

# TRACK NEWSLETTER

Supplementing TRACK & FIELD NEWS

Vol. 14, No. 3

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## Foreign News

Results of meets partially reported previously:

UNIVERSITY GAMES--200m, Heats: 1-1. T. Smith (US) 21.6. III-1. Campbell (GB) 21.5. Semis: 1-1. Smith 21.0; 2. Campbell 21.2. 800m, 3. Tummler (WG) 1:47.8; 4. Cropper (GB) 1:48.5; 5. Samper (Fr) 1:48.5; 6. Bell (US) 1:48.9. Heats: 1-4. Bell 1:57.9. Semis: 1-1. Bell 1:50.4. 400mH, 2. Sherwood (GB) 50.2; 3. Yui (Jap) 51.2. Heats: 1-1. Whitney (US) 50.1. II-1. Sherwood 51.7. PV, 2. Seagren (US) 15'9". LJ, 3. Pousi (Fin) 24'9<sup>3</sup>/<sub>4</sub>". SP, 2. Gloeckler (WG) 61'0". HT, Ishida (Jap) 213'1". 400mR, 5. United States 40.7 (Seagren, Copeland, Whitney, Smith). Heats: 1-1. United States 40.7. II-1. Italy 40.3; 2. Great Britain 40.3. Dec. 2. Mattheis (WG) 7819; 3. Castang (Fr) 7444; 4. Herunter (Aut) 7400; 5. Hedmark (Swe) 7349; 6. Longe (GB) 7334; 7. De Noorlander (Neth) 7300; 8. Trautmann (Swz) 7274; 9. Vravnik (Yug) 7067.

KIEV, USSR--5000m, Sviridov 13:39.6; 3. Sharafutdinov 13:41.8.

UMEA, SWE., Aug. 15--HJ, Lundmark (not Hedmark) 6'9<sup>1</sup>/<sub>2</sub>".

LAHTI, FIN., Aug. 28--PV, 2. Alarotu 16'5".

ESKILSTUNA, SWE., Aug. 31--110mHH, 3. Boston (US) 15.1. PV, Lagerquist 15'11".

VAXJO, SWE., Sept. 5--1500m, Wadoux (Fr) 3:42.0; 2. Hogberg 3:43.0; 3. Garderud 3:44.5; 110mHH, John (WG) 13.8; 2. Forssander 13.9. PV, Railsback (US) 16'5<sup>3</sup>/<sub>4</sub>".

GAVLE, SWE., Sept. 9--3000m, Wadoux (Fr) 8:01.6. 110mHH, Forssander 13.8. PV, Lagerquist 15'9". LJ, Boston (US) 23'1<sup>1</sup>/<sub>4</sub>". DT, Haglund 185'11<sup>1</sup>/<sub>2</sub>". JT, Bohman 255'3".

Scandinavian news from Sven-Ivar Johansson:

KUOPIO, FIN., Aug. 3--PV, Ivanoff 16'5". JT, Nevala 255'0".

LAUTTAKYLA, FIN., Aug. 4--SP, Yrjola 60'1<sup>3</sup>/<sub>4</sub>".

KUORTANE, FIN., Aug. 8--JT, Nevala 262'6<sup>1</sup>/<sub>2</sub>".

JALASJARVI, FIN., Aug. 5--JT, Nevala 259'11".

NIRVALA, FIN., Aug. 8--SP, Yrjola 61'3" NR.

HYVINKAA, FIN., Aug. 14--3000m, Ala-leppilampi 8:01.2 NR. JT, Nevala 264'5"; 2. Paama (USSR) 256'4<sup>3</sup>/<sub>4</sub>".

KEMI, FIN., Aug. 21--PV, Kairento 16'5<sup>3</sup>/<sub>4</sub>".

KAIPOLA, FIN., Aug. 23--SP, Yrjola 60'6<sup>3</sup>/<sub>4</sub>". JT, Nevala 259'10".

AAANEKOSKI, FIN., Aug. 22--JT, Nevala 265'2<sup>1</sup>/<sub>2</sub>"; 2. Kinnunen 260'10<sup>1</sup>/<sub>2</sub>".

KARHULA, FIN., Aug. 25--PV, Alarotu 16'1".

MANTSALA, FIN., Aug. 27--PV, Ivanoff 16'1".

VAASA, FIN., Aug. 27--JT, Nevala 262'10<sup>1</sup>/<sub>2</sub>".

OULU, FIN., Aug. 30--PV, Alarotu 16'5". JT, Nevala 264'5".

OSLO, NOR., Sept. 1--5000m, Kvalheim 14:00.4.

STOCKHOLM, SWE., Sept. 2--2000m, Garderud 5:07.6.

UMEA, SWE., Sept. 2--HJ, Lundmark 6'11<sup>1</sup>/<sub>2</sub>".

HEINOLA, FIN., Sept. 3--PV, Alarotu 16'5"; 2. Orkamo 16'1"; 3. Kairento 16'1".

KUOVOLA, FIN., Sept. 4--PV, Alarotu 16'5".

GOTEBORG, SWE., Sept. 4--DT, 8. Burke (US) 152'2".

MALMO, SWE., Sept. 5-7--SP, Bruch 59'3". DT, Bruch 194'8".

HAMMERFEST, NOR., Sept. 6--DT, Lorentzen 185'10<sup>1</sup>/<sub>2</sub>" NR.

GOTEBORG, SWE., Sept. 9--DT, Uddebom 186'11".

CZECHOSLOVAKIA 107. SWEDEN 105, Stockholm, Sept. 9-10--3000mSt, Bergkvist 8:42.4; 2. Karlsson 8:43.2; 3. Holas (Cze) 8:45.0. HJ, Dahlgren 6'11<sup>7</sup>/<sub>8</sub>"; 2. Lundmark 6'10<sup>3</sup>/<sub>4</sub>". PV, Lagerquist 15'9". TJ, Nemsovsy (Cze) 52'9". SP, Bendeus 60'3<sup>3</sup>/<sub>4</sub>". DT, Danek (Cze) 196'1<sup>1</sup>/<sub>2</sub>"; 2. Bruch 185'4".

FINLAND 205, NORWAY 205, Tampere, Fin., Sept. 9-10--1500m, Kvalheim (N) 3:43.8. 5000m, Kvalheim 14:06.6. 3000mSt, Kuha 8:40.4; 2. Risa (N) 8:44.8. HJ, Vahala 6'10<sup>3</sup>/<sub>4</sub>". PV, Alarotu 16'5". LJ, Eskola 25'11"; 2. Pousi 25'6<sup>1</sup>/<sub>4</sub>"w. SP, Lorentzen (N) 59'9<sup>3</sup>/<sub>4</sub>". JT, Nevala 261'6<sup>1</sup>/<sub>2</sub>"; 2. Os (N) 256'7<sup>1</sup>/<sub>2</sub>".

LAPPEENRANTA, FIN., Sept. 12--PV, Alarotu 16'5". JT, Nevala 264'9"; 2. Savi (USSR) 257'9".

SCANDANAVIAN DECATHLON CHAMPIONSHIPS, Copenhagen, Sept. 16-17 (100m, LJ and HJ windy)--1. Hedmark (Swe) 7430 (11.1, 23'2", 44'5<sup>1</sup>/<sub>2</sub>", 6'1<sup>3</sup>/<sub>8</sub>", 50.9, 15.2, 140'5", 12'9<sup>1</sup>/<sub>2</sub>", 198'3", 4:44.7);

2. Thorlaksson (Ice) 7354; 3. Tuominen (Fin) 7308; 4. Smidt-Jensen (Den) 7293; 5. Makela (Fin) 7194.

LUND, SWE., Sept. 21--PV, Lagerquist 15'11".

MOLNDAL, SWE., Sept. 23--HJ, Dahlgren 6'10<sup>3</sup>/<sub>4</sub>".

KATRINEHOLM, SWE., Sept. 24--DT, Uddebom 185'10<sup>1</sup>/<sub>2</sub>"; 2. Haglund 185'4<sup>1</sup>/<sub>2</sub>".

Other meets not reported previously:

ROSTOK, CZECH., Aug. 3--880, Jungwirth 1:48.1 NR.

PARDUBICE, CZECH., Aug. 5-6--Dec, Kotik 7078.

OSTRAVA, Czech, Aug. 10--SP, Smid 59'7<sup>1</sup>/<sub>2</sub>".

ROSTOK, CZECH., Aug. 15--1000m, Jungwirth 2:19.2.

PRAGUE, CZECH., Aug. 19-20--110mHH, Cectnan 14.0w.

Heats: Cectnan 14.0.

GOPPINGEN, CZECH.--DT, Danek 198'11".

KAISLINGEN, CZECH.--DT, Danek 191'0".

KENYAN CHAMPIONSHIPS, Nairobi, Sept. 2-3--440,

Rudisha 46.5; 2. Kiprugut 47.0. 880, Kiprugut 1:48.6; 2. Keino 1:49.2. Mile, Keino 3:59.5... 9. Simpson (GB) 4:19.2. 3Mile, Temu 13:33.8... 6. Rushmer (GB) 14:29.0. 6Mile, Temu 28:16.4; 2. Meccer (Hun) 29:21.2; 3. Wolde (Eth) 29:32.2. 3000mSt, Kogo 8:58.8. 440IH, 2. Kogo 53.8.

