

TRACK NEWSLETTER

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Valeriy Brumel: My Coach

by Valeriy Brumel

(Reprinted from Soviet Weekly, courtesy Athletics Weekly)

I met Vladimir Dyachkov in 1959, at the Central Stadium in Moscow, during the Soviet People's Games. I was doing badly and feeling fed up when this well-known trainer came up and assured me: "You'll jump! You've all the attributes for it - vigor, temperament, boldness - but your technique is wrong.

"You'll have to work very hard, and it's no good putting it off until next summer. You must start in the winter...."

At the end of the season I was included as a candidate for the USSR team, and the following January - Olympic year' - met Dyachkov in the gym.

It was difficult for me then to understand the essence of Dyachkov's technical methods. I wasn't able to sense the difference between correct and incorrect movements.

Dyachkov's vigilant eye followed my every move, however. He noted each detail of incorrect movement and with enormous patience untiringly explained to me the essence of my mistakes.

Gradually, I learned to control my actions, and things moved more rapidly. I was impatient to compete but Dyachkov was emphatic: "No competitions until you have mastered the correct run up and correct technique of push-off."

"More important than any victory at present," he said, "is to merge the new techniques into a single smooth sequence of movement, to give them speed and secure their performance in a new rhythm."

Daily training continued with unremitting hard work... the trainer's demands grew all the time. There were theoretical discussions - everything was scientifically based, everything planned, everything taken into account.

Dyachkov followed every detail of a jump, entering his remarks and opinions in a notebook. When the training session ended, he worked on his notes, summarizing them in tables and graphs and serving them up for further work. He taught us, too, to analyse our actions, our condition.

For instance, to determine my condition in the course of training, it was sufficient for me to perform three jumps upward from the spot. The height of the leap told me what changes were taking place in the functional state of my nerve-muscular system.

By the end of the winter my movements had improved. In my first competition I succeeded in improving my individual record, and at an athletics match between the Russian Federation, the Ukraine and the cities of Moscow and Leningrad, I experienced the joy of victory for the first time in my life.

But successes and joys are not the athlete's only companions; he is also accompanied by disappointments. A leg injury so insignificant that in ordinary life I would never have noticed it prevented me from fulfilling a most important detail in the new technique, in a movement during the transition to the push-off.

Time was spent on treatment, my results deteriorated, failure followed failure, and with each new competition my chances of going to Rome lessened.

I was worried, but the trainer remained calm. Training sessions continued, and they included every exercise which did not aggravate in injury.

Of great importance was the moral support Dyachkov gave me. His sensitivity, care and calm confidence in my powers had their effect, and I succeeded in reaching 2.03 (6'7 $\frac{7}{8}$ ").

Today, of course, this figure seems small, but at the time it marked a leap forward. At the trainers' council which was selecting the Olympic team, Dyachkov declared that he had confidence in me. At the last competition before going to Rome I jumped 2.17 (7'1 $\frac{1}{2}$ ") - a new European record.

And here is another interesting detail: I didn't manage the record immediately - my first two attempts were failures. I sensed that I could do it, but something, I didn't know what, was preventing me.

"Technically everything seems to be correct," Dyachkov commented, "but you are too strained at the start. Run in more freely,

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Good Field Ready for NCAA Meet

If all of the nation's top collegiate cross country runners show up at East Lansing for the NCAA championships. Nov. 25, it could be one of the fastest mass finishes in history.

San Jose State looks like the best bet for the team championship but it's very difficult to pick an individual winner. As far as we know Tom O'Hara has not run a cross country race all season but he is the defending NCAA champion and could well repeat. Jim Keefe, Jeff Fishback, and Vic Zwolak have all run in international competition. And then there is Danny Murphy, John Camiem, Ireland Sloan, and Julio Marin (providing he runs).

The top 22 collegiate harriers (by Nov. 17) would probably include (in alphabetical order) Paul Acevedo (Kansas), Jack Bachelor (Miami, O), Elmore Banton (Ohio), Bruce Burston (Western Michigan), Jim Byard (Cornell), John Camiem (Emporia State), Al Carius (Illinois), Frank Carver (Notre Dame), Bill Clark (Notre Dame), Laurie Elliott (Houston), Jeff Fishback (San Jose State), Jim Keefe (Connecticut), Robin Lingle (Missouri), Joe Lynch (Georgetown), Stephen Machooka (Cornell), Julio Marin (Southern California), Danny Murphy (San Jose State), Tom O'Hara (Loyola), Andy Schramm (Miami, O), Ireland Sloan (Emporia State), Dick Sharkey (Michigan State), Bill Straub (Army), Geoff Walker (Houston), and Vic Zwolak (Villanova).

Notre Dame, rather than Villanova, appears to be San Jose's toughest rival. The other top teams include Cornell, Houston, Kansas, Miami, Michigan State, Ohio, and Western Michigan.

Cross Country Results

FLORIDA 22, MIAMI 35, Coral Gables, Fla., Oct. 28 (4.2 miles, perfectly flat) 1. Payne (M) 21:11; 2. Opperman (F); 3. Harrell (F); 4. Brown (F).

INTERMOUNTAIN RUN, Salt Lake City, Oct. 31: (3.0 miles) 1. Paterson (MSC) 14:59.5 (new course record); 2. Krenzer (PCCC); 3. Baras (BYU); 4. Kocherhans (U); 5. Morgan (BYU). (no other times available) Team Scores: 1. BYU 52; 2. Utah 59; 3. Utah St. 78; 4. Montana State College 79; 5. Provo CC 96; 6. Weber 112.

HARVARD 20, PRINCETON 39, YALE 76, New Haven, Conn., Nov. 1: (4.45 miles, CR 23:06; cold damp, light rain) 1. Hewlett (H) 23:09.7; 2. Somers (P) 23:32; 3. Crain (H) 23:47; 4. Meehan (H) 23:59; 5. Burwell (H) 24:02.

COLORADO INVITATIONAL, Boulder, Col., Nov. 1: (3.0 miles, flat course, cool) 1. Baker (NM) 14:37.5; 2. Weighton (C) 14:39.5; 3. Courkamp (D) 14:45.7; 4. James (D) 14:52.5; 5. Coleman (NM) 15:03; 6. Griffith (C) 15:04.5. Team Scores: 1. New Mexico 44; 2. Colorado 46; 3. Denver 56; 4. Wyoming 77; 5. Col St 126.

RUTGERS 19, COLUMBIA 44, Van Cortlandt Park, NY, Nov. 1: (5.0 miles, CR 24:47.3, cold and raining) 1. Vanderveer (R) 26:52.4; 2. Conway (C) 27:10; 3. Hennings (R) 27:28; 4. Badgley (R) 27:30; 5. Vasey (R) 28:20.

NAVY 26, MARYLAND 30, College Park, Md., Nov. 1: (4.1 miles, CR, 20:32.8, wet and slippery) 1. Krueger (M) 20:02 (new course record); 2. Sermier (N) 20:09; 3. Williams (N) 20:17; 4. Horton (N) 20:29; 5. George (M) 20:46.

KANSAS FEDERATION, Lawrence, Kan., Nov. 2: (3 miles, old CR 14:49.0, dry and fast) 1. Camien (ES) 14:11.8 (new CR); 2. Sloan (ES) 14:17; 3. Acevedo (K) 14:27; 4. Hadley (K) 14:38; 5. Lawson (K). Team Scores: 1. Kansas 25; 2. Emporia State 41; 3. Kansas State 72.

NORTH CENTRAL CONFERENCE, Brookings, SD, Nov. 2: (4.0 miles, 20 to 30 mph wind) 1. Offerdahl (NDS) 21:20.7; 2. Rust (SDSC) 21:27; 3. Pritchard (I) 21:41; 4. Kleinjan (SDSC) 21:46; 5. Engel (I) 21:50. Team Scores: 1. South Dakota SC 40; 2. North Dakota State 45; 3. Iowa 57; 4. South Dakota 108; 5. Augustana 134.

