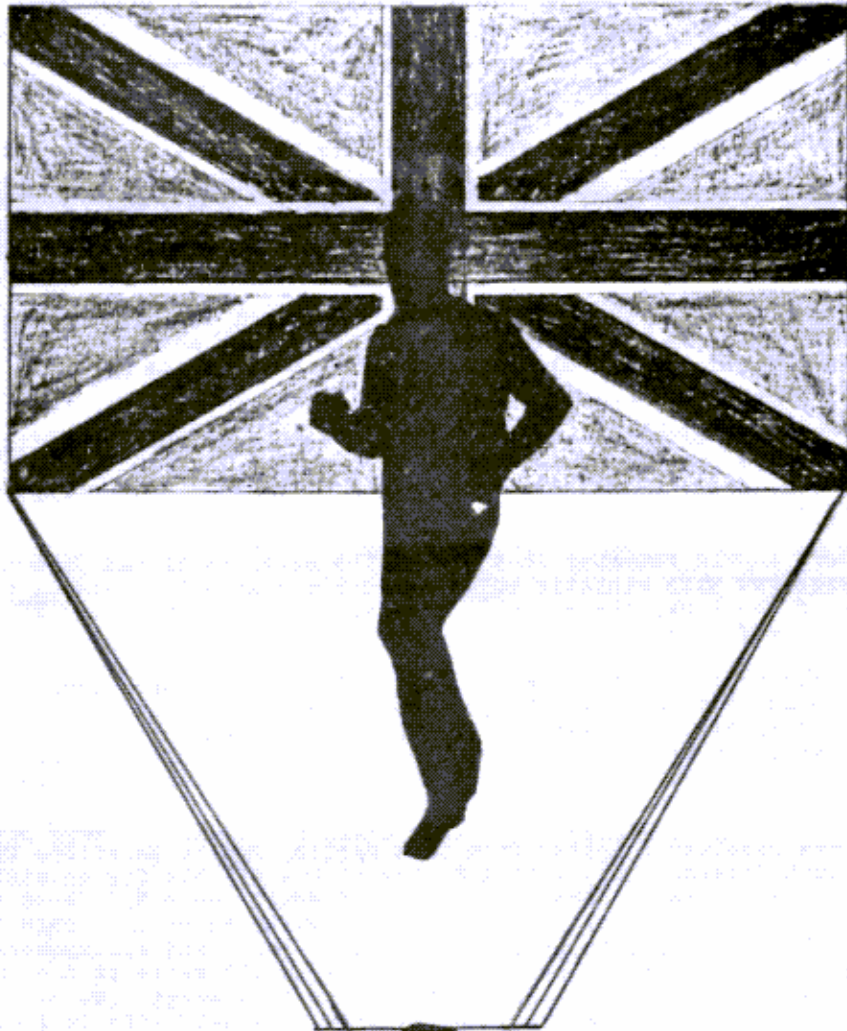


THE ILER



JAN.  1964

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 T H E M I L E R
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CLUB PRESIDENT
 Roger Bannister

CHAIRMAN
 Gordon Pirie

VICE-PRESIDENT
 Sydney Wooderson

SECRETARY
 Frank Horwill

CO-EDITORS: Messrs Frank Horwill & Henry Hayes, 41 Ravenstone Rd,
 Hendon, N.W.9. HENDON O649

No. 1.

EDITORIAL

The British Milers Club, founded in July 1963 by a number of Senior Hon. A.A.A. Coaches to raise the standard of British miling to its former world supremacy, is now a national institution. Following the publication of a letter in the "Athletics Weekly" announcing its formation, thirty-eight letters of support were received within a week. Today the Club has a membership near the hundred mark.

We could have had many more members had we not insisted on the qualifying times. However, we feel that these should be maintained, for membership of the Club alone denotes that one is an above average performer.

The Club has provided every one of its members with a qualified coach where one has been sought. Senior Hon. A.A.A. Coaches in Scotland, Ireland, Wales and all parts of England have co-operated with us on this matter.

Members should remember that one of the services of the Club is to provide you with athletic books at 10-20% discount. Send us the name of the book, the author's name and the publisher, and we will send it off to you.

The Club publishes its news in "Athletic Arena", 325c Streatham High Road, S.W.16 (cost 1/6d postage inclusive). Bill Bennett, the R.A.F. steeplechaser who is concentrating on the mile this year, also writes a very interesting R.A.F. news column in the journal. We are most grateful to Charles Elliott, the Editor of "Arena" for his early assistance with the B.M.C.