CHAMBERY, FR.--400mH, Sarr (Senegal) 51.3 ENR; 2. Kozma 51.3. SP, Colnard 59'9<sup>3</sup>/<sub>4</sub>". 400mR, French team 40.3.

AIX-LES-BAINS, FR., Sept. 3--HT, Husson 224'9".

BERLIN, E. GER.--LJ, Beer 26'2<sup>1</sup>/<sub>2</sub>" NR.

ENGLAND 164. CANADA 161, FRANCE 154 (juniors), Toronto Sept. 4--HJ, Wedmann (Can) 6'10<sup>1</sup>/<sub>2</sub>".

BUDAPEST, HUN.--100m, Mihalyfi 10.3 ENR. DT, Fejer 185'11<sup>1</sup>/<sub>2</sub>". JT, Kulcsar 267'7"; 2. Krasznai 254'1<sup>1</sup>/<sub>2</sub>".

BALE, SWITZ.--200m, James (US) 21.1. HT, Ammann 216'9". JT, von Wartburg 254'4".

LEIPZIG, E. GER., Sept. 2--IJ, Dahne 53'8"; 2. Ciocchina (Rum) 52'11". 400mR, East German National Team 40.2.

BUCAREST, ROM.--HJ, Serban 6'11<sup>3</sup>/<sub>8</sub>" NR.

ODESSA, USSR--1500m, Zhelobovsky 3:41.8. LJ, Ter-Ovancyan 25'10<sup>1</sup>/<sub>4</sub>"; 2. Lepik 25'4". JT, Lusis 298'6" NR (second best of all-time; also threw 298'4" in same series).

EAST GERMANY--400mH, Singer 51.4. JT, Stolle 262'4".

POLAND--400m, Koricki 46.6. SP, Komar 61'3". DT, Piatkowski 196'1<sup>1</sup>/<sub>2</sub>". JT, Nikciuk 261'0".

EAST AFRICAN CHAMPIONSHIPS, Kisumu, Kenya (3000-feet) Sept. 10--220, J. Sang 21.0. 440, Rudisha 45.8 NR. 880, Kiprugut 1:46.3 NR. Mile, Keino 3:53.1 NR; 2. Simpson (GB) 3:57.6; 3. Mungai 4:01.0. 3Mile, (85 minutes after mile) Keino 13:31.6... 3. Rushmer (GB) 14:04.2. 6Mile, Temu 28:53.6. 3000mSt, Kogo 9:04.4. 440IH, S. Sang 50.9; 2. Songok 51.0. MileR, Kenya 3:07 NR (Nyamau, Asati, Kiprugut, Rudisha).

MANOSQUE, FR., Sept. 10--100m, Kone (IC) 10.3. 200m, Nallet 20.9. 400mH, H. Kouza 51.7. 3000mSt, Texereau 8:45.4. LJ, Pani 25'6". PV, D'Encausse 17'4" EurR, NR. 400mR, France 39.6 (Berger, Delecour, Piquemal, Fenouil).

MEDITERRANEAN GAMES, Tunis, Tun.--5000m, Gammoudi 14:02.4. HJ, Todorijevic (Yug) 6'11<sup>7</sup>/<sub>8</sub>". PV, Papanicolaou (Gr) 16'10<sup>3</sup>/<sub>4</sub>"; 2. Dionisi (It) 16'1". TJ, Areta (Sp) 53'3"; 2. Gentile (It) 52'7<sup>1</sup>/<sub>2</sub>". SP, Suker (Yug) 59'1".

ZAMBIAN CHAMPIONSHIPS, Lusaka (4500-feet), Sept. 17--400m, Keino (Ken) 49.9. 800m, Kiprugut (Ken) 1:48.9. 1500m, Keino 3:38.1. 10,000m, Temu (Ken) 29:06.4.

MAGDEBURG, E. GER.--Dec, Aun (USSR) 7979 NR; 2. Klaus 7866; 3. Lanka (USSR) 7769; 4. Fantalis (USSR) 7540.

SANTIAGO, CHILE--100m (no wind gauge but thought to be wind-aided), Moreno 10.0.

NAIROBI, KEN.--880, Kiprugut 1:47.5.

NYERI, KEN.--440IH, Songok 51.6.

KAPSOBET, KEN.--440IH, Songok 51.4.

ROME, IT.--110mHH, Ottoz 13.8.

ANNECY, FR., Sept. 10--SP, Colnard 59'2<sup>3</sup>/<sub>4</sub>".

BUHL, W. GER., Sept. 10--DT, Wipperman 202'2<sup>1</sup>/<sub>2</sub>" NR.

MUNICH, W. GER., Sept. 10--PV, Lehnertz 16'5".

NAIROBI, KEN.--880, Kiprugut 1:47.5.

LEVERKUSEN, W. GER. --Dec, Bendlin 7713; 2. Nerlich 7457; 3. Walde 7134.

KIEL, W. GER. --HT, Beyer 226'2 $\frac{1}{2}$ ".

WARSAW, POL. --SP, Komar 59'1 $\frac{1}{2}$ ". DT, Piatkowski 190'1".

LODZ, POL. --1500m, Baran 3:43.7.

BUDAPEST, HUN. --DT, Fejer 192'2". HT, Eckschmidt 225'0".

BERLIN, E. GER. --10,000m, Busch 29:07.8. 3000mSt, Hartmann 8:35.8; 2. Kochler 8:36.8. PV, Nordwig 16'8 $\frac{3}{4}$ ". LJ, Beer 25'3 $\frac{1}{4}$ ". TJ, Ruckborn 52'9". 400mR, National team 40.5.

BUCAREST, RUM. --PV, Astafei 16'6" NR.

POLAND 106, WEST GERMANY 106 (B teams), Poznan, Pol. --1500m, Baran 3:42.5. 400mIH, Gieseler (WG) 51.4; 2. Gubiec 51.6. 3000mSt, Szklarczyk 8:42.6; 2. Brosius (WG) 8:43.6; 3. Smitkowski 8:44.4. DT, Begier 193'7 $\frac{1}{2}$ "; 2. Reimers (WG) 188'1 $\frac{1}{2}$ ". HT, Fahl (WG) 217'1 $\frac{1}{2}$ "; 2. Niwinski 211'3 $\frac{1}{2}$ ". JT, Sidlo 270'6 $\frac{1}{2}$ "; 2. Struse (WG) 263'10". 400mR, West Germany 40.5.

WEST GERMANY 121, GREAT BRITAIN 90, London, Sept. 22-23--200m, 2. Campbell 21.9. 1500m, Simpson 3:42.5; 2. Whetton 3:43.3. 5000m, Rushmer 13:37.0; 2. Girke (WG) 13:41.6; 3. Taylor 13:42.6. 10,000m, Letzerich (WG) 28:41.3; 2. Hogan 28:52.8. 3000mSt, Brosius (WG) 8:38.2; 2. Herriott 8:44.0; 3. Neumann (WG) 8:46.0. 400mIH, Hennige (WG) 51.4; 2. Todd 51.7. LJ, Davies 25'5 $\frac{1}{4}$ ". TJ, Alsop 52'6". SP, Gloeckler (WG) 62'4". DT, Wippermann (WG) 190'9"; 2. Neu (WG) 190'2 $\frac{1}{2}$ ". HT, Beyer (WG) 216'0". JT, Salomon (WG) 262'2 $\frac{1}{2}$ "; 2. Struse (WG) 258'10". 400mR, Great Britain 39.8. 1600mR, West Germany 3:06.0; 2. Great Britain 3:06.2.

DUSSELDORF, W. GER. --HT, Caspers 215'0".

PRAGUE, CZECH. --3000mSt, Roelants (Bel) 8:47.4.

CHAMBERY, FR., Sept. 23--100m, Bambuck 10.2 ENR. 200m, Bambuck 20.7. 3000m, Jazy 8:23.8.

JAPANESE CHAMPIONSHIPS, Tokyo, Sept. 23--3000mSt, Saruwatari 8:43.8 NR.

NARRABEEN, AUS., Sept. 24--4Mile, Clarke 18:01.6 WB.

DRESDEN, E. GER. --SP, Prollius 62'11 $\frac{1}{4}$ ".

ERFURT, E. GER. --880, Matuschewski 1:47.6.

FRIBOURG, W. GER. --HT, Caspers 216'9 $\frac{1}{2}$ ".

TAILFINGEN, W. GER. --100m, Jurschat 10.3.

HELSINKI, FIN. --JT, Savi (USSR) 266'5".

POLAND--HJ, Czernik 6'10 $\frac{3}{4}$ ". SP, Komar 62'7 $\frac{1}{2}$ ". JT, Sidlo 262'1 $\frac{1}{2}$ ".

NALTCHIK, USSR--1500m, Verlan 3:43.4. JT, Paama 273'2"; 2. Baluyev 271'2 $\frac{1}{2}$ ".

VOLGOGRAD, USSR--LJ, Barkovskiy 26'1 $\frac{3}{4}$ ". JT, Grafov 260'7 $\frac{1}{2}$ ".

