
**BMC
NEWS**
Number FOUR



MAY

A staff columnist in ATHLETICS WEEKLY reported in Trackwise, that our member Neil Duggan had been fined in California, where he is at University, for running through red lights. This was good news, however, the columnist used the occasion to launch a sarcastic tirade against British milers. Why pick on milers? Perhaps the writer should look at the TOP TEN figures for all events in 1960. He would see that there are two milers from our club in the TOP TEN, one from our club in the TOP TEN for 880, and one of our members was ranked the best cross-country runner overall. The columnist could have well said, "It is a pity that our sprinters, pole vaulters, shot putters, discus throwers and javelin men did not show such lack of caution on the track," for we have no athletes in these events anywhere near the TOP TEN. Study your facts first, Sir, before writing about British Milers.

If Alan Simpson lived in any other country but this one, he would not have been made redundant for long. Can you imagine such people as Jim Ryan, Michel Jazy and Kip Keino making the rounds of factories studying the "Situations Vacant" board looking for a job? If other countries feel that top athletes need looking after we should make provisions for athletes who face hard times. Alan became the first British athlete to run a sub-4 minute mile two days in succession last year.

Do our top milers give enough attention to vaccinating themselves against a sub-3 minute mile in a race? There is evidence to show that speed work over this distance in training is being neglected. One miler who was due to clash with Keino was doing repetition mile in 3:05 before the race. He failed badly against Keino. Would he not have done better to run ONE fast mile as near to 2:50 as possible? One coach is already experimenting with his pupils on this problem. They run through 880 at a pace equal to a personal best for the mile and then they run full out for the third lap.

At a recent committee meeting, some 40 B.M.C. members were struck off the club list for non payment of subs. Now that the club is getting more well known and invitations for races are coming in, these people will be denied the benefits of membership. Regional Secretaries should keep a sharp eye open for non paying members still trying to cash in on our events.

It was interesting to note that the anti-British English athlete in Los Angeles who started off by criticising the Southern B.M.C. for holding training competitions and then to an all out attack on our work, failed to finish his first marathon. Why athletes who fail should be given space in the ATHLETICS WEEKLY is a mystery. The heading read SO AND SO FAILS IN MARATHON BID, so what?

While on this topic, the Chairman received some hostile letters from members over his letter condemning the Southern B.M.C. for staging training competitions. Many believed that the unity of the B.M.C. was more important than his views being aired. They could have been done in a more discreet manner.

Our COACHING QUESTIONNAIRE answers which were published in the A.W. seemed to have offended some sensitive people. We note with pleasure that the S.C.A.A.A. have adopted three of the recommendations made by us, not necessarily because of us.

Watch out for some fast miles from the ladies this season.

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PRESIDENT Beret Ibbotson

VICE PRESIDENTS Roger Bannister, Brian Hawson, Mrs. Charlesace Diane (Leather), Alan Simpson, Ann Smith, Valerie Tomlinson, Sydney Wooderson.

Chairman Gordon Pirie

Vice Chairman Alf Wilkins

General Secretary Alice Thompson, 4 Lucille House, Park Court, Lawrie Park Road, S.E.26. Phone SYDenham 0469.

N.E. Regional Secretary Gordon Swales, 8 Greenwood Road, Cowper Estate, Billingham, Co. Durham.

N.W. Regional Secretary Eddie Powell, 7 Trinity Avenue, Sale, Cheshire.

Midlands Regional Secretary Tony Saunders, 2 Parkdale, Tottenhall Road, Wolverhampton.

South West Regional Secretary Roy Proffitt, C/O St. Luke's College, Devon.

Southern Regional Secretary Frank Horwill, 48 Bushfield Crescent, Edgware, Middlesex. STOnegrove 9801.

Hon. Medical Officer Dr. David Ryde, 56 Anerley Park, S.E.20.

SYDenham 9087. Athletic injuries may also be treated properly and promptly at the Athletes' Clinic, Irene House, National Insurance Office, High Road, Betham.

Regional Secretaries are urgently required for Wales, Northern Ireland and Scotland. They must be qualified A.A.A. Coaches. Their duties would consist of coaching members in their regions if necessary, arranging training get-togethers, providing good class races for members and the establishment of a regional championship. Other more ambitious tasks include the production of a regional newsletter and obtaining sponsors for mile races which field only our members.

Hon. Treasurer Brian Boulton, 86 Grove Park Road, S.E.9. KIPing 3159.

National Committee All regional secretaries may attend by right of their office. Senior A.A.A. Coaches Tony Elder, Alice Thompson, Peter Orpin, Alf Wilkins, Gordon Pirie, Charles Elliott (Editor of ATHLETICS ARENA), Frank Horwill, Brian Boulton (Cambridge Harriers).

Founder Members Frank Horwill, Alf Wilkins, Will Paish (National Coach), Brian Buxton, John Thresher, Brian Boulton, Mrs. Smith.

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A gem is not polished without rubbing, nor a man made perfect without trials. - Chinese Proverb.
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BOOKS REVIEWED

LONG DISTANCE RUNNING by Messrs Marlin Hyman and Bruce Tulloh,
A.A.A. Publication, Cost 4/-.

In bringing out an handbook on long-distance running, the A.A.A. have seen fit to choose as its authors two athletes of similar temperament and experience, even belonging to the same club. They did not seem to realise that the average track 3- and 6-miler has a substantially different outlook from the average marathon runner, and thus cannot be treated in the same way. Both Hyman and Tulloh have very little experience over the marathon distance, although, because of their obvious ability, they have done quite well on the occasion each has tried the longer distances. It was once said, "An athlete cannot call himself a marathon runner until he has run a bad marathon race - and finished!"

The dismissal of long, slow runs, even steady runs, as having no benefit at all, and the assumption that these runs would be monotonous to the distance runner shows a lack of understanding of the temperament of the marathon runner, who obviously would not run these distances in training if he found it so boring. Their statement "the ability to run a long way slowly will not win races" is probably true in itself, but this could equally be said of the ability to run interval quarters at 60-second pace. But in the context of a whole training scheme, it is an entirely different matter. Not only Lydiard's men, but many other top-class runners throughout the world have successfully used long, slow runs as a basis for their training.

Yet, for all their abhorrence of long runs of this nature, the authors have still included them in their specimen schedules for the marathon. In fact, half the schedule is of steady running!

It is difficult to discover what Hyman and Tulloh's terms of reference were when they were asked to write the book. I would assume that, being an handbook, it would be written with the novice in mind. Yet at no time do they answer the question "How do I start distance running?" Should he be launched straightaway into a session of interval running, fartlek, etc.? And surely it should never be suggested to a novice that he can train normally with an injury. Nevertheless, there are some useful tips for the novice, although sometimes it is difficult to pick the wheat from the chaff.

If the book is aimed at the experienced runner, he can learn little from it, except that it is a "Gospel according to St. Marlin and St. Bruce." He is well informed about their preferences as regards training, not necessarily the most suitable for each individual athlete. Of the other training methods, they do little more than mention them, and even in a rather negative fashion, choosing to point out their faults rather than their advantages. A better method, I would have thought, would have been to give fuller details of each system, and let the reader make up his mind which to use.

Thus, if the book wasn't written for the novice or experienced athlete, I can see no reason why it was written at all!

John Offley, T.V.H. Marathon runner; formerly editor of INTERVAL

TRACK LITERATURE

SPORTS PUBLICATIONS
20, STREATHAM HILL ROAD,
LONDON, S.W. 4.

INFORMATION FOR VISITORS TO MERTHYR MAWR TRAINING CENTRE

General enquiries and bookings should be made through the Secretary, Mr. Terry Notman, 35 Oaklands Avenue, Bridgend, Glamorgan, Telephone: Bridgend 3606, who keeps the keys. Arrangements can be made for parties of 30 males, or 20 males and 10 females, or 20 females and 10 males. Appoint your own cook, food can be obtained either from Bridgend 4½ miles away or Happy Valley Caravan Site Shop, approximately 1 mile walk across fields.

HOW TO GET THERE

The nearest village is Tythegston, which is about 1 mile walk from the centre and is situated on the A4106 road to Porthcawl (see map enclosed). Please note: Do not follow any signs showing Merthyr Mawr.

