

TRACK NEWSLETTER

Vol. 4, No. 5, October 9, 1957
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Box 296, Los Altos, Calif.
\$6 per year (24 issues)

LATE NEWS

EUROPE (from R.L.Q.) Sprints Germar 10.3 three more times, making a total of eight for the season. Also 20.8 for 220 yards, a European record, at Cologne, Oct. 2, Konovalov 10.3 from Meer, 10.4; Andryushchenko 10.4 from Okup, 10.4; Shenton 21.2n; Hellsten 46.8, Haas 46.9, Porschke 47.0; Wrighton 47.3, Rekola 47.4, from D. Johnson 47.7; Swatowski 47.5 from Salisbury and Higgins, both 47.7.

Middle distances Salonen 1:48.7n (second to Johnson's 1:47.9); Moens 1:48.6; Jungwirth 3:41.5; Salonen 3:44.0; Rozsavolgyi 3:44.8; Waern 1:48.9 and 3:42.6 from I. Ericsson 3:44.6 and Barakli 3:45.7, Italian record; Wood 3:47.3 from Lewandowski 3:47.6 and Ibbotson 3:48.4; Lewandowski 4:07.2 from Ibbotson 4:08.0. Disley was 4th in Turku two mile of Set. 17, running 8:43.8. 3000m times in this race were: Vuorisalo 8:08.8, Pirie 8:09.2, Ibbotson 8:09.4, Disley 8:09.6, so the times for the last 218.69m were: Vuorisalo 30.0, Pirie 30.2, Ibbotson 31.8, Disley 34.2. Kuts 8:06.6; Knight 13:38.7, 3 miles, from Krzyszkowiak 13:39.0; Knight 13:57.6, 5000m, from Chromik 13:59.4, Zimny 14:04.0, Pirie a distant fourth, with no explanation given for his poor showing; Zatpek 29:28.0 from Schade 29:29.2; Bolotnikov 29:40.2. Laufer 14:10.2 from Knight 14:10.4.

Steeplechase Krzyszkowiak 8:48.8.

Hurdles Mikhailov 14.2; Ryedin 14.3; Lauer 22.9m and 23.1y, both European records, at Cologne, Oct. 2; Janz 51.5, equals German record, from Fischer 52.0; Morale, 51.7, one tenth off Italian record.

Jumps Sitkin 2,15 (7'⁵/₈"), history's fourth 7-footer and Russia's third. Kovar 6'9¹/₈" (2.06) A. Czech record; A. Sayenko 6'8³/₄" (2.05); all with new type of shoe with thick sole; Pettersson 6'8³/₄", will meet Stepanov in Rome, Oct. 13; Egon Nilsson 6'3³/₈" (2.04), Tiikkaja 6'7¹/₈" (2.01). 40 Europeans over 6'6³/₄" (2.00) this season, 17 of them from Russia. Latest 2-meter man from Russia is 18-year-old Tryastin, a Western roller who is only 5'5" tall. Chernobay, 14'10" (4.52), Russian record; Preussger 14'7¹/₄"; Grabowski 25'3¹/₂"; Valkama 25'2³/₄" from Ali Brakchi 25'2³/₈" (7.68), second best ever on French all-time list, next to Robert Paul who set present French record 25'3¹/₈" against Eulace Peacock in 1935, Peacock winning at 25'8⁵/₈". Kropidowski 25'3¹/₄" (7.64); Kehris 24'11¹/₄"; Miler 24'11¹/₄" (&.60), Yugoslav record, reportedly made with a "special shoe". Kreer 52'5⁷/₈" (16.00) from Tsigankov 51'6¹/₈"; Battista 51'6¹/₈", Dementyev 50'11³/₄".