BROWN 23, PROVIDENCE 41, FORDHAM 59, Van Cortlandt Park, NY, Nov. 2: (5.0 miles, cold and raining) 1. Farley (B) 26:06; 2. Brown (P) 26:14; 3. Boog (B) 26:21; 4. McGovern (F) 26:25; 5. O'Donnell (B) 26:41.

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MICHIGAN FEDERATION, Kalamazoo, Mich., Nov. 2: (3.0 miles, old CR 20:18.0) 1. Sharkey (MS) 20:15 (new CR); 2. Clark (WM) 20:27; 3. Burston (WM) 20:42; 4. Zemper (MS) 20:46; 5. Bowen (MS) 20:47. No team scores available.

WHITMAN 23, LEWIS AND CLARK 35, Walla, Wash., Nov. 2: (3.9 miles) 1. Miller (L&C) 18:59.4 (new CR); 2. Rector (W) 19:38; 3. James (W) 19:56; 4. Buell (L&C) 20:18; 5. Thompson (W) 20:38.

ALL-OHIO COLLEGES, Nov. 2: (4.0 miles, sunny and clear) 1. Schramm (M) 20:14.8; 2. Banton (O) 20:39; 3. Bachelor (M) 20:49; 4. Cunningham (M) 20:55; 5. Moore (CS) 20:57; 6. Berendsen (O) 20:58; 7. Heller (O) 21:05; 8. Smith (O) 21:14; 9. Bartel (M) 21:20; 10. Steury (BG) 21:22. **Team Scores:** 1. Miami and Ohio 30; 3. Bowling Green 76; 4. Akron 140; 5. Mount Union 168.

CORNELL 18, ARMY 38, West Point, NY, Nov. 2: (5.0 miles, cold, windy, hail) 1. Byard (C) 26:37.5; 2. Machooka (C) 26:37.5; 3. Straub (A) 27:28.1; 4. Cunningham (C) 27:34.6; 5. Conway (C) 27:48.7.

TEXAS INVITATIONAL, Austin, Tex., Nov. 2: (3.0 miles) 1. Elliott (H) 13:55; 2. McLatchie (LT) 14:00; 3. Walker (H) 14:03; 4. Romo (T) 14:10; 5. Thomas (HP) 14:11. **Team Scores:** 1. Houston 42; 2. Howard Payne 63; 3. Texas 69; 4. Lamar Tech 107; 5. Texas A&M.

TENNESSEE 15, GEORGIA TECH 49, Knoxville, Tenn., Nov. 5: (4.0 miles, light rain) 1. Storey (T) 20:55; 2. Shelton (T) 21:43; 3. Scott (T) 21:52; 4. Heiskell (T) 22:00; 5. Ellington (T) 22:18.

FLORIDA 22, AUBURN 33, Gainesville, Fla., Nov. 4: (4.3 miles) 1. Goodyear (F) 22:24.5; 2. Patterson (A) 22:55; 3. Harrell (F) 23:02; 4. Opperman (F) 23:14; 5. Lynch (A) 23:35.5.

METROPOLITAN INTERCOLLEGIATES, Van Cortlandt Park, Nov. 5: (5.0 miles, cloudy) 1. Loeschhorn (NYU) 26:20.7; 2. Vanderveer (R) 26:29; 3. Bowes (M) 26:45; 4. Hennings (R) 27:00; 5. Dzelzkalns (R) 27:06; 6. McGovern (F) 27:08; 7. Badgley (R) 27:11; 8. Dugan (I) 27:12; 9. Vasey (R) 27:15; 10. Germann (SH) 27:18. **Team Scores:** 1. Rutgers 27; 2. Fordham 73; 3. Manhattan 84; 4. Seton Hall 92; 5. NYU 128; 6. Iona 130; 7. St. John's 180.

HEPTAGONALS, Van Cortlandt Park, Nov. 8: Straub (A) 25:29.7; 2. Byard (C) 25:35.5; 3. Machooka (C) 25:38; 4. Farley (B) 26:00; 5. Meehan (H) 26:08; 6. Williams (N) 26:16; 7. Szarmier (N) 26:40; 8. O'Donnell (B) 26:45; 9. Crain (H) 26:47; 10. Cunningham (C) 26:55. **Team Scores:** 1. Cornell 57; 2. Brown 58; 3. Navy 81; 4. Harvard 96; 5. Army 134; 6. Princeton 136; 7. Penn 144.

WESTERN KENTUCKY STATE 17, TENNESSEE 44, Cookeville, Tenn., Nov. 8: (4.0 miles) 1. Mahurin (WK) 21:32.8; 2. Graham (WK) 21:39.6; 3. tie between Beazley and Holden (WK) 21:56.5; 5. Wolfe (TT) 22:05.0.

BIG EIGHT, Lawrence, Kan., Nov. 9: (3.0 miles, slight wind) 1. Lingle (M) 14:19.8; 2. Acevedo (K) 14:23; 3. Lawson (K) 14:27; 4. Wighton (C) 14:31; 5. Griffith (C) 14:32; 6. Donner (K) 14:48; 7. Hadley (K) 14:50; 8. Holm (K) 14:51; 9. Cortes (OklaSt) 14:53; 10. Farmer (OS) 14:55. **Team Scores:** 1. Kansas 26; 2. Oklahoma State 80; 3. Missouri 82; 4. Colorado 85; 5. Oklahoma 130; 6. Nebraska 143; 7. Kansas State 166; 8. Iowa State 214.

MISSOURI VALLEY, Wichita, Kan., Nov. 9: (3.0 miles, sunny, no wind) 1. Kragie (D) 15:08.7; 2. Riepe (D) 15:12; 3. Schuck (C) 15:23; 4. Elmore (W) 15:43 (bad foot); 5. Raveling (D) 15:47; 6. Henderson (D) 15:49. **Team Scores:** 1. Drake 23; 2. Wichita 54; 3. Cincinnati and North Texas 75; 5. Bradley 132.

WESTERN ATHLETIC CONFERENCE, Salt Lake City, Nov. 9: (3.0 miles, grassy, hilly, overcast) 1. Coleman (NM) 15:24; 2. Singleton (A) 15:30; 3. Baker (NM) 15:33; 4. Scott (AS) 15:41; 5. Kocherhans (U) 15:41. **Team Scores:** 1. New Mexico 34; 2. Arizona 54; 3. Utah 94; 4. Arizona State 98; 5. Wyoming 100; 6. BYU 103.

NORTHWEST CONFERENCE, Salem, Ore., Nov. 9: (3.85 miles) 1. Miller (L&C) 18:38.8 (course record); 2. Rector (Wh) 19:09; 3. Thompson (W) 19:14; 4. Jones (Wh) 19:40; 5. Buell (L&C) 19:26. **Team Scores:** 1. Willamette 38; 2. Whitman 40; 3. Lewis & Clark 42; Pacific 110.

Bulletin Board

WISH YOUR TRACK FRIENDS A MERRY CHRISTMAS with the first ever Track and Field Christmas card. For details see the October issue of T&FN, page five.

Next Newsletters mailed December 4 and 18.

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TRACK NEWSLETTER

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Dick Drake, Managing Editor; Cordner Nelson, Editor; Bert Nelson, Publisher.

STANFORD 24, SOUTHERN CALIFORNIA 34, Griffith Park, Nov. 9: (4.8 miles, very hilly, warm and clear) 1. Marin (SC) 25:57; 2. McCalla (S) 26:39; 3. Bess (SC) 26:51; 4. Kirkland (S) 27:08; 5. Schlicke (S) 27:25.

AIR FORCE 15, COLORADO STATE 48, Air Force, Nov. 9: (4.0 miles, good weather) 1. Murphy (AF) 21:02; 2. Foley (AF) 21:51; 3. Hall (AF) 22:54; 4. Sammons (AF) 22:35; 5. Brown (AF) 22:43.

RUTGERS 16, COLGATE 41, Hamilton, NY, Nov. 9: (5.0 miles, cool and raining) 1. Badgley (R) 26:50.5; 2. Vasey (R) 26:55; 3. Dzelzkalns (R) 27:00; 4. Hennings (R) 27:08; 5. Williamson (C) 27:12.