FOR THE COOK

All cooking utensils are provided and cooking is by Gas. The gas stove has four burners, grill and oven. There are an additional two burners and grill on a separate unit. Eggs and milk can be obtained from local farmer with advance notice. All crockery and knives, forks etc., are provided. To obtain continuous hot water the boiler must be kept alight.

WHAT TO BRING

Sleeping accommodation is on two-tier bunk beds for which blankets are provided. It is advisable to bring your own sleeping bag, but should this be impossible then for hygienic reasons you should bring your own sheets or sheet sleeping bag. A battery torch would be useful as there is no lighting in the bedrooms.

AT NIGHT

Make sure all fires are extinguished except the boiler.

When the gas is not in use at night turn off at cylinder valve.

BEFORE LEAVING

Wash up everything. Boil tea-cloths and hang up to dry. Dispose of all perishable food and securely shut food cupboards. Sweep out. Dispose of all cans, bottles etc. in dustbin. Turn off gas at cylinder valve. Extinguish all fires. Fold up blankets and leave on beds.

PAYMENT

Let Secretary have money for man-nights before leaving. The charges are 2/6d. occasional, 5/- one night, 10/- weekend, 30/- one week per person. Please enter details of stay in visitors book. Any breakages must be paid for.

This centre has been developed so that athletes can enjoy themselves training in an area which is extremely pleasant and invigorating.

Please remember that we are guests of the Merthyr Mawr Estate whether at the farmhouse or on the sand-dunes, and it is extremely important that we do not become nuisances by leaving gates open etc. Common-sense should be an adequate guide in such matters. There are two specific terms in the lease which visitors must observe. GUNS AND DOGS are definitely NOT ALLOWED at the farm.

Please leave the farmhouse as you would expect to find it and if you bear in mind the fact that the hard work involved in creating the centre was done largely by athletes themselves I am sure that you will treat the building and contents with respect.

The Management Committee hopes that you will enjoy your stay.

T. NOTMAN

Hon. Secretary

Merthyr Mawr Management Committee.

FINANCIAL AID!

BRITISH MILERS CLUB INCOME AND EXPENDITURE FOR THE)
Liabilities at 31st December 1965 - £10.8.4.)

By Subscriptions from new members	£17. 3. 9.
Subscriptions from existing members	£34.19. 6.
T.V. Fee for programme "Horizon"	£10.10. 0.
Sundry credits	£9. 0. 2.
Donations (Messrs. Van de Linde, Buxton and Bennett)	£1.12. 6.
Credit on unused cheques on transfer of Bank account	5. 2.
Donation of Postages (G. Surtees)	£1.15. 0.

The increase in Club funds of £50.18.7. in 1966 has helped to put our finances back on a proper footing. This "profit", viewed in its true light, must at the same time take into account expenditure which we would normally have incurred but which did not materialise. For instance, only one issue of "British Miler" was given during the year thus deferring a payment of about £10 (inclusive of postage) to 1967.

In addition, our postage bills do not give a true reflection of the actual expenditure as no account has been submitted by the previous General Secretary relevant to his period of office, and based on the previous year's figures - the saving here is approximately £10.

These two items alone would have reduced our balance to almost nothing and, but for the T.V. fee received from the BBC, our finances could well have been in a desperate state. As it is I anticipate outgoings of nearly £20 in the immediate future, viz. the cost of production and postage of this magazine, and the purchase of a further supply of badges.

In order that the Club may fulfil its aims during 1967 it is imperative that all existing members remit their subscriptions to me as soon as possible so that we have the funds available for use when required. Finally, although a number of members have qualified for Life Membership, and are not liable for subscriptions, collectively their cost to the Club throughout the year is quite substantial, and a small donation from time to time from those concerned would be very gratefully received.

Brian Boulton.

£75. 6. 1.

PERIOD FROM 31ST DECEMBER 1965 TO 31ST DECEMBER 1966.
Loan from H. Hayes £8. 0. 0.
Bank Overdraft £2. 8. 4.

To Stationery Duplicating Letterheads and Circulars	£16.14. 3.
Production of Magazine	£5.10. 0.
Purchase of Badges	£9.19.10.
Repayment of Loan to H. Hayes	£8. 0. 0.
Repayment of Bank Overdraft	£2. 8. 4.
Hire of Room at Y.M.C.A.	£4. 4. 0.
File Index Cards for Membership Records	£1.14.10.
Receipt Book	2. 6.
Bank Charges	2. 6.
Cheque Book	10. 0.
Postages - Midland Area Secretary	£2.15. 7.
North East Area Secretary	£1.15. 0.
Treasurer	16. 0.
General Secretary	3. 0.
Balance at 31st December 1966	£20.10. 3.

£75. 6. 1.

Subject to Audit.

B.E. Boulton. 21.1.1967

Test your knowledge Miling questionnaire

1. Who was the first man to run 4 minutes exactly for the mile?
2. What famous pre war Olympic gold medalist for the metric mile used to weigh himself every day as a check on his racing fitness?
3. Woldemar Gerschler, the German physiologist and coach, who founded interval training, produced three great middle distance runners. Who were they?
4. Has the famous Hungarian born American based coach, Mihaly Igloi, ever produced an Olympic gold medalist?
5. Do you know how to get a miler's time converted to his possible two mile time?
6. Can you give a comparable mile time for a 13mins. 15 secs. 3 miles?
7. If a miler can do 3.56, what should his 880 and 440 times be in comparison?
8. How does lactic acid in a miler affect his performance?
9. What is the alkaline reserve?
10. What is meant by the term oxygen debt?
11. What is the stroke volume of the heart?
12. What does the morning pulse rate tell you?
13. Which of these weight-training exercises is for muscle endurance? a. 16 x 50lbs step ups. b. 4 x 150lbs step ups.
14. Can you list three possible symptoms of staleness in a miler?
15. What is the Harvard Step Test?
16. If you run 110yds. and 220yds. in 15 and 30 secs. respectively, with not more than 90 secs. rest, what effect will this have on your body if repeated every day for three weeks? It is assumed that you will manage 32 x 110 one day and on the next 16 x 220.
17. How much of a miler's training should be interval work, tempo work and sprint work?
18. Who was the newcomer to sub-4minute miling amongst the British in 1966?
19. Has Bruce Tulloh broken 4 minutes for the mile?
20. Can you name the most level paced world mile record?
21. Towards the end of his miling career, what was Roger Bannister's average last lap time?

There is no man living who isn't capable of doing more than he thinks he can do.

Answers to questionnaire



1. Derek Ibbotson, President of the B.M.C.
2. Jack Lovelock, New Zealand.
3. Rudolph Harbig, 800 metres world record holder from Germany; Josef Barthel, 1,500 metres Olympic gold medalist at Helsinki; Gordon Pirie, 3,000 metres record holder.
4. No.
5. Double his mile time and add 40 secs.e.g. 4 mins. 10 secs. for mile. Doubled gives 8 mins. 20 secs; plus 40 secs gives 9 mins. for 2 miles.
6. This three mile time is equivalent to a 4 minute mile. Deduct 75 secs. from the three mile time; this gives 12 mins. Divide by three. The procedure reversed can give you an indication of your possible 3 mile time.
7. 1.47 for the 880; 47 for the 440. Half the mile time(1.58); subtract 11 secs. from this. Answer is possible half mile time. Half the 880 time (53.5) and subtract 5.5 secs. Answer is possible 440 time. NOTE: Jim Ryan has done 1.45 for 880 and 46 for 440; this formula fits his case precisely.
8. Lactic acid limits muscular economy by direct poisoning. Violent exercise causes this acid to be given off by the muscles; a large amount of this acid can be neutralised by alkaline in the blood which increases with long training at the pace that causes an accumulation of acid.
9. This is the amount of alkali in the blood available for neutralising acids. This is primarily sodium bicarbonate.
10. The oxygen debt is the difference between the oxygen requirement during exercise and oxygen intake during the performance of the exercise. The deficit in oxygen intake during severe exercise represents a debt which is repaid during recovery.
11. The volume of blood pumped into the aorta by each contraction of the left ventricle of the heart. The stronger the muscles of the heart, the stronger the heartbeat and the greater the amount of blood discharged to the body.
12. This is a useful method of checking your physical condition. It should be checked BEFORE getting out of bed. A full count of one minute should be taken and the result entered in the training diary. After a while a definite pattern will be established. Infections, excitement and staleness often lead to a rise of about 10 beats or more per second x 60. Training should be reduced if the cause is not excitement. The average man's pulse is 80 beats; the fit miler's should be 50 and under. This reading will be less when taken at rest in bed.
13. Session (a). Session (b) is for developing POWER in the muscles.
14. Steady loss of weight; swollen lymph glands; sore throat; ulcerated mouth; sleeplessness; frequent colds; skin rashes; loss of form; iron deficiency; vitamin deficiency and worry.
15. This is a test invented by physical educationists to ascertain a person's general endurance. Step up and down onto a bench 20 inches high at the rate of one complete ascent and descent every 2 seconds. Continue for 5 minutes. Sit at rest for 60 seconds and take a pulse reading from 60 to 90 seconds after the completion of the exercise. Take a further reading from 120 to 150 secs. and a final one from 240 to 270 secs. Add the three pulses together,e.g. P.1= 60; P.2=50; P.3=45. Total 155. Divide this into 15,000. The answer is your Physical Fitness Index,e.g.96. Fit athletes should be well over 100.