We have received a letter from Dave Martin, Public Relations Officer, in South Shields, saying that he has £500 available for an athletic meeting up there on June 27th 1964, and would the B.M.C. send their best milers to support the meeting, ALL EXPENSES PAID. THIS IS OUR BIG OPPORTUNITY to stage a fast paced race and all members who have beaten 4 mins. 15 secs for the mile should write in now and state whether they are prepared to run in this event. We require the first quarter covering in 56 seconds, the half mile in 1 min. 57 secs. and the three-quarters mark passed in 2 mins. 59 secs. provided the conditions are conducive to this. We want to show other milers in Great Britain that if they want to get to Tokyo this year they've got to run like HELL.

We have also asked the sponsors to stage mile races for Youths, Juniors and Ladies.

We were delighted to have Gordon Pirie at our last Committee Meeting and to listen to his views on training, we feel that he will be a great practical asset to the Club.

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 HOW TO IMPROVE BRITISH MILING
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Members speak up....

////////////////////////////////////
 FREDERICK BELL - South Wales - Senior. "Stop depending on others
 ////////////////////////////////////// to set the pace, and use full effort over the four
 laps and not the last lap as they usually do. This means we
 should have pace-makers who would set a fast three-quarters."

////////////////////////////////////
 DEREK GRAHAM - Northern Ireland - Senior. "By having 'good'
 ////////////////////////////////////// athletes pace a few races so that milers can be
 confident of their ability to run fast. Often poor quality men
 fail at pacing."

////////////////////////////////////
 MEL EDWARDS - Aberdeen - Senior. "By runners going out from
 ////////////////////////////////////// the gun as leaders with the main idea being to beat
 their personal best every time."

////////////////////////////////////
 MALCOLM ASHPFIELD - Wolverhampton - Youth. "Not to regard the
 ////////////////////////////////////// four minute mile as the ultimate aim and goal."

////////////////////////////////////
 CHARLES ELLIOTT - Thornton - Senior A.A.A. Coach. "By the
 ////////////////////////////////////// application of organised and controlled coaching
 subsidised by the athletes themselves."

////////////////////////////////////
 FRED MAILLARDET - Sidcup - Senior. "Increased facilities not
 ////////////////////////////////////// necessarily MORE tracks but floodlighting on ALL.
 Paced races to try and break this habit of sprinting the last
 440 only."

////////////////////////////////////
 BRIAN BOULTON - Nottingham - Senior. "By more aggression and by
 ////////////////////////////////////// intentionally paced races for all standards of
 miler. An athlete wanting to improve from 4 - 22 to 4 - 20
 wants pacing to three-quarters in 3 - 15 or a little better. His
 task is harder if the field is too fast or too slow for him."

////////////////////////////////////
 MURIEL REES - Kenton - Women's section. "For men, more
 ////////////////////////////////////// courageous front-running. For women, top class
 invitation events especially at top White City meets."

////////////////////////////////////
 BERNARD TUCKER - Roath - Senior. "By an improvement in
 ////////////////////////////////////// competition especially for athletically backward
 areas, e.g. Wales."

////////////////////////////////////
 MICHAEL GILSON - Forest Gate - Senior. "More week-ends at
 ////////////////////////////////////// residential training camps."

////////////////////////////////////
 ANTHONY MILNER - East Molesey - Senior. "By the methods
 ////////////////////////////////////// advocated by the British Milers Club, i.e. by
 racing as a team against the watch (but not in championship races)".

SPOTLIGHT ON MEMBERS.....

DAVE PATTERSON, Thames Valley Harrier Youth, coached by Dennis Davidson also of T.V.H. was a member of the winning team that surprisedly took the Middlesex Youth Championship for the first time in 10 years. Dave is a keen weight-training enthusiast.

FRED MAILLARDET, Cambridge Harriers Senior, won the mile race at the Eastern Counties A.A.A. Indoor Meet at Feltwell in the good time for this time of year in 4 mins. 20.2. He also won the Erith "6" in 31 mins. 43 secs. In the 10 mile two man relay he and fellow B.M.C. member Brian Boulton were second in time to Derek Ibbotson and partner. Fred is going to show them a thing or two this coming track season.

