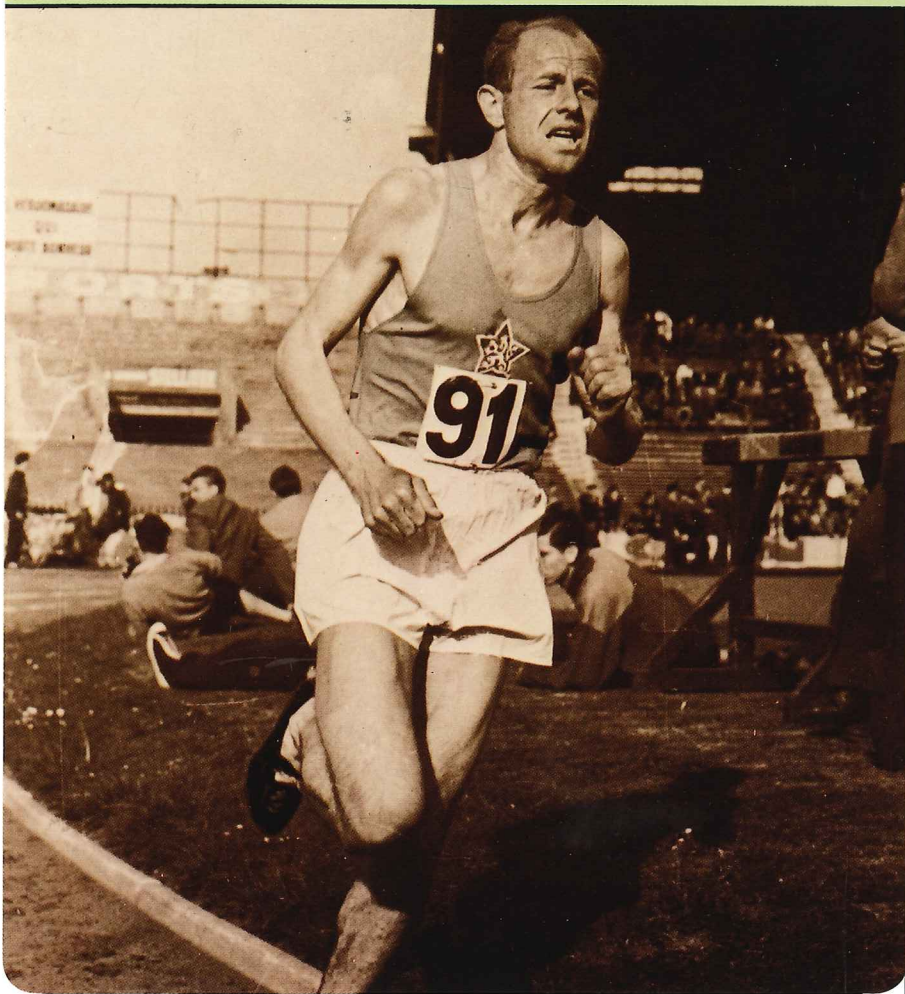


Track and Field



*Record-Holder
in the Hour-Race*



Track and Field



Record-Holder in the Hour-Race



Zatopek's Four Records

From Jean Bouin to Gaston Roelants via Paavo Nurmi and Ron Clarke, all those whose names appear on the roll of honour of the hour-race have left their mark on the athletics history of their time. Even so, the Czech Emil Zatopek merits particular attention because he was the first to break the famous 20 km barrier: on 29 September 1951, at Stara Boleslav, he ran 20.052 km in 60 minutes.

Born on 19 September 1922 in Koprivnice, Northern Moravia, Zatopek first came to the attention of the selectors when he finished fifth in the European Championship's 5,000 m race in 1946 in Oslo. Twelve years later, when he decided to retire from competition, he had broken a total of sixteen world records ranging from the 5,000 m to the 30 km. He was and remains the only runner to win the 5,000 m, 10,000 m and the marathon during the same Olympics—the Helsinki games in 1952.

In spring 1958, at the age of 36, he won one last victory in the international San Sebastian cross-country. This grimacing champion, with his unorthodox style, achieved extraordinary results thanks to a seemingly

superhuman training schedule. Moreover, he knew how to regulate his efforts so that he was progressively able to improve his performance.

During his victorious run on 29 September 1951, Zatopek broke no fewer than four world records:

15,000 m in 44:54.6; 10 miles in 48:12; 20,000 m in 59:51.8 and the hour-race with 20.052 km.

WINNERS OF THE HOUR-RACE

- 19.021 km J Bouin (FRA)
July 6, 1913, Stockholm
- 19.210 km P. Nurmi (FIN)
Oct. 7, 1928, Berlin
- 19.339 km V. Heino (FIN)
Sep. 30, 1945, Turku
- 19.558 km E. Zatopek (CZE)
Sep. 15, 1951, Prague
- 20.052 km E. Zatopek (CZE)
Sep. 29, 1951, St Boleslav
- 20.188 km B. Baillie (NZL)
Aug. 24, 1963, Auckland
- 20.231 km R. Clarke (AUS)
Oct. 27, 1965, Geelong
- 20.663 km G. Roelants (BEL)
Oct. 28, 1966, Louvain
- 20.784 km G. Roelants (BEL)
Aug. 20, 1972, Brussels
- 20.908 km J. Hermens (NEL)
Aug. 28, 1975, Papendaal
- 20.994 km J. Hermens (NEL)
May 1, 1976, Papendaal

Once again, Emil Zatoped's jerky style has left all his competitors trailing