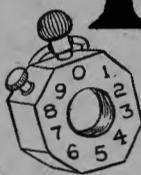


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FOREIGN NEWS

PEIPING, CHINA, Nov. 4: Chen Chia-chuan 10.4; Chou Lien li 14.0; Ho Yung hsein 54' 1" (SP) (all national records).

CROSS COUNTRY RESULTS

CENTRAL COLLEGIATES, Chicago, Nov. 11: (4 miles) Ashmore (WM) 19:41.8; Pond (WM) 20:02; Dempsey (ND) 20:07; Yaley (ND) 20:12; Hancock (WM) 20:16. Team Scores: Western Michigan 21, Notre Dame 47, Marquette 73, Bowling Green 101.

BIG EIGHT CHAMPIONSHIPS, Stillwater, Okla., Nov. 12: (3 miles) Mills (Kansas) 15:3.6; Haraughty (Okla. St) 15:04; McPhail (Okla. St) 15:05; Smith (Okla. St) 15:06; Dotson (Kansas) 15:07; Hanneken (Mo) 15:17; Schmitz (Mo) 15:23; Stevens (Neb) 15:28; Ebert (Okla) 15:31; Smith (Okla) 15:33. Team Scores: Oklahoma State 40, Kansas 50, Oklahoma 84, Missouri 85, Kansas State 135, Nebraska 139, Iowa State 161, Colorado 180.

NCAA COLLEGE DIVISION CHAMPIONSHIPS, Wheaton, Ill., Nov. 12: (4 miles) Mullan (Loras) 20:28; Shirey (Slippery Rock) 20:34; Winrow (Buffalo St) 20:35; Wee (St. Olaf) 20:46; Hegedus (Central St) 20:51; Struckman (S. Dakota St) 20:53; Ruga (Central St) 20:56; Phillips (Central St) 20:58; R. Minhelstadt (Mankato) 21:01; Koops (Calvin) 21:03. Team Scores: Central St. 72, Mankato 109, South Dakota St. 111, NE Missouri St. 153, Ball State 155.

IC4A CHAMPIONSHIPS, Van Cortlandt Park, New York City, Nov. 14: (5 miles) Lowe (Brown) 25:40.4; Sweet (Alfred) 25:56; Young (Mich. St) 25:58; Bachrach (Yale) 26:01; Reynolds (Mich. St) 26:06; Mack (Yale) 26:10; Bender (Army) 26:13; Weber (Penn St) 26:15; Norman (Penn St) 26:21; Moorhead (Penn St) 26:26; Jones (Army) 26:27; Paranya (Wesleyan) 26:30; Kingston (Princeton) 26:38; Roberts (Army) 26:41; St. Clair (Manhattan) 26:46. Team Scores: Penn State 70, Army 119, Michigan State 130, Manhattan 138, Yale 231, Villanova 256.

ATLANTIC COAST CONFERENCE CHAMPIONSHIPS, College Park, Md., Nov. 14: (3.65 miles) Everett (NC) 17:53; Stuver (NC) 18:06; Garten (Md) 18:11; Folk (NC) 18:14; Wells (Md) 18:32. Team Scores: North Carolina 25, Maryland 38, Duke 61, North Carolina State 120, Virginia 144.

NCAA CHAMPIONSHIPS, East Lansing, Mich., Nov. 21: (4 miles) Lawrence (Houston) 19:28.2 (course record); Macy (Houston) 19:44; Glyde (Colo. St) 19:58; Young (Mich. St) 20:03; Mills (Kansas) 20:05; Norman (Penn St) 20:06; Jormakka (E. Mich) 20:07; Almond (Houston) 20:10; Tucker (Iowa) 20:11; Hanneken (Mo) 20:12; Clohessy (Houston) 20:13; Sweet (Alfred) 20:15; Reynolds (Mich. St) 20:18; Pond (W. Mich) 20:19; Ashmore (W. Mich) 20:24; Schmitz (Mo) 20:31; Weber (Penn St) 20:35; Ward (Mich. St) 20:36; Bachrach (Yale) 20:37; Nelson (Arkansas) 20:38. Team Scores: Houston 54, Michigan State 80, Western Michigan 84, Penn State 104, Colorado State 118, Army 173, Air Force 181, Iowa 182, Miami (O) 233, Notre Dame 252, Alfred 260, Texas 275.