AIR FORCE 26, UCLA 29, Air Force, Nov. 9: (4.0 miles, good weather) 1. Murphy (AF) 21:02; 2. Day (UCLA) 21:31; 3. Weeks (UCLA) 21:34; 4. Foley (AF) 21:51; 5. Carter (UCLA) 22:16.

MID-AMERICAN CONFERENCE, Bowling Green, O., Nov. 9: (4.0 miles) 1. Schramm (M) 19:56.0; 2. Bachelor (M) 20:05; 3. Burston (WM) 20:11; 4. Banton (O) 20:15; 5. Smith (WM) 20:22; 6. Browne (WM) 20:25; 7. Smith (O) 20:30; 8. Heller (O) 20:31; 9. Steury (BG) 20:36; 10. Cordova (BG) 20:38. **Team Scores:** 1. Western Michigan 37; 2. Ohio 47; 3. Miami (O) 56; 4. Bowling Green 86; 5. Kent State 145; 6. Marshall 183; 7. Toledo no score.

LONG BEACH STATE 26, OCCIDENTAL 29, Long Beach, Nov. 9: (3.5 miles, CR 17:20 by Danny Murphy, hilly, cool weather) 1. Neal (O) 17:15 (new course record). 2. Duarte (LBS) 17:16; 3. Davis (LBS) 17:45; 4. Lacy (LBS) 17:46; 5. Neighbor (O) 17:51.

INDIANA STATE FEDERATION, Nov. 9: (4.0 miles) 1. Carver (ND), Clark (ND), Welch (ND), Coffey (ND), Dean (ND) 20:04. **Team Scores:** 1. Notre Dame 15; 2. Indiana 87; 3. Valparaiso 97.

OREGON FEDERATION, Eugene, Nov. 9: (4.5 miles) 1. Story (OSunat) 21:24; 2. Steinke (O) 21:42; 3. Lehner (O) 21:49; 4. Moore (O) 21:52; 5. Burlison (BEAA) 21:55; 6. Tonn (O) 22:20; 7. Forman (O) 22:41; 8. T. Smith (OSFr) 22:48; 9. Mortenson (O) 22:55; 10. Groth (OS) 23:09. **Team Scores:** 1. Oregon 22; 2. Oregon State 73; 3. Staters 73; Oregon State Rooks 105; 5. Oregon Fr 122.

GEORGETOWN 20, MANHATTAN 43, FORDHAM 65, Nov. 9: (5.0 miles) 1. Lynch (G) 25:28; 2. Duchini (G) 26:23; 3. Bowes (M) 26:30; 4. Perry (G) 26:34; 5. McCann (G) 26:45.

WEST VIRGINIA 19, PITTSBURGH 39, Schenley Park, Pitts., Nov. 9: (4.2 miles, damp but sunny) 1. Meador (WV) 22:23.5; 2. Beiley (P) 22:32; 3. Kubic (WV) 22:34; 4. Morrissey (WV) 22:50; 5. Fiertz (WV) 22:52.

VANCOUVER OLYMPIC CLUB 36, WASHINGTON STATE 36, WASHINGTON 65, BRITISH COLUMBIA 73, British Columbia, Nov. 9: (4.25 miles, CR 21:09.8, cloudy) 1. Valiant (WS) 20:40.4; 2. Kyle (Calgary TC) 21:05.4; 3. Westman (WS) 21:16.8; 4. Rustad (VOC) 21:21.8; 5. Hampton (VOC) 21:30; 6. Seferovich (W) 21:36; 7. Ber-toia (VOC) 21:49; 8. Trethewey (VOC) 21:53; 9. Dziurzynski (VOS)

Addenda, Errata—US List

These are corrections and additions to last issue's first installment of the All-time US List.

440-Yard Dash

Add:
46.3 Hall (CalPoly) 60 Correct:
13:40.9 Dellinger (USAF) 58
Johnson (NoCarC) 61 **Six-Mile Run**
Archibald (CalFr) 62 Add:

Correct:
46.3 Strong (OklaSt) 62 28:41.5i Sargent (LATC) 93
880-Yard Run 29:19.5i Stieglitz (USN) 60
29:45.5 Spilman (SFSt) 63

Correct:
1:47.3 Dupree (Striders) 29:19.5 Breckenridge (USMC) 62
1:47.6 Haas (Striders) **100-Meter Dash**
1:48.3 Bork Correct:

100-Meter Dash
Add:
10.2 Colleymore (Vill) 58
Correct:

4:00.0 Tabori (SCVYV) 60 10.2 Baker (USAF) 56
200-Meter Dash

Add:
8:44.6 Schul (LATC) 33 Correct:
8:46.8 Tabori (SCVYV) 59 (Following were at 200m: John-
8:47.2 McGee (LATC) 63 son, Morrow, Carney, Owens,
8:49.8 Seaman (LATC) 63 of Ewell, Richard, Woods, James;
8:54.4 Hughes (LATC) 63 I and remaining are 220y marks less
0.1 seconds.)

Three-Mile Run

1500-Meter Run
Add:
13:27.6 Clark (Striders) 63 3:43.5 Tabori (SCVYV) 60
13:37.8 Keefe (CentConnSt) 63 3:43.9 Cunliffe (USAF) 63
13:51.0 Connelly (Striders) 63 3:44.8 Camien (EmpSt) 63
13:55.0 Hughes (LATC) 63 Correct:
13:56.0 Grelle (LATC) 63 3:41.9i Seaman (LATC) 62

21:57; 10. Weiser (W) 22:01.

CENTRAL INTERCOLLEGIATE, Hays, Kan., Nov. 9: (4.0 miles, 4 mph wind) 1. Camien (ES) 19:23; 2. Sloan (ES) 19:32; 3. Lakin (FH) 20:13; 4. Woelk (ES) 20:47; 5. Smith (FH) 21:02. **Team Scores:** Emporia State 27; 2. Ft. Hays 30; 3. Omaha 73.

AUBURN 19, ALABAMA 40, Tuscaloosa, Ala., Nov. 9: (3.5 miles) 1. Patterson (Au) 18:17.2; 2. Lynch (Au) 19:01; 3. Terrill (Al) 19:05.8; 4. Anderson (Au) 19:21.5; 5. Bowden (Au) 19:31.

BIG TEN, Champaign (Savoy Golf Course), Nov. 11: (4.0 miles, old CR 19:44.5, 15 to 20 mph wind, course excellent) 1. Carrius (Ill) 19:39.4 (new CR); 2. Sharkey (MS) 19:43; 3. Manley (W) 20:10; 4. Benedict (Mich) 20:15.5; 5. Peterson (Minn) 20:16; 6. Murray (Mich) 20:27; 7. Assenheimer (N) 20:30; 8. Day (Minn) 20:35; 9. Weinert (W) 20:36; 10. Bowen (MS) 20:39. **Team Scores:** 1. Michigan State 46; 2. Wisconsin 87; 3. Minnesota 91; 4. Indiana 103; 5. Illinois 106; 6. Ohio State 133; 7. Iowa 153; 8. Northwestern 153. Michigan and Purdue did not enter full teams.

VANCOUVER OLYMPIC CLUB 15, ROYAL CANADIAN NAVY 50, Nov. 11: (1.4 miles) 1. Bertoia (VOC) 6:19.2; 2. Hampton (VOC) 6:22; 3. Dooley (VOC) 6:27; 4. Davies (VOC) 6:30; 5. Tighe (VOC)

FLORIDA 16, MIAMI (FLA) 44, Gainesville, Fla., Nov. 11: (4.3 miles) 1. Goodyear (F) 22:21.3 (new course record); 2. Harrell (F) 22:46.2; 3. Opperman (F) 23:17.5; 4. Funk (F) 23:26.6; 5. Payne (M) 23:52.6.

(IC4A Results appear on page 64.)

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don't tense up!" How good was his advice!