Throws Skobla 58'7⁷/₈" (17.88) from Lingnau 57'3" (17.45), German record; Meconi 56'7¹/₂" , plus 57'10⁷/₈" (17.65) in extra trial; Trusenyevev 174'9¹/₄"; Rut 210'8³/₈" (64.22), Polish record; Krivonosov 209'1¹/₄" (63.71); Cieply 206'3³/₈" (62.80); Tsibulenko 269'8³/₄" (82.21); Sidlo 271'10"; Frost 258'10¹/₄".

Decathlon Vas. Kuznetsov 7370 at Plzen, CSR, his second best for 1957.

STATS

Best 200m and 220y times around full or half curve:

20.4*	Manfred Germar, Germany, 1957	20.6*	Ed Collymore, USA, 1957
20.6y	James Carlton, Australia, 1932	20.7	Jesse Owens, USA, 1936
20.6y	Andrew Stanfield, USA, 1951	20.7	Melvin Patton, USA, 1948
20.6	Ralph Metcalfe, USA, 1933	20.7	Norwood Ewell, USA, 1948
20.6*	Arthur Bragg, USA, 1953	20.7	Lloyd LaBeach, Panama, 1950
20.6*	Heinz Futterer, Germany, 1955	20.7	Rod Richard, USA, 1955
20.6	Robert Morrow, USA, 1956	20.7	Ardalion Ignatyev, USSR, 1956
20.6	Thane Baker, USA, 1956	20.7	Karl-Friedrich Haas, Germany, 1956

* = 500 meter track

WIND SPRINTS

Distance greats Fred Wilt and Nip Ashenfelter are fathers again, Wilt for No. 3, Ash for No. 4... Joe Binks, former mile record holder, and a British track writer for 54 years, has retired, age 83... Ian Jardine ran South Africa's Comrades Marathon, a 54 miler, in 9:08, and he is blind, being piloted by John Woods.

BULLETIN BOARD

Next Newsletter October 23, October Track & Field News mailed October 31. Track Nuts membership cards are enclosed. Extra cards are available, in limited quantity at 10 cents each. Artist is TN Hal Higdon of Chicago to whom goes our sincere thanks. Sales Bulletin No. 2 is enclosed (in most cases) to acquaint you with the Special Contest for subscription sales. All TNs are eligible, and if you don't get the dope, ask for it. How About a Contest? Let's see who can pick the most number one rankers in the 1957 World Ranking to be published in January, 1958. List your picks for each event, on a separate sheet of paper, and postmark it before October 20. To the winner will go a set of four photos, 5½x7½, of Jungwirth's 8:38.1.

SO THEY TELL US

TN HAL BATEMAN, Chicago: "I had been keeping an eye on John Telford ever since the 1956 NCAA meet when he ran 47.8 in the trials. He was eliminated later but the time was particularly outstanding for a runner who had the poor training conditions Telford had. But I was amazed when I heard of his accomplishments in this year's NCAA. For I saw him in the Michigan AAU just a week before. He was second, a long way behind Willie Atterberry's 47.4, and just managed to hold second with about 48.7."

TN JACK MORTLAND, Columbus, O.: "Where the AAU officiating really gets funny is in summer meets. Most of them are old fogies who know nothing about track, and less about human relations. They just horned in some way about 50 years ago and have managed to hang on. The funniest one we encountered was in Pittsburgh. The meet was part of the meeting of the Scottish Clans of Western Pennsylvania, replete with kilts, bagpipes and highland flings. It was the most enthusiastic track crowd I have ever seen, and absolutely the worst track, 220 yards of dirt, sand, cinders, clinkers and several other types of composition, with the sharpest turns ever. For the pole vault they had merely dug up the ground a little to make a pit, although they did sprinkle a little sawdust on it before the meet. It was the old duck running the vault that really sent us. When they brought out the standard he had them set on the wrong side of the pit. One of our vaulters pointed out to him that the box was on the other side. Whereupon he replied, "Oh, that will just get in the way."