HUNGARIAN CHAMPIONSHIPS, Budapest--5000m, G. Kiss 13:58.4; 2. Mccser 14:02.0. 3000mSt, Joni 8:41.6. LJ, Kalocsai 25'7 $\frac{1}{2}$ "w. TJ, Kalocsai 53'4". SP, Varju 61'10 $\frac{1}{2}$ ". DT, Fejer 184'7 $\frac{1}{2}$ "; 2. Tegla 184'2". JT, Kulcsar 272'11 $\frac{1}{2}$ "; 2. Nemeth 271'5 $\frac{1}{2}$ ".

RUMANIAN CHAMPIONSHIPS, Bucarest--3000mSt, Vamos 8:47.0. TJ, Ciocina 53'7 $\frac{3}{4}$ ". DT, Nagy 189'8".

KOSICE, CZECH. --100m, Bohman 10.3.

BRATISLAVA, CZECH. --100m, Konec (IC) 10.3. 5000m, Hanschke (EG) 13:56.8; 2. Sharafutdinov (USSR) 13:57.4; 3. Sopsa 13:57.8; Roelants (Bel) dnf. HJ, Hubner 6'10 $\frac{3}{4}$ ".

FRANCE 138, PORTUGAL 69, Marseille, Fr., Sept. 30-Oct. 1--100m, Bambuck 10.2 ENR. SP, Colnard 60'1 $\frac{3}{4}$ ".

LENI-NAKAN, USSR--100m, Kosanov 10.2; 2. Sepeja 10.3. 200m, Bradchikob 20.8. 400m, Bradchikob 46.6. 400mIH, Skomorokhov 50.1. LJ, Lepik 26'3 $\frac{3}{4}$ "; 2. Barkovskiy 25'10 $\frac{1}{4}$ ". TJ, Kurkyevich 54'9".

FONT-ROMEU, FR. --Dec, Duclos 7019. LJ, Pani 25'6 $\frac{1}{4}$ ".

ERFURT, E. GER. --800m, Tromm 1:48.0 EurJrR.

CZECHOSLOVAKIA 112, HUNGARY 93, Prague--400mIH,

Hruss (C) 51.3. HJ, Hubner (C) 6'11 $\frac{1}{2}$ ". TJ, Cziffra 53'7". SP, Holub (C) 59'10 $\frac{1}{2}$ ". DT, Danek (C) 196'0"; 2. Fejer 188'4 $\frac{1}{2}$ ". HT, Eckschmidt 219'7 $\frac{1}{2}$ "; 2. Lovasz 214'10 $\frac{1}{2}$ ".

BERLIN, E. GER. --100m, Erbstosser 10.2 ENR. PV, Nordwig 16'5". DT, Thorith 196'8".

PISTOIA, IT. --DT, Simeon 195'5 $\frac{1}{2}$ ".

HUNGARY--SP, Varju 61'10 $\frac{1}{2}$ ".

BALKAN GAMES, Istanbul, Turkey--HJ, Serban (Rum) and Kusulas (Gr) 6'10 $\frac{3}{4}$ ". TJ, Ciocina (Rum) 54'1 $\frac{1}{4}$ ". SP, Tomislav (Yug) 59'6 $\frac{1}{2}$ ". DT, Nagy (Rum) 185'2".

## Complete European Cup Summaries

100m, Sapeja (USSR) 10.3; 2. Wilke (WG) 10.4; 3. Eggers (EG) 10.5; 4. Maniak (Pol) 10.5; 5. Piquemal (Fr) 10.5; 6. Mihalyfi (Hun) 10.6.

200m, Nallet (Fr) 20.9; 2. Werner (Pol) 20.9; 3. Mihalyfi (Hun) 21.1; 4. Tuyakov (USSR) 21.1; 5. Metz (WG) 21.1; 6. Erbstosser (EG) 21.3.

400m, Nallet 46.3; 2. Roderfeld (WG) 46.4; 3. Badenski (Pol) 46.8; 4. Weiland (EG) 47.1; 5. Savchuk (USSR) 47.2; 6. Nemesshazi (Hun) 48.7.

800m, Matuschewski (EG) 1:46.9 (51.0 last lap); 2. Kemper (WG) 1:46.9; 3. Dufresne (Fr) 1:48.2; 4. Nagy (Hun) 1:48.3; 5. Zelazny (Pol) 1:48.5; 6. Potapchenko (USSR) 1:49.9.

1500m, Matuschewski 3:40.2; 2. Tummeler (WG) 3:40.5; 3. Raiko (USSR) 3:41.2; 4. Nicolas (Fr) 3:42.2; 5. G. Kiss (Hun) 3:43.0; 6. Szordykowski (Pol) 3:44.1.

5000m, Norpoth (WG) 15:26.8 (last 800m 1:53.4 after starting in 2:31); 2. Haase (EG) 15:27.8; 3. I. Kiss (Hun) 15:29.2; 4. Stawiarz (Pol) 15:30.0; 5. Jourdan (Fr) 15:30.4; 6. Kudinski (SR) 15:35.2.

10,000m, Haase 28:54.2; 2. Mccser (Hun) 28:55.6; 3. Makarov (USSR) 28:58.6; 4. Tijou (Fr) 29:04.2; 5. Korzec (Pol) 29:52.0; 6. Gerlach (WG) 30:42.0.

3000mSt, Kuryan (USSR) 8:38.8; 2. Letzerich (WG) 8:39.6; 3. Texereau (Fr) 8:41.2; 4. Hartmann (EG) 8:42.0; 5. Luers (Pol) 8:50.0; 6. Joni (Hun) 9:02.8.

110mIH, Balikhin (USSR) 14.0; 2. Kolodziejczyk (Pol) 14.2; 3. Schoebel (Fr) 14.2; 4. Bethge (EG) 14.4; 5. Melykuti (Hun) 14.7; 6. John (WG) 16.0 (fell on third hurdle)

400mIH, Hennige (WG) 50.2; 2. Weinstand (Pol) 50.5; 3. Singer (EG) 50.8; 4. Zageris (USSR) 51.0; 5. Poirier (Fr) 52.2; 6. Ringhofer (Hun) 52.3.

HJ, Gavrilov (USSR) 6'10 $\frac{1}{4}$ "; 2. Schillkowski (WG) 6'9 $\frac{1}{2}$ "; 3. Noszaly (Hun) 6'9 $\frac{1}{2}$ "; 4. Elliott (Fr) 6'8 $\frac{3}{4}$ "; 5. Czernik (Pol) 6'8 $\frac{3}{4}$ "; 6. Koppen (EG) 6'8 $\frac{3}{4}$ ".

PV, Nordwig (EG) 16'8 $\frac{3}{4}$ "; 2. Bliznyetsov (USSR) 16'6 $\frac{3}{4}$ "; 3. Lehnertz (WG) 16'1"; 4. Wecek (Pol) 15'5"; 5. Schulek (Hun) 15'1 $\frac{1}{4}$ "; 6. D'Encausse (Fr) 15'1 $\frac{1}{4}$ ".

LJ, Ter-Ovanesyan (USSR) 26'8 $\frac{1}{2}$ "w/26'4 $\frac{1}{2}$ " ok; 2. Stalmach (Pol) 25'10 $\frac{1}{4}$ "w; 3. Schwarz (WG) 25'9" w; 4. Beer (EG) 24'5 $\frac{1}{4}$ "; 5. Margitics (Hun) 24'5"; 6. Pani (Fr) 24'2 $\frac{1}{2}$ ".

TJ, Sanceyev (USSR) 54'8 $\frac{1}{2}$ "; 2. Ruckborn (EG) 53'11"; 3. Schmidt (Pol) 53'5 $\frac{1}{4}$ "; 4. Kalocsai (Hun) 52'9 $\frac{1}{2}$ "; 5. Sauer (WG) 52'6 $\frac{3}{4}$ "; 6. Kaddour (Fr) 47'5".

SP, Varju (Hun) 63'2"; 2. Birlenbach (WG) 63'0"; 3. Prollius (EG) 61'9"; 4. Colnard (Fr) 60'10 $\frac{3}{4}$ "; 5. Komar (Pol) 60'1" 3. Gushchin (USSR) 58'6 $\frac{3}{4}$ " (injured).

DT, Piatkowski (Pol) 193'10"; 2. Thorith (EG) 189'10"; 3. Jaras (USSR) 185'8"; 4. Neu (WG) 184'4"; 5. Fejer (Hun) 180'3"; 6. Alard (Fr) 165'4".

HT, Klim (USSR) 231'6"; 2. Zsivotzky (Hun) 223'6"; 3. Beyer (WG) 219'2"; 4. Snolinski (Pol) 212'4"; 5. Losch (EG) 202'10"; 6. Chadefaux (Fr) 197'6".

JT, Lusia (USSR) 280'1"; 2. Stolle (EG) 266'2"; 3. Kulcsar (Hun) 260'8"; 4. Nikiciuk (Pol) 257'2"; 5. Salomon (WG) 254'5"; 6. Gapaillard (Fr) 229'0".

400mR, France 39.2 (Berger, Delcour, Piquemal, Fenouil); 2. West Germany 39.3; 3. East Germany 39.4; 4. USSR 39.8; 5. Poland 40.4; Hungary dnf.

1600mR, Poland 3:04.4 (Gredzinski, Borowski, Werner, Baden ski); 2. West Germany 3:04.5 (Muller, Ulbricht, Hennige, Roderfeld); 3. East Germany 3:05.8; 4. France 3:06.1; 5. USSR 3:06.2; 6. Hungary 3:08.2.

