



**FORWARD  
and  
UNITED**

to

**MEXICO**

**BMC NEWS**

6



**MEXICO**

**Your Personal Best**



**FROM THE EDITOR**



This year, the fifth of its existence, the B.M.C. has surpassed itself for its endeavour and service to members. No less than twenty-six races were organised by the club which resulted in over fifty of our members doing personal best times. Every sub 4-minute mile run in the country was done by a B.M.C. member. Seven such miles were run and one equal 4 minutes.

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So high is the standard of British Milers' Club Ladies Mile running, B.M.C. girls entirely dominate the British scene and lead the world this year. There is no doubt who would win a world 4 x 1 mile Olympic Gold medal if such a race existed in the Mexico programme. Rita Lincoln, Iris Lincoln, Carol Firth and Margaret Motz have an average mile time of 4 mins 49 secs. They occupy the top four places in the world this year followed by a New Zealander and an Irish girl. Next year the B.A.A.B. should insist that in every International which includes a women's mile the mile event should be included. For too long women's miling has been looked upon as the poor relation. In Munich in 1972 we will see the first ladies 1,500 metres event. WE MUST PREPARE NOW.

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Have we seen the end of the ridiculous 1,600 metres suggestion in place of the mile and or 1,500 metres? There is not a runner in the B.M.C. who does not think the idea absurd. We have a petition doing the rounds which amply expresses our views. If you have not signed it please write to The Secretary, 1037B Finchley Road, N.W.11 NOW and we will send it to you.

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Some of our sports reporters talk like imbeciles. The insults hurled at our milers this year have been exaggerated. Things aren't perfect by any means, but at least we have two milers ranked equal seventh in the TOP TEN of the world as we go to Press. We note that none of our sprinters are ranked, only one half miler is, none in the 5,000 metres or steeplechase, none in the pole vault, high jump, one only in the long jump, none in the triple jump, shot, discus, hammer and javelin. When we are not ranked in the TOP TEN they can really go to town. At present they should shut up and give us some support for our efforts to improve British miling.

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The Annual General Meeting of the B.M.C. will be held in conjunction with the Southern Counties Middle-Distance Course being held at Crystal Palace. This Conference will set out, among other things, the British method of coaching and training and find common ground for all exponents of the sport. Doctors will be called to read papers and an Olympic Gold Medalist will be present. Details from Harry Wilson, 4 The Links, Welwyn Garden City, Herts.

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THE ARTICLES PUBLISHED IN THIS JOURNAL DO NOT NECESSARILY REPRESENT THE VIEWS OF THE NATIONAL B.M.C. COMMITTEE, IN PARTICULAR THIS APPLIES TO THE HARD-HITTING FRANK HORWILL COLUMN WHICH IS ALWAYS CONTROVERSIAL AND IN NO WAY REFLECTS COMMITTEE POLICY.

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 THE MILE AND 1,500 METRES - SOME OBSERVATIONS ON CONVERSION  
 TIMES. SPECIFIC REFERENCE TO WOMEN MILERS  
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.....BY A.C. ELDER,  
 SENIOR A.A.A. COACH,  
 W.A.A.A. CONSULTANT  
 COACH AT LILLESHALL

Now that the 1,500 metres event for women is officially recognised as an international event and will feature in the Olympic Games in 1972 and in the major competitions in the next year and thereafter, more thought needs to be given to converting mile times to 1,500 metres and vice versa.

