

## TRACK NEWSLETTER

Vol. 4, No. 9, December 18, 1957  
Published by Track & Field News

P.O. Box 296, Los Altos, Calif. \$6 per year  
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### NEWS

AUSTRALIA Al Thomas, who recently ripped off a 4:01.5 mile, ran 3-miles in 13:25.9, 4th fastest official time, at Melbourne Dec. 7. It was a new Australian record as he won from Pat Clohessy, 13:59.2. Lincoln 4:03.7, Murray 4:05.1, Clohessy 4:07.1, Power 4:08.0, Thomas 4:09.8, Sullivan 4:13.7. Jim McCann, 25'2", 4.88m wind. Graham Thomas 8:54.3 from Neil Robbins 8:55.4. Gosper 48.1. Murray 1:51.8, Almond 1:52.2, Wilson 1:52.7

### BULLETIN BOARD

Next Newsletters: Dec. 31. December Track & Field News mailed Jan. 9.  
New contest, with 15 prizes, has started for subscription salesmen. Ask for free details.  
Pen Pal is wanted by Dutch sportswriter: H. J. A. Cartens, 61 Marconistreet, Roosendaal-NB, Netherlands.

### WIND SPRINTS

Australian mile all-time list: 3:57.9, Landy, 1954; 3:58.6, Bailey, 1956; 3:58.9, Lincoln, 1957; 4:00.4, Elliott, 1957; 4:01.5, Thomas, 1957; 4:04.8, Clohessy, 1957; 4:05, Murray, 1957; 4:05.8, Macmillan, 1955; 4:05.8, Henderson, 1956; 4:06.8, Clarke, 1956; 4:07.6, Fleming, 1957; 4:08.0, Power, 1957....

Vladimir Kuts says he would like very much to run in America, but that he has not been asked. His wife says: "I think that he would like to go to America so that he could drive one of those big cars. He loves to drive fast and he is always being stopped by the police for speeding." Kuts says: "I have a Pobedeia but I dream of driving a Ford or a Buick. So big and fast. I dream of the day I will drive one."..

Recently deceased James E. "Ted" Meredith, who won the 1912 Olympics as a prep schoolboy, was clocked in 1:51.9 for 800 meters and went on for an official clocking of 1:52.5 at the 880. (Why don't they do this in present Olympics?). He later was assistant track coach at his alma mater, University of Pennsylvania, and in 1936 coached the Czechoslovakian Olympic team. Then he worked for the U.S. Internal Revenue Service...

Present list of world's records are divided among countries with Brazil and Jamaica having one each, Belgium, Finland and Norway two each, Russia and Czechoslovakia 3 each, Hungary 4, and the USA 18. Counting ties... Shirley Strickland de la Hunty, 32, had her second child, a daughter, Oct. 22, and Marjorie Jackson Nelson, 25, her first, a daughter, the next day. Marjorie is married to Olympic cyclist Peter Nelson and they own a sports store in an Adelaide suburb... Shurtley has quit serious athletics... Dave Davis and Rink Babka are making fine strides with weight training. Davis fully expects to hit 60 this year, and Babka is looking for the world record. Says he learned to relax in Scandinavia... Jim Brewer is in SC extension but they feel he will be in regular session for the spring season... Max Truex will graduate in 1959, entering air force as second Lt. upon graduation, and plans to keep on running...

Well known walker James Hocking, who died in October at 101 years, estimated he had covered a total of 270,000 miles in long distance walks since he began them in 1875. He celebrated his 89th birthday by walking 55 miles in 11 hours and 45 minutes. He frequently walked to work and back, a distance of 10 miles each way. Among his walks were Yonkers to Albany in 1927, 22 hours and 30 minutes, and Philadelphia to Baltimore, 108 miles in one day of walking in 1917...

Two former marathon greats are still competing and have run in several races this year: Clarence DeMar, 69, and Les Pawson, 54... the Los Angeles Dodgers are looking for a diamond and are dickering for the Los Angeles Coliseum, which would mean no track meets for about two years. Latest word, however, is that the Coliseum is playing hard to get... Ray Locke, 62'7 $\frac{3}{4}$ " prep shot putter, has turned up at Michigan after a year at the Choate School... the Stockholm Olympic stadium, which now holds 22,000, will be enlarged to 28,000 in time for next summer's European Championship, but it won't be nearly enough... Tokyo is completing a large stadium for next spring's Asian Games, hopes to host the Olympics soon, having lost them in World War II...