Teams: 1. USSR 81; 2. East Germany 80 (four victories); 3. West Germany 80 (two victories); 4. Poland 68; 5. France 57; 6. Hungary 53.

## National News

Results of meets partially reported previously:  
SACRAMENTO INVITATIONAL--DT, 6. Harrington (Stan) 171'1"

## Bulletin Board

### TRACK NEWSLETTER

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JUNIOR CHAMP--120HH (39-inch), Tipton (Central HS, Pontiac, Mich) 13.4 EHSR (not windy, as previously reported).

Results of meets not reported previously:

NMAAU, Albuquerque, June 3--120HH, Hal Roueche (Nn Ariz/ Fr) 14.1.

STATE JUNIOR CHAMP, Sayreville, N. J., June 17--220s, Schneider (Wachtung Hills HS, Plainfield, NJ) 20.5.

## Peter Welsh: Profile of an Individualist

by Gary Park

(Reprinted from Otago, N. Z., Daily Times)

"People don't seem to appreciate that you can get pleasure from training. But unless you enjoy what you're doing then you'll never do any good at it. When it becomes an imposition, that's when you've got to give it up. Running has never been that way with me. I have never gone out of my way to make time to run."

The significance of these words, coming from Peter Welsh, will at once seem enormous and elusive to a great many people. Until the 1966 British Commonwealth Games, Welsh was unknown to the majority of New Zealanders. Then, in the blazing heat of Kingston, Jamaica, he became Commonwealth champion by winning the 3000-meter steeplechase in a time only 3.2-seconds outside the world record. It was Peter Snell and Rome, 1960, all over again. Suddenly everyone wanted to know more about this Dunedin medical student, and as a result they probably know even less.

The picture painted of him has often been distorted out of all truth. The hidden key to his success in athletics does not exist. Peter Welsh is basically a man who runs for fun. Snell and Halberg were quintessentially men who made sacrifices. The words "sacrifice and pain" were, it seemed, their motto. Yet it would be wrong and absurd to project an image of Welsh as a revolutionary figure, as someone who has invented an entirely new formula for success in athletics. There is no mystery about his methods. He has no jealously guarded secrets. It is not what he has done, but how he has done it that really matters.

If his thinking on athletics appears incompatible with success, this can only be blamed on convention, and convention is not something he accepts lightly. He is, in fact, a very singular young man. But he does not stand aloof. He is always willing to talk about sport and the influence it has had on his life. Those who have had any association with Welsh will have found him open and fluent, betraying none of the eccentricities one finds in many champion athletes. He possesses the essential pride of a champion, but no adolescent conceit. He has sport in its proper perspective and to this end leaves no doubt in anyone's mind that there is a profession before him on which he anchors his life. Not every 23-year-old has his objectives so clearly appointed.

The demands Welsh meets would frighten most people. Aside from being a fifth-year medical student and Commonwealth Games gold medalist, he has accepted responsibility on the administrative side of his sport and was until recently president of the Medical Students' Association. But he can give the impression of being utterly absorbed with every fiber of his body in what he is doing and damn what the rest of the world thinks.

His perceptive mind, his humor and, at times, his boyish enthusiasm make him a most refreshing person to be with. This all came home to me in a 90-minute interview. He has a forthright answer to every question and showed no mixed mind about anything.

On one particular subject, his views were especially strong. I had asked what he thought about athletes who had sacrificed much in their quest for success in sport. "They obviously haven't got their sense of values," he said. "Athletics isn't where the ultimate satisfaction in life is gained. I mean, after all, this is only one form of human endeavor. But if you have to pass up something wherein your calling is so much greater, I think this is wrong. This is why it would be wrong for me to give up medicine for a year in favor of athletics, although I could probably do well at it."

So how does Welsh keep athletics from interfering with his studies while, at the same time, working almost to the top rung of an event which has often been called the "killer of the track"? He does not pretend that it is easy. The main requirement is time, and he has organized this in a way which few would believe possible. His preparations for the Games in Jamaica spanned over 14 weeks and in that period he allowed himself an absolute maximum of 2½ hours for training each day. "I had one hour for lunch, between one and two normally, and from 12 to one there was a lecture for the whole group of 250 (medical students) which meant that this was probably the most dispensable part. I would get away from the hospital about 11:45 and be back at two. I didn't miss a minute of clinical time, so that I wasn't sacrificing anything at all."

On leaving the University, he would "run to the golf course

(Balmacewen), quarter of an hour; run up and down the hill (the fifth fairway), three-quarters of an hour; back to the University, quarter of an hour; out to the Cale, quarter of an hour; run round the track, half an hour; run back to University, quarter of an hour." By following this circuit, he kept his training as painless as possible. He was also able to guarantee that by covering a certain number of miles he was benefiting from the work.

Many have asked whether Welsh would have achieved greater success in athletics than he already has by devoting more time to the sport. I put this one to him. "No, I don't think I could have," was the reply, "because two hours a day is, I feel, optimum. This is the time you can keep yourself going in one run without getting horribly brassed off. You can probably run three hours a day if you condition yourself to it, but I don't think it's necessary. It becomes too much like an imposition on oneself, and it's never been that way with me. I know exactly what I enjoy doing and I tend to do the sort of running I like. Just because it's convention to do so many repetitions, I don't do them because I don't like them."

These are comments which would surely cause a crisis of quasi-religious doubt among some athletes. Welsh, because of single-mindedness, can also affront other shibboleths. He has never had a coach and has never felt the need for one. He never runs time trials. He never keeps a check on his mileage. He never reads coaching books. He has been his own taskmaster.

"To win an Olympic gold or any gold you've got to be the sort of personality who has thought things out for himself. You're independent. This is the character of the person that wins. Someone who is dependent on a coach hasn't got the temperament to make it... well... I may be wrong. But I think one has got definite ideas on where one is going... you're open to reason and suggestions as I always have been. You also become very discriminating. I'm not self-sufficient, that's for sure. But having a coach means that he is going to work out a program for you. I never do this. Some days I go out and I don't want to do something. So why do it? I have never felt the need for time trials because I cannot push myself sufficiently without the motivation. I never go to anyone for advice because I've never felt the need. I never read any books on athletics. This must look very egocentric... but it's not that way at all.

"I certainly wouldn't advocate my form of training for anyone else... they can try aspects of it... but sooner or later if they are going to make the grade, they will have to work out their own formula. This is what I've done over the years with bits of advice from lots of people. It hasn't come to me in a moment of inspiration... my method of training."

Welsh's entry into athletics and his early progress could be applied to any number of New Zealanders. It is a familiar story. While at primary school, he took part in a wide range of sports and showed a natural aptitude for all. He played schoolboy rugby for Otago, captained an Otago schoolboy golf team (at one stage his handicap was six), played cricket, swam and took part in the school sports. At the primary school level, hurdling was his forte. "I wasn't much of a sprinter, but I found I was able to hold my own in the hurdles."

Then it was on to Otago Boys High School. He still played his cricket, but a number of significant things happened in athletics. He filled a vacancy in a school relay team, took the junior championship by winning the shot put ("I regard that as one of my best wins because it made the difference between winning the cup and not") and had a schedule prepared for him by Frank Cameron, the New Zealand cricket representative. He also received guidance from Mr. R. O. Johnson, a 1930 Empire Games athlete, and began to make long Sunday runs with two leading Otago athletes, Bruce Cooper and Stewart McCrostie. "This was before Rome, before everyone got on the Lydiard bandwagon."

The future was gradually taking shape. Successes in the in the Otago-Southland secondary schools championships and two New Zealand junior cross country titles gave him extra incentive. In 1960, he was training five days a week, and in 1961 he went up to six days a week and began "to get really fit." But at no time was there any suggestion of hard work or regimentation in his training. "I found I was able to retain my pleasure for running by doing something a little bit different. Some days I would take a golf club, belt two balls and chase after them."

It was just another example of how he refused to be tied to convention, and this was again evident when he entered the University in 1962. Many people told him he would not be able to continue with his running, but Welsh was undeterred and during the winter of that year he showed how much running had become a part of him. "I used to get out at night and run between 9:30 and 10:00, come home, have a bath and get up at 4 o'clock in the morning to do my study. That was terrible. I don't know why I did it. But it enabled me to finish sixth in the national senior cross country... and that was what determined me to run seriously." (more)



The next step was his transition from a cross country into a track runner. This came about in 1963 through the suggestion of Mr. Johnson that he should try hill running with high knee step-ups to improve his speed. Now, hill training is one of the most vital aspects of his training. He has found an ideal piece of ground--the steep slope on the fifth fairway at Balmacewen--on which he can use his body weight for resistance running up the hill. "I don't believe in bogging around in sand, although a lot favor it. I can use my own body weight as resistance on a hill, developing my spring. This I feel has been quite decisive in my track racing... I was considered a good, natural cross country runner with an economical stride, but now I bounce along on the track. I suppose you could say it was acquired. I was certainly never born with a natural, bouncy, flowing stride on the track like some people are."