Dyachkov knows everything. He is able to select the most important thing at the most essential moment. He used to be an outstanding all-rounder - gymnast, footballer and athlete.

In Tbilisi, Dyachkov and his brother Boris, also today a well-known trainer, appeared on the running track as far back as 1924. And my future trainer won the high jump!

True, by today's standards his result was very modest, only 1.65 (5'5") - but then, the young Dyachkov didn't have an experienced trainer!

In 1925 Dyachkov moved to Moscow and entered the Institute of Physical Culture. For twenty years his name has been linked with athletics. More than once he has won the title of Soviet champion. He has won international contests at 13 times set hurdles records. He has been particularly successful in the pole vault.

Like other athletes of his period, Vladimir Dyachkov had, however, to abandon sports for long periods. There was nowhere for winter work. So then gymnastics came to his aid.

Long months were spent on mastering new gymnastic exercises and combinations. In 1933 he came third in the USSR championships in the masters' group.

Athletics in the summer and gymnastics in the winter without a break; these were the training methods of Dyachkov. At 41, he won the national pole-vault title. Only then did he hand over the pole-bamboo then - to his best pupil, Victor Knyazev.

Finishing his career as an athlete he faced another task - to hand on his accumulated experience. Dyachkov returned to the Research Institute of Physical Culture in 1947 as a trainer.

There he worked on the technique of pole vaulting. Then he started to study the long jumps and finally the high jump. During this period Dyachkov has published more than a hundred works.

That's how my trainer divides him time between science and practice, and that's how he understands training. For him the Soviet athletics team is, as it were, a living laboratory. Continuous experiment - that is his distinctive characteristic.

In our joint work, Dyachkov has made wide use of equipment for special physical training, and in particular we have done a lot of work with weightlifting.

Dyachkov draws up his training plan according to the abilities of each of his pupils. He played an important part in the conquest of the two-metre mark by our jumpers.

In 1955 six passed this mark, in 1956 ten, in 1957 twelve, in 1958 twenty-seven, in 1959 thirty-four, in 1960 twenty-eight and in 1961 fifty-nine.

Dyachkov has many pupils who have attained high results in sports: Degtyarev, Kashkarov, Sitkin, Chenchik, Dolya, Bolshov...

Many Soviet jumpers have prepared under his coaching for international competitions. First to appear in the world arena was Igor Kashkarov, who fought bravely at Melbourne, winning the Olympic bronze medal.

At those Olympics our team acquired a point from another Dyachkov-trained competitor - Sitkin, who came sixth.

At the Rome Olympics, alongside Shavlakadze - the fine Tbilisi jumper who won the gold medal - two other pupils of Dyachkov climbed the pedestal of honour, Bolshov and myself.

We had all three beaten America's previously unbeaten

Thomas - that being the biggest sensation of the Olympics.

(Wrong, Thomas was 3rd and Bolshov 4th, both at 7'0 $\frac{1}{2}$ " / 2.14 --M.W.)

Many experts were surprised at our success. But it was no accident - Dyachkov saw to that. Long before the Olympics he prophesied precisely the results which we produced in Rome. That was the real sensation - a sensation which remained unknown.

My trainer was undismayed by John Thomas's enormous successes. In the winter of 1960, Thomas started his attack on Stepanov's world record. We prepared to meet him with a varied and difficult training programme.

The psychological aspect is just as important as physical and technical training. It is impossible to achieve anything without indestructible calm and unshakeable confidence in your own powers.

The slightest confusion and you can no longer act independently, determine precisely the cause of any particular mistake you have made - and a jumper is only permitted to make two mistakes at each height!

Dyachkov fills his pupils with confidence, firmly founded on knowledge. How can you help having confidence in such a trainer? He plans the whole of the varied tuition process in such a way that, at the moment of decisive competitions, his pupil is in tip-top form.

I would like to say a few words about the battle with John Thomas that developed after the Olympics. Thomas had been defeated at Rome, but we were unable to shake his world mark of 7'3 $\frac{3}{4}$ " / 2.23.

After a short rest, we resumed training in the winter of 1961. I was to meet Thomas in New York, and once more Dyachkov brilliantly realized his plan.

In Leningrad that winter I jumped 2.25 (7'4 $\frac{5}{8}$ "") indoors and in New York I defeated Thomas three times.

Returning home we started training again, everything being subordinated to one object - to repeat the winter result, this time in the open air.

Our training sessions took everything into account, and training loads alternated periodically with rest. Jumps are the most difficult part of training, and since more than any other exercises they tire the jumper's nervous system - this has been established by Dyachkov's research - they had to be reduced to the minimum.

During the whole of 1961, outside of competitions, I made only 362 jumps. Dyachkov introduced special exercises to develop a powerful push-off.

The 1961 results are well known to all. Thanks to such calculated training I succeeded both summer and winter in maintaining the same adequate form, breaking the world record four times and jumping higher than 220 (7'2 $\frac{3}{8}$ "") eleven times.

Well, that fruitful and hard-working season ended and many experts prophesied that the following summer I would be unable to show such high results.

Bearing in mind the heavy load of the previous season Dyachkov planned the training for 1962 differently.

First part of the preparatory period was arranged in such a way as to enable me almost to forget that I was a jumper. High jumps were completely excluded from the winter plan.

The content of the training sessions was extremely varied, and after these sessions in the spring I felt such an excess of energy and strength as never before.

Not till April did I make the first high jumps. After such a long break I did not at first sense the rhythm and restoration of results was slow. But Dyachkov kept calm. At the appropriate time all he did was to include exercises for rhythm, for running in and push-off technique, and when the last training session before the departure of Palo Alto for the match against the American athletes took place, Dyachkov said: "Now you are ready for a new record!"

And so it was - the first world record of 1962 was set by me on American soil: 7'5" / 2.26. Later, at the end of the season, by jumping 2.27 (7'5 $\frac{1}{2}$ ""), I completely refuted the relapse theory.

I am often asked: hasn't the athlete approached his limit in the battle for height? Surely the time must come when no innovations in training, no devices can help him. The higher the bar rises the more difficult is each half-inch.

Yes, that is true. In my first year with Dyachkov I succeeded in adding nearly 7 $\frac{1}{2}$ inches to my record, and two inches in the second year. But in the past season only three-quarters of an inch has been captured from height!

Nevertheless we are rising higher and higher. Personally I believe that 2.30 meters - 7'6 $\frac{5}{8}$ " - will be vanquished, if not by myself then by another athlete.

Meanwhile we continue our creative search. My trainer is seeking new ways of battling against height, and I help him in whatever way I can. And in this creative co-operation is the chief joy of my life.

ALL-TIME U. S. TRACK AND FIELD PERFORMERS

by D. H. Potts

This is the second and final installment of the all-time US performers list. Next issue will contain the first installment of the all-time US performances. All corrections and additions should be addressed to the compiler, at P.O. Box 95, Goleta, California.