## NOTED WITH INTEREST

CORDNER NELSON REPORTS: "I am in the fortunate position of being the closest second-hand observer of one of the most interesting experiments in the history of distance training. Living near me is a man who is training his 6 and 8 year old sons in the modern interval methods. This man, who wishes to remain anonymous for the present, was never a track athlete, although he claims a 5:06 mile at the age of 13 with no training, which to me sounds like quite a feat. He was, moreover, almost national champion in swimming. The mother of Fritz (8) and Bim (6) also has showed some aptitude for running, and so the boys are surely endowed with better than average natural ability.

"Fritz and Bim train on grass, barefooted, around a 108-yard track of irregular shape. Most of their work has been interval training of one lap fast and one lap slow, but they have had more than the approved amount of time trials. I am impressed with them for two reasons: their times and their attitude. I don't know what the world's record is for 440 yards by a 6-year-old, but Bim has run four laps in 89 seconds, which would make his 440 time under 91. Fritz ran 4 laps once in 79.5, before his 8th birthday. That seems fast to me. But their attitude is even more impressive. They recover extremely rapidly, asking to be timed again in a matter of seconds after finishing one time trial. One day Fritz said he felt especially good and went out to break his one-lap record, which he did. Then he took a few fast-slow laps and announced he was going to break his 4-lap record. He did. Then, less than a minute later, he broke his one lap record again. Both boys seem eager to run even more than their father allows.

"Many people will scream about this, saying they are too young to train. Their father has had them examined by a physician, who okayed the training. Fritz, who started seriously last summer, immediately gained two or three pounds and stood straighter. His father says they are both definitely healthier since training began. In age group swimming training starts at this age as a regular thing. In my position as advisor I stress the idea of letting them enjoy themselves. I don't know whether this early start will put them ahead of boys like Bowden, who did not train until he was 15 (but who ran instead of walked at every opportunity from an early age). But one extremely interesting thought has occurred to me: Since distance training consists of putting stress on the body until it adapts itself, isn't there a slight possibility that if a growing body is so trained it will grow in a manner different from the ordinary body?"

"Fritz and Bim are aiming for the first 4-minute mile by high schoolers. In the interim, I shall try to keep you informed of their progress. Do any of you have any track performances of boys under 15 (such as Cunningham's 5:19 at 12 years?)."

JIM KELLY, Olympic coach, writes in World Sports, London: "I am often asked the secret behind America's amazing superiority in track. One very important advantage is the high-school program, with thousands of schools having good tracks and fine coaches. Most of the best boys carry on in college and AAU events. After the boys have reached competitive condition there are meetings every weekend during the season. The boys with the best performances become well known and get many chances to go to college on scholarships. Why then, with this advantageous background, does America fall down in the distance events? The USA program is mainly a school and college one and the athletes have to carry out a full scholastic schedule. This work cuts down on our practice hours, not leaving quite enough time for the aspiring distance runners to do sufficient preparation. And, in the past, these runners have given up the sport on leaving college because they have been unable to find the time to train without affecting their jobs. However, the picture is changing and distance runners are increasing in number and are devoting more time to their events, both as to the number of days they train in a year, and the number of years they stay in competition."

AGE AND PHYSICAL ACTIVITY is reported by Dr. Ernst Jokl: "In the 1958 O.G., participants ranged from 13 to 45 for females and 14 to 36 for males. In the running events the average ages shows a marked increase with the distance above 1500m. Is endurance in running associated with middle age rather than with youth? Average ages under 25 were found for runners from 100m through 1500m, hurdlers and jumpers; between 25 and 30 for decathlon men, throwers, and distance runners; over 30 years for walkers and marathon runners. Male swimmers averaged 21.5 years. 1500m swimmers averaged only 21 years, while 5000m runners, who take less time than the 1500m swimmers, averaged 26."

STATSALL TIME 800m-880y LIST (y = 880 time less .7)