By now it should be patently obvious why some consider Welsh an individualist. It was even suggested at Jamaica that he was almost a lone wolf, training by himself much of the time. "That's right," he said. "I did train by myself. I knew what I wanted to do and I wasn't going to change just because the others wanted to run at 6 o'clock in the morning. I mean, I don't like getting up at 6 o'clock, so why get up at 6 o'clock?"

"I guess I'm certainly an individualist. This is why I'll have a few drinks like anyone else and have a good time... I'll go to a ball and have a good time. After all, you're not gaining anything by making athletics an imposition. And what's wrong with having a swim and a can of beer after training, as I did in Jamaica... just because it's not done in the best textbooks." As he pointed out, he knew what he was in Jamaica for and he had his own set views on how to achieve his goals. "After all, I didn't get there on nothing."

In a way, this determination to follow his own course is associated with his dislike for being beaten, except when he has done "as well as I feel I am capable of doing. I've never liked being beaten at anything... never. This is why I work hard on my books, too. I feel that one is a failure if you are aware of your capabilities but never realize them. I would be failing if I didn't work as hard as it was possible for me to work. This is the way I look at my running. The greatest pleasure is in doing something which is difficult and hard--you have got to work at it--and running a race which is testing and finding, well, my time is so much better than it was before... I've improved... I've achieved something... I've beaten myself. This is the sense of satisfaction which every athlete gains, whether he comes last in a race or first."

Perhaps these last few words best convey his philosophy on athletics. The personal challenge is made for people like Peter Welsh. It is this desire to give of his best which lay behind his statement after Jamaica that he would not run another steeplechase race until he was 100 per cent fit.

But running itself is a different matter. "I will run each day of my life now, probably until the end of it," he said.

### 1968 Mexico City Olympic Time Schedule

#### Sunday, Oct. 13

10:00 Men: 100m 1st round, 3:30 Women: LJ finals.  
 JJ qual. Women: LJ 4:00 Men: 100m 2nd round.  
 qual. 4:30 Men: 10,000m final

11:00 Men: 800m heats.

3:00 Men: 400mIH heats,  
 JT finals.

#### Monday, Oct. 14

10:00 Men: DT qual., PV 3:30 Men: DT finals. Wo-  
 qual. Women: 100m men: 100m semis.  
 heats, HJ qual. 4:00 Men: 800m semis.  
 10:30 Women: 400m heats. 4:30 Men: 20km walk final.  
 11:00 Men: 100m semis. 4:45 Men: 100m final.  
 3:00 Men: 400mIH semis. 4:55 Men: 3000mSt heats.  
 Women: HJ finals.

#### Tuesday, Oct. 15

10:00 Women: 80mH (pent), 3:30 Men: TJ finals.  
 JT qual. 3:40 Men: 200m 2nd round.  
 10:30 Men: 200m 1st round. 4:00 Men: 5000m heats. Wo-  
 Women: SP (pent). men: HJ (pent).  
 11:00 Men: TJ qual. 5:25 Men: 400mIH final.  
 3:00 Women: 100m semis, 5:40 Women: 100m final,  
 JT finals. 6:00 Men: 800m final.

3:20 Women: 400m semis.

#### Wednesday, Oct. 16

10:00 Men: 110mHH heats, SP finals. Women:  
 HT qual., SP qual. LJ (pent).  
 10:40 Men: 200m semis. 3:30 Women: 400m final.  
 11:00 Men: 400m heats. 3:45 Men: 200m final.  
 2:00 Men: PV finals. 4:15 Women: 200m (pent).

3:00 Men: 110mHH semis,	4:40 Men: 3000mSt final.
<b>Thursday, Oct. 17</b>	
11:00 Women: 200m heats.	3:40 Women: 200m semis.
11:30 Men: LJ qual.	4:00 Women: 80mH heats.
1:30 Men: 400m semis.	4:35 Men: 400m final.
2:00 Men: HT finals. Wo-	5:00 Men: 110mHH final.
men: 800m heats.	5:30 Men: 5000m final.
2:00 Men: 50km walk final.	6:00 Men: LJ finals.
<b>Friday, Oct. 18</b>	
10:00 Men: 100m (dec).	3:30 Women: DT finals,
Women: DT qual.	200m final.
10:40 Men: LJ (dec).	3:45 Men: 400m final.
11:00 Men: 1500m heats.	4:10 Women: 80mH final.
11:30 Women: 800m semis.	4:30 Men: HJ (dec).
3:00 Men: SP (dec). Wo-	6:00 Men: 400m (dec).
men: 80mH semis.	
<b>Saturday, Oct. 19</b>	
10:00 Men: 110mHH (dec).	2:00 Men: PV (dec).
10:30 Men: HJ qual.	3:00 Men: 400mR heats.
10:40 Men: DT (dec).	Women: SP finals.
11:00 Women: SP qual.	4:00 Men: JT (dec).
11:10 Women: 400mR heats.	4:40 Women: 800m final.
11:30 Men: 1600mR heats.	5:00 Men: 400mR semis.
12:00 Men: 1500m semis.	6:00 Men: 1500m (dec).
<b>Sunday, Oct. 20</b>	
4:00 Men: HJ finals.	4:50 Men: 400mR final.
4:10 Men: marathon final.	5:20 Women: 400mR final.
4:20 Men: 1500m final.	5:50 Men: 1600mP final.

### Comparison of High School Marks

by Hugh Gardner

An evaluation of the top two dozen all-time schoolboy performances by the Portuguese and the IAAF scoring tables finds both scorings out of line and ridiculously out of line and giving vaulters 10 of the top 24 rankings.

The first score is Portuguese, followed by the IAAF. Field event measurements were converted with Potts' tables. On the track the straightaway 220s were converted by adding 3/10ths to "make a turn" and subtracting 1/10th for the metric equivalent. Turn marks for 220 had 1/10th subtracted before scoring.

Unfortunately, no tables show the high school shot, discus hammer or hurdles (either 39-inch highs, 180-yard lows or 330 intermediate).

Port	IAAF	Mark	Athlete	Date
1003	1031	20.2s	Forrest Beaty (Hoover, Glendale)	5/27/
998	1064	16'6 <sup>3</sup> / <sub>4</sub> "	Paul Wilson (Warren, Downey)	3/20/
994	1042	3:55.3	Jim Ryun (East, Wichita, Kans)	6/27/
993	1006	20.6t	Clyde Glosson (Whitly, SA, Tex)	4/30/
991	1052	16'5"	Jon Vaughn (Corona, Calif)	8/18/
990	1050	16'4 <sup>3</sup> / <sub>4</sub> "	Paul Wilson (Warren, Downey)	3/ 2/
988	1047	16'4"	Paul Heglar (Muir, Pasadena)	7/12/
984	1040	16'3"	Paul Heglar (Muir, Pasadena)	3/
984	1040	16'3"	Paul Heglar (Muir, Pasadena)	14/
984	992	7'1"	Stan Albright (Glwd, Cleveland)	6/26/
984	1040	16'3"	Paul Heglar (Muir, Pasadena)	8/ 5/
984	1043	9.3	Billy Gaines (Clvw, M Hill, NJ)	5/20/
984	1043	9.3	Billy Gaines (Clvw, M Hill, NJ)	6/ 3/
984	1043	9.3	Billy Gaines (Clvw, M Hill, NJ)	6/11/
983	1027	3:56.8	Jim Ryun (East, Wichita, Kans)	6/ 4/
982	1006	20.4s	Forrest Beaty (Hoover, Glendale)	5/25/
982	1006	20.7t	Phil Underwood (Dorsey, LA)	5/21/
982	1006	20.7t	Mel Gray (Mont, Sta Rosa, Cal)	6/ 3/
981	1035	16'2 <sup>3</sup> / <sub>4</sub> "	Paul Heglar (Muir, Pasadena)	4/29/
981	1035	16'2"	Paul Heglar (Muir, Pasadena)	8/ 4/
979	1012	3:39.0	Jim Ryun (East, Wichita, Kans)	6/28/
978	1023	13:44.0m	Gerry Lindgren (Rgrs, Spokane)	6/ 5/
978	1008	26'3 <sup>3</sup> / <sub>4</sub> "	Jerry Proctor (Muir, Pasadena)	6/23/
977	1031	16'1"	Bob Steinhoff (Warren, Downey)	3/27/

Those moving into the top 24 by using only the IAAF table are the following:

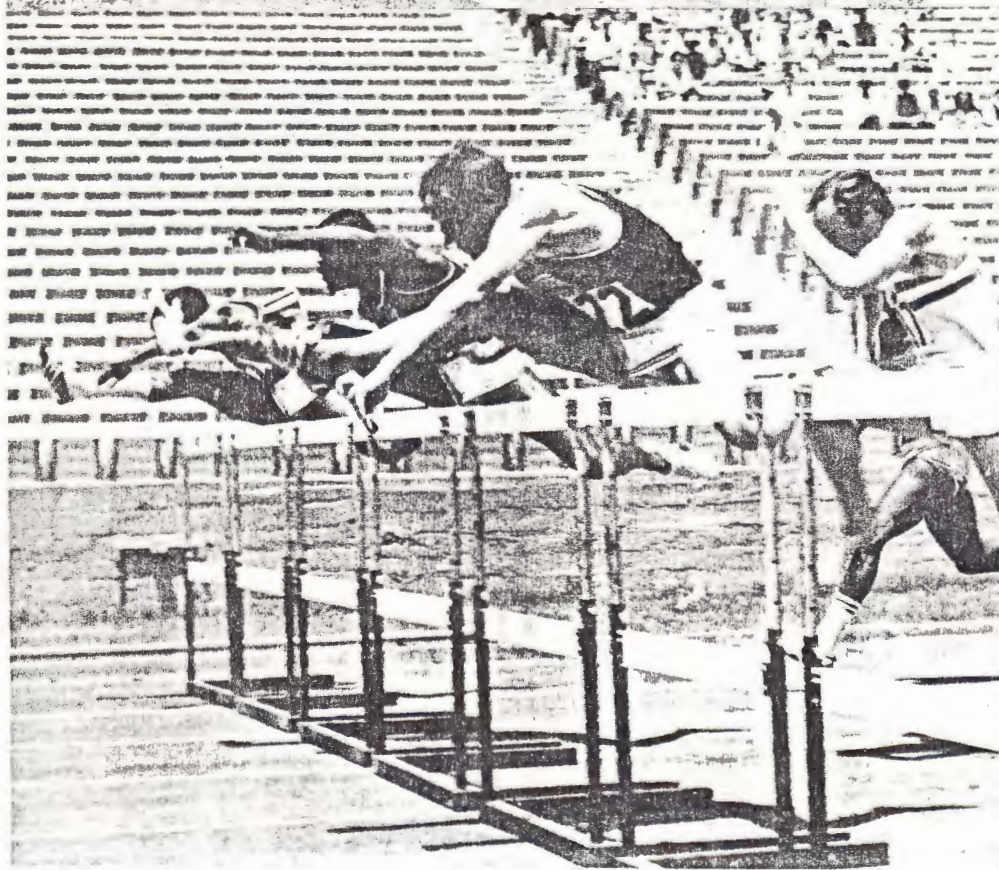
957	1014	9.4	Jesse Owens (E Tech, Clevelnd)	6/17/
957	1014	9.4	Jim Jackson (Alameda, Calif)	5/22/
957	1014	9.4	Jimmy Hines (McC, Oakland, C)	5/ 8/
963	1014	10.2m	Billy Gaines (Clvw, M Hill, NJ)	3/12/
957	1014	9.4	Kirk Clayton (Scville, BR, La)	4/ 9/
963	1014	10.2m	Billy Gaines (Clvw, M Hill, NJ)	3/25/
957	1014	9.4	Willie Black (TT, Ft Worth, Tx)	3/25/
957	1014	9.4	Jimmy Green (Eminence, Ky)	4/15/
957	1014	9.4	Mel Gray (Mont, Sta Rosa, Cal)	6/ 3/





USA - COMMONWEALTH/ Photos by Jeff Kroot

Top row: Left, JIM RYUN sliced 2.5 seconds off the world 1500-meter record with his 3:33.1 clocking that left KIP KEINO 4.1 seconds behind. Middle, Despite temperatures well above 90° on the floor of the LA Coliseum, the 5000 was quick as well as competitive. Just after the start, it's GERRY LINDGREN (finished 3rd, 13:47.8) leading, trailed by BOB DAY (dnf, injured), RON CLARKE (2nd, 13:40.0), LOU SCOTT (5th, 15:07.6), DICK TAYLOR (4th, 13:52.0) and KIP KEINO (1st, 13:36.8). Right, It was even hotter during the 10,000 the first day, and it took its toll in the times. At this juncture early in the race, BRUCE TULLOCH (5th, 31:04.0) paces NAFTALI TEMU (1st, 29:01.8), VAN NELSON (2nd, 29:36.0), RON HILL (3rd, 29:55.0), RON LARRIEU (6th, 32:07.8) and TOM LARIS (4th, 30:00.6).



Bottom row: Left, the high hurdle race. From left, it's EARL MC CUB (1st, 13.6), RICHMOND FLOWERS (2nd, 13.6), RON WHITNEY (far left) won the 400 at 49.3. GARY KNOKE (5th, 50.2) and DELMON MC NABB, the NCAA and AAU champion, won this meet of 269'3" to cop the title.





By from the outset among the Americans, 13.7), WILLIE DAVENPORT (1st, 13.8), and PARKER (4th, 14.2). Middle, in the fastest time of the year, 50.0) follow. Right, champ, pulls out a life-time best during the meet, but later injured his elbow after the meet.



# What Became of Top Prep Half-Milers?

by Tom Gleason  
It has long seemed to some of the staff members of T&FN that on the whole top prep half-milers do not become leading national and international caliber athletes following graduation from high school.

The following table traces the "progress" of the fastest five 880 men in high school for the past seven years. Although no conclusions can be drawn from this study because we have not compared the event to the other standard events, the results are interesting.

Few have developed into consistent performers. While some are still maturing, it's still a fact that only six of the 31 athletes considered (four appeared for two years) have been listed as one of the nation's five fastest half-milers in open class competition: Jan Underwood, John Garrison, George Hunt, Jim Ryun, Dennis Carr and Larry Kelly. Two others, Ron Whitney and John Camien, have excelled in other events.

=metric mark converted to yard equivalent; i=in-doors; r=relay leg; \*=junior class standing.

	1980	HS Best	1961	1962	1963	1964	1965	1966	1967
Ray Van Asten (Bonita)	1:51.9	1:49.4	1:48.6	1:49.9	1:49.2	--	--	--	--
Jan Underwood (Buena Park)	1:52.0	1:50.6	1:51.7	1:51.0	1:48.7	--	--	--	--
Ralph Lee (San Mateo)	1:52.1	1:52.9	1:51.3	1:50.8	1:52.1	1:49.3	1:53.0	--	--
Ron Whitney (Downey, Modesto)	1:52.7	1:52.3	1:51.1	1:48.6	1:49.6	1:49.6	1:49.6	50.4	49.8
Larry Rhodes (Abilene, Tex)	1:52.9	--	--	--	--	--	--	--	--
1961									
Tom Sullivan (St George, Ill)	1:50.6		4:05.7	--	4:02.3'	4:04.1	--	--	--
Marty Ferko (Holy Cross, NYC)	1:51.5		9:28.4 St	--	--	--	--	--	--
Ed Duchini (Power Memorial, NYC)	1:51.8		1:52.5	1:50.0ri	1:51.7i	1:52.5	--	--	--
John Camien (Sewanhaka, NY)	1:52.6		4:09.7	4:00.7	3:57.9'	4:02.1	3:58.7'	--	--
Mike Gibeau (Lincoln, SF)	1:53.0		1:50.1	1:49.7	1:50.5r	1:48.7	--	--	--
1962									
Gene Tetreault (Public, Conn)	1:51.6		--	--	--	--	--	--	--
Doug Parker (Chico)	1:52.2		1:50.2	1:49.8'	--	--	--	--	--
John Garrison (Hoover, San Diego)	1:52.7		1:51.7	1:49.6	1:47.4	3:58.1	--	--	--
Gene Westmoreland (Lamesa, Tex)	1:52.8		--	--	--	--	--	--	--
Chuck Frawley (Tascosa, Tex)	1:53.0		1:52.5	1:52.0	1:53.7	--	--	--	--
1963									
Dennis Carr (Lowell, Whittier)	1:49.2				1:49.7	1:50.2	1:47.8	1:48.3	1:47.5
Bob Hose* (Madison, San Diego)	1:51.7				1:49.2	1:48.3	--	--	--
George Hunt (Alton, Calif)	1:51.7				1:49.3	1:47.7	1:47.5	1:47.5	1:47.5
Mike Coley (Santa Maria)	1:52.5				--	--	--	--	--
Larry Arnett* (Pasadena)	1:52.6				1:51.6	--	--	--	--
1964									
Bob Hose (Madison, San Diego)	1:49.2					1:48.3	--	--	--
Jim Ryun* (East, Wichita, Kans)	1:50.3					1:50.5	1:44.9	1:44.9	1:44.9
Larry Kelly* (Maine East, Ill)	1:50.4					--	1:51.2i	1:51.2i	1:51.2i
Devone Smith (Compton)	1:51.1					1:49.4	1:50.1	1:50.1	1:50.1
Larry Arnett (Pasadena)	1:51.6					--	--	--	--
1965									
Richard Joyce (Sierra, Whittier)	1:48.8						1:52.3	1:52.3	1:52.3
Clark Mitchell (Bakersfield)	1:49.0						1:50.3	1:50.3	1:50.3
Jim Ryun (East, Wichita, Kans)	1:50.5						1:44.9	1:44.9	1:44.9
George Coon (Miramonte)	1:50.9						1:53.5	1:53.5	1:53.5
Craig Grant (Proviso West, Ill)	1:51.4						--	--	1:51.4
1966									
Terry Rogers (Hilltop, Chula Vista)	1:50.4						--	--	--
Rich Mesmer (Shadle Park, Spokane)	1:51.4						--	--	--
James Jackson* (Boys, Brooklyn, NYC)	1:51.5						--	--	1:51.5
Karl Henry (Eisenhower, Rialto)	1:51.5						--	--	--
Fred Lake (Rogers, Spokane)	1:51.6						--	--	--

## An Athlete Looks at Igloi's Methods

by Arnd Kruger

(Story by the ex-UCLA half-miler is reprinted from Athletics Arena)

One of the most successful and often discussed coaching personalities is the 59-year-old Mihaly Ignacz Igloi. Admired, sometimes criticized, but no doubt successful, Igloi is among the best known coaching personalities today. Formerly of Hungary, he moved to the US in 1956 and is at present the coach of the Santa Monica Athletic Association. His impact on Hungarian distance runners at the Honved Club in Budapest made world headlines and history. His successes with American distance runners are well known. His latest prospect, Joe Lynch, 22-year-old law student, is predicted by Igloi to get close to 8:22 and 12:52 for two-miles and three-miles.