ANSWERS TO QUESTIONNAIRE CONT...

16. Your stamina will be improved in a very definite manner. The heart stroke volume will be improved by one fifth, thus aiding the alkaline reserve.

17. Physiologists are agreed that one half of a mile's training should be interval training or its equivalent, and the other half tempo and sprint work.

18. There were two newcomers to sub 4 minute miling during 1966. Both are B.M.C. members; Neill Duggan(3.56.1) and Derek Graham(3.59.2).

19. Yes, he did this in a mile race against Snell in New Zealand.

20. Jack Lovelock, N.Z., ran it in 1933, the first half was covered in 2 mins. 3.6 and the second 880 in 2 mins. 4 secs. The most even-paced mile ever recorded lap by lap was run by Brian Hewson, running for the Army A.A. against the Royal Military Academy at Aldershot in 1955. The lap times were 61; 61; 61; 61.9.

21. Between 54 and 55 secs. He covered the last 400 metres of the 1,500 metres race at Berne in 54.8, to win the European Championship of 1954.

DEREK GRAHAM

3.59.2

For two years, Derek Graham's mile time did not improve. There was a significant break-through in 1965, when he lowered his time by the huge margin of 6.2 seconds to record 4.00.3. It was a forgone conclusion that in 1966 he would go under 4 minutes and he did this in the Commonwealth Games. It is interesting to note that in 1965, his 3 mile time was equivalent to a 4 minute mile if the calculations given in our questionnaire are applied. Derek is strictly a non track training man. Three days of his weekly training are devoted to 30 miles of fastish in the summer. Three days are devoted to 20 miles of steady running. Derek's 2 mile UK record of 8:33.8, shows that he is capable of 3.57 for the mile in the right sort of race.

In 1963 while running on the road, Derek nearly came to grief when he ran between two cars coming out of a side turning. He did not notice that one was towing the other and he was sent sprawling.

Of quiet disposition, Derek likes the good things in life and doesn't allow athletics to rule his life.

In 1966 his three mile time was inferior to the previous year as was his 2 mile time. Can we ask Derek to go for the mile in a big way in 1967?

DAVE GIBSON

Dave shot into miling prominence, when on the 6th August 1966 at Paddington, he lowered his mile time 5 seconds to record 4:03.7 in a B.M.C. organised mile put on by G.P.H. He is now ranked fifth in Great Britain. He trains twice a day but follows no fixed schedule in the summer. In the winter he is fond of repetition running, doing such sessions as 3 x 2 miles with 880 jog; 12 x 220 with 220 jog; 4 x 1 mile with 440 jog; 8 x 880 with 440 jog; 2 x 3 miles with 880 jog. He is a great cross-country runner, winning the Kent junior three times and the senior twice. In 1965 he was Britain's 3rd ranked steepchaser.

News from the North-East

The creator of the saying "The good old days" was certainly not referring to the achievements of Northern Milers far, with the possible exception of H.A. Wilson (Hullamshire) and E.R. Voight (Manchester A.C.), the only athlete to gain major honours was the great George Butterfield of Darlington Harriers who had the distinction of a hat trick in the A.A.A. Mile Championships.

This situation improved fantastically and in the past ten years Northern athletics have almost completely dominated the domestic interest in A.A.A. Mile titles and British Records. Indeed the British record has belonged exclusively to Yorkshire since 1957 through the efforts of Derek Ibbotson and Alan Simpson. It is perhaps ironical that despite the distinction he gained and the efforts he made on behalf of British miling, Ibbotson failed to lift the A.A.A. title. However, where the master failed the pupils may succeed, and I fully expect one of his proteges to accomplish this feat this year to continue Northern dominance.

Last year I appealed for an all out effort and, judging by the resultant improvement in depth, this was forthcoming. With few exceptions our leading N.E. members recorded personal best times the most notable being Walter Wilkinson's 3m 59.3 and John McGrow's 4m 00.5. Whilst the top positions in our regional rankings remain in the West Riding there has been a heartening rise in the standard of athletic performances in the extreme N.E. Not since the days of John Anderson, who must be regarded as a three miler, have the far North had a sub 4m 4miler but I am confident that this situation will be altered in the near future. A split up of the Regional rankings for 1966 reveals:-

Yorkshire.

1. A. Simpson 3m 57.1
2. W. Wilkinson 3m 59.3
3. J. McGrow 4m 00.5
4. A. Booth 4m 4
5. D. Ibbotson 4m 6
6. M. McDonald 4m 10.5

Northumberland and Durham.

1. L. Dunn 4m 7.2
2. M. Benn 4m 8.2
3. B. Foster 4m 10
4. E. Carr 4m 12
5. B. Milesen 4m 14
6. P. Veitch 4m 14

With youngsters of the calibre of Chris Mason and Richard Grice for Yorkshire plus Brendan Foster and David Wright for Northumberland and Durham the future looks extremely bright for the N.E. region. Indeed Chris Mason, Brooks Milesen and Brendan Foster, together with Manchester A.C.'s John Davies, are exciting prospects to carry Northern colours within the next few years.

Much credit for the healthy state of affairs in the region is due to Derek Ibbotson's drive and enthusiasm and we are honoured that Ibbotson has been elected to succeed Roger Bannister as B.M.C. President. Supporting Derek in regional activities are a grand bunch of coaches who certainly deserve great praise for their loyal work on our behalf. Doug Stott and Peter Dyer are assets in the West Riding. From Tyneside come hard working Stan Long whose promising group will ensure that much more will be heard of him in coaching circles, and Nichol Hunter who, in my opinion, is the finest unqualified middle distance coach in the country in addition to being a proficient masseur.

With this blend of athletes and coaches we can hardly fail in our efforts to raise the miling standard and I am confident that, in the not too distant future, we shall see our county championships won in under four minutes.

Referring back to the Northern domination in recent years of the A.A.A. Mile, and our expected continuation of this situation, I sincerely hope that other regions of B.M.C. will accept this as a challenge and that the healthy competition obtained will enable us all to witness future A.A.A. championships won by British athletes in sub 3m 35 sec.

B.M.C. (N.E.)