The most unusual double I know of took place this summer when Wally Guenther and Frank Nixon ran 1 and 3 in a 10 mile road race in Lakewood, then came back that night to run 3 and 1 in a 2-mile steeplechase...I was glad to see Sowell turn in a good 1500. I think he could succeed at the mile where Courtney and Whitfield failed. He has a cross country background so I don't think he would worry about the extra two laps as they did...I still rank Ron Delany tops despite his loss to Ibbotson. What can you say about a guy that runs - the three fastest 880-mile doubles of all time on successive weekends? I say he's the greatest we've seen yet, and I think he will prove to any who don't agree with me, in the next couple of years."

TN DON JACOBS, Tigard, Oregon: "I figured out the standing of the U.S. in the table of best marks for the past 25 years, as given in 25 Years of Progress in T&F Athletics. The U.S. has 233 listings, and the rest of the world 233, with 9 ties. Of the 19 events, the U.S. had more firsts than the rest of the world combined in 11 of them. Finland had 14 leaders in the javelin and 12 in the 10,000; Japan had 12 in the hop-step-jump; and Sweden 11 in the 1500. No other country made 10 firsts in any event."

TN PAUL ADAMS, Natchitoches, La.: "I wasn't too surprised to learn of John West's transfer from LSU to Kansas, and don't be too surprised to see more southern athletes going to Southwestern Conference schools and elsewhere out of the South. Hoping to hear from yall soon, I remain Louisiana's No. 1 Track Nut (self appointed)."

DINK TEMPLETON, veteran coach: "Sally Rand, whom some of you older guys may remember as the great fan dancer, once said that high jumpers should do much jumping and other work to develop their spring. She had some training in ballet before embarking on her strip career and had the muscles to show for it. In fact, one night at the World's Fair in San Francisco she became so engrossed in discussing the theory with a well known track coach that before they knew it she had her dress up around her hips and she was feeling her thigh muscles. When they suddenly realized that the discussion, taking place in a restaurant was being watched by 50 or more open-mouth spectators, it broke up in a hurry."

NOTED WITH INTEREST

SCHOLASTIC COACH ALL-AMERICAN HIGH SCHOOL TEAM has been selected. We haven't heard Dick Bank's cheery comments on it, but it's interesting, as usual. California placed 16 boys in the 13 event, 4 deep listings. Texas was runner-up with four places. Jim Brewer was named honor man, and was the first ever to make the team four straight years. In 7 years, 371 places have gone as follows: California 112, Texas 35, NJ 27, Pa 24, NY 21, Ariz 17, Ill. 14, Kans, 13, O. 12, Okla., Ore. and Wash. 10, La. 9, Ind. & Mass. 7, Ia., Mich, Va. 4, Conn. & N.D. 3, Fla, Minn., Missouri, R.I., NM, Wis., Md. 2, Colo. Neb., N.C., S.D., Tenn., Utah, W. Va., 1 each. 14 states have not placed.