BULLETIN BOARD

Next Newsletters Dec. 7, 23. Track & Field News mailed Dec. 1.

Folders for this volume of the Track Newsletter will be mailed to all subscribers within a month.

Anyone interested in exchanging news and views via recording tape should contact Brian Rider, 111 Hermon Hill, South Woodford, London, E. 18, England.

SYD DE RONER, Short Hills, N.J.: "Bill Alley was terribly disappointed by his performance in Rome. He had his heart set on winning that gold medal in the Olympics. He said he didn't go to Rome to finish second. He went to win. His trouble started in Eugene (Oregon) where he had some trouble with his elbow. Consequently, he was just throwing to keep his form in the practice meets and was unable to go all out. The yellow Seefab javelins that the Olympic committee had provided were broken in the first few days so he was unable to work with the 'Olympic' javelin. By the time the team got to Bern (Switzerland) his arm was okay and he was ready to throw. In the meet he felt satisfied with his distance and his form. However, he was not satisfied with the flight of the javelin. After all, Sidlo had beaten him by 20 feet. Consequently, he decided to work on the flight of the yellow Seefab javelin. To do so meant revamping his style, especially in his arm action. To duplicate the flight of Sidlo's throws he felt he had to bring his arm back so the follow through would be more of an overhand throw.

In looking back on his performance in the Olympic preliminaries, he now feels that he may have worked too hard on improving the flight of the javelin in his throws. Five days before the javelin trials he had throws near the 250-foot mark. He continued to work hard for three days to improve his mark. On his first practice throw in the preliminaries he realized he had no snap left in his arm. His subsequent throws in the meet showed this to be true. He could get no distance at all with the javelin because his arm felt dead.

Bill's determination has not been dampened by his experience in Rome. He is more determined than ever to keep throwing and to win the gold medal in Tokyo in 1964. He suffered a broken rib during his European tour and was unable to throw well because of that. He was then told to lay off for at least one month. Bill expects to compete in all of the Eastern meets and hopes to be invited to some of the big meets on the West Coast in 1961."

CARLTON CROWELL, Army cross country coach: "We had 70 men out for cross country -- 20 on A squad, 20 on B squad and 30 on the plebe team. We use the weighted vests, ankle weights and the outdoor obstacle course in our early season conditioning and once a week when the season starts. This does much to add overall body strength to the runners."

HUGH GARDNER, San Jose, Calif.: "Mihaly Igloi was born Mihaly Ignatz, but when in sports began using the name of Igloi (also the name of a town). It is a popular custom in Hungary to use 'athletic' names. He had his name legally changed, but his passport to Berlin for the 1936 Olympic Games still listed Ignatz. His best clockings were 1:53.9 for 800 meters and 3:52.2 for 1500 meters. After four years in prison camp during World War II, he still was able to do 4:06.7 in competition for the 1500. And this at the age of 45. He competed in the big time from 1933 to 1943.

Again playing on names, he told me that his world record 4 x 1500 quartet was not actually named Mikes, Tabori, Iharos and Rozsavolgyi. In the same order of running, they were Meixner, Talubincsuk, Izrael and Reidl. And coached by Ignatz.

He strongly contends that Paavo Nurmi was the greatest of them all. He says Paavo, if running under modern coaching methods, would have done 13:10 for the 5,000. He continued with the observation that Nurmi's training methods were very poor, his style uneconomical, his stride too long, and his sprint not great. He said that with a slow-tempo race he could outkick the Finn.

He won't coach by mail, because he cannot see what the athletes are doing and that he insists upon. His workouts cannot be published because there is no set pattern for any athlete with which he works. He plans them daily, by studying the athlete's mental and physical condition of that particular time."

WIND SPRINTS

Max Truex, who is slated to run in the National AAU cross country meet, had two impacted wisdom teeth extracted on Nov. 8. He will have the other two pulled when he returns from Louisville... Geoff Walker, Houston's freshman from Australia, will not be able to run for the University of Houston Track Club in the AAU cross country meet because he has not been in the U.S. three months... former Houston runner Jerry Smartt is back in training and is expected to represent the University of Houston Track Club at the AAU meet... Fred Norris, 39-year-old freshman from England at McNeese State College, also is slated to run in the AAU meet. He has been running on a schedule of 100 miles per week to get in shape for the meet.

