

SZMARAGD Efraim Fredek (1900-1942), athlete, sports activist. He was born on 25th October 1900 in Częstochowa, the son of Benjamin Dawid and Laja née Besser. He came from a wealthy family.

He was one of the first Jewish gymnasts and sports organisers in Częstochowa. He began sports in 1915 and was a versatile athlete. He participated in gymnastics, football and athletics. He stood out in each of these disciplines and was linked with the Jewish Gymnastics-Sports Association (ŻTGS).

In 1917, as part of a team, he took part in a large gymnastics tournament, winning first prize. Many times, he was Częstochowa champion in various track and field competitions. In the 1920s, he was the leading Polish sprinter, achieving excellent results - 11 seconds for 100 metre [sprint] and 175 centimetres in the high jump.

In 1930, during the athletics competition, held in Częstochowa, marking the 15th anniversary of the ŻTGS, he won the long jump and the high jump. In the 1930s, as a sports activist, he organised boxing, volleyball and basketball competitions in Częstochowa.

During the occupation, he was forced to live in the ghetto. During the deportations from the ghetto, (September-October 1942), together with his wife and son, he hid in a bunker. The bunker was discovered by the Germans and they were murdered.

His wife, née Nirenberg, was a leading 800 metre runner with the "Makabi" ŻTGS [Jewish Gymnastics-Sports Association] in Częstochowa.

Orenstein, *Churban Czenstochow*, pp. 385-387. – "Express Częstochowski" 1930, No. 185, p. 3. - Materials (copies of birth record and parents' marriage record) in the ODDC collections.

Wiesław Paszkowski