1966 LEADING PERFORMANCES

SENIOR

1. A. Simpson	(Rotherham)	3m 58.4
2. W. Wilkinson	(Longwood)	4m 1.5
3. A. Booth	(-do-)	4m 4.0
4. J. McGrow	(-do-)	4m 4.4
5. D. Ibbotson	(-do-)	4m 6.0
6. L. Dunn	(Darlington)	4m 7.0
7. M. Benn	(Heaton)	4m 8.2
8. B. Forster	(Gateshead)	4m 10.0
9. M. McDonald	(Middlesbrough)	4m 10.5

JUNIOR

1. C. Mason	(Hallamshire)	4m 13.1
2. B. Milesen	(Sunderland)	4m 14.0
3. B. Foster	(Gateshead)	4m 15.7
4. R. Grice	(Harrogate)	4m 20.8

YOUTH

1. D. Wright	(Jarrow)	4m 25.1
2. M. Wetherell	(Billingham)	4m 27.3
3. A. Morrow	(Billingham)	4m 28.4

1966 CHAMPIONSHIPS HELD

TRACK

NORTHERN

Senior Mile	W. Wilkinson
880	A. Simpson
Junior Mile	C. Mason
2 Mile	B. Milesen
English Schools	
Intermediate 880	D. Wright

YORKSHIRE

Senior Mile	W. Wilkinson
880	A. Simpson
3 Mile	J. McGrow
3000 m ST	M. McDonald
Junior Mile	C. Mason

NORTHUMBRIA AND DURHAM

Senior Mile	L. Dunn
880	M. Benn
3000 m ST	B. Forster
Junior Mile	B. Foster
Youth Mile	D. Wright
880	M. Wetherell

CROSS COUNTRY

National Youth	B. Milesen
Northern Youth	B. Milesen
Northern Ladies	M. Ibbotson
Yorkshire Senior	A. Simpson
Junior	R. Grice
Ladies	M. Ibbotson
North East Youth	B. Milesen
Boys	M. Wetherell

Finally, let us remember that the present world record is held by an American and take heart in the fact that when a similar situation existed in 1937 Sydney Wooderson accepted the challenge and regained for Britain the coveted title. What is possible once should, with determination, be possible again.

It's up to YOU



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Thanks to a suggestion put forward by Frank Horwill at our last A.G.M. the B.M.C. is to hold its first National Senior Championships, in which juniors who have done sub 4.15 may also compete. That wizard of mile promoting, Gordon Surtees, has done a great job to get the event sponsored by A.E.L. at West Hartlepool on 17th June this year. Finalists are enjoying a privilege which would

not be available to them if they got through to the A.A.A. mile final. Those who moan about the cost of subs, and where the money goes to, should bear this fact in mind, members who have defaulted in their subs, and who have been struck off, are now losing the benefits of membership.

There is much spade work to be done by Regional Secretaries if this race is to be truly a national one. Regional Championships must first be organized. An excellent time for this to be done is at our National B.M.C. Residential week-end on April 20/22. A problem presents itself over our Welsh, Scottish and N.W. members; the first two named have no regional secretary to organise a race, and the last named have insufficient members to warrant a race. The South have absorbed the Welsh in their championships which are being held on Sunday 14th May at Hayes Stadium; a ladies mile is also being staged. It is suggested that the N.E., N.W. and Scotland combine to form one championship. Derek Graham will have a walkover in the Irish region for he is our sole member.

The proposed field of finalists will consist of the winner of the Welsh, Scottish and Irish contingents, plus the first two from the combined North regions, two from the Midlands and two from the South. This will make a maximum field of nine.

The final could be a terrific race with a possible line-up of Vivian Blackwell (R.A.F.) for Wales; Hugh Barrow for Scotland; Derek Graham for Northern Ireland; Wilkinson and McGrow for the North with possibly Booth and Peel pushing them out. Midland talent abounds, Whetton is a certainty, but the fight for a place in the final will be terrific with Billington favourite hotly pressed by McKim, Bowley and Lem. The Southern race is wide open with a rejuvenated Tony Harris if he runs as a Southerner and not a Welshman chasing Ray Roseman, Malcolm Brown, John Thresher and Dave Gibson.

SCOTLAND

We have a very virile membership in Scotland, Hugh Barrow was our first ever Scottish member, he joined us shortly after winning the A.A.A. junior mile in record time, plus a very courageous display of front running. He was soon joined by Mel Edwards and Bill Ewing of Aberdeen. Both Mel and Bill joined T.V.H. Mel won the Club 10 miles cross-country championship in 1965 in convincing style and all looked well for the track season, but he received achilles trouble which held him back. A lover of big winter mileage, Mel came back in 1966 to run for Cambridge University at 3 miles. However, he seemed to run too many 3 mile races and this may have led to staleness for he did not improve his time. There is a lot to be said for the UNDER AND OVER THEORY of planning races. A miler should run 440 and 880 races one week and follow this with a 2 or 3 mile race the next, then run his speciality, THE MILE. You get your speed and you get your stamina assured in this way! If you cannot get the races do a time trial instead. Mel is now in Newcastle so we hope our N.E. secretary will be hearing from him.

Both Bill and Mel came to London in 1965 for some races and training under Frank Horwill at Alpertons. Both returned to Scotland with personal best times in the 880, mile and 2 miles. In 1966, Bill underwent instruction from Bill Coyne, the steeplechaser expert, with the result that in the 3,000 metres steeplechase final at White City, he became Britain's 9th ranking steeplechaser and Scotland's No.2, with a time of 8:54.6; he also became top of the T.V.H. club rankings pushing Geoff Pym out by six-fifths of a second. Bill also ranks 47th in Britain for the mile with a time of 4:07.6 and is ranked No. 5 in Scotland.

Hugh Barrow lowered his mile time to 4:04 in 1965 but due to injury did not get the work in during 1966 and recorded 4:06.8 late in the season. Just ahead of Bill Ewing in the rankings is Graeme Grant, better known for his part in the ill-fated 4 x 880 world record scandal. Graeme lowered his mile time by seconds from 4:12 to 4:07.8.

Former Scottish junior mile champion and steeplechaser, Alistair Blemire, is advised during the track season by Frank Horwill, for three years their partnership through correspondence was a very successful one, with Alistair improving all the time. In 1966 things did not go well because Alistair contracted tonsillitis and never made up the ground he lost. He succeeded in equalling his previous mile time. However, Alistair is now in great condition. On February 18th, he was a member of the winning Edinburgh University team running the fastest leg in the Imperial College "Hyde Park" Relay. In the Scottish Junior Championships he was second to Eddie Knox by only a second but won a first team medal. Graeme Grant was 13th in the same race.

Here are the senior team placings of Scottish B.M.C. members in the Scottish Championships at Hamilton Park.
 MEL EDWARDS 1st man home of the B.M.C. boys in 15th place.
 KEN BALLANTYNE 2nd man home in 16th place.
 JOHN McLATCHIE 3rd in 19th place.
 BILL EWING 4th in 22nd place.
 CHRIS ELSON 5th in 35th place.

Mel Edwards was 57th in the National and Bill Ewing 66th, both ran for T.V.H.

Midland Region News

1966 saw an improvement in miling depth throughout the Midlands and I feel that the new season should see one or two new faces in the ranks of the sub-4 minutes. Peter Blakeley has told me that it is 4 minutes or nothing in 1967 and with Dave Lew to push or drag him along it looks as though the cinders will really be burning round Leicester way. Those CATS certainly won't be cool! At Coventry Alan Grant is equally determined and should have the strength to run hard all the way. If he can persuade his club to let him run 550s and 440s in the early season, I predict some fast miles from this slight but dogged runner. This problem of racing short distances seems to be a common one in the Midlands and perhaps explains why so many of the 4:10 boys fail to improve. Basically, the fastest of the lot is Mike Billington (North Staffs), who is an excellent half-miler and no mean performer on the country. Not a great stylist, but aesthetics rarely wins races.

From what I can gather, the lads with purely miling interests seem, on the whole, to be deciding on a quiet cross-country season. I am more and more convinced of the sanity of this approach. I refer to Senior and Junior competition as I don't believe that many youths suffer from too much cross-country racing over 3 or 4 miles. However, this is not to infer that B.M.C. members will not figure prominently in championship races over the country this winter. Dave Lew has already repeated last year's third placing in the Midland 7 and I expect John Hammond will be going all out for more International honours. Midland Junior Champion, David Howland, had an unhappy track season and it is not yet certain whether he will be defending his title. If track takes the No.1 position in the 1967 plans he may well miss a number of cross-country races.

Our congratulations to John Baggie, the 15-year-old from Leicester, who ran that remarkable 6 miles in the latter part of the track season.

I have booked Werthyr Mawr for Easter (Friday to Tuesday). It takes 30, so if anyone is dying to go (under 21 preferably) I might have some vacancies. (5/- per night and food extra).