Max Truex wants a transfer from the Air Force so he can train under Mihaly Igloi, according to Los Angeles sportswriter Maxwell Stiles. Here is Stiles' column as it appeared in the Mirror:

Little Max Truex, an American from Southern California who got far too little credit in Rome for running the eighth fastest 10,000 meters in world history, has just returned to his duties as a lieutenant stationed at the air force base in Oxnard. It is hoped of this column that some means may be found to transfer Lt. Truex to duty close enough to San Jose so that he can train under the master coach, Mihaly Igloi, the exiled Hungarian.

At Oxnard, Truex does such special services as taking care of the base theater and gymnasium. At or near San Jose, where Igloi lives, he might do far greater service to his country in the recruitment office there or in a radar unit 20 miles out of town. Max is looking for harder and more important work in his regular air force duties, but in an area where he might train under Igloi, who helped him so much in Rome, in order that he may be ready to bring honor to the air force -- and America -- in the 10,000 of the 1964 Olympic Games at Tokyo.

Truex is not just another sad-sack American distance runner who is outclassed by the foreign brand. His time at Rome was 28:50.2, exactly four seconds faster than the best 10,000 ever run by the great Emil Zatopek. Although he finished sixth, Max ran the distance in time beaten previously by only three runners in history. And he did all this after being trained by Igloi for only two weeks.

After Jess Mortensen, Bill Bowerman of Oregon and Ducky Drake of UCLA, a master trainer, had helped him considerably, Max went to Rome with the U.S. team. While he had been running badly due to an injury and a fear of the 10,000 born of a few past failures, he was at this time in good shape.

His first day in Rome he went out with Jim Beatty, who has trained under Igloi at San Jose, and Igloi was there. Max had never before met the man who, before the revolution, had been responsible for Sandor Iharos, Istvan Rozsavolgyi, Laszlo Tabori and so many other great Hungarian distance runners. Beatty introduced him to the master.

That evening Max asked Ralph Higgins, coach of U.S. distance men for the Olympics, if it would be all right to train under Igloi. Higgins gave the idea his enthusiastic blessing. So he began.

First Igloi altered Max's breathing to a more even intake necessary for a distance runner. Then he changed his arm action to one more suitable. Then he started to train Max. Max worked hard, twice a day. Most of the other American distance men, Beatty excepted, thought Igloi was working Max too hard. But Max said he felt great. At last he had a coach who knew something about conditioning a distance runner.

Came race time and Igloi plotted the entire race for Truex. A Russian would set the early pace. Zhukov did. Iharos would take it for two laps, then drop back. He did. Halberg would move with 3,000 meters to go. Weary from having won the 5,000 previously, Halberg did not go as Igloi had predicted. This was the only point in the race Igloi missed.

He told Max that Merriman, Kovacs and Bogey would run even pace and to stick with them. When they began to drop back, move up. Max followed this strategy with precision. Little by little, he passed top man after top man. He couldn't understand why all of them were running so poorly. They were not. It was only that Max was running so well.

Came the bell-lap, and here was Max sprinting with Halberg, a 3:57.5 miler, whom he beat. He ran his last 400 of a 10,000 in 60 flat where he has never been able to do this for a mile.

After the race he was mobbed -- by Europeans. Runners he had never met came to congratulate him. They were from many countries. Gabriel Korobkov, head Russian coach, personally invited him to come to Russia to train with their runners in their camp on the Black Sea. Americans would rather have Max train at San Jose, where, if given the opportunity, in addition to his air force duties, he would train twice a day, before breakfast and in the evenings, up to 150 miles a week.

Igloi, in June, told Beatty that Max could break the world record for 10,000 meters. At that time Max's best time was 30:52.0, the world record 28:30.4. Now Max is 20 seconds from the world record, not 2:20 as he was in June. But the challenge now is greater, for on Oct. 15, the 1960 Olympic champion, Pyotr Bolotnikov, took 11.6 second off the old world record, reducing it to 28:18.8.