1,500 metres is 1,640.4 yards. In other words the mile is 119.6 yards longer than the 1,500 metres race. For the purposes of making calculations easier I have regarded this distance as 120 yds. If a runner runs a mile and is timed accurately at the 1,500 metres mark as well as at the finish, it is obviously possible to know his exact "differential". Whether this time is "faster" or "slower" than the usually accepted differential will of course depend on whether the runner was accelerating towards the tape or slowing up. For the purposes of standardising the differential it would seem to me to be essential to assume that the runner covers the exact 120 yards at the same pace as the average pace for the rest of the distance. This will occasionally produce an obviously inaccurate conversion, but some standardised differential must be found. One could argue that because the runner is doing an extra 120 yards, he or she MUST be slowing up because they are running further. The problem here is estimating to what extent the runner slows up, and surely we cannot accept guesswork. Indeed it could equally well be argued that in very many mile races it is the last part of the race that is run the fastest, certainly this is true of the world's leading male milers in many of their races, but again it would be sheer guesswork to estimate to what extent the last 120 yards was faster than the average pace of the race. Knowing the speed of the last lap does not help much, as one needs to know the time of each 120 to be sure of where the speed increased, and if you can do that, you can time the runner at 1,500 metres! No, a statistically accurate standardised differential is needed, and I do not think at present we have this.

How fast the extra 120 yards is run depends on the speed of the race. The Olympic qualifying times of 3:42(1,500) and 4:00(mile) an 18 seconds differential, gives an advantage to the milers, for assuming level pace mile of 60 secs. per lap, a runner would go through the 1,500 metres in 3:43.6/ the mile equivalent of 3:42 is 3:58.5. (No wonder Witold Baran came here to qualify! He did 3:59.2 at White City).

TABLE (a)

Average 440 pace	Total Mile Time	120yds. at that pace	Equiv 1500 T
58	3:52	15.8	3:36.2
59	3:56	16.0	3:40.0
60	4:00	16.4	3:43.6
62	4:08	17.0	3:51.0
66	4:24	18.0	4:06.0

As far as the ladies are concerned the following table shows the conversion times necessary:

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 THE MILE AND 1,500 METRES...Continued  
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TABLE (b)

Av. 440 pace	Total Mile Time	120 yds. at that pace	Equiv. 1,500 T.
68	4:32	18.5	4:13.5
69	4:36	18.8	4:17.2
70	4:40	19.0	4:21.0
71	4:44	19.3	4:24.7
72	4:48	19.6	4:28.4
75	5:00	20.4	4:39.6
80	5:20	21.8	4:58.2

\* These are to the nearest one-tenth of a second.

## THE WOMEN: MILE/1,500

Nineteen seconds would seem to me to be acceptable as the differential for women milers running at international level. (Men should use 16.0 or 17.0 and not 18.0 to convert). Note that when Anne Smith set world records - June 3rd 1967 Chiswick - for mile(4:37.0) and 1,500 metres(4:17.3) the differential between the times was 19.7 secs. It will be remembered that there was a stiff breeze blowing against the runners up the finishing straight, which made the second half of each lap somewhat slower than the first. This accounts for the "slow" differential of 19.7 secs. Mile Gomers' current Dutch and world record of 4:15.6 - October 25th 1967 - would convert to approx. 4:34.5 for the mile.

## THE FUTURE

British girls must stop regarding a 5 minute mile as being equivalent to a mile in 4 minutes by men. A closer parallel would be 4:30. Obviously the standard of miling among women in the world, including Britain will rise in the next year or two, and for 1972 one can expect an Olympic qualifying standard of around 4:21(1,500) and 4:40(mile). The difference between the male and female mile world records should be (and probably will be within 2 or 3 years) about 36-37 seconds.

TABLE (c) World Records

	Men	Women	The Difference Between
400m.	44.5	51.9	7.4 secs.
800m.	1:44.3	2:00.5	16.2 secs.(which is
MILE	3:51.1	4:37	45.9 secs.approx. 7.4 doubled plus 2 secs

If the difference between the male and female mile world records was 16.2 doubled plus four seconds, the women's record would be 4:27.5.