10,000-METER RUN

28:50.2	Truex (USAF) 60
29:28.4	Keefe (CentConn) 63
29:33.8	Larrsen (LATC) 63
29:39.2	Sargent (LATC) 63
29:46.0	McArdle (Unatt) 63
29:46.8	Gutknecht (BaltOC) 61
29:56.4	Edelen (Chelmsford) 63
30:14.2	Magee (LATC) 63
30:19.2	Stieglitz (USNavy) 60
30:26.5	Soth (Striders) 60
30:27.8	Higgins (Unatt) 63
30:30.4	Robertson (Striders) 60
30:31.9	Tyler (USNavy) 56
30:33.4	Stone (NYAC) 52
30:38.1	Peck (Occidental) 60
30:41.2	Wilt (NYAC) 52
30:41.7	McKenzie (NYPC) 60
30:45.3	Benjamin (NYAC) 60
30:46.8	Metcalfe (OklaSt) 62
30:47.0	Breckenridge (USMC) 62

3000-METER STEEPLECHASE

8:38.0	Young (FtLee) 61
8:40.8	Coleman (UCTC) 58
8:42.4	Jones (FtLee) 61
8:45.4	Ashenfelter (NYAC) 52
8:45.6	Traynor (Villanova) 63
8:47.8	Schul (LATC) 62
8:51.1	Forman (Oregon) 62
8:52.3	Oakley (Arkansas) 60
8:53.4	Zwolak (Villanova) 63
8:53.7	Fishback (SanJose) 62
8:54.4	Lehmer (Oregon) 62
8:57.8	Krenzer (LAValleyJC) 63
8:58.3	Clark (SanJose) 60
8:59.6	McCalla (Stanford) 63
8:59.7	Martin (LATC) 62
8:59.8	Hughes (LATC) 63
9:01.0	Best (CentJerseyTC) 63
9:02.9	Bashaw (WestMich) 63
9:03.1	Steinke (Oregon) 62
9:06.0	Davis (San Jose) 62

110-METER HURDLES

13.2	Calhoun (Unatt) 60
13.3*	Tarr (Oregon) 62
13.4	Davis (USNavy) 56
	May (UCTC) 60
13.4*	Campbell (USNavy) 57
	Gilbert (WinstonSalem) 57
	Jones (Unatt) 62
13.5	Attlesey (USC) 50
*	Lindgren (PasadenaAA) 63
*	Hicks (USArmy) 63
13.6	Stevens (TennA&I) 57
	Robinson (Fresno) 58
*	Dillard (BaldwinWal) 48
*	Washington (SCVYV) 61
13.7	Towns (Georgia) 36
	Wolcott (Unatt) 41
	Cobb (USNavy) 60
*	Shankle (Unatt) 56
*	Styron (SoIll) 61
*	Boston (TennA&I) 61
*	Rogers (MdSt) 63

200-METER HURDLES (Turn)

22.5	Davis (OhioTC) 60
22.6*	Tidwell (Kansas) 58
22.7*	Gilbert (WinstonSalem) 57
	Jones (EMich) 59
	Tarr (Oregon) 62
22.8*	Calhoun (NoCarolina) 58
	Washington (WinstonS) 58
	Howard (Striders) 60
22.9	Wolcott (Rice) 39
	Dillard (BaldwinWal) 46

23.0	May (Indiana) 59
	Vickery (USC) 39
23.0*	Stucker (KansasSt) 59
	Groff (Mo) 59
	Haddox (OklaSt) 59
	Cawley (HSMich) 59

400-METER HURDLES

49.2	Davis (OhioSt) 58
49.3*	Cawley (USC) 63
49.6	Cushman (Kansas) 60
49.7	Southern (Texas) 56
49.8*	Howard (Striders) 60
50.0*	Styron (NELA) 60
0*	Tarr (Oregon) 62
*	Whitney (Occidental)
50.1	Allen (WashSt) 63
50.2	Culbreath (USMC) 57
*	Atterberry (LATC) 62
50.5	Lewis (NotreDame) 57
*	Farmer (Occidental) 61
*	Miller (Colorado) 63
50.6	Hardin (LSU) 34
	Rogers (MdSt) 62
*	Stauffer (Md) 63
50.7	Moore (NYAC) 52
*	Wyatt (OreSt) 63
50.8*	Luck (Yale) 62

(*=converted)

HIGH JUMP

7'3 $\frac{3}{4}$ "	Thomas (BostonU) 60
7'1 $\frac{1}{2}$ "	Faust (MtSAC) 62
7'1 $\frac{1}{2}$ "	Dumas (Compton) 56
	Johnson (Calif) 62
	Hoyt (USC) 63
	Avant (USC) 61
	Gardner (USMC) 62
	Burrell (LAValley) 63
	Rambo (LBCC) 63
	Stuber (Oregon) 63
6'11 $\frac{1}{2}$ "	Davis (AdaOilers) 53
6'11 $\frac{1}{4}$ "	Shelton (USC) 55
	Smith (UCTC) 57
6'11"	Steers (Oregon) 41
	Wyborne (WSO) 60
	Costa (BYU) 60
6'10 $\frac{3}{4}$ "	Stewart (SMU) 57
6'10 $\frac{1}{2}$ "	Fehlen (USMC) 61
	Hicks (USArmy) 63
6'10 $\frac{1}{2}$ "	Walker (OhioSt) 37
	Stewart (SCAA) 41
	Grundly (Striders) 60
	Llewellyn (Oregon) 63

POLE VAULT

17'3 $\frac{3}{4}$ "	Fennel (NELA) 63
16'8"	Sternberg (Wash) 63
16'5 $\frac{3}{4}$ "	Morris (Striders) 63
16'3"	Uelses (Unatt) 63
16'2 $\frac{1}{2}$ "	Meyers (Unatt) 63
16'2"	Tork (USMC) 62
16'1 $\frac{1}{4}$ "	Brattlof (Rice) 63
16'1"	Hansen (Rice) 63
16'1 $\frac{1}{2}$ "	Pratt (TexSo) 63
	Rose (ArizSt) 63
15'10 $\frac{1}{4}$ "	Davies (OklaSt) 61
15'9 $\frac{3}{4}$ "	Gutowski (Oxy) 57
	Plumale (Army) 62
	Cramer (Wash) 63
	Watson (Oregon) 63
15'9 $\frac{1}{4}$ "	Bragg (FtDix) 60
15'9"	Flanagan (USC) 63
	Hein (USI) 63
15'8 $\frac{1}{4}$ "	Belitza (Md) 62
15'7 $\frac{3}{4}$ "	Warmerdam (OlympicC) 42

BROAD JUMP

27'2"	Boston (Tenn A&I) 61
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26'8 $\frac{3}{4}$ "	Owens (OhioSt) 35
26'7 $\frac{1}{4}$ "	Roberson (PhilPC) 60
26'7"	Bell (Indiana) 57
26'6"	Steele (SanDiegoSt) 48
26'4 $\frac{1}{2}$ "	Range (FtOrd) 55
26'4"	Horn (USAF) 63
26'3 $\frac{1}{2}$ "	Bennett (FtWood) 55
26'3 $\frac{1}{4}$ "	Brown (UCLA) 52
26'3"	Peacock (Temple) 35
	Herman (NYPC) 60
26'2 $\frac{1}{2}$ "	Wiley (LAsT) 59
26'2"	Miller (McMurry) 63
26'1 $\frac{1}{4}$ "	Shelby (Pierce) 56
26'1 $\frac{1}{4}$ "	Watson (Okla) 61
26'	Warfield (OhioSt) 62
25'11 $\frac{1}{4}$ "	Clark (OlympicC) 36
	Renfro (Oregon) 62
25'11"	Hamm (GaTech) 28
	Wright (Wayne) 48

TRIPLE JUMP

53'10"	Davis (PhilPC) 60
52'10 $\frac{1}{4}$ "	Floerke (USArmy) 60
52'5 $\frac{1}{4}$ "	Andrews (Striders) 59
52'4 $\frac{3}{4}$ "	Sharpe (PhilPC) 61
52'2 $\frac{1}{2}$ "	Stokes (Striders) 61
51'9 $\frac{1}{2}$ "	Hayes (USC) 61
51'8 $\frac{1}{2}$ "	Horn (USAF) 63
51'8"	Woods (CalHS) 63
51'4 $\frac{1}{2}$ "	Boston (Striders) 63
51'2 $\frac{1}{2}$ "	Danna (Unatt) 63
51'1 $\frac{1}{2}$ "	Johnson (Compton) 61
51'1 $\frac{1}{2}$ "	Tate (NoCarColl) 63
50'11 $\frac{1}{2}$ "	Brown (LSU) 41
50'11 $\frac{1}{4}$ "	Cooper (StJohns) 61
	Alexander (UCLA) 62
50'11"	Ahearn (IllinoisAC) 11
50'8 $\frac{1}{2}$ "	Romero (Unatt) 36
50'7 $\frac{3}{4}$ "	Mousiades (NYAC) 63
50'6"	Ashbaugh (USArmy) 52
50'5 $\frac{1}{2}$ "	Shaw (Columbia) 52