JOHN THRESHNER, Belgrave Harriers Senior, was a member of the team that beat the Poly Road Relay Record at Chiswick. John put up the fifth fastest time of the day.

HENDRIK SPAAN, Youth, was second in the Easter Counties A.A.A. Indoor Meet mile event in 4 mins. 40.3 secs. Hendrik's time was faster than the winner of the Junior mile. He was also 2nd in the 600 yds. event in 1 min. 23 secs.

BILL BENNETT, R.A.F., Senior, running for his service was second in the mile in the Midlands v R.A.F. match at Cosford. Bill's time of 4 mins. 18 secs. was good for that time of year.

MEL EDWARDS, Aberdeen University, Senior, ran a magnificent race to win the Inter-Varsity cross-country match. He defeated the Scottish Universities champion, Calum Laing by 150 yards. Mel's training schedule for the track is severe, he is one of Scotland's great prospects.

BRIAN BOULTON, Cambridge Harriers, Senior, was second in his Club's cross country championships recently. Brian tells me he runs 20 miles on a Monday night and has a job to get to work on Tuesday morning. That's the stuff.

ELIZAB. JOYCE, Gosport B.A.C., Women's section, ran the fastest time in the Hampshire Road Relay. She was third in the Ladies Nos Galan Mile with a time of 5 mins 20 secs. But, her star performance was when she came second in the Southern Inter-County first home for Hampshire.

MURIEL REES, L.O.A.C., Women's section, was eighth in the Southern Inter-County and was the second girl home for Middlesex. Muriel was the first girl to join B.M.C. She has run regularly in cross-country races this year.

DAVID DILNOT, Slough G.S., Youth, won the County title from the strongly fancied Dr. Challoners G.S. boys, J. Gulson and C. Purdy. WELL DONE, DEREK, BUCKS CHAMPION.

MARTYN ROUSE, Slough, Youth, fought his way into the first five of the Bucks County Championship. The British Milers Club thus had two within the first five places

JEREMY SAMPSON, Weymouth St. Pauls, won the Dorsetshire County Junior Cross-country Championship with nearly two minutes to spare. WELL DONE, JEREMY.

MALCOLM ASHFIELD, Wolverhampton, Youth, was third in the Staffs County Cross-country Championship. He was only twenty seconds behind the leader.

NEWS AND VIEWS...

Fred Maillardet tells me that he thinks the Club badge should only be worn on a white vest. This is a good idea, Fred, we hope our members will remember this.

I hear that Bryan Buxton of Grafton Harriers is an interval training enthusiast since he brought his mile time down 12 seconds last year, to 4 mins. 12 secs, after coach (Senior A.A.A.) Wilkins insisted on it being done. Up to that time Bryan was mainly a Fartlek devotee. Bryan was very badly troubled with foot injury two seasons ago and he nearly gave up the sport. He went to Spain and ran on the hot sands there and this cured him. It nearly cost us a good miler, for he stayed several months, so much was he impressed by the country, or was it....

Bill Bennett, the R.A.F. steeplechaser, is giving up his barrier ambitions because of repeated ankle trouble. He is taking up the mile this year, and with a time of 4 mins. 7 secs. to his credit, I think we are going to see a lot of him.

Derek Graham tells me that he is just investing in a pair of special indoor spikes for the A.A.A. Indoor Championships. Derek is going great guns and has already run a 4 mins. 9 secs. mile during the winter. So watch out for him at Wembley. Derek has been a remarkably consistent runner. He has won the 1 mile and 3 mile Ulster Championships every year since 1963. How he does it I don't know, for there are only three 4 min. 20 secs. milers in Ulster. I refer, of course, to his very fast times.

Bruce Tulloh wrote to the Secretary of B.M.C. and asked for their support in the first training week-end I.A.C. were putting on at Timsbury Manor in Hants. Immediately, the Club's top three junior milers were alerted and sent along: Malcolm Ashfield (All England Schools Mile Champion), David Wright (Sussex Champion) and Robert Brenchley (Kent County Champion). The Milner Brothers also attended.