The team: 100 Bert Coan, Pasadena, Tex.; Otis Drayton, Cathedral Latin, Cleveland; Pat Garrett, Ruston, La; Preston Griffin, Centennial, Compton, Cal; 220-Drayton, Griffin, John Gregg, Colonie, N. Y.; Jonas Spiegel, Thomas Jefferson, Richmond; 440-Fred DeWitt, Berkeley, Cal; Roy Eisenbach, San Angelo, Tex; Pete Kouwenhoven, Millburn, NJ; Alvin Williams, Manual Arts, Los Angeles; 880 Tom Carroll, Fordham Prep, NY; Jim Cerveney, Missin Bay, San Diego; Charles Durant, Stamford, Conn.; Steve Paranya, Lexington, Mass; mile-Jim McGowan, Morningside, Inglewood, Calif. Billy Mills, Haskell, Lawrence, Kansas; Tim Roelen, San Fernando, Calif.; Ralph Streit, Lincoln, Portland, Ore; HH Calvin Cooley, Hawley, Texas; George Hearn, Lower Merion, Ardmore, Pa; Bill Johnson, Wakefield, Arlington, Va.; Bill Wells, Casa Grande, Ariz; LH- Jesse Bradford, Shafter, Cal.; Bill Fleming, Mepham, Bellmore, NY; George Hearn, Lower Merion, Ardmore, Pa; Junior Howard, San Bernardino, Calif; HJ Bobby Avant, Hart, Newhall, Cal.; Leroy Johnson, Mishawaka, Ind.; Tom Skadeland, Minot, N. D.; Harry Wyborney, Port Angeles, Wash.; PV- Charles Breck, Santa Barbara, Cal.; Jim Brewer, North, Phoenix, Ariz.; Joe Harris, Baton Rouge, La.; Voyce Hendrix, Riverdale, Cal.; BJ-Coan; Griffin; Godfrey Moore, Carver, Baltimore, Md.; Don Troutman, Roanoke, La.; Shot Clark Branson, Pasadena, Cal.; Bill Buchanan, Moxee, Wash.; Dallas Long, North, Phoenix, Ariz.; Mike McKeever, Mt. Carmell, Los Angeles; Discus Don Bell, Alameda, Calif.; Doug Cotterman, Mentor, O.; Bill Fields, Parkersburg, W. Va.; Mike Pyle, New Trier, Winnetka, Ill; Javelin- Therlo Conner, Hayden, Topeka; Nick Kovalakides, Princeton, N. J; Doyle Schick, Lawrence, Kansas; Jan Sikorsky, Ramsay, Mt. Pleasant, Pa.

"WHAT'S WRONG WITH BRITISH JUMPERS?" (continued), in which coach G. J. Pallett writes: "Lack of speed? To an extent, yes. But in the long and triple jump any man who is a specialist at either should manage nearly 25' in the one and 50' in the other with developed attributes if he can run 10'1 or 10.2. So while we can say that we cannot hope for a glut of 6'6" high jumpers, 26' long jumpers or 52' triple jumpers without the American's fantastic speed, there is still something lacking; obviously. My findings: 1--lack of strength; 2-Lack of co-ordination at high speed, and, 3--limited range of movement, i. e., immobility in the joints and lack of muscle elasticity.

"The jumper is more handicapped by all-round deficiencies of this kind than the runner. Jumping is an agility exercise; wholehearted acceptance of that alone, and a determination to fit oneself to perform the agility and learn the know-how of procedure would work wonders. Jumping is even more--it is an agility combined with a maximum speed consistent with the successful performance of the agility, and the greater the strength, the more speed which can be successfully exploited. 'I didn't get the height' moans the long and triple jumper, so often because his speed is too much for his strength. There lies the great weakness. The jumpers of Britain lack the bodily strength to use what speed they possess, and they fail to develop speed. Approach speed to the take-off is not fully exploited--the shock of take-off is too much for the comparatively weak legs. High jumpers tend to limit their speed to make maximum use of the approach speed, instead of turning to the hard grind and developing more strength so that they can use more speed. Many tend to blame 'technique' instead of physical shortcomings, the cure of the latter being hard work.

"Moreover, in flight, there is a lack of coordination and limitation in the range of movements; the first more important in the high jump and the second in the long and triple jumps, but both attributes are essential in all the jumps, in varying degrees."

LAJOS SZENTGALI, 1954 European 800 champ trains 1½ hours daily, every day of the year except when resting for competition. In summer: Mon-rest or steam bath, or warming-up; Tues-60-200m sprints; Wed. -1 to 1½ hours cross country; Thurs-300-600m running; Fri-30 minutes fast warming up; Sat & Sun-races; winter season; Mon-steam bath; Tues-400-600m fast running; Wed-1, 1½, 2 hrs, running; Thurs-600-1500m fast running; Fri-gymnasium; Sat-2000-6000m fast running. Warms up with 2 to 3000m, exercises, then 4 to 6 sprints.