TCNY SAUNDERS' COACHING SUCCESSES.

<u>Staffs C.C.C.</u>	Junior.	1. Howland (* team)
	Youths.	2. Miller
	Boys.	3. Wood
		5. Page
<u>Worce. C.C.C.</u>	Junior.	1. Baldaro (9th Senior)
	Youths.	2,3,4,5,6. (Warley team)
<u>Glos. C.C.C.</u>	Junior	2. Daykin (4 weeks' work)
<u>Northants C.C.C.</u>	Youths.	1. Gilsonan
<u>Monmouth C.C.C.</u>	Senior.	9. Hutchinson
<u>Shropshire C.C.C.</u>	Senior.	2. Ellis
<u>Oxford C.C.C.</u>	Senior.	3. Grant

WEIGHT-TRAINING FOR MILERS.

I do not intend to argue the merits or otherwise of weight-training for milers. I can only say that from experience I have proved its value, and those who say it has no place in modern middle-distance training programmes would be well-advised to get their physiological facts straight - and don't start quoting lists of names of world-record breakers who never trained with weights. That proves nothing - it merely indicates how much further forward the barriers might by now have been pushed.

Ideally, weight-training should be done twice weekly throughout the winter, but there are many who only have access to weights once a week, and I have frequently been asked how best to utilise such limited time. Bearing in mind that the athlete is seeking to make his mark in a sport which might well be called "The Power Game", he should concentrate on a few essential exercises and aim to lift quite a heavy poundage during the session.

An adequate warm-up is essential and the athlete should at least carry out his normal pre-training routine. If possible supplement this with a few minutes of basketball followed by 25-30 squat-thrusts.

The exercise which brings most of the body into play is the clean, done chest-fashion. To find the starting weight, take the athlete's bodyweight and deduct 50 lbs. Begin with 5 repetitions at this total. Rest 3-4 minutes and proceed with a pyramid, increasing weight each time by 10 lbs. and decreasing repetitions by one, so that the final attempt will be one repetition at bodyweight. Reference to Ron Pickering's excellent booklet on "Strength Training" will explain the procedure in greater detail.

Step-ups (only a low bench or box is required) can be started with bodyweight on the shoulders, doing 4 sets of 6 on alternate legs. I always advise starting with the weaker leg first, as the beginner often has a feeling of "insecurity" and it helps to finish on the strong leg. On alternative weeks we do half-squats, again with bodyweight, and think in terms of 3 x 8. The athlete will soon be able to progress by 10 lbs. per increase and should easily manage $1\frac{1}{2}$ x BW in all these exercises.

Bench presses are done pyramid-fashion, taking $\frac{1}{2}$ BW as the initial target and then we move on to abdominal work. Sometimes we use an inclined bench and work with or without a weight (dependant upon ability), doing a maximum number of repetitions. Other weeks we do overhead-rolls (back-lying, raise legs straight to touch ground behind head), again to maximum. If we have time we then do 3 sets of straight-arm pullovers. A short easy run of 3 miles finishes off.

Specific weaknesses, of course, call for specific remedies, and it often happens that individual athletes will be given additional or alternative exercises (press-behind-neck, alternate dumb-bell press, calf-raises - all of them could, and should, be used by everyone, but I am bearing in mind this factor of limited time and availability of facilities).

Tony Saunders
Senior A.A.A. Coach.

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Frank Horwill Column



If one reads the training diary entries of some of the old milers of the 1930 era, one cannot help but smile. "Went for a 2 mile walk. Felt good." "Weighed myself, little underweight so no training." "I felt out of sorts so I went for a swim and found it very refreshing." Well, at a Top Milers' Week-end recently, one of the sessions was a walk around the woods after breakfast. It took 30 minutes and developed into some very steep hill climbing over rough forest bracken. On return to the hostel I was surprised to see sweat on the faces of our group and an anxiety to lie down and rest. Perhaps our old milers weren't so mad after all. It made a very pleasant change and allowed for some interesting conversation about training and the local wildlife.

Opinions on training week-ends tend to differ. One woman miler of repute alleges that the week-end spent at Merthyr Mawr drained her of all strength and spirit and she had a bad season. When one considers that nearly 50 miles are spent in running on this week-end, one should think carefully about accepting the challenge to go there. On the other hand, at the Top Milers' week-end, where 38 miles were covered during the course, many milers came away refreshed and champing at the bit. This course is not just a series of hard training runs, it is a study of training methods, a study of race history and self-analysis. I have noted with interest that those who attend such courses always do well.

I heard a very interesting programme on television the other day. It was called WHY NOT? It was narrated by Chris Brasher and dealt with an inventor, not fully accepted by his autocratic colleagues, who invented many hitherto seemingly impossible gadgets. His invention of the bouncing mine destroyed the industrial dam which harnessed the power for Germany's munitions factory. This man said: "If you want to get new results you have got to branch away from accepted practice. Quite often the absolute novice hits on something far superior to the experts." Can we say this about athletic training? I think Lydiard is a case in point. I note that during his brief stay in Mexico four of his marathon pupils broke the then existing marathon record of 2.36.

Do we start our mile training for the track season on the wrong premise? The accepted practice is to start slow and speed up. For instance, 4 x 880 in 2 mins. 8 secs. in March for a sub 4.10 miler, and then getting faster until we reach 2 mins. 4 secs. and possibly 2 mins after 12 weeks of progression. Is there a case for starting fast in a small way and adding to the distance at a fast pace. For instance, let us assume that our 4.10 miler sub divides his lap times into 110s of 15.5 secs. and starts running at this pace in March, e.g. 32 x 110 in 15.5 with 110 jog rest. Let us say that the following Sunday he attempts 16 x 220 in 31 secs. with 60 secs rest. And every successive Sunday he stretches the distance to 330 and finally to 880 in 2 mins. Should difficulty be found with a progression it is repeated.

I have noticed with some annoyance, that 440 runners often trounce 880 men when they move up to two laps. Take the Robbie Brightwell John Boulter clash, where Robbie outkicked the specialist half-miler. If the $\frac{1}{2}$ mile became an official distance I think you would find many 880 men pushing out milers. What is the moral of this? It is simply that milers do not give enough attention to speed and tempo training.

We are not in a position to scoff at physiologists who specialise in sports medicine, particularly when they have vast resources available to them as do Gerschler, Nocker, Reindell and Holman.

FRANK HORWILL COLUMN/Contd..

Gerschler at Frieberg University was able to carry out running experiments on 3,000 people every day for 21 days. He found that the most efficient way of gaining stamina was by interval training at distances of 110 and 220 yards. He does not say that this is the ONLY way of gaining stamina; it is the most efficient way. He agrees that fartlek and long runs also give stamina but that the effort expended is wasteful. After a good timber up with several strides, you can run 110 in 15 secs. This will raise the pulse to 160/180 and after a minute's rest and not more than 90 seconds rest it will return to 120; you then repeat the run. It is THE RECOVERY EFFORT WHICH STRENGTHENS THE HEART, for the stroke volume of the blood remains the same in the rest time. Because the running effort has not been severe enough to cause lactic acid to pass into the blood, the heart is given nutrition by the blood flowing through it. If the effort is too great and the pulse does not return to 120 within 90 seconds, lactic acid is given off into the blood and the heart no longer receives nutrition and the session ceases to become a stamina building one but becomes a muscle metabolism session where the local musculature (legs, arms, etc) are accustomed to giving off lactic acid and getting it cleared by alkaline buffers.

Now, the German physiologists have listed the precise amount of interval training a mile should do, and the precise amount of sprint and tempo work. It is 50% interval work and 50% sprint and tempo running.

The athlete must use his commonsense over these findings, for example, one mile might find that after 110 in 15 secs. he recovers to 120 beats in 30 secs. of jogging, whereas another may find it takes him 60 secs. Here is an example of a weekly schedule based on physiology alone and making no allowances for personal and psychological idiosyncrasies.