SHOT PUT

65'10 $\frac{1}{2}$ "	Long (USC) 62
65'10"	Nieder (USArmy) 60
64'11"	Gubner (NYU) 62
63'5"	O'Brien (Striders) 60
63'	Davis (CPendleton) 63
61'5 $\frac{1}{2}$ "	Silvester (SVYV) 61
61'2 $\frac{1}{4}$ "	McGrath (Oxy) 63
60'9 $\frac{1}{4}$ "	Butt (Striders) 59
60'6"	Joe (Villanova) 62
	Matson (TexHS) 63
60'1 $\frac{1}{2}$ "	Bantum (Manhattan) 56
60'	Maggard (SCVYV) 63
59'11 $\frac{1}{4}$ "	Winters (Stanford) 60
59'11"	Castle (FoothillJC) 63
59'10"	Williams (FlaSt) 63
59'9"	Branson (UCLA) 61
59'5 $\frac{3}{4}$ "	Lampert (NYPC) 54
	Owen (Michigan) 57
59'4 $\frac{1}{2}$ "	Price (CalWestern) 63
59'3 $\frac{3}{4}$ "	Roberts (TexA&M) 63

DISCUS THROW

205'5 $\frac{1}{2}$ "	Oerter (NYAC) 63
204'7 $\frac{1}{2}$ "	Silvester (Unatt) 63
203'9"	Babka (PasAA) 63
202'4 $\frac{1}{2}$ "	Humphreys (PasAA) 63
194'6"	Gordien (LAAC) 63
193'2"	O'Brien (PasAA) 62
	Weill (Stanford) 60
191'5 $\frac{1}{2}$ "	Cochran (Mo) 60
191'2 $\frac{1}{2}$ "	Ellis (NYAC) 57
190'9 $\frac{1}{2}$ "	Passy (UtahSt) 62
190'6 $\frac{1}{2}$ "	Wade (USC) 60
190'0 $\frac{1}{2}$ "	Iness (USC) 53
185'5"	McGrath (Oxy) 63
185'3 $\frac{1}{2}$ "	Shaffer (Shiworth) 61
185'2 $\frac{1}{2}$ "	Sinclair (NMTC) 63
184'5 $\frac{1}{2}$ "	Johnstone (Ariz) 63
183'3 $\frac{1}{2}$ "	Burke (Ariz) 60
182'9 $\frac{1}{2}$ "	Egan (USC) 58
181'4 $\frac{1}{2}$ "	Sanders (Whittier) 63
180'9 $\frac{1}{2}$ "	Robertson (TexA&M) 63

JAVELIN THROW

282'3 $\frac{1}{2}$ "	Castello (Quantico) 60
273'10 $\frac{1}{2}$ "	Alley (Kansas) 60
270'	Held (SDTFA) 56
267'3"	Stuart (USC) 63
266'8 $\frac{1}{2}$ "	Miller (CPendleton) 54
265'2"	Winnigham (USArmy) 62
264'9 $\frac{1}{2}$ "	Covelli (ArizSt) 63
261'3 $\frac{1}{2}$ "	Sikorsky (USC) 62
260'11 $\frac{1}{2}$ "	Stenund (OreSt) 63
260'7 $\frac{1}{2}$ "	Red (Rice) 63
259'8 $\frac{1}{2}$ "	Young (OlympicC) 56
258'	Ulrich (PasAA) 63
257'1"	Fromm (PacificLuth) 58
256'10 $\frac{1}{2}$ "	Sbordone (USC) 60
255'11"	Beucher (Kansas) 60
254'6 $\frac{1}{2}$ "	Dyes (AbilChr) 63
252'8"	Duckworth (AtlantaSt) 60
251'9 $\frac{1}{2}$ "	Johnson (Striders) 60
251'5 $\frac{1}{2}$ "	Voiles (USC) 57
251'1"	Conley (CalTech) 56

HAMMER THROW

231'10"	Connolly (PasTC) 62
220'7"	Hall (NYAC) 58
216'4 $\frac{1}{2}$ "	Blair (BostonU) 56
209'4"	Bagdonas (USArmy) 60
203'8 $\frac{1}{2}$ "	McWilliams (USArmy) 60
203'8"	Pagani (NYAC) 60
202'6 $\frac{1}{2}$ "	Engel (NYPC) 60
201'5 $\frac{1}{2}$ "	Backus (NYAC) 59
200'	Bailey (Harvard) 62
198'10"	Frenn (PasAA) 63
197'8 $\frac{1}{2}$ "	Morefield (MIT) 56
	Doten (Harvard) 60
196'3"	Thomson (NYAC) 61
195'9"	Sage (Navy) 61
	Burke (SCVYV) 63
195'3 $\frac{1}{2}$ "	Keerd (NYAC) 61
194'1 $\frac{1}{2}$ "	Desnoyers (BostonC) 63
193'9 $\frac{1}{2}$ "	Pryde (SBAC) 62
189'11"	Ballard (Army) 63

Jim Ryun in Rapid Rise to Fame

The meteoric rise of Jim Ryun (Wichita, Kansas, East High) between his freshman and sophomore years must constitute some sort of record.

His best mile as a frosh was 5:38.0 (Sept. 7). Less than nine months later he ran 4:08.2 (May 25, 1963), which he followed with a 1:54.5 half-mile 105 minutes later. On June 8 he lowered his mile time to 4:07.8, which is the sophomore and international age 16 mark.

His first 880 of 2:00.5 was on Sept. 11, 1962. On June 1, he was clocked in 1:53.6. Even more remarkable was his improvement over two-miles. On Sept. 17, 1962 he ran 11:51.0. On Nov. 4 of this year he zipped to a 9:11.5. His only try at three miles was on July 21, 1963, when he ran 14:53.2.

A champion in the making?

History of Pole Vault

by Ray Kring

Track Coach, Pittsburg (Calif.) High School
Part XVII

The Nuremberg war crimes trials, which began in 1945, ended in the spring of 1949 with the convictions of 19 former officials of the Nazi Foreign Office. In 1949, V.M. Molotov was relieved as Soviet Foreign Minister and replaced by Deputy Foreign Minister Andrei Vishinsky. On July 29, 1949, Bob Richards of the Illinois A.C. sailed 14'9 $\frac{1}{2}$ " in the pole vault, for the highest vault in the world that year. John Montgomery of USC went over the bar set at 14'7 $\frac{1}{8}$ " while George Rasmussen of Oregon University cleared 14'6" for the third best mark of the year.

The fourth best height of the year 1949, was turned in by Walter Jensen of the Modesto Junior College, California, when he set a new National Junior College record with a leap of 14'3 $\frac{1}{2}$ ". Robert Smith of San Diego State College, whose uncle was National champion and whose father was junior champion in 1927, vaulted 14'3" in the NCAA meet in Los Angeles, to score an upset victory. Tom Bennett of the University of Wisconsin, cleared 14'2 $\frac{1}{2}$ " that year, while an unknown youngster from the University of Illinois, Donald Laz, was leaping 14'1 $\frac{3}{4}$ ".

On July 3, 1950, at Tempere, Finland, Bob Richards of the United States leaped 14'11 $\frac{1}{2}$ ", for a non-Warmerdam "world record". The second best of the year went to a European, Ragnar Lundberg of Sweden, at 14'5 $\frac{1}{4}$ ", a new record for Europeans. Bobby Smith of San Diego State College did 14'5".

Two other top vaulters had best marks of 14'5" during the 1950 track and field campaign; Bill Carroll of Oklahoma and the musician from San Jose State, George Mattos.

The ninth best height of 1950 belonged to Don Laz of Illinois, at 14'3 $\frac{3}{8}$ ". However, during an intersquad meet held in the Illinois fieldhouse in early March of 1950, Don Laz unofficially vaulted 15 feet, to become the second man in history to clear that height. The "This World" section of the San Francisco Chronicle, relates the incident:

A hunch paid off for Don Laz last week. The 20-year-old University of Illinois junior had just cleared 14'4" in the pole vault during an intramural track meet when the inspiration seized him. Without trying in between, he asked the officials to move the bar up to 15 feet, the coveted dream height of all pole vaulters.

