18. Let's have your comments and arguments.

YOU READ THE STRANGEST THINGS

TIME: "Owen's 10:2 had never been bettered" until Williams ran 10.1.
ASSOCIATED PRESS: Kuts: 13:42.2 "certainly should be enough to give him a gold medal in Melbourne if he can duplicate the performance."
AP (again): "Rozsavolgyi served notice of his coming rise to eminence when he ran the mile in 4:01.5 on July 3."

WIND SPRINTS

Steve von Devan has taken the world list as of August 1, given 10 points for first down to 1 point for tenth place, and established this ranking: United States 591 points; Russia 173 points; Hungary 41 points (all in 3000, 5000 & 10000); England 41 (1500 through 10,000); Finland 40, Czechoslovakia 37, Poland 22, Germany 19, Norway 18, Sweden 12, Australia 11, Italy 9, Pakistan 9, Denmark 9, Japan 8, Belgium 7, Holland 6, France 6, Yugoslavia 5, Puerto Rico 4, Bulgaria 3, Rumania 3. U.S. scores more points in 100, 200 and high hurdles alone (180) than Russian total, and more than all others combined (483) in all events)...women continue to break records. Janet Ruff, 19, England, ran 440 in 56.5, best on record. East Germany foursome tied 400 relay record with 45.2. Nina Vinogradova upped pentathlon record to 4767 points...Warsaw stages annual track meet in memory of Janusz Kusocinski, 1932 Olympic 10,000 winner in 30:11.4 who was killed in World War II...known as "The First Olympian" is James B. Connelly, a member of the 1896 team. On arriving in Athens he was met at the boat by the chairman of the Games and told to rush to the stadium where he was to perform in an hour. He did, took one try at the hop-step-jump and won America's first Olympic title...Bob Mathias says he liked the hurdles and discus the best. He advises young athletes to set a goal and work at it. "Having a good coach at the beginning is very important."

NOTED WITH INTEREST

THINK IT OUT is the advice of Wilf Richards, joint editor of Athletic Review. "In most articles dealing with track and field man is likened to a machine. And it sometimes seems that many athletes and coaches hold to this view so strongly that they think of man as a machine and nothing more. They are inclined to overlook the fact that he also possesses a mind, the functioning and effects of which are far less understood than is the working of the muscles, joints, bones and circulation. For this reason it is surely unsound to suggest that a particular system of training is the best for all. It may prove to have had excellent results with certain well-known performers. It may even have raised considerably the standards of the majority of those who have undertaken it. But there is a good deal more to training than just blindly following the methods of some of the successful athletes of the day. In fact we can't always be quite sure that even those who have achieved success have solved the problem."

U.S. MARATHON FUTURE IS BRIGHT says Bob Campbell of the Boston marathon. "The woods are full of good men, all of them supplied by colleges and schools throughout the area. We're just starting to get good. Within four years we will be the country to beat, not to be beaten. Our present runners all have learned pace and timing. They learned how to run and become conditioned to run. They also learned distance running isn't a game for nutcases. They know it takes intelligence to run a marathon, not a sub-normal mentality. There are a few things American runners must realize and practice. Marathon training is a seven days a week deal. The foreigners do it that way. Most of our flock try it three and four days. Clarence DeMar was first to realize it. He always trained, but he was a plodder, without the speed or timing or pace. All our veterans think the best of the youngsters is Jim Daley, Jr., of Newman Prep, 12th in this year's Boston race. They say he's a cinch to win in a couple of years. Fred Wilt's performance on chewed up feet is one of the outstanding performances of the Boston race, and another indication runners of short distances can make the conversion to the long haul without too much difficulty."

SEVEN WOMEN have been elected to the Holms Hall Track and Field Hall of Fame: Alice Coachman, 1948 Olympic high jump champ; Lillian Copeland, 1932 OG discus winner; Babe Didrikson, 1932 OG hurdle and javelin winner; Dorothy Dodson, 18 AAU titles; Frances Kaszubski, 11 AAU titles; Helen Stephens, 1936 OG 100 winner; and Stella Walsh, 1932 OG 100 winner and holder of 41 AAU wins.