Sunday	32 x 110 in 15 secs. with pulse recovery 120.	STAMINA
Monday	12 x 220 in 28 secs. with 60 secs. rest.	TEMPO
Tuesday	12 x 220 in 30 secs. with pulse recovery 120	STAMINA
Wednesday	10 x 330 in 45 secs. with 75 secs. rest.	TEMPO
Thursday	6 x 150 FULL OUT walk back recovery.	SPRINT
Friday	Active rest.	
Saturday	Time trial.	

The following week can take the form of an increase in the distance of the tempo and sprint sessions, e.g. 440 and 660. It should be pointed out that a tempo session must consist of fast running with short rest and that sprint running consists of very fast running with adequate rest.

Now, you may find this all very soul destroying. Fair enough. The physiologists have told you how to do it, if you wish to heed their findings this way and that you can. For instance, you may prefer to do a fartlek for stamina in a park, in a forest or along the sea front. It is more pleasant. You may decide to meet the physiologists half way by running in these places with a stop-watch in your hand. Jog 90 secs. and stride 15 secs. no matter where you are, or jog 90 secs. and stride 30 secs. even if you are going up a steep hill. You may decide that a steady road run or grass run between track sessions boosts your morale, do not worry about falling behind. No one has yet measured the psychological implications of the mind in training, until they do it is very much a matter of WHAT SUITS ME?

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Quotes from the Great



John P. Jesse, an eminent American Coach and authority on Weight Training. "There is no shortcut to strength development, as there is none for the development of skill, agility, or endurance in an athlete. No amount of fancy gimmicks or equipment or adoption of alleged time-saving 'tricks' will substitute for long-term planning of hard work, that is required to develop the quality of strength needed by an athlete for optimum performance in his speciality. Greater progress in track and field performances during the past 15 years has been the result of harder work by the athlete, not by resorting to shortcuts and less work."

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Percy Wells Gerty in the Foreword of his book ATHLETICS - HOW TO BECOME A CHAMPION. "To paraphrase the statement attributed to Baron Coubertin, the founder of the modern Olympic Games, and to supplement it: It is not the 'winning' that is important, it is the taking part in. It is not the 'arrival' that is important, but the 'journeying' to. It is not the 'doing' that is important, but the 'trying' to be. All the world admires the 'trier' and that is something we can ALL succeed at; be 'torn' in, being a sincere and punishing 'trier'. It is to the 'trier' then, he who would be a champion, that this book is dedicated."

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Arthur Lydiard in his book RUN TO THE TOP. "The mistake is made in not assessing an athlete at the outset for his correct distance and then training him for it. It is easy to find a fast man and train him for sprint honours in this country (N.Z.) where sprinting is not strong. But this very often sacrifices, for the sake of small rewards, a man who could become something far greater than a local champion at a longer distance. You must have the requisite basic speed for the distance at which you intend to compete, otherwise you are not going to climb very far up the ladder of achievement. If you can barely break a minute for the 150, you can't hope to succeed as a half-miler, no matter what you do. If you can't run a quarter in 51 secs, you can't run a half in 1 min. 50 secs. and, if you can't do that, you have no chance in the modern world of speed. But if you can break 51 secs. you can build on the stamina to enable you to maintain that 51 secs. running speed for a greater distance and become a half-mile champion. In other words, you add stamina to supplement your basic speed. Face the fact squarely. If you can't make the required time over 150, you can't hope to maintain it over 880, not in these days when half-milers aim around 51 secs. or so for the first lap."

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Cliff Bould in his book HINTS ON ATHLETIC INJURIES. "Middle distance runners often suffer from injuries to the Achilles tendon especially on returning from cross-country runnings in winter to the hard surfaces of the track where jarring coupled with the quicker pace subject this tendon to considerable strain. This can, of course, happen on any hard surface. The shin soreness which also afflicts these athletes is caused in the same way. It can, however, result from spending too long in track shoes and attempting to do fast work at the beginning of the season. Hard surfaces are also responsible for stress fractures of the lower end of the fibula. Particularly is this true of youths and juniors whose bones are untried for such chances. Three injuries appear to have increased in recent years. These are sprained hip, strained psoas muscle and tendinitis of anterior fibula. This is due to spending much time sprinting up hills without adequate preparations of progression. The psoas injury in particular appears also to have some connection with the excessive number of 'squats' done in weight training."

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QUOTES Cont.

Tony Ward, S.C.A.A.A. Administrator in his book MODERN DISTANCE RUNNING. "Though standards of world championship level have risen with the years, the standard expected at county, area and national level have not, and with the failure by some athletes to raise their sights, the base of the pyramid has remained static. If British athletes are once more to figure in the battle for Olympic and European honours and are to resurrect past glories for the mile, then a general raising of the standards expected at every level must take place. Our milers should aim for:
 Top County Standard - 4 mins. 05.0 secs.
 Area Standard - 3 mins. 59.5 secs.
 National Standard - sub 3 mins. 57.0 secs."

Excerpts from CIRCUIT TRAINING by R. Morgan and G. Adamson. Circuit training aims at the progressive development of muscular and cardio-respiratory fitness...it cannot be stated too strongly at the outset that Circuit Training essentially aims at the development of all-round fitness rather than the fitness required for any particular game or activity...Development of power demands fast explosive movements against resistance...Along with the general agreement that athletes should do more work has come the conviction that stamina must be built up gradually over a period of years. Stamina is a quality which, when it has been built up by tough training, can be retained by lighter activity...

J. Allford, former National A.A.A. Coach, in MIDDLE DISTANCE RUNNING AND STEEPLECHASING. "Speeding up Period 10 weeks. Miler with previous best of 4 mins. 40 secs. aiming to beat 4 mins. 30 secs.
 Monday Acceleration run 2-3 miles, preferably on good level grass surface, or springy path, etc., jog 5 mins. then: Tracks: 1. From 5 x 330 from crouch or standing start, at gradually increased speed (for example, from 47 secs. to 44 secs.) build up to 5 x 330 (44 to 41). Jog/walk back for recovery 4-5 mins. Or 2. From 8 x 220 (20-28) build up to 8 x 220 (28-26). Jog/walk back recovery.
 Tuesday Build up from 10 x 440 (68) (220) jog to 8 x 440 (64) (220)
 Wednesday Build up from 4 x 880 (2 mins. 16 secs) (440) jog to 4 x 880 (2 mins. 12 secs.) Or Fartlek on similar lines.
 Thursday Build up from 16 x 220 (32) 220 jog to 16 x 220 (29) 220 jog.
 Friday Rest.
 Saturday Time trial at $\frac{1}{2}$ mile level pace. Aim for 3 mins. 30 secs. for the first trial and to pull down to 3 mins. 20 secs. by the end of Speeding Up Period. Jog a mile on grass and then carry out 20 mins. easy Fartlek with about 10 bursts at 80-150 yds.
 Sunday Easy Fartlek run 30-45 mins. Or 20 mins. easy Fartlek plus 6-8 fast runs at 150 yds. with 200 yds. slow run between.
 Weight or Circuit Training Monday and Wednesday."

Fred Will, editor of RUN, RUN, RUN. Answering athletic queries. "What is the effect of sexual intercourse and masturbation upon athletic performance?"
 Answer: "This is a delicate question which is usually left unanswered or ignored. The emotional and physical effect of sexual intercourse and/or masturbation should have no more adverse or beneficial effect than any other physical and/or emotional experience. However, society today is wrought with legal, social, religious, and moral laws, which prohibit extramarital sex and masturbation. When an athlete does so he may be plagued with sub-conscious feelings of guilt. Furthermore, the human mind may still harbour the ancient taboo which denounces as evil, 'bad', and harmful anything which gives pleasure. It is, therefore, the taboo of pleasure and the mental anguish of guilt which adversely affect athletic performance, rather than the physical and/or emotional experience involved."

SOUTHERN COUNTIES

The I.A.C. once again held its Miller's Week-end in the middle of March, this time at an Oakenden Trust House in the heart of the Surrey countryside. The actual cost per head was 22 10s., but the I.A.C. subsidised each runner by 10/- so that they only paid 22 each. The arrangement with the I.A.C. is a very mutual one. They invite the Top Ten milers in the Senior, Junior and Ladies divisions. For every refusal they get we are invited to fill the vacancy with one of our members. We take the liberty of extending our choice to Youths, one of the first to be invited was Chris Reed, Hadleigh Olympiads, who arrived on Sunday following a run in the relay race on the Saturday. Chris did a total of 16 miles on the Sunday, Fartlek and hill running in the morning and a verlauf in the afternoon. Bruce Tulloh, the director of the course was very impressed with him.