There had been only one man who had ever cleared that height. Cornelius (Dutch) Warmerdam had done it first in 1940 when he was 26 and had succeeded in doing it 43 times, reaching 15'8 $\frac{1}{2}$ ", before he retired. No one else had come close.

Laz missed his first two attempts last week. But on the third he found the extra push and vaulted easily over the bar and into fame. For him the explanation was simple: "I just felt like I could do it this time," he said. And in Fresno, Calif., Warmerdam greeted the world's only 15-footer calmly: "It couldn't last forever," he said.

Ten other pole vaulters cleared 14 feet or higher during that track season of 1950.

During 1950, Bob Richards introduced another new metal vaulting pole, the Giltal Vaultmaster. This pole was made in America by the Harry Gill Athletic Company of Urbana, Illinois, and was made of a special alloy. It was not as small in diameter as the Swedish steel pole but resembled more the old bamboo poles both in performance and shape. It was very flexible and possessed a great deal of action and snap. H.B. Maret relates the Giltal story in the Harry Gill Company athletic catalog, of 1958-59:

.....The Gill Co. first introduced an aluminum vaulting pole in 1932-26 years ago, in a search to find a metal material that would replace bamboo. The early metal poles were unsatisfactory and little progress was made before World War II.

In 1948 Gill engineering and Alcoa developed an alloy tube of brass and aluminum with just the right amount of delayed snap action for vaulting. Dozens of trial poles were made up in the next two years and it was in April of 1950 that our company was proud to announce a pole had been developed-The Giltal Vaultmaster-that would revise the 15' vault.

This pole, like the Swedish one, was immediately accepted by the vaulters of the country, and was destined to be the one used by the new world champion.

Also at about this time, a revolutionary new laminated glass

pole was unveiled by a firm in Southern California that was in the business of manufacturing masts of laminated fiberglass for sail boats. These poles became the rage of the country, and the firm was selling them by the hundreds. Their popularity died as quickly as it was born, however, when it was found that the poles were fine when new, but with constant use they became more and more limber until they would snap.

The year 1951 saw Warmerdam's private realm invaded by three different vaulters. Fifteen feet, once looked upon as impossible, and a height heretofore scaled only by the incomparable Warmerdam, was cleared by two college vaulters the same day in two different meets, separated by thousands of miles.

On April 21, at the Kansas Relays in Lawrence, Nebraska's Donald D. Cooper, whose best previous outdoor mark was 14'1", sailed over 15'1 $\frac{3}{8}$ ". He established a new intercollegiate mark, but it did not last long.

That same afternoon, in the Los Angeles Coliseum, USC was meeting the Universities of Illinois and Michigan in a triangular meet. Bert Nelson, in his fine magazine the Track and Field News, reports the action:

Two hours after the public address system told of Don Cooper's new national collegiate vault record, blonde Don Laz of Illinois stood beyond the end of the runway, looking at the cross bar 145 feet distant.

He nervously spat on his hand seven times, tucked his head against his shoulder in a moment of calming contemplation, then grasped his newly taped pole, sped down the runway and soared into the air. As he tumbled to the pit the roar of 9187 voices told him the cross bar remained on its pegs, 15'1 $\frac{3}{8}$ " above the ground.

Noted with Interest

Jack Yaggy of the Ft. Wayne Journal-Gazette in Indiana writes about an interesting approach to summer training combined with travel for high school boys.

Two miles is a long way to run. A long way, that is unless you're one of Dwight Graber's swift pedestrians from Ashley High School. Then, two miles makes just a good sprint.

Ashley's cross country team surprised the big schools last year and finished second to Gary Roosevelt in the state harrier meet after winning the sectional here and the regional at Anderson. The Aces will defend their sectional title Friday in a two-mile race at Shoaff Park with four of last year's all-star cast still running.

They are a favorite to repeat the championship here, and could do it again in the regional. What then? Ashley will be seeking to become the "Milan" of cross country.

There's an interesting story behind it all.

At the end of the summer last year, Coach Graber took a group of his top runners on a trip to Yellowstone National Park, partly for pleasure, but mostly on business. The boys took part in various training exercises during the trip which was about 3,600 miles to Wyoming and back. Some of the miles were covered on foot and many of those by running.

This summer, Graber, assistance coach Rex Hile and townsman Joe Campbell took 14 harrier hopefuls on a two-week, 4,000-mile jaunt to the eastern Canadian province of Nova Scotia and back. During the two weeks, each boy ran about 70 miles.

"We have a summer conditioning program for the cross country runners," Graber said last night. "The trip is what might be called a reward for those who have run the best and who have improved the most during the summer workouts." The Aces run together at least one night a week during the summer and an improvement chart is kept to determine who'll make the trip.

Before they leave, Graber and the others plan a route and also set up a training schedule. "The boys keep track of the miles that are run and get on me good when they think they are being overworked," Graber said.

This summer only half of those who took part in the training program could be included on the Canadian trip. Yet, all worked so that the trip was possible. "We had several projects--making and selling cider and washing cars, etc.--at which we all worked," Graber went on. "Every cent that was spent during the trip was from what we made on these jobs."

A group of 17 adventurous males can be economical on such an excursion. In the two weeks total expenses were \$400.-- mostly for food. They camped out whenever and wherever they could.

The summer's-end trip is becoming very popular with cross country aspirants of the Ashley-Hudson area and will probably be continued each summer, Graber said. It's become a goal for the conditioning program and is, in reality, a pre-season "training camp" for the Ashley cross country varsity.





Jim Terrill



International Age List by Hugh Gardner

JAVELIN THROW

14	177'3"	Egil Danielson (Nor)	11/9/33	/	/48
15	209'10"	Will Norman (USA)	1/26/46	Montclair	5/20/61
16	222'	Norman		Newark	5/7/62
17	251'10"	Terje Pedersen (Nor)	2/4/43	Kristnsnd	8/7/60
18	250'3 1/2"	Alf Mitchell (Aus)	5/18/41	Melbourne	1/24/60
19	260'4 1/2"	Gary Stenlund (USA)	8/7/40	Fresno	5/14/60
20	276'4"	Pauli Nevala (Fin)	11/30/40	Vaasa	9/1/61
21	270'7"	Rolf Herings (Ger)	7/10/40	Cologne	9/22/61
22	283'2 1/2"	Nevala		Helsinki	7/16/63
23	284'7"	Carlo Lievore (Italy)	11/10/37	Milan	6/1/61
24	274'5"	Lievore		Innsbruck	5/31/62
		Janis Lusic (SU)	5/19/39	Berlin	6/23/63
25	268'11"	Janusz Sidlo (Pol)	6/19/33	Warsaw	8/1/58
26	280'8 1/2"	Sidlo		Berlin	9/5/59
27	282'3 1/2"	Al Cantello (US)	6/9/31	Compton	6/5/59
28	272'4 1/2"	Michel Macquet (France)	4/3/32	Paris	10/2/60
29	277'7"	Cantello		Stanford	7/1/60
30	277'8"	Viktor Tsibulenko (SU)	7/13/30	Rome	9/8/60
31	280'11 1/2"	Vladimir Kuznyetsov (SU)	4/2/31	Baku	9/23/62
32	274'1 1/2"	Soini Nikkinen (Fin)	7/19/23	Kuhmoinen	6/24/56
33	233'	Herbert Koschel (Ger)	12/9/21	Koblentz	9/24/55
34	255'3"	Koschel		Cologne	10/14/56
35	254'10 1/2"	Koschel		Duisburg	10/6/57
36	240'6"	Steve Seymour (US)	10/4/20	Long Beach	6/22/57
37	251'1"	Seymour		El Monte	8/1/58
38	250'	Seymour		Costa Mesa	7/4/59