1:45.7	Roger Moens, Belgium, 1955	1:47.5n	Mike Rawson, England, 1957
1:45.8	Tom Courtney, US, 1957	*1:47.6	Lang Stanley, US, 1955
1:45.9n	Audun Boysen, Norway, 1955	1:47.8	Wes Santee, US, 1955
1:46.5y	Don Bowden, USA, 1957	1:47.9	Mal Whitfield, US, 1953
1:46.6	Rudolf Harbig, Germany, 1939	1:47.9	Zbigniew Makomaski, Poland, 1957
1:46.6n	Derek Johnson, England, 1957	1:48.0n	Ragnar Andersen, Norway, 1957
1:46.7	Arnold Sowell, US, 1956	1:48.0	Edmund Brenner, Germany, 1957
1:46.8y	Lonnie Spurrier, US, 1955	1:48.1	Nikolai Maritshev, USSR, 1957
*1:47.1	Lajos Szentgali, Hungary, 1954	1:48.1	Dan Waern, Sweden, 1957
1:47.3n	Lucien de Myynck, Belgium, 1954	1:48.2n	Gene Maynard, US, 1956
1:47.4yn	Bill Tidwell, US, 1955	1:48.2	Gunther Dohrow, Germany, 1956
1:47.5	Gunnar Nielsen, Denmark, 1955	1:48.2	Tadeusz Kazimierski, Poland, 1957
1:47.5	Brian Hewson, England, 1956	1:48.2	Rolf Gottfriedsson, Sweden, 1957
1:47.5	Stan Jungwirth, CSR, 1957	1:48.2	Paul Schmidt, Germany, 1957
1:47.5n	James Paterson, GB, 1957	*1:47.6yn	Dave Scurlock, US, 1957
*1:47.1yn	Ron Delany, Ireland, 1957	*1:47.6yn	Lowell Janzen, US, 1957

1500m ALL TIME LIST

3:38.1	Stan Jungwirth, Czech, 1957	3:42.0n	Klaus Richtzenhain, Germany, 1956
3:40.2	Olavi Salsola, Finland, 1957	3:42.0	Merv Lincoln, Australia, 1957
3:40.2n	Olavi Salonen, Finland, 1957	3:42.0n	Siegfried Valentin, Germany, 1957
3:40.3n	Olavi Vuorisalo, Finland, 1957	3:42.2	Roger Bannister, England, 1954
3:40.5	Istvan Roszavolgyi, Hungary, 1956	3:42.3n	Stefan Lewandowski, Poland, 1957
3:40.8	Sandor Iharos, Hungary, 1955	3:42.4n	Kenneth Wood, England, 1957
3:40.8	Laszlo Tabori, Hungary, 1955	3:42.6n	Brian Hewson, England, 1956
3:40.8n	Gunnar Nielsen, Denmark, 1955	3:42.8	Wes Santee, US, 1954
3:40.8n	Dan Waern, Sweden, 1957	3:42.8n	Neville Scott, New Zealand, 1956
3:41.1	Jonas Pipyne, USSR, 1957	3:42.8n	Gunther Dohrow, Germany, 1956
3:41.2	Ingvar Eriksson, Sweden, 1956	3:43.0	Gunder Hagg, Sweden, 1944
3:41.2	Ronald Delany, Ireland, 1956	3:43.0	Lennart Strand, Sweden, 1947
3:41.7n	Yevgeniy Sokolov, USSR, 1957	3:43.0	Werner Lueg, Germany, 1952
3:41.8n	John Landy, Australia, 1954	3:43.0n	Dusan Cikel, Czech, 1956
3:41.8	Siegfried Hermann, Germany, 1956	3:43.0n	Ian Boyd, England, 1956
3:41.8	Derek Ibbotson, England, 1957	3:43.0	Velisa Mugosa, Yugoslavia, 1957

SCANDINAVIAN RECORDS (Sweden, Norway, Finland, Denmark, Iceland)

10.3	Lennart Strandberg, S, 1936	1:18:24.4	Antti Viskari, F, 1956
	Bjorn Nilsen, N, 1957	1:35:03.6	Antti Viskari, F, 1956
	Hilmar Thorbjornsson, I, 1957	19:339m	Viljo Heino, F, 1945 (one hour)
21.3	Haukur Clausen, I, 1950	14.0	Hakon Lidman, S, 1940
	Jan Carlsson, S, 1954	51.5	Sven Mildh, F, 1954
	Bjorn Nilsen, N, 1957	8:42.4	Ernst Larsen, N, 1956
	Karl Buaes, N, 1957	8:42.4	Ilkaa Auer, F, 1956
21.2	Jan Carlsson, S, 1957	6'11 $\frac{1}{8}$ "	Bengt Nilsson, S, 1954
46.1	Voitto Hellsten, F, 1956	25'5 $\frac{7}{8}$ "	Jorma Valkama, F, 1956
1:45.9	Audun Boysen, N, 1955	14'9 $\frac{1}{8}$ "	Eeles Landstrom, F, 1955
2:19.0	Audun Boysen, N, 1955	53'3 $\frac{3}{4}$ "	Vilhjalmur Einarsson, I, 1956
3:40.2	Olavi Salsola, F, 1957	55'4 $\frac{1}{8}$ "	Roland Nilsson, S, 1954
	Olavi Salonen, Fi, 1957	173'11 $\frac{1}{4}$ "	Roland Nilsson, S, 1954
3:58.5	Dan Waern, S, 1957	281'2 $\frac{1}{2}$ "	Egil Danielsen, N, 1956
5:09.6	Ingvar Eriksson, S, 1955	204'7 $\frac{1}{8}$ "	Sverre Strandli, N, 1953
8:01.2	Gunder Hagg, S, 1942	6991 pts.	Torbjorn Lassenius, 1956
13:58.2	Gunder Hagg, S, 1942	(11.6, 22'8 $\frac{7}{8}$ ", 42'4 $\frac{5}{8}$ ", 5'3 $\frac{7}{8}$ ", 50.6,	
29:23.8	Walter Nystrom, S, 1952	15.2, 141'3 $\frac{3}{8}$ ", 12'5 $\frac{3}{8}$ ", 204'6",	
1:02:30.2	Antti Viskari, F, 1956	4:37.6)	