Others who showed up well on the course were Vivian Blackwell, E.A.F., who arrived Friday night flushed with pride at becoming the Combined Services Champion at cross-country, beating such classy runners as Dave Gibson. John Rix, the junior miler who has done 4.12 showed that he has great strength when leading the group up a half mile long one in two hill.

Two new lady members have joined us in the South, Rita and Iris Lincoln, Essex Ladies. One of them (their identity still escapes me), recently did a time trial for 1 1/2 miles and recorded 7.36!!! The time at the mile was 5 mins. 5 secs. in a strong wind! What will these two milers do when they line up with Ann Smith, Margaret Moir and Sheila Taylor on Sunday 14th May at Hayes Stadium, Middlesex, in our special Ladies Mile being staged by I.O.A.C. Now under the shrewd eyes of Tony Elder, these two girls will surely rocket to the top.

Mike Beevor, Hereford A.C., who did 4.12 in 1965 but was injured throughout 1966, is now on the way back to complete recovery and some good mile times. Advised now by Tom Shorter of T.V.H. Mike has to follow a very strictly enforced schedule. His recent 14 mins. 8 secs. for 3 miles shows he is ready for 4.12 now in April.

The Southern Trials were going to be held at Ladywell on April 22nd by courtesy of Blackheath Harriers, however, behind the scenes negotiations were going on between the General Secretary and Tony Saunders in the Midlands, over a National B.M.C. week-end and the time picked was April 22nd, so we must bow to national unity. However, we will ask the Director of the Course, Tony Saunders, to put aside time for a mile race on Saturday afternoon.

We have some corrections to make in our last regional newsletter issued in January. Alec Thompson took exception to our reference to David Wright being weighed at his flat for a check on adaptation to stress. Alec points out that David is weighed daily and not weekly as we inferred, also that this procedure is only one symptom of a number which depict failure to adapt to stress. Conrad Milton, Chairman of Feltham A.C., points out that he coaches Jack Lane and not Gordon Pirie. Apparently Gordon did not give Jack enough attention and Jack gave him an ultimatum, "Coach me properly or drop me!" Gordon has lost a definite world-beater in Jack. A very bad mistake by our typist in the newsletter was the wrong address of the Hon. Treasurer, Brian Boulton, this should be 86 Grove Park Road, S.E.9. KIPING 3159. Also, Alec Thompson lives in S.E.26 and not S.E.16.

If you are interested in taking up the steeplechase event, we have in the South a committee member, Charles Elliott, editor of ATHLETICS ARENA, who is a Senior Steeplechase Coach. You can ring him at 01147 9889, or write him at 325 Streatham High Road,

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SOUTHERN COUNTIES/Contd...

London, S.W.16.

Some recent race successes for Southern members are:-
ANN SMITH(Mitcham) 3rd in the National Cross-country championship at Blackburn.

DAVE BEDFORD(Sharnbury) 1st in the Inter-County at Derby; 3rd in the National Youths at Norwich.

JOHN BEDNARSKI(Swindon) 2nd in the Inter-County Youths.

GERALD KING(Windsor) 5th in the Inter-County Youths; 14th National.

RODNEY SINNETT(Enfield) 9th in the National Junior at Norwich.

JOHN THRESHER 83rd in National.

JOHN BICOURT 140th in National. Both Thresher and Bicourt run for Belgrave Harriers which was placed 6th in the team event.

GEOFF GOODMAN(T.V.H.) 142nd in National.

JOHN HERRING 124th in National; 1st in $\frac{1}{2}$ mile at Tooting 3.12.7 in wet conditions.

JEFF STOCKING 3rd in $\frac{1}{2}$ mile at Tooting 3.12.9. Good conditions.

BRIAN STANDEN(T.V.H.) first man home for club in National Junior, placed 32nd gaining them 3rd team place.

GEOFF BISCOE(Mitcham) 4.15.8 in heats of Costford Indoor Champs.

JOHN MCINTACHIE(Luton) 4.14.1 in heats of Costford Indoor Champs.

Make a note of these dates for your racing diary:-

Sunday 14th May, Hayes Stadium, Middx. Southern B.M.C. and Welsh Championships. First two in men's Southern race, and first Welshman home, go through to the National final sponsored by A.E.I. at West Hartlepool 17th June 1967.

Sunday 14th May, Hayes Stadium, Middlesex, women's mile.

Saturday 10th June 4 x 1 mile relay Inter-county B.M.C. members. Feltham Arena, Middx.

G.P.H. Anniversary meeting mile race, 5th August at Paddington.

Saturday 23rd September Grays, Essex, end of season mile.

Please note that MEMBERS ONLY have been granted use of the ALL-WEATHER TRACK belonging to St. Mary's College, Strawberry Hill, Twickenham, by kind representation of Gordon Pirie to Mr. Garcia. Please do not abuse this privilege by causing a nuisance and using bad language; we have had complaints over one of our youth members in this respect.

Coated Milton says that any member who wishes to train with Chris Allen and Jack Lane at Feltham will be welcome. Drop a card to Conrad at 34 Saxon Road, Ashford, Middx.

Can you provide accommodation for visiting members to load?



Founder Members: B. Boulton, B. Burton, E. Hayes, F.J. Horwill, Wilf Paish, Mrs. M.A. Smith, J. Thresher, A.P. Wilkins.

BMC Rules

RULE 1. NAME AND OBJECTS.

- The name of the organisation shall be the "British Milers' Club".
- The objects of the organisation shall be:
 - To raise the standard of British miling to world supremacy.
 - To set up a nation-wide network of regional secretaries who are qualified to implement and facilitate this work.
 - To provide expert coaching assistance to all members.
 - To encourage members to run as a team against the stop-watch on agreed occasions.
 - To assist materially milers from weak miling regions.
 - To encourage members' clubs to stage graded mile races every year to cover the gap of too fast or too slow competition.
 - To provide an information service on graded races throughout the country.
 - To encourage commercial organisations to sponsor special invitation races.
 - To make appropriate awards to milers of all grades for outstanding performances.
 - To obtain athletic textbooks at discount for members.
 - To hold annual or more frequently, training weekends for members in all regions.

RULE 2. MEMBERSHIP.

- Membership shall be divided into six classes:
 - Senior; (b) Junior; (c) Youth; (d) Women; (e) Life; (f) Honorary.
- The qualifying standard for classes a, b, c, d shall be decided by the Members in Annual General Meeting. Class (e) Life Membership shall be awarded to all Men who have beaten 4 minutes for the Mile and all women who have beaten 5 minutes for the Mile. Class (f) shall consist of A.A.A. Senior Coaches in Middle Distance only.
- Subject to the General Committee's approval a member is entitled to receive a club badge for his appropriate grade and a membership card free.
- Any Junior or Youth who does not reach the Senior qualifying time by 21 years of age must forfeit membership.

RULE 3. SUBSCRIPTIONS.

- A standard subscription rate of 10/- per annum for all grades payable at the time of joining and every subsequent year due on 1st January each year.
- Any alteration to subscriptions shall be approved by a majority of members in general meeting.
- Members whose subscriptions are not fully paid up within three months of the appropriate yearly time shall be debarred from membership, but the General Committee shall have powers to discriminate in cases of hardship.

RULE 4. GENERAL COMMITTEE.

- The organisation's business shall be managed by a General Committee, hereinafter referred to as the "Committee".
- In order to ensure regular attendance at its meetings, the Committee shall consist only of London area members.
- The Committee, which shall be elected by ballot at the Annual General Meeting, shall consist of Chairman, Vice-Chairman, Treasurer, Secretary and four other members.
- The Committee shall have powers to co-opt an additional number of members during the year.
- The Committee shall have powers to replace any of its members.

RULE 5. COMMITTEE MEETINGS.