(Reprinted from the Oct., 1960, issue of the British Amateur Athletic Association Coaching Newsletter)

The crouch start was traditionally the invention of the 1890's, but the anticipatory start has perhaps become the product of the 1960's. Those who were well placed to observe the 100 meters start in the Rome Olympics really closely have come to some interesting conclusions.

Rule 27 (ii) of the International Amateur Athletic Federation states: "All races shall be started by the actual report of a pistol... but not before all the competitors are quite still on their marks." So far so good. There are, however, two loopholes in this rule. First it is a physical impossibility for any frontally placed starter to see one or more of those slowly straightening back legs, and second, by assiduous practice, it is quite possible to perfect a technique of anticipation provided the present holding period of around 1.8 seconds in persisted in.

The first form of cheating widely practiced among the "faster" fast boys could be eliminated by having a marksman for each lane. The trouble at the moment is that some sprinters take the words "quite still" to mean "quite still."

The second form of circumvention is more sophisticated. It has been brought to perfection by Olympic champion Armin Hary. In Rome, he invariably made a belated response to the order "pronti" (set). He would then bob up very late, dwell for a buoyant and fixed interval of probably less than 0.5 second and bash off into his fabulous start.

It is the impression of experienced observers that this technique hits the gun on the button four times out of five. This is because the late bobber activates the starter and not vice versa. In addition, the late bobber has the advantage in that there is none of that anesthetizing "settle" which seizes the man who is truly frozen in the set position for an indeterminate period on his blocks.

For the late bobber the start has no really static phase. It is dynamically buoyant with no "settle," and is quite rid of any nagging uncertainty. The solution to this problem is simplicity itself - increase the holding interval from the present average of 1.8 seconds from anything to between three and six seconds. Anything longer might produce cramp and shoulder collapse, but this is a possibility which should be faced in the interests of sprint races being a test of sprinting.

Just before the Olympics, there was a news story emanating from Germany that Hary's "blitz start" was due to his phenomenal reactions. It was suggested that whereas normal athletes react to a stimulus in 0.12 second, Hary reacted in 0.04 second. This strikes me as arrant nonsense. There is no parallel in measurable human endeavor, where one man is twice (let alone three times) as good as the world's second best. I maintain that had Freddie Hulford or Harry Grindall, the 1948 Olympic starters, been in action, Hary would have suffered the same fate as (Dave) Segal under that well-known rule 27 (vi), which says that a runner shall be disqualified for two false starts. In Tokyo let's hope there is no more "Hary-Kary."

STATS

Best 800 meter and one mile combination runners:

H. Elliott	S. Valentin	R. Moens	R. Delany	D. Bowden
1:46.6	1:46.8	1:45.7	1:47.1	1:46.5
3:54.5	3:56.5	3:58.9	3:57.5	3:58.7
2798 pts.	2697 pts.	2672 pts.	2638 pts.	2628 pts.
B. Hewson	E. Cunliffe	D. Waern	S. Jungwirth	G. Nielsen
1:47.0	1:46.6	1:47.8	1:47.5	1:47.5
3:58.9	4:00.4	3:58.5	3:59.1	3:59.1
2591 pts.	2566 pts.	2558 pts.	2554 pts.	2554 pts.

Above compiled by TN James Powell.

(Most of the information used in these profiles is supplied by the athlete.)

THOMAS JOSEPH "TOM" CARROLL, (USA) middle distances, 6'2", 177 pounds, brown hair, blue eyes, born July 12, 1939, New York City. Student, Yale University.