I hear that the B.M.C. Secretary has been invited to join the staff of the famous Distance-Running Camp at Braunton Devon for the training week-end March 21/22 1964. He will be on the Kohlemainen Circuit Parlauf. We consider that this is a tribute to the work done so far by the British Milers Club and we hope our members in ALL grades will apply NOW to attend this course. Those resident in the North should consult the WHO'S WHO in this magazine to see if transport can be arranged mutually. Four chaps in a car sharing the expenses certainly brings the petrol bill down. Write to: Senior Hon. A.A.A. Coach Tony Ward, 13 Maidenwell Road, Plympton, Devon for an application form. DO NOT DELAY, only 100 runners can be accommodated, this is a good chance for us to get together in wonderful surroundings.

Arrangements have been made for the British Milers Club to hold its first training week-end at Timsbury Manor, Romsey, Hampshire. We have been offered two dates: 1. Easter week-end 27th March to March 29th. 2. 10th April to 12th April. PLEASE REPLY NOW WHICH DATE YOU PREFER. It does not matter if you come only for a day, we want to get you all together, including our lady members. The cost for the week-end is 30/- each. Please complete the form below and send it off as soon as POSSIBLE.

B.M.C. WEEK-END COURSE AT TIMSBURY MANOR - REPLY FORM
 Date preferred (delete where necessary) 27th March 1964. 11th April.
 Name..... Address.....
 Phone.....
 Club..... CAN YOU PROVIDE TRANSPORT?.....

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 B R I T I S H M I L E R S C L U B W H O ' S W H O
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President: Roger Bannister, 19 Kensington Mans, Trebovir Rd, S.W.5.
 Vice-President: Sydney Wooderson, 20, Beverley Rd, Worcester Pk.
 Chairman: Gordon Pirie, (Fitness Ltd.,) Parley, Surrey.
 Secretary: Frank Horwill, 41 Ravenstone Road, N.W.9. HENNDON O649
 Treasurer: Henry Hayes, " " " "
 Physiotherapist: C.P.O. M. Horwill, R.N. Rd, Leonardo, Biggin Hill.

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Senior Honorary A.A.A. Coaches

P.C. Dyer, 14 Clarendon Road, Bingley, YORKS.
 A.H. Thompson, Seaford College, Lavington Park, Petworth, SUSSEX.
 L.M. Ward, 16 St. Edmunds Avenue, Porthill, Newcastle, STAFFS.
 J.J.S. Mansfield-Clark, 4 Tyzack Road, High Wycombe, BUCKS.
 W. Palsb, 89 Stradbroke Grove, Ilford, ESSEX.
 K. Brookman, Park Cottage, Radley College, Abingdon, BERKS.
 A.C. Elder, 97 Etchingham Park Road, LONDON, N.3.
 C. Elliott, 15 Ashley Road, Thornton Heath, SURREY.
 A. Wilkins, 83 Langdale Mansions, Langdale Street, LONDON, E.1.

Honorary A.A.A. Coaches

G. Hubert, St. George's College, Weybridge, Surrey.
 L. Almond, St. Mary's College, Strawberry Hill, Trickenhams, Middx.
 Also at 109 Towngate, Leyland, LANCES.
 M. P. Mawdsley, 19 Bordesley Green East, Birmingham, WARWICKSHIRE
 A.M. Saunders, 145 Sweetman Street, Wolverhampton, Staffs.

N.B. Members are reminded that advice can be readily obtained by writing to the coach resident nearest them. Training sessions once a month can also be organised if members write to the coach in their county. Many Senior Coaches who are not members of the Club are sympathetic towards its work and have undertaken to coach members in their district. These include:-

J. H. Anderson, Dennistoun Secondary School, 36 Meadow Park Street, GLASGOW, E.1.
 J. Archer, 57 Farndale Drive, Loughborough, LEICESTERSHIRE.
 Commander Collins, Stoberough Croft, St. Cross, Winchester, HANTS.

Seniors In order of miling times.