- Committee meetings shall be convened by the secretary as and when it is deemed necessary by him or by any other Committee member.
- A quorum shall consist of six members, or two-thirds of the Committee membership, whichever is the higher figure.
- If, within 30 minutes from the time appointed for the meeting, a quorum is not present, the meeting shall be adjourned.
- The Chairman shall be entitled to vote as an ordinary member only.
- Should the Chairman be unable to attend a meeting, the Vice-Chairman shall act as Chairman. Should the Vice-Chairman also be absent the members shall elect one of their own number to act as a Chairman.
- The Treasurer shall present a statement of accounts at each meeting.
- Regional secretaries present in London may attend and participate in Committee Meetings, and shall have powers to vote.

B.M.C. RULES Cont.

RULE 6. GENERAL MEETING.

- The organisation shall in each year hold a general meeting as its Annual General Meeting, in addition to any other general meetings in that year.
- All general meetings other than the Annual General Meeting shall be called "Extraordinary General Meetings".
- The Annual General Meeting shall be held in London on any day approved by the Committee.
- Members shall be given at least 21 days notice of the Annual General Meeting and at least 14 days notice of Extraordinary General Meetings.
- All matters for inclusion in the agenda shall be received by the Secretary at least 14 days before the meeting.
- An Extraordinary General Meeting shall be called by the Secretary within 21 days of the receipt by him of a requisition, signed by 8 members, stating the business to be brought before such a meeting.

RULE 7. PROCEEDINGS AT GENERAL MEETINGS.

- The business of the Annual General Meeting shall be:-
 - To receive and consider the annual reports of the Treasurer and Secretary, and the income and expenditure account and balance sheet.
 - To elect the President, Vice-Presidents, Chairman, Vice-Chairman, Treasurer, Secretary, Auditor and committee members for the ensuing year;
 - To transact any other business.
- No business shall be transacted unless a quorum of eight members is present.
- All resolutions put to the vote must be approved by a three-quarters majority of members present and voting. The Chairman shall decide the manner of voting.
- Regional secretaries have proxies of members votes.

RULE 8. ALTERATIONS TO THE RULES.

- The rules shall be altered only at a general meeting by a majority of three-quarters of members voting. Votes by proxy shall be accepted.

RULE 9. ACCOUNTS.

- The Treasurer shall keep an account, showing details of all sums of money received and spent.
- Extraordinary expenditure shall be approved only by the Committee.
- All outgoing cheques shall be signed by the Treasurer and one other officer.

RULE 10. AUDIT.

- Audited accounts shall be presented at the Annual General Meeting.
- An honorary auditor shall be appointed at the Annual General Meeting or by Committee to serve until next A.G.M.

THE BIG EVENT

NATIONAL BRITISH MILERS' CLUB SENIOR CHAMPIONSHIPS SPONSORED BY
A.E.I. AT WEST HARTLEPOOL ON 17 JUNE 1967. ALL EXPENSES OF
FINALISTS WILL BE PAID.

NATIONAL BRITISH MILERS' CLUB FIRST RESIDENTIAL WEEK-END AT DENSTONE
COLLEGE, UTOXETER, STAFFS, W.W. APRIL 21ST/23RD. COST £2.
MEMBERS ONLY SHOULD APPLY TO REGIONAL SECRETARIES OR DIRECTOR
OF COURSE, TONY SAUNDERS, 2 PARKDALE, TETTENHALL ROAD, WOLVERHAMPTON,
STAFFS.

The World Mile Record belongs in Great Britain.
These milers can bring it back!

Top 10' 1966 (MEMBERS ONLY)

- 3.56.1 Neill Duggan
- 3.57.1 Alan Simpson
- 3.59.2 Derek Graham
- 3.59.3 Walter Wilkinson
- 4.00.3 Mike Wiggs
- 4.00.5 JOHN MCGROW
- 4.01.3 JOHN WHETTON
- 4.02.2 RAY ROSEMAN
- 4.03 MALCOLM BROWNE
- 4.03.3 JOHN THRESHER

U.K. JUNIOR (MEMBERS)

- 4.10.5 CHRIS MASON
- 4.13 ERIC BRADBROOK
- 4.13.7 GERALD KING
- 4.14 BROOKS MILESON
- 4.15 BRENDAN FOSTER

U.K. YOUTHS' "TOP TEN"

- 1 MILE
- 9.21.6 DAVID BEDFORD
- 9.23 JOHN BOGGIS
- 9.25.2 JOHN BEDNARSKI

U.K. INDOOR ALL-TIME LIST

(MEMBERS ONLY)

1 MILE

- | | |
|-----------------------|-----------------------|
| 4.02.5 JOHN WHETTON | 8.41.6 ALAN SIMPSON |
| 4.03.6 ALAN SIMPSON | 8.42.6 DEREK IBBOTSON |
| 4.06.8 ANDY GREEN | 8.43.6 NEILL DOGGAN |
| 4.06.9 BILL McKIM | 8.44.8 BILL McKIM |
| 4.07.0 DEREK IBBOTSON | 8.45.8 MIKE WIGGS |
| 4.07.2 BRIAN HEWSON | 8.50.0 DEREK GRAHAM |
| 4.07.8 MIKE WIGGS | |
| 4.08.2 NEILL DOGGAN | |

500 YARDS

(MEMBERS ONLY)

- 1.50.6 JOHN WHETTON
- 1.51.6 PETER BEACHAM
- 1.53.2 ANDY GREEN
- 1.54.1 CRAIG DOUGLAS

JOHN BOGGIS'S "RECORD"

30.28.4 JOHN BOGGIS His mile
splits were 4.30; 5.01; 5.06;
(14.57 personal best 3 miles);
5.14; 5.15; and 5.02.

SHOCKS IN INTER-COUNTY

MEMBERS SHINE

JUNIOR

BROOKS MILESON 1st

YOUTHS

DAVE BEDFORD 1st.
JOHN BEDNARSKI 2nd
GERALD KING 5th
PHILIP GILSENAN 9th

National

FIRST MEMBER HOME JOHN HILLEN 15th

SECOND MEMBER DAVID LEM 20th

JUNIORS

FIRST MEMBER HOME BROOKS MILESON 6th

SECOND MEMBER RODNEY SIMNETT 9th

TIMKEN
BEARINGS

BRITISH
TIMKEN
SHOW

ACT NOW

INQUIRY

DO YOU BELIEVE THE SPORT OF ATHLETICS IS BIDDLED
WITH OFFICIALS WHO THINK AND ACT CONTRARY TO THE
BEST INTERESTS OF ATHLETES?

DO YOU BELIEVE THAT ATHLETICS NEEDS A STRONG MAN LIKE
FOOTBALL HAS FOUND IN SIR ALF RAMSEY?

DO YOU THINK THAT THE CHOICE OF TEAM SELECTION SHOULD
BE LEFT TO PROFESSIONALS SUCH AS OUR NATIONAL COACHES?

DO YOU BELIEVE THAT ONCE CERTAIN OFFICIALS ARE IN
"POWER" THEY CANNOT BE REMOVED WITHOUT A DRASTIC CHANGE
IN THE RULES?

DO YOU KNOW THAT THE SYSTEM OF HEARING DISCIPLINARY
CASES AGAINST ATHLETES WOULD BE INVALID IN A COURT OF
LAW BECAUSE JUDGES OF SUCH ATHLETIC TRIALS OFTEN PASS
SENTENCE ON THE ATHLETE VIA THE PRESS BEFORE THE CASE
HAS BEEN FULLY HEARD?

DO YOU KNOW THAT A CERTAIN POLE VAULTER WAS NEVER PICKED
TO REPRESENT ENGLAND BECAUSE AT A TEAM MEETING IN
FRANCE HE SPOKE OUT AGAINST A FAMOUS RUNNER BEING
DROPPED FOR ALLEGED BREACH OF DISCIPLINE? HE WAS THE
NO.1 VAULTER FOR ENGLAND ALL THAT SEASON.

GIVE EVIDENCE TO THE SECRETARY, COMMITTEE OF ENQUIRY,
ROOM 317, 26 PARK CRESCENT, W.1. IN WRITING IN THE
FIRST INSTANCE.

_____ "Oo" _____

*It Rides
On Timken Bearings*

THE TIMKEN ROLLER BEARING COMPANY