HAMMER THROW

18	193'3"	Hans Fahsl (Ger)	8/15/41	Duisburg	7/10/60
19	201'3"	Fahsl		Warsaw	10/1/60
20	210'4 1/2"	Nikolay Dobrivecher (SU)	11/12/37	Nalchik	10/19/58
21	211'9 1/2"	Mike Ellis (GB)	9/3/36	Hannover	9/15/57
22	224'2"	Heinrich Thun (Austria)	9/1/38	Brussels	8/20/61
23	228'1 1/2"	Gyula Zsivotsky (Hum)	7/25/37	Budapest	8/14/60
24	218'1"	Noburo Okamoto (Jap)	2/19/37	Tokyo	6/30/61
25	231' 1/2"	Zsivotsky		Budapest	9/23/62
26	226'7 1/2"	Zsivotsky		Stockholm	8/12/63
27	228'8 1/2"	Hal Connolly (US)	8/1/31	Walnut	6/13/59
28	225' 1/2"	Connolly		Walnut	4/23/60
29	230'9"	Connolly		Walnut	8/12/60
30	231'10"	Connolly		Stanford	7/21/62
31	223'6"	Connolly		Lahti	5/22/63
32	217'2"	Birger Asplund (Swe)	7/21/29	Ostersund	6/21/62
33	222'6"	Josef Matousek (CSR)	9/7/28	Tatabanya	8/19/62
34	225'8"	Matousek		Prague	7/21/63
35	204'11 1/2"	Sverre Strandli (Nor)	9/30/25	Bergen	8/20/61
36	208'6"	Strandli		Oslo	7/25/62
37	209'7"	Strandli		Trondheim	10/8/62
38	195'7 1/2"	Karl Storch (Ger)	8/21/13	Goteborg	8/6/52
39	199'4 1/2"	Storch		Karlsruhe	9/28/52
40	195'7 1/2"	Storch		Stadthagen	8/1/54
41	195'9"	Storch		Frnkft/M	8/7/55
42	193'7 1/2"	Storch		Neu Isnburg	5/13/56
43	181'3"	Storch		Dusseldorf	8/1/57
44	192'3 1/2"	Storch		Menden	5/17/58
45	173' 1/2"	Karl Hein (Ger)	6/11/08	/	/53
46	188'8"	Storch		/	/59
47	176'	Storch		Fulda	7/19/60
48	173'4"	Hein		Berlin	8/1/56
50	177'11"	Hein		/	/58
51	181'4"	Hein		Stockholm	/59
52	173'6 1/2"	Hein		Hamburg	7/31/60

DECATHLON

16	5496	Dixon Farmer (US)	2/15/41	Kingsburg	6/28/57
17	6456	Bob Mathias (US)	11/17/30	Bloomfield	6/26/48
18	7054	Milt Campbell (US)	12/9/33	Tulare	7/1/52
19	7985	Rafer Johnson (US)	8/18/35	Kingsburg	6/10/55
20	7800	Paul Herman (US)	3/7/41	Walnut	5/26/61
21	8176	Dave Edstrom (US)	9/10/38	Eugene	4/8/60
22	8302	Johnson		Moscow	7/27/58
23	7764	Janis Lusic (SU)	5/19/39	Tashkent	10/18/62
24	8683	Johnson		Eugene	7/8/60

25	8392	Johnson		Rome	9/5/60
26	8426	Yang Chuan-kwang (For)	7/10/33	Eugene	7/8/60
27	8357	Vasiliy Kuznyetsov (SU)	2/7/32	Moscow	5/16/59
28	*8709	Phil Mulkey (US)	1/7/33	Memphis	6/16/61
	8248	Yang		Tulare	6/29/62
29	9121	Yang		Walnut	4/27/63
30	8026	Kuznyetsov		Belgrade	7/21/62
31	7854	Kuznyetsov		Moscow	7/20/63
32	7165	Walter Meier (Ger)	8/3/27	Schweinfurt	7/16/60

* indicates a mark never fully recognized although seemingly legal in every way.

In a legal decathlon, all marks must be on successive days. To save space, only the first date is given.

Addenda, Errata—International List

<u>100 Yards</u>					
13	10.2	Don Webster (US)	7/25/44	Kennett Sq.	/58
30		date for O. Davis	also for his	440	8/11/62
<u>100 Meters</u>					
16		delete Fisher-Smith, who was 17			
<u>200 Meters (Turn)</u>					
Comment on short course age 23 mark already has 1/10th added. Seye was 26 when he tied Germar's Cologne track record.					
<u>220 Yards (Straightaway)</u>					
13	22.8	Don Webster (US)	7/25/44	/	/58
<u>800 Meters -- 880 Yards</u>					
31	1:49.2m	Moens		Napier	7/25/61
32	1:49.4m	Wint		Helsinki	7/22/52
34	1:53.4m	Roger Verheuen (Bel)	2/2/27	Goteborg	9/13/61
35	1:52.6m	Verheuen		Brussels	7/29/62
36	1:52.3m	Mario Lanzi (Italy)	10/10/14	Milan	6/30/51
37	1:56.6m	Lanzi		/	/52
42	1:58.6m	Egisto Pederzoli (Italy)	4/12/14	/	/56
<u>1000 Meters</u>					
17	2:35.9	Jean Luc-Salomon (France)	2/27/44	/	/61
32	2:24.4	Roger Verheuen (Bel)	2/2/27	Barcelona	10/25/59
33	2:26.9	Verheuen		Vierzen	6/5/60
34	2:25.8	Verheuen		Lille	6/18/61
<u>1500 Meters</u>					
17	3:53.8	John Whetton (GB)	9/6/42	/	/60
21	3:39.3n	Jurgen May (Ger)	6/18/42	Bucharest	/63
** should precede Ryun 16 and Snell 23 marks, both during a mile race.					
<u>2 Miles</u>					
15	9:20.8	Ralph Gamaz (US)	4/6/48	Stanford	11/9/63
<u>3 Miles</u>					
39*	13:58.5	Norris			
*indicates run during 5000m race. Add: **Dunkley, age 20.					
<u>6 Miles</u>					
17	31:59.0	Lyman Pease (US)	8/6/43	Everett	6/10/61
32		Mimoun time should be 28:37.6			
<u>120 High Hurdles</u>					
16	14.9*	Giorgio Mazza (Italy)	9/27/39	Brescia	8/3/56
<u>220 Low Hurdles (Straightaway)</u>					
32	23.4n*	Harrison Dillard (US)	7/8/23	Bakersfield	6/23/56
* indicates metric time plus 1/10th, also for age 17 co-holders.					
<u>200 Meter Low Hurdles (Turn) - wrong heading used before.</u>					
27	23.5	Dorofey Blinov (SU)	8/14/33	Leselidze	5/11/61
28	23.2n	Yuriy Petrov (SU)	7/16/31	Tula	5/21/60
29	23.5n	Petrov		Kiev	5/28/61
<u>440 Yard Hurdles -- wrong heading used before.</u>					
<u>Broad Jump</u>					
14	23'10"	Lennie Harper (US)	3/2/41	Shreveport	/55

Zwolak Captures IC4A in Record Time

Van Cortlandt Park, NY, Nov. 18--Vic Zwolak, braving a stitch in the last mile, finished 100 yards ahead of the field in the IC4A cross country championships as he broke his own course and meet records by five tenths in 24:46.8 over the five mile course.

However, Villanova was shunted to fourth place as Notre Dame, placing two men in the first five scored 55 points to runner-up Brown, tallied 133 points, followed by Michigan State with 134. Results:

1. Zwolak (V) 24:46.8 (new meet and course record); 2. Ma-chooka (Cor) 25:08; 3. Clark (ND) 25:09; 4. Sharkey (MichSt) 25:13; 5. Carver (ND) 25:28; 6. Lynch (George) 25:34; 7. Straub (Army) 25:41; 8. Brouillett (Mass) 25:47; 9. Meehan (Har) 25:49; 10. Hyland (Vil) 25:50.

Team Results: 1. Notre Dame 55; 2. Brown 133; 3. Michigan State 134; 4. Villanova 159; 5. Rutgers 193; 6. Georgetown 217.