D. Haith, T.V.R., 12 Milton Road, Walton Pk. Nurseries, Herasham, SURREY
 Best mile time: 4 mins. 1.3 secs.
 L. Reed, 65 St. Andrews Road, Couladon, SURREY. Best Perf. 4 mins. 1.8 secs.
 A. H. Milner, 61 Thistledene, Hampton Court Way, E. Molesey, SURREY.
 Best Perf. 4 mins. 2.7 secs.
 P.W. Milner, 61 Thistledene, Hampton Court Way, E. Molesey, SURREY.
 Best Perf. 4 mins. 3.4 secs.
 D. Graham, 61 Hatton Drive, Belfast 6, Northern Ireland. Best Perf. 4 mins. 3.5 secs.
 B.G. Tucker, 24 Piercefield Place, Roath, CARDIFF. Best Perf. 4 mins. 7.1 sec.
 J. Thresher, 35 Errol Gardens, New Malden, SURREY. Best Perf. 4 mins 7.5 secs.
 W.H. Barrow, 1 Beaumont Gate, Glasgow, W.2, SCOTLAND. Best Perf. 4 mins. 8.9 secs.
 J.W. Dean, 14 Hartington Park, Redland, BRISTOL, G. Best Perf. 4 mins. 10.6 secs.
 B. E. Boulton, 86 Grove Park Road, Motttingham, London, S. K. 9. Best Perf. 4 mins. 12.3 secs.
 B. M. Buxton, 35 Grays Inn Road, Holborn, W.C.1. Best Perf. 4 mins. 12.5 secs.
 F. Maillardet, "Maiwen", 1 Orchard Rise East, Sidcup, KENT. Best Perf. 4 mins. 13.1 secs.
 J.M. Reynolds, Hawley Lake Detachment, C/O Blackwater P.O., Camberley, Surrey. Best Perf. 4 mins 14 secs.
 M.W.C. Wales, 4 King David Lane, Shadwell, E.1. Best Perf. 4 mins. 14 secs.

M. B. Edwards, 50 Beechgrove Terrace, ABERDEEN. Best. 4 mins. 14.9 secs.
 F. Bell, Gotty Farm, Maenclochog, Clynderwen, PEMBROKESHIRE. Best Perf. 4 mins. 15 secs.
 M. Gilson, 33 Pevensy Road, Forest Gate, E. 7. Best Perf. 4 mins 16.9 secs.
 J.C. Owen, 72 Leamington Street, LEICESTER. Best Perf. 4 mins 17 secs.
 J.W. Oliver, 14 Bexhill Road, Crofton Park, S. E. 4. Best Perf. 4 mins 17.9 secs.
 J.D.R. Sampson, 38 Preston Road, Weymouth, DORSET. Best Perf. 4 mins. 18.3 secs.
 K.J. Randall, 67 Guildford Avenue, Feltham, MIDDX. Best Perf. 4 mins. 18.4 secs.
 I.P. Pearce, 10 Rishmere Avenue, Upminster, ESSEX. Best Perf. 4 mins. 18.8 secs.
 R.J. Hodgins, 17 Patrick's Hill, Cork, Ireland. Best Perf. 4 mins 19.5 secs.

Juniors. In order of time.

D.N. Wright, "Little Place," Angmering Lane, East Preston, Worthing, SUSSEX. Best Perf. 4 mins. 16.6 secs.
 R. W. Clark, A.M.W.T. Station (R.A.F.), Woodend Lane, Greenford, MIDDX. Best Perf. 4 mins. 23.2. secs.
 P.F. Brenchley, 9 Darling Road, Brockley, London, S. E. 4. Best Perf. 4 mins. 24 secs.
 I. R. Young, 109 Kirkeyde Avenue, Kirkintilloch, GLASGOW. Best Perf. 4 mins. 26 secs.
 P. S. Puckrin, 16 Willows Road, Linthorpe, MIDDLESBROUGH. Best Perf. 4 mins 33.5 secs.

Youths. In order of time.