The start of his track career came in 1954 when he was a 14-year-old freshman at Fordham Prep in New York City. In his first year he clocked 57.0, 2:02.2n and 4:55. As a sophomore he improved to 51.8r, 1:58.0r, 2:22.5 for 1,000 yards indoors and 4:34r. In the 1956 indoor season, he ran 2:18.5 for the 1,000 and placed second in the 1,000 at the National Interscholastic meet. Outdoors, his bests were 50.7, 1:54.7 and 4:33.0r. He achieved prominence in 1957 by setting a national high school 880 record of 1:50.6. After placing seventh in the National AAU 880 final, he went on an AAU tour of Europe and ran 1:49.2 for the 800 and 2:25.5 for 1,000 meters. His other bests during the year were 49.6r, 2:15.1i for 1,000 yards and 4:29.0i. He enrolled at Yale University and as a freshman ran 2:12.0 for the 1,000 yards indoors and outdoors ran in the National AAU 880 final, where he finished last. He also ran 49.0r, 1:51.0n and 4:21.3i during the season. As a sophomore in 1959, he ran 2:13.0 for the 1,000 yards indoors and then moving outdoors ran 1:50.0 before placing fifth in the IC4A Championships. He placed sixth in the National AAU 800 and went on an AAU tour of Europe where he ran 47.8m, 1:49.2m and 2:20.9 for the 1,000 meters. Also during the season he reduced his best mile time to 4:11.7. In the 1960 indoor season, he ran 2:09.2 for 1,000 yards before winning the IC4A 1,000 yard title in 2:12.2. Outdoors, he ran 1:49.8 a week before winning the IC4A 880 title in 1:51.9. He ran 1:49.0 for the 800 in the Houston Meet of Champions but then developed Achilles tendon trouble and was eliminated in the first round of the 800 heats at both the NCAA and National AAU meets. His all-time goal is for an Olympic victory but he does not know how long he plans to compete.

He trains nine to 10 months a year, five days a week. His weight training includes presses, curls and pullovers with weights up to 80 pounds. He runs cross country during the fall and interval work in the winter and spring with emphasis on underdistance (220's to 660's). In the late spring and early summer more emphasis is put upon speed with fewer repeats. Some pace work also is done in the early part of the season. He has been coached by Joe Fox at Fordham Prep and Bob Giegengack at Yale. Athletes who have helped him are Tom Courtney, Roger Moens and Tom Murphy. His biggest thrills were setting the national interscholastic record and his close races with Moens at Oslo and Aalborg in 1959. His favorite event is the 880. He majors in international relations and probably will become a teacher.

NIKOLAY RUMYANTSEV, (USSR) distances, 5'8", 136 pounds, born May 31, 1930, Kuibyshevskaja, Russia.

He started running in 1953 at the age of 23. Two years later, at the Russian Championships he placed fourth in the 5,000 in 14:18.6 and fourth in the 10,000 in 30:12.0. He improved his 10,000 time to 29:41.4 in 1956 and the following year ran 14:24.2 and 30:10.2. He posted bests of 14:24.6 and 29:55.8 in 1958 but turned to marathoning and won the Russian championship in 2:20:06.0. He continued to run some shorter distances in 1959 and did 14:26.0 and another 29:55.8. In 1960, he placed second in the Russian marathon championships in 2:29:59 and was named to the Olympic team. In Rome he placed 11th in 2:21:49.4. His best times for other distances are: 100m, 13.0; 1,000m, 2:36.0; 2,000m, 5:30.0; 3,000m, 8:25.0; 1500m, 3:59.0; 15,000m, 45:21.4. He races from 25 to 30 times a year; four to six races indoors, three cross country, four road races and 12 to 14 races on the track.

He trains twice a day at 6:30 a. m. and 12:30 p. m. His first workout lasts from $1\frac{1}{2}$ to two hours and his second from one to $1\frac{1}{2}$ hours. Before his workouts he does 20 minutes of running, finishing with accelerations. He also does 15 to 20 minutes of exercises. His typical training schedule in the winter is: 1st day, 30 to 40 x 200 in 34 to 35 seconds with rests of 60 to 100 meters jogging. As his condition improves the number of repetitions increase and the rest distances decrease; 2nd day, $1\frac{1}{2}$ to three hours of cross country; 3rd day, 30 to 40 x 400 to 600 meters in 72 to 74 seconds and 1:37 to 1:40 with rests of 100 meter jogs. The repetitions are evenly divided between the morning and midday sessions, 15 to 20 in the morning and 15 to 20 at midday; 4th day, an easy cross country run for about an hour or 20 x 400 easily; 5th day, the same as the 3rd day but the number of repetitions increases to 80. He does 30 to 40 in the morning and the rest at midday; 6th day, cross country with 200 to

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600 meter accelerations; 7th day, cross country at an easy pace in the morning. All of his runs are performed in the woods or on a grass track. In the summer he follows much the same program except the number of repetitions is decreased and the rests are shorter. On the 3rd day his training is 20 to 25 x 600 - 1,000 meters and on the 5th day he does seven to eight x 3,000 meters in 9:30 to 9:40 with rests of 400 meter jogs. His competitive track season runs from late May to October and his preliminary season starts in December. His last meal comes from 4 $\frac{1}{2}$ to five hours before a race. On the week before an important race his training schedule is decreased. Three days before a race he runs from 4,000 to 5,000 meters and the next two days he only warms up. He does weight training during the preliminary training period with light weights (88 to 110 pounds). His racing tactics mainly consist of short accelerations during the race to test the abilities of his opponents.