Igloi's training is based on the Freiburg interval principle which today is regarded as outdated. Although it differs from the Freiburg method in quantity and distribution of the work, it might not be accepted by the majority of distance coaches. Nevertheless, even in the days when complex endurance training is used by most coaches it is interesting to note that Igloi's methods still bring outstanding results. Perhaps we have not yet heard the last word on endurance training and the interval principle.

Igloi made his first contact with track at the age of 17. At 19, he was the junior pole vault champion of Hungary and from 1929 to 1933, he studied physical education at the University of Budapest. It was during his studies that he became interested in middle distance running and clocked 2:01.0 for 800-meters and 4:18.0 for 1500-meters.

In 1933, he had an opportunity to watch the training of Polish distance champion Janis Kusocinski, who used a type of interval training based on 200-meter repetition runs. This gave Igloi an incentive to use the same method in his own workouts and he made remarkable

progress. He became an Olympian in 1936 and reduced his 800 time to 1:53.9, 1500 to 3:52.0 and clocked 5:29.0 and 8:28.8 over 2000- and 3000-meters, respectively. During a training camp at Vieron in Finland, he also gained his first hand experience in fartlek, which he later used in his training method.

However, it was Dr. Misangi, under whom Igloi studied at the University of Budapest, who had the strongest influence on the development of his training system. From Misangi, he learned the importance of the long and slow progression required to adapt the athlete to his tasks. He also learned that a coach has to be more than just a computer calculating the daily training loads for the athletes.

After the war, Igloi continued his job as a physical education teacher until finally, in 1951, he became the professional coach of the Budapest athletic club. Although he was coaching all events, Igloi made his name in working with distance runners. His athletes set 49 Hungarian, 25 European and 21 world records and Andras Csej, Sandor Iharos, Istvan Rozsavolgi and Laszlo Tabori dominated distance running for many years.

After the 1956 Olympic Games in Melbourne, Igloi went to the US with Tabori and is now an American citizen. Assisted by Lif magazine, he established the Santa Clara Valley Youth Village and with Jim Beatty and Tabori started another era of records. In 1966 his group moved to the south and formed the Los Angeles Track Club which won 25 AAU titles and set 19 US records. Altogether, Igloi's milers have, in the US, broken four-minutes on 40 occasions, more than the total of all runners coached by others.

How does Igloi's training differ from other distance coaches? Each training dose is set by Igloi individually for each athlete. The athlete trains under the observing eyes of his coach, who makes necessary adjustments according to his observations. For this reason

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the training is carried out only on a track (cinders or grass).

The training is based on the interval principle which differs from the Freiburg method in two major points--quantity and distribution. To allow for a constantly increased training intensity and load, the repetitions are conducted in series and different distances are used for active recoveries.

In principle, all athletes train alone. This rule is by-passed for time-trials or, on especially hard training days when stronger runners assist the weaker.

It is impossible to give a picture of an average Igloi training plan. He has over 40,000 different ones. However, I watched some of his students at Santa Monica City College track in action and left wondering how the human body can stand it.

A normal workout lasts about three hours and starts with a five-mile warm-up run, followed by 15 long accelerations with jog back recoveries before the real work begins. A 13-year-old girl, for example, performed, after the warm-up, four series of six 400-meters with 200-meter recovery jogs, and 10 fast 100-meter sprints between each series. She covered over 13 miles in one single workout. One of the male athletes followed the same warm-up with five series of 12 x 400-meters with 200-meter recovery jobs. Between each series he executed one rather brisk 1200-meter run. He covered about 28 miles during this sessions, and trains in addition 1 1/2 to two hours in the morning every day of the week. A 30 hour training

week is regarded as normal.

Igloi compares his athletes with violin players preparing an important concert. They repeat the same piece thousands of times, repeat parts of it, and are for hours occupied with their task. The runner who prepares for an important meeting cannot get bored running around on the circular track. Like the artist, he has an important aim--to play the first violin in the concert of the world's best trackmen.

One of Igloi's ex-runners compares him with Attila, who requested obedience from the Mongols. He assured to take them to promised land thousands of miles away. Those who believed in him covered the distance in many hard stretches (interval principle) reached the land Attila had promised. But there is a need for enormous willpower and belief to avoid being left on the road. Igloi, the sportsman with sparkling eyes, does the same. He promised success. The success of his best athletes gives him, to some degree, the strength to make such promises.

Igloi's method has often been discussed, but his training methods have never been published with explanations. Igloi himself is usually silent. His only work covering his training principles was published as a part of the book "atletika" in 1956. To my knowledge, it has never been translated.

When asking about his method one is met with silence because the "system" can't be parted from the person Igloi. The person who knows how to use it, he improves it constantly and understands how it leads to success.

### Amendments to January Annual Edition 1966 Lists

These are corrections and additions to the Jan., 1967, annual issue. (a=add; d=delete; c=correction)

#### WORLD LIST

<b>100 Meters</b>		
(a) 10.3	Bob Lay (Aus) 1 Sydney	12/31
(a) 10.3w	Igor Suvorov (USSR) 2 Moscow	6/26
(c) 10.2	Gaoussou Kone (IC) 1 Manresa, Sp	7/14
<b>200-Meters</b>		
(c) 20.9	Manuel Planchart (Ven) 1 Caracas	5/25
<b>400-Meters</b>		
(a) 46.5*	Julio Meade (Dom Rep) 1 Sacramento	6/18
(c) 46.6	Gary Eddy (US) 1 Perth	3/26
<b>800-Meters</b>		
(c) 1:47.5	Mathias Seidler (F. Ger) 2 Kienbaum	8/27
(c) 1:47.7	Paul Roekaerts (Bel) 1 Cointe	7/24
<b>1000-Meters</b>		
(a) 2:19.8	Stanislav Jungwirth (Cze) 1 Prague	8/25
<b>1500-Meters</b>		
(a) 3:41.3	Maurice Lurot (Fr) 2 Rennes	6/15
(a) 3:41.6+	Cary Weisger (US) 2 Berkeley	7/17
(a) 3:43.3	Jim Grelle (US) 1 Perth, Aus	3/26
<b>5000-Meters</b>		
(a) 13:45.0	Allan Rushmer (GB) 1 London	8/20
<b>10,000-Meters</b>		
(a) 28:37.8	Allan Rushmer (GB) 5 Budapest, Hun	8/30
(c) 28:20.8	Gaston Roelants (Bel) 1 Oslo, Nor	7/12
(d) 28:59.6	Franc Cervan (Yug) 1 Osijek	10/
(c) 28:47.8	Peter Kubicki (W Ger) Berlin	7/1
(c) 29:19.0	Anatoliy Skripnik (USSR) Yalta	10/30
(a) 29:10.4	Alvaro Mejia (Col) Bucaramanga	9/
<b>3000-Meter Steeplechase</b>		
(c) 8:32.4	Aleksandr Morozov (USSR) 2 London	6/18
(c) 8:43.0	Rainer Dörner (E Ger) Rostock	5/18
<b>200-Meter Low Hurdles</b>		
(c) 23.3	Anatoliy Kazakov (USSR) h Leningrad	10/2
(a) 23.1*	Septimus Serfontein (SA) 4 Bloemfontein	4/11
(c) 23.5w	Jean-Paul Jeannot (Fr) 1 Pamiers	5/29
<b>Pole Vault</b>		
(a) 16'6"	Dick Railstack (US) 1 Los Angeles	7/6
(c) 16'0"	Phil White (US) 2 Walnut	3/12
<b>Long Jump</b>		
(a) 26'11"	Bill Miller (US) 1 Abilene	7/16
<b>Triple Jump</b>		
(c) 53'5 1/2"	Samuel Igun (Nig) * Kingston, Jam	8/11
	*=best legal mark in competition	
(c) 52'11 1/2"	Vladimir Goryayev (USSR) Minsk	6/15
<b>Shot Put</b>		
(a) 59'1"	Ivan Ivancic (Yug) Indjija	10/23
(c) 61'4 1/2"	Tomislav Suker (Yug) 1 Sarajevo	5/28
(c) 60'7 1/2"	Boris Georgiyev (USSR) 1 Tallinn	9/3
(c) 58'9 1/2"	Hans-J. Rothenburg (E.G) Luckenwald	4/6
(c) 60'2 1/2"	Larsen Samsam (Mor) 2 Eugene	6/2
(c) 64'0 1/2"	Les Mills (NZ) 1 Auckland	12/10
<b>Discus Throw</b>		
(c) 194'8"	Vladimir Lyakhov (USSR) 1 Leselidze	9/29
(c) 186'3"	Guram Gudashvili (USSR) 1 Vilnius	7/15
(a) 190'0"	Vyacheslav Svyetailo (USSR) 1 Leselidze	5/2
<b>Hammer Throw</b>		
(c) 218'10"	Yuriy Bukarinov (USSR) 2 Leselidze	9/29
(c) 218'7"	Anatoliy Shuplyakov (USSR) 1 Moscow	8/6
(c) 216'6 1/2"	Vasily Rudenkov (USSR) 2 Leselidze	9/22
(c) 215'1"	Anatoliy Maksimov (USSR) 1 Kiev	10/28
(c) 214'3"	Yuriy Nikulin (USSR) 2 Tashkent	2/20
(c) 213'7"	Vasily Zhariy (USSR) 2 Kiev	10/28
(c) 212'10"	Olyeg Parkhomyenko (USSR) 3 Leselidze	4/16
(a) 213'11"	Ivan Moisyas (USSR) 1 Lugansk	8/20