M. Ashfield, 16 Springhill Avenue, Penn, WOLVERHAMPTON. Best Perf. 4 mins. 20.3 secs.
 D. Cox, 125 Ramsbury Avenue, Penhill Estate, Swindon, WILTS. Best Perf. 4 mins 27.7 secs.
 R. I. Simmett, 43 Lyndhurst Gardens, ENFIELD. Best Perf. 4 mins. 28 secs.
 G.M. Peel, 122 Ashworth Street, Baxenden, ACCRINGTON. Best Perf. 4 mins. 28.8. secs.
 J. R. A. Blamire, Southview, School Lane, Moffat Dumfriesshire. Best Perf. 4 mins. 30.1 secs.
 C. R. Stewart, 7 Thistlebarrow Road, Bournemouth, HANTS. Best Perf. 4 mins. 31 secs.
 M. H. Rouse, 29 Meadfield Road, Langley, BUCKS. Best Perf. 4 mins. 32.2. secs.
 W. Stock, 112 Maidstone Road, Chatham, KENT. Best Perf. 4 mins. 34.8 secs.
 D.P. Patterson, 85 Pleasant Way, Wembley, MIDDX. Best Perf. 4 mins. 35 secs.
 P.O. Mitchell, Les Perrons, Les Canichers, St. Peter Pott, GUERNSEY. Best Perf. 4 mins. 36 secs.
 S. Walker, 46 Victoria Road, Horndon-on-the-Hill, Stanford-le-Hope, ESSEX. Best Perf. 4 mins. 36.2 secs.
 H. Spear, 5 Neale Close, Cherry Hinton, CAMBRIDGE. Best Perf. 4 mins. 36.5. secs.
 L. E. Wheeler, Upper Hankley Cottage, Elstead, SURREY. Best Perf. 4 mins. 37 secs.
 R. J. Fisher, 14 Eugene Close, Gidea Park, ESSEX. Best perf. 4 mins. 37 secs.
 J. Mousb, 44 Leafield Crescent, South Shields, DURHAM. Best Perf. 4 mins. 37.4 secs.
 D. P. Dilnot, 28 Upton Court Rd, Slough, BUCKS. Best Perf. 4 mins. 38.4 secs.
 J.A. Edwards, 21 Edingley Avenue, Sherwood, NOTTINGHAM. Best Perf. 4 mins. 39.1 secs.

Youths. Cont.

E. J. Cumberpatch, 12 Shelley Road, Kettering, NORTHANTS. Best Perf. 4 mins 40.0 secs. The youngest member of the Club, aged 15 years.
C. S. S. Lindsey, 97 College Road, Epsom, SURREY. Best Perf. 4 mins. 40. 9 secs.

Women. In order of time.

Mrs. M. A. Smith (nee Bonanno), 3 Roberts Close, Potters Bar, MIDDX. Best Perf. 4 mins. 53.6 secs.
Mrs. R. A. Joyce, 33 Miserden Road, Benhall, Cheltenham, GLOUCESTER. Best Perf. 4 mins. 58.5 secs.
Mrs. M. K. Rees, 29 Shooters Avenue, Kenton, MIDDX. Best Perf. 5 mins. 11.3 secs.

TOO LATE FOR CLASSIFICATION:

Terence Vincent, Tor Lodge, Mount Road, Tettenhall Wood, WOLVERHAMPTON. Best Perf. 4 mins. 16 secs.
BILL BENNETT, 22 Hall Drive, Greasby Upton, Wirral, CHESHIRE. Best Perf. 4 mins. 7.5 secs. (The same time as John Thresher's.)

County Membership At a Glance.

Surrey 7	Middlesex 7	London 7	Essex 4	Bucks 4	Staffs 5
Kent 3	Sussex 3	Scotland 4	Wales 2	Yorks. 3	Glos 3
Warwick 3	Northants 2	Lancs 2	Cheshire 1		
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The following awards will be made by the Club to members who FIRST :

1. Beats 4 minutes this season. (Sports equipment valued £5)
2. Who improves his mile time by 10 seconds. (Sports equipment £5)
3. Who is granted A.A.A. representative run in the mile (Books valued at £2)
4. The first runner to beat his best time. (A year's free issue of "Athletic Arena").

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WANTED:

Articles, suggestions, competitions for the next issue of the "MILER"
Letters to the Editor will be published in a Live Letter Box column.
Training ideas from coaches will be given space in the Coach's Page.
Please keep us informed of your track races, results and times.

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INJURIES

Expert treatment can be obtained from the Athletic Wing of the Middlesex Hospital off Oxford Street, London. A letter from a coach must be obtained before treatment is given. Members requiring medical attention who have not got a coach, should write to the Secretary for an introductory letter to the Wing.

Members living within easy reach of Biggin Hill, Kent will be seen by the Club's physiotherapist, Chief Petty Officer, M. Horwill, MRCP, R.N. Rtd. Leonardo, Biggin Hill, Kent. (Polsteeples Hill).

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THE COMMITTEE TAKES THIS OPPORTUNITY OF WISHING YOU A SUCCESSFUL TRACK SEASON AND LOOKS FORWARD TO YOUR CO-OPERATION IN PUTTING BRITISH MILING BACK WHERE IT BELONGS - AT THE TOP.

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The cost of producing this newsletter together with postage was 6d. It would be appreciated if you would forward this sum in STAMPS when you next write to the Secretary.