GEOFFREY MARETT "GEOFF" WALKER, (Australia) middle and long distances, steeplechase, 6' $\frac{1}{2}$ ", 155 pounds, blond hair, blue eyes, born July 23, 1938, South Melbourne, Australia. Student, University of Houston.

He started track at the age of 17 in 1955 at an Australian school. His bests that year were 2:14 for the 880 and 5:11 for the mile. He didn't compete the following season but he resumed competition after the 1956 Olympic Games. In 1957 his bests were 1:59.6, 4:19, 9:18 for two miles, 8:28 for 3,000 meters, 14:34 for three miles, 31:49 for six miles and 11:10 for the 3,000 meter steeplechase. His steeplechase time improved greatly in the 1958-59 season to 9:34 but his other times remained fairly constant: 1:59.8, 4:18, 9:15 and 31:29. Overall, he improved greatly in the 1959-60 season and he placed second in the steeplechase at the Australian Championships after running an 8:55.0 earlier in the season. His other bests during the season were 1:56, 3:54 for the 1500, 4:15, 9:12, 8:16 for 3,000 meters, 13:49 for three miles, 14:28 for 5,000 meters. He enrolled at the University of Houston this fall. His goals for this season are 1:55, 4:10, 8:50 for two miles, 8:45 for the steeplechase, 13:35 for three miles, 29:00 for six miles and 2 $\frac{1}{2}$ hours for the marathon. He also hopes to break the freshman steeplechase record of 9:09.0. He would like to compete seriously for another six to eight years.

He trains 11 months a year, six to seven days a week. He does some weight training. However, it is limited to one to two days in the winter, concentrating on the arms, chest and shoulders. While in Australia his typical training schedule during the winter (April-Sept.) was: Sunday, 20 to 25 miles easy run; Monday, 2 $\frac{1}{2}$ mile warmup, 20 x 220 uphill in 36 seconds, 2 $\frac{1}{2}$ mile warmdown; Tuesday, four miles warmup, 5 x 1 $\frac{1}{2}$ in about 7:00 with an 1100 yard recovery, three mile warmdown; Wednesday, 12 mile run around local streets keeping on grass as much as possible at a pace of about 7:00 per mile; Thursday, four mile jog warmup, one x five mile in about 30:00, three mile jog warmdown; Friday, 2 $\frac{1}{2}$ mile warmup, 30 x 220 in about 36 seconds each uphill, two miles warmdown; Saturday, 10 miles fartlek on the beach or golf course. His pre-season workouts are: Sunday, 30 minutes easy running, 20 x 100 easy; Monday, 20 minute warmup; Tuesday, 20 minutes warmup, 10 x 100 easy, 7 x 440 in about 68 with the last one in 60 with 440 recoveries and 10 x 100 easy; Wednesday, 20 minute warmup, five x 1 mile at a 5:00 pace with a 440 recovery, 10 minute jog; Thursday, 20 minute warmup, 10 x 100 easy, 3 x 440 hurdles in about 70 with a 440 recovery, 20 x 100; Friday, 30 minutes easy running, 20 x 100 easy, 1 x 660 in about 1:45, 440 jog, 2 x 330 in about 48.0 with a 330 recovery, 10 x 50 fast; Saturday, one hour easy run. Here is his training schedule for the week preceding his 8:55.0 steeplechase: Sunday, Jan. 17, 60 minute easy run in the afternoon; Monday, Jan. 18, 40 minute easy run in the morning while in the afternoon he did 25 runs at the water jump, five minutes of stretching exercises, 10 x 100 fast, 1 x 1 mile steeplechase in 4:38, five minutes of jogging and 10 x 100 easy; Tuesday, Jan. 19, 30 minute easy run in the morning while in the afternoon he did a 30 minute easy run, 10 x 100 easy, 1 x 880 in 2:06, 1,000 yard jog, 1 x 880 in 2:05, 440 jog and 10 x 100 easy; Wednesday, Jan. 20, 25 minute warmup jog, 20 minutes hurdling exercises, 10 x 150 fast, 10 x 100 fast, 10 x 500 full speed, all with a 75 jog; Thursday, Jan. 21, rest; Friday, Jan. 22, 30 minute jog, 4 x 100 easy, 2 x 100 fast; Saturday, Jan. 23, 25 minute jog and 8 x 50 easy in the morning. In the afternoon he did 20 minutes of jogging, 3 x 440 accelerations, 440 jog, 20 minutes rest, 15 minutes checking the water jump approach, jogging and hurdling. He then ran 8:55.0. He has been coached by Ferenc Deheny and Theo Raborg. He is still undecided about his major in college. His biggest thrill was running 8:55.0 for the steeplechase and his biggest disappointment was not being picked for the Australian Olympic team.