MURRAY ROSE'S DIET is discussed by his father, and while Australia's 3 gold medal winner is a swimmer and not a trackman the following is of interest: "The average Australian is a higher-than-average consumer of meat. In such an environment, where most athletes even take steak for breakfast, Murray has come to be regarded as something of a phenomenon because he has never eaten meat, fish, poultry or any meat product in his life. - But merely to state that Murray is a vegetarian and leave it at that is a considerable under-statement. It is more correct to say that in Australia he is a pioneer of a scientific food reform movement which is gaining support and followers, particularly in America, Britain and Europe.

My wife and I started to study the relationship between diet and physical wellbeing some years ago, and as a result brought Murray up on a regime which, not only excluded meat, but also omitted the many processed and refined foods made from white flour and white sugar which form such a big part of the average Westerner's diet but which do not, in our view, contain the life force which real food should have. Murray's dietary regime has been built around natural foods - vegetables, fruits, unprocessed cereals, honey and dairy products -- all, wherever possible, in their natural form. For this reason some emphasis has been placed on raw foods and a daily salad of raw vegetables. Instead of meat, poultry, fish and all meat and fish products such as ham, fish paste, galantine, etc., Murray eats eggs, cheese, brown lentils, soya beans, lima beans, nuts and nut products, millet, sesame, sunflower seed meal. Instead of white bread and all products made from white flour such as biscuits, scones, cakes, pastries, cereals, etc., Murray has 100 per cent wholemeal bread, Porridge, scones, cakes etc. made from soya bean flour, millet flour, rye, bran and any grain which has not been processed and refined. Instead of white sugar and all products containing it, such as jam, soft drinks, candy, etc. he has honey, dried fruits, such as raisins, dates, figs, raw brown sugar, halva. Instead of tea and coffee, Murray drinks fruit juices, vegetable juices and unpasteurized milk, preferably goat's. And he has a predominance of raw fruits and raw vegetables of every type.

We have found that the ideal diet is a high protein diet until about a week before a major period of racing. He is then changed to a diet which is high in carbohydrates and sugars, to produce maximum energy."

COMMENTS ON ROSE'S DIET are supplied by J.A. Holgate, Ph.D.: "Any adequate diet must take into consideration the following items: a-calories; b-proteins; c-fats and carbohydrates, and the proportions of, d- vitamins and, e-minerals. It is with this background in mind that I comment on the above:

a--Since no actual quantities of foods eaten are given, one cannot say what is his calorific intake, but it seems to be adequate since his weight is controlled.

b--It is quite clear that he obtains proteins mainly from vegetable sources. He is not by any means a strict vegetarian since he also consumes animal protein in the form of dairy products. Provided he obtains sufficient of the essential amino acids, which are rather more abundant in animal than in vegetable proteins, it matters little what the sources are. There would seem to be little doubt that Murray is obtaining an adequate protein intake, but there would also seem to be no good scientific reason to state that the sources of his protein lead to his possession of stamina, which is much more likely to be due to his possessing initially a good physique and to adherence to a vigorous training program. An interesting point is the change in diet from essentially protein to essentially carbohydrate about a week before a major period of racing. There is much more scientific evidence in favor of this than the cup of hot sweet tea taken immediately before any event. A week or so of this diet serves to "top up" to maximum the carbohydrate stores of the body.

c-Fats and carbohydrates would seem to be in reasonable proportions in the diet. -

d-The seeds mentioned in this article do, undoubtedly, contain both protein and certain vitamins, but it is perfectly possible, by studying tables of food contents, to obtain the same intake in any number of ways.

e-The same type of argument applies to the problem of intake of minerals as for that of vitamins.

To summarise: There is obviously nothing wrong with the diet. Indeed, I find it most attractive personally, which is presumably, the case with Murray Rose and this could be the biggest point in its favor. The only adverse comments which can be made with the article are with regard to the so-called reasons why this diet is claimed to be better than any other, and the absence of any proof of this statement."