1920 OLYMPIC GAMES (part three from report of the U.S. Olympic committee):

The attention of the Belgian Committee was at last called so pointedly to the unsanitary state of the toilets that they were made proper for use--in this connection it must be remembered that Antwerp has no sewerage disposal other than cesspools from which the refuse is pumped and carried away in tanks, and that during the Games all departments of the city were working overtime. The members of the committee took up immediately the question of what rules and regulations should be laid down for the better discipline of the team, and it was felt that everyone should be in the schoolhouse not later than 10, with lights out at 10:30, and that all who were not in by that time should report the reasons for tardiness.

As a result of such measures, the spirit of discontent was laid. Except for a few trouble-makers the team conducted itself properly and was in good shape for the opening. Despite all drawbacks, when our competitors met the final tests in the arena, few showed any deterioration or lack of form. There seems to be a general feeling that the U.S. by comparison with other nations and former performances is being pressed for superiority. In track and field athletics this is somewhat justified, but in considering the subject it should be remembered that now as never before are other nations of the world taking part in track and their coaches and trainers include many of America's former competitors and coaches. Moreover, it must be remembered too that some of the events, such as the standing jumps, in which America has excelled, are no longer on the Olympic program, and that many of the events not won by America were won by those who, while American champs, were ineligible to represent America by reason of lack of naturalization.

It was a brave and splendid thing for war torn and all but prostrate Belgium to hold the 7th Olympiad and that her efforts succeeded as well as they did shows a power of recuperation, of application and of perseverance to be commended and applauded. But to ignore mistakes and shortcomings on the part of the Belgian management and of even more glaring ones on the part of international federations which laid down the rules and provided the officials for the contests would be mere pretense. There was much fault to be found and the specific reports upon the different sports deal therewith, but from these faults none suffered more than the Belgians themselves. Poor local transportation, worse advertising, counter attractions, high priced seats, kept many thousands from the contests.

And yet through, and mainly by reason of, the Games all the representatives of the nations of the world got to know each other as in no other manner they could or would. In the days of a generation back, bloody war would have been fought over less, but there at Antwerp, while they stormed and swore, thousands who offended learned--and some for the first time--that you can compete without hate, lose and yet smile, win and still be gracious; that to cheer for the other team is better sportsmanship than to cheer for your own, and that to hiss and boo opponents because you are beaten is to be held up to ridicule and contempt in the eyes of sportsmen.

After the actual Olympic competitions the American team was given every reasonable opportunity for entertainment and enjoyment, many taking a two-days excursion to the battlefields, entirely at the expense of the American Olympic Committee. Competition was arranged in several countries. The all-important point of keeping teams together for proper training and coaching did not apply to the return trip. Moreover, the subscriptions paid into the treasury made it possible to send home the athletes under more comfortable circumstances. Athletes were returned home on 10 different liners, as well as several transports. Since the chief complaint against the Prince Matoika had been against troopship quarters and against the incompetence of the crew of this particular ship, it was felt that if athletes could be placed in staterooms, though it were on transports, they would have the comfort which they desired. Upon investigation, the committee was positively informed by the embarkation officer at Antwerp that he would set aside for members of the team accommodations for 60 in staterooms on the transport Antigone. The trip on the Antigone narrowly escaped being a second Matoika voyage. On the eve of sailing plans were changed and the team ended up in troop quarters. But they were solemnly promised that changes would be made when the ship unloaded part of its cargo in France. The promise was not kept, and when the team cabled from France that their quarters were still jammed, the ship dirty, sanitary conditions poor, and staterooms overcrowded, they were transferred to the liner Mobile. (to be continued).