RON DELANY (Ireland)

177 points

At his best, Ron Delany was one of the most unbeatable of the pre-Elliott milers. He lost a few races, but always because he went into them injured or half trained. Some idea of his greatness can be gleaned from the fact that in the 60-odd races he has run at 1500 meters or one mile, he has never placed worse than third. He won the 1956 Olympic 1500 title in record time while some of his doubles in collegiate competition have been amazing. In 1956, he was the youngest runner ever to break four minutes. Had he been able to go for more big races and concentrate less on winning points for his school, Villanova, his rating probably would be much higher.

Achievement Points: 142

5 3:59.0 on 1 June 56 at Compton
 3 3:41.2 on 1 Dec. 56 at Melbourne
 7 Fourth 1956 World List
 10 First 1956 T&FN Ranking
 15 First 1956 Olympic 1500
 5 First 1956 NCAA 1500
 5 3:58.8 on 19 July 57 at London
 3 Eighth 1957 World List
 9 Second 1957 T&FN Ranking
 2 4:03.5 on 14 June 58 at Berkeley
 2 3:44.8 on 18 July 58 at Oslo
 5 3:57.5 on 6 Aug. 58 at Dublin
 3 3:42.3 on 24 Aug. 58 at Stockholm
 6 Fifth 1958 World List
 5 Sixth 1958 T&FN Ranking

4 Third 1958 European Championship 1500
 3 First 1958 NCAA mile
 2 4:03.8i on 16 Mar. 57 at Chicago
 1 4:05.0i on 18 Jan. 58 at Boston
 1 4:04.6i on 8 Feb. 58 at New York City
 2 4:03.7i on 22 Feb. 58 at New York City
 2 4:03.4i on 14 March 58 at Chicago
 5 World Indoor Record -- 4:03.4
 1 4:04.3i on 7 Feb. 59 at Boston
 3 4:02.5i on 21 Feb. 59 at New York City
 5 World Indoor Record -- 4:02.5
 4 4:01.4i on 7 March 59 at New York City
 5 World Indoor Record -- 4:01.4
 13 Eighth All-Time 1500/Mile List
 6 15th Ten Best Times Averages

Victory Points: 46

2 Gunnar Nielsen
 1 Fred Dwyer
 1 Bob Seaman
 2 Ingvar Ericsson
 1 Gunther Dohrow
 2 Olavi Salsola
 2 Klaus Richtzenhain
 1 John Landy
 1 Laszlo Tabori
 3 Brian Hewson
 3 Stanislav Jungwirth
 1 Neville Scott
 1 Ian Boyd
 1 Ron Clarke
 2 Ken Wood
 2 Murray Halberg

2 Merv Lincoln
 1 Gordon Pirie
 1 Stefan Lewandowski
 1 Alan Gordon
 2 Derek Ibbotson
 1 Don Bowden
 1 Arne Hamarsland
 1 Albert Thomas
 1 Josko Murat
 3 Istvan Rozsavolgyi
 1 Olavi Vuorisalo
 1 Siegfried Herrmann
 1 Zbigniew Orywal
 1 Bertil Lundh
 1 Michel Jazy
 1 Lajos Kovacs