(a) 213'4"	Viktor Tatarintsev (USSR) 1 Baku	12/10
(a) 211'9 1/2"	Mikhail Klyuyev (USSR) 1 Moscow	6/4
(a) 208'1"	Valeriy Pluzhnikov (USSR) 1 Moscow	5/21
(a) 207'5 1/2"	Vyacheslav Mikheyev (USSR) 1 Minsk	8/27
(c) 214'5"	Anatoliy Bondarchuk (USSR) 1 Rovno	8/27
(c) 215'3"	Egon Andris (USSR) 1 Tbilisi	10/25
(c) 222'5"	Gennadiy Kondrashov (USSR) 1 Leselidze	4/16
<b>Javelin Throw</b>		
(c) 281'2"	Janis Lusis (USSR) 1 Moscow	7/10
(a) 265'9 1/2"	Vyacheslav Gorovoy (USSR) 1 Cherkassi	9/2
(a) 256'7 1/2"	Nikolay Shagalov (USSR) 1 Lvov	7/28
(a) 253'9"	Georgiy Zinovyev (USSR) 1 Perm	9/3
(c) 252'6"	Sergey Shurkhal (USSR) q Dnyeprop	8/12
(c) 259'11"	Bernardas Burakas (USSR) 1 Minsk	7/31
<b>Decathlon</b>		
(c) 7457	Janis Lanka (USSR) 1 Leselidze	23-24/4
(c) 7272	Werner Glatz (EG) 2 Potsdam	5/28-29
(d) 7361	Wolfgang Utech (EG) Berlin	6/11-12
(a) 7153	Phil Mulkey (US) 1 Gainesville	7/8-9
(a) 7148	Joachim Kruger (WG) 2 Manosque	10/8-9
<b>US LIST</b>		
<b>100-Yards</b>		
(a) 9.5	Jimmy Jasper (Hwd Cty JC) Roswell, NM	5/7
<b>One-Mile</b>		
(c) 4:05.1	Dennis Carr (So Cal) 1 v Ore St	4/29
<b>Two-Miles</b>		
(c) 8:58.4	John Link (So Cal) 1 AC/Long Beach	1/14
<b>Three-Miles</b>		
(c) 13:29.8	Chris Westman (Wash St) 2 Nn Div	5/14
<b>Six-Miles</b>		
(c) 29:22.4	Chris Miller (L & C) 1 Savage Inv	6/12
(c) 29:25.6	Bob Price (Calif) 2 AC	12/10
(a) 29:27.0	Ralph Bushmann (Spartan AC) 1 NEAAU	6/14
<b>10,000-Meters</b>		
(c) 30:27.0	Bob Price (Calif) 2 AC	12/10
(a) 31:25.3	Ron Byers (Calif Fr) 3 AC	12/10
<b>3000-Meter Steeplechase</b>		
(a) 9:07.6	John Woodward (Ore Fr) 4 Woodell Inv	6/2
(a) 9:11.6	Bob Williams (Ore) 2 AC/Eugene	4/2
<b>120-Yard High Hurdles</b>		
(a) 13.9	Gene Washington (Mich St) 2h NCAA	6/16
(c) 13.8w	Roger Neiswender (Tenn) 2 SEC	5/14
<b>Long Jump</b>		
(a) 26'11"	Bill Miller (unat) 1 Abilene, Tex	7/16
(c) 24'9 1/2"	Bill Smith (PAA) 3 AAU Dec	7/2
<b>Shot Put</b>		
(c) 61'10"	John McGrath (PAA) 1 Los Angeles	5/20
<b>Discus Throw</b>		
(c) 177'6 1/2"	*Alain Drufin (So Cal) 6 AC/Long Beach	6/7
<b>Decathlon</b>		
(c) 6973	Lennart Hedmark (49ers) 3 Mt SAC 4/30-5/1	
(a) 6167	Juris Jesifers (Vanags AC) 1 Latvian	9/3-4
<b>FROSH-JC LIST</b>		
<b>100-Yards</b>		
(a) 9.5	Jimmy Jasper (Hwd Cty JC) Roswell, NM	4/29
<b>220-Yards (turn)</b>		
(a) 21.3	Richard Weir (Victoria JC F)	
(a) 21.3n	Bobby Evans (Tex So/Fr)	
<b>880-Yards</b>		
(a) 1:52.3	Mike Post (LBCC)	
<b>Three-Miles</b>		
(a) 14:50.0	Gary Tuttle (Humbolt St Fr) v Nev 1	4/23
(a) 14:51.0	Bruce Johnson (UC Davis Fr) 2 FWC	5/7
(a) 14:54.4n	Jerry Tighe (Whitworth Fr)	
<b>3000-Meter Steeplechase</b>		
(a) 9:07.6	John Woodward (Ore Fr) 4 Woodell Inv	6/2

#### 120-Yard High Hurdles

(a) 14.5	Dave Durant (Ore Fr) Salem, Ore	4/
<b>Pole Vault</b>		
(a) 15'0"	Ed Cooper (Pas CC)	
(a) 15'0"	Dennis Cavin (Columbia Basin JC)	
(a) 15'0"	Joe Tighe (Howard County JC Fr)	
(a) 15'0"	Bob Slover (Pullerton JC Fr)	
<b>Long Jump</b>		
(a) 24'2 1/2"	Joe Martin (Foothill JC Fr)	
(a) 24'2" w	Rogers (St Phillips, Tex, JC)	
<b>Discus Throw</b>		
(c) 177'11"	*Keneth Svenssen (N Car Fr)	
<b>Javelin Throw</b>		
(a) 209'1"	John Elmore	
<b>880-Yard Relay</b>		
(a) 1:27.6	Pasadena CC	
(c) 1:27.4n	Pierce JC	
<b>Two-Mile Relay</b>		
(a) 7:46.8n	Long Beach CC	
<b>Four-Mile Relay</b>		
(a) 17:37.6	Pasadena CC	
<b>HIGH SCHOOL LIST</b>		
<b>100-Yards</b>		
(a) 9.5	Clifford Branch (Worthing, Houston, Tex)	
<b>440-Yards</b>		
(c) 47.8n	Charlie Bareither (Urbana, Ill)	
<b>Two-Miles</b>		
(a) 9:11.8	Ron Lister (Western, Anaheim, Calif)	
<b>3000-Meter Steeplechase</b>		
(a) 9:37.9	*Dave Pottetti (Fox Lane, Bedford, NY)	
<b>120-Yard High Hurdles</b>		
(a) 13.9w	Jim Maw (Roy, Utah)	
(a) 14.0	Dave Bridges (Mt Vernon, NY)	
<b>Long Jump</b>		
(a) 24'1 1/2"	Al Pearman (Roosevelt, Long Island, NY)	
<b>Discus Throw (4-lb., 6.4-oz.)</b>		
(a) 159'1"	Mike Louisiana (Logan, Union City, Calif)	
<b>Hammer Throw (16-lb.)</b>		
(a) 162'5"	Charles Vandagriff (Castro Valley, Calif)	
<b>RECORDS SECTION</b>		
<b>High School Hammer Throw (16-lb.)</b>		
(c) 162'5"	Charles Vandagriff (Castro Valley, Calif)	
<b>WORLD RANKING</b>		
<b>100-Yards/100-Meters</b>		
6.	GAOUSSOU KONE (Ivory Coast)	
(c) 10.2	(1) Manresa, Spain	7/
8.	WIESLAW MANIAK (Poland)	
(c) 10.2ok	(1) v West Germany	9/
<b>Six-Miles/10,000-Meters</b>		
6.	GASTON ROELANTS (Belgium)	
(c) 28:20.8	(1) Oslo, Norway	7/
<b>120-Yard/110-Meter High Hurdles</b>		
5.	EARL MC CULLOUGH (US)	
(a) 14.8	(5) Los Angeles	7/
<b>Triple Jump</b>		
10.	SAMUEL IGUN (Nigeria)	
(c) 53'5 1/2"	(1) Commonwealth Games	8/
<b>Hammer Throw</b>		
6.	GENNADIY KONDRASHOV (USSR)	
(c) 222'5"	(1) Leselidze	4/
<b>Javelin Throw</b>		
1.	JANIS LUSIS (USSR)	
(c) 281'2"	(1) Moscow	7/
<b>US RANKING</b>		
<b>Three-Miles/5000-Meters:</b> (c) 10. Ken Moore.		
<b>Six-Miles/10,000-Meters:</b> (c) 7. Oscar Moore.		