IMPROVEMENT OF MARKS over 50 year period is listed by Amateur Athlete. Percentagewise, world records have improved as follows: 100, 3.1%; 440, 4.4%; 400 hurdles 4.9%; 220 5.1%; 880 5.4%; 220 hurdles 5.5%; mile 5.8%; Broad jump 6.25%; 2 miles 6.4%; one hour 7.0%; high jump 7.7; high hurdles 11.2%; hop-stop-jump 12.0%; shot put 25.2%; hammer 27%; pole vault 31%; discus 44%; javelin 52%

CIRCUIT TRAINING is used in Britain for training. To enable a large number of athletes to work at the same time, but according to their own capacity, a number of exercises are selected and arranged in the form of a circuit around the gym. They are arranged so that the athlete can proceed from one exercise to the next without undue local fatigue, and are simple to execute and easily standardized. They are selected to have a positive effect on muscular strength, muscular endurance, circulo-respiratory endurance, and muscular power. Exercises are such as steps, squat thrusts, jump chins, trunk curls, dumb bell jumps, bar-bell curls, dumb-bell squats, jump dips, and rope swing. The circuit may be varied, depending upon what effects are most desired.

First the athlete learns how to complete the circuit. Then he is tested to learn his maximum for each exercise, with one minute rest between each exercise. Then the training begins, with the athlete making the circuit three times, doing each exercise to one half of maximum, and with no rest between exercises. He takes one-third off his time and thus establishes a target time. When he finally can meet his target time he is retested to establish new maximums and new target times. Circuit training is used to improve an athlete's general fitness, which in turn helps performances in his special events. Pre-seasonal circuit training, with a constant challenge to the athlete, is suggested.

SO THEY TELL US

BILL BOWERMAN, Oregon coach: "The Vancouver Caledonian Games are something to see. They have three platforms, one at each 10 yard line and one in the middle of the field. On each of the end platforms they had bagpipers marching, playing, with judges judging them on whatever they judge bagpipers on. On the middle platform were contests in the various Scottish and Irish dances. This went on from 9:30 am. to 4 p.m. The grand finale was a mass bagpipe band. And, of course, there is the track meet, but except for the featured invitational events it is pretty much a country fair type activity."

JOE GALLI, Australia: "Dave Stephens looked fit, fresh and keen. He seemed stimulated by Iharos breaking his world 6-mile time, and says he can do better--so he can...Olympic aspirants are being helped by our first ever winter track meets...it has been a wet winter in Melbourne, so we hope for a fine Olympic period...level of U.S. track and field standards was unlooked for and staggering."

TN JACK MORTLAND, Ohio: "My recent trip to California for the AAU and Final Trials was certainly the outstanding experience of my life. I liked California so much that I may seriously consider settling there. The comparison between track in the Midwest and the way it is handled and appreciated, the way it is covered by the press, and that in California makes me almost ashamed to admit I'm from the Midwest. And yet I heard numerous complaints from California track nuts over this and that in regard to the meets. If they only knew how lucky they are. One thing in particular was the announcing of the meet at Bakersfield, which I'll admit didn't compare with that at the Coliseum. But try and follow a meet around here through the PA system and you'll only be too happy to return to Bakersfield...Overheard near the broad jump pit at Bakersfield: 'What's Bell got? He's got no speed, he's got no height, he's got no form.' The answer 'He's got distance'. Actually this is about right. Bell is a fair sprinter, but not really fast, his form is certainly somewhat unorthodox, and although he gets some height it's nothing like that of Owens or Bennett...I think Davis will be able to beat Southern again at Melbourne, although the time won't be as fast. I feel Davis will be better able to withstand the three preliminary races. Davis loves to run but is anything but a track nut. He was getting very tired of hearing nothing but track talk and was very anxious to go back to Ohio. He seems to have little interest in track other than running it, but he works very hard at that and certainly earned his world record by way of a lot of sweat...It seemed to me that Dumas just tipped the bar and caused it to wobble slightly. (Ed: Dumas says he didn't tip it, one of the judges said he didn't, and a careful study of motion pictures showed that he did not touch the bar.)"

TN ROBERTO QUERCETANI, Italy: "Sovietsky Sport recently published a US 10-best list as of May 15. If they publish one as of June 30 many bigwigs there are likely to die of a heart attack."