Defcat Penalties: 11

3 Brian Hewson
 2 Derek Ibbotson
 2 Herb Elliott
 1 Ian Boyd

1	Laszlo Tabori	142	AP
1	Merv Lincoln	46	VP
1	Dan Waern	<u>188</u>	<u>DP</u>
		<u>-11</u>	
		<u>177</u>	

Best Performances:

880 1:47.8
 1500 3:41.2

Mile	3:57.5
2 Mile	9:06.6i

JOHN LANDY

(Australia)

197 points

The second man to break the four-minute barrier, and the first since Paavo Nurmi to break both the 1500 and mile records in the same race, John Landy was especially noted for his consistent running. During his career, he broke four minutes six times, and was under 4:03 eight times. Most of these performances were achieved in almost solo efforts as his competition wasn't capable of staying with his front-running pace for long. After losing the heralded "mile of the century" to Roger Bannister at the 1954 British Empire Games, he went into temporary retirement. In early 1956 he made a spectacular comeback with a 3:58.6 in the mile. In May he made a short goodwill tour of the United States, breaking four minutes twice within eight days. The Olympic Games found him not in the best of shape because of leg trouble, but he still ran well enough to earn a bronze medal. Two months later, this man who had done so much to bring greater luster to the classic mile distance retired from active competition for good. With his tremendous strength it is possible to assume that he would have been even greater over the longer distances. His infrequent serious attempts showed great promise, but he chose to remain in the mile.

Achievement Points: 190

- | | | | |
|----|-----------------------------------|----|-------------------------------------|
| 2 | 4:02.1 on 13 Dec. 52 at Melbourne | 3 | 3:59.6 on 7 Aug. 54 at Vancouver |
| 2 | 4:02.8 on 3 Jan. 53 at Melbourne | 10 | First 1954 World List |
| 9 | Second 1952 World List | 9 | Second 1954 T&FN Ranking |
| 2 | 4:02.0 on 12 Dec. 53 at Melbourne | 6 | Second 1954 BEG Mile |
| 10 | First 1953 World List | 5 | 3:58.6 on 28 Jan. 56 at Melbourne |
| 10 | First 1953 T&FN Ranking | 5 | 3:58.6 on 7 April 56 at Melbourne |
| 2 | 4:02.4 on 21 Jan. 54 at Melbourne | 5 | 3:58.7 on 5 May 56 at Los Angeles |
| 2 | 4:02.6 on 23 Feb. 54 at Melbourne | 3 | 3:59.1 on 12 May 56 at Fresno |
| 2 | 4:02.6 on 19 April 54 at Bendigo | 3 | 3:42.0 on 1 Dec. 56 at Melbourne |
| 2 | 4:01.6 on 31 May 54 at Turku | 10 | First 1956 World List |
| 2 | 4:01.6 on 8 June 54 at Stockholm | 9 | Second 1956 T&FN Ranking |
| 5 | 3:57.9 on 21 June 54 at Turku | 9 | Third 1956 Olympic 1500 |
| 15 | World Record -- 3:57.9 | 3 | First 1956 Australian Championships |
| 15 | World Record -- 3:41.8m | 12 | Ninth All Time 1500/Mile List |
| 2 | 3:43.2 on 1 July 54 at Goteborg | 16 | Fifth Best Ten Times Averages |

Victory Points: 11

- | | | | |
|---|---------------------|---|----------------|
| 2 | Merv Lincoln | 1 | Neville Scott |
| 1 | Dan Waern | 1 | Ian Boyd |
| 1 | Laszlo Tabori | 1 | Ken Wood |
| 1 | Brian Hewson | 1 | Gunnar Nielsen |
| 1 | Stanislav Jungwirth | 1 | Murray Halberg |

Defeat Penalties: 4

- | | | | |
|---|-----------------|---|--------------------|
| 1 | Roger Bannister | 1 | Ron Delany |
| 1 | Jim Bailey | 1 | Klaus Richtzenhain |

190	AP
11	VP
<hr/>	201
-4	DP
<hr/>	197

Best Performances:

880	1:50.4	2000m	5:12.6
1000m	2:20.9	3000m	8:09.4m
1500m	3:41.8m	2 Mile	8:42.4
Mile	3:57.9	3 Mile	13:27.4