Examining the relationship between the three male world records listed above, we can see that 1:44.3 divided into two 400 metre splits of 51.5 and 53.5(approx.) shows a difference of 7 secs. between the first 400m(51.5) and the 400m W.R.(51.9). And the 3:51.1 split into 1:55 and 1:56 shows an 11 seconds difference between the 1st "half"(1:55) and the 800m W.R.(1:44.3). Applying the same analysis to the women's records shows that 2:00.5 split into 59.2 and 61.3 gives a 7.3 difference between the 1st 400m (59.2) and the 400m W.R.(51.9). This is much as one would expect. If we calculate the mile in the same way, we would have two "halves" of 2:12.5(12 secs. slower than the 800m W.R.) and 2:14.5, and a "true" mile world record of 4:27 emerges. And this, as will be seen, is as suggested above, 36 seconds slower than the

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 THE MILE AND 1,500 METRES...Continued  
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mile world record for men. So all and each statistical formula appears to bear out what, subjectively, I would guess the female world record will be in 1970-71. Who will be the female Jim Ryan? Let us hope that it will be a British girl, and a member of the British Milers Club. Remember, of course, that the men's record will probably be beaten by 1970-71, and it may be 36 seconds slower than 3:50 that should be your target. It is certainly reasonable that next year the B.M.C. should arrange a hare to go through the first 880 in something close to 2:15.0. THINK AND TRAIN ACCORDINGLY, GIRLS! GOOD LUCK!

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NEWS FROM HERE AND THERE

JIM MULLIGAN (LEICESTER) has improved greatly this season and is now a 4:08 man, however, Jim blotted his book with the B.M.C. Race Selection Committee by accepting to run in the B.M.C. Champs, and falling to turn up without any explanation. We are afraid that the Selection Committee has a long memory.

ALAN GRANT (COVENTRY) has hit good form early in the season (4:05) but was unable to run in the City Charity Mile and the B.M.C. Champs, because of injury. He notified us in good time so that we were able to get a replacement. The Selection Committee has a short memory in this case.

MEL EDWARDS (ABERDEEN AND T.V.H.) is now doing the marathon and finished fifth in the A.A.A. one in Wales. Mel should be all right for the European and Commonwealth Games in two years, he has been set back by many months of injury and should reach his peak then.

CHRIS REED did a personal best in our National Juniors and Youths Trials at Feltham in May. Chris went on to make the All England Schools Grand Final and once he becomes physically stronger he will be a force to reckon with. A combination of circuit training, weight training and hill running this winter should do the trick.

TONY HARRIS (MILHAM A.C.) the grand old warrior of middle-distance running, was a surprise winner of the B.M.C. Southern Championship 1,500 metres in the equivalent of 4 mins. 6 secs. He has now developed a hernia and is due to enter hospital for an operation.

MIKE BILLINGTON (NORTH STAFFS) has not run well this season and is in fact suffering ill-health. He had a crop of boils (streptococci infection) and his metabolism was not in order. A complete medical check and a tick-over training schedule for a couple of months should restore Mike's health and confidence.

CHRISTINE JEFFERSON (SALE) looked very fragile in the W.A.A.A. 800 metres heats but this did not stop her from doing a personal best of 2:11.

ALAN BIRKS (STOKE) must feel happy with this season. He did a P.B. in our Training Day 2 mile at Bedford in April and then equalled his P.B. in the B.M.C. Invitation Mile at Hayes and lowered it five seconds at the B.M.C. Stratford Mile to 4 mins. 7 secs. Any athlete prepared to travel 150 miles on a Sunday to attend a B.M.C. Training Day deserves and gets success.

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Quotes from the Great



BLOOD TEST AS A GUIDE TO TRAINING by Major Kalevi Rompotti  
 (Extracts from article in RUN RUN RUN Edited by Fred Wilt)

The body's capability of oxygen absorption also affects mental endurance, and depends upon the size and strength of the heart (minute volume and speed of circulation), the extensiveness of the network of capillary blood vessels, and above all upon the quality and the amount of blood...A person weighing 70kg has a total of about 5 liters of blood (5 quarts approximately). Blood has the following composition: Plasma (50-60% of the whole blood volume). The platelets (250,000 per cu. mm. of blood). The erythrocytes or red corpuscles (40-50% of blood volume.  $4\frac{1}{2}$  to  $5\frac{1}{2}$  million per cu. mm. of blood). The leukocytes or white corpuscles (5,000-9,000 per cu. mm. of blood, composed of 2-5% eosinophils, 0.5% basophils, 65-75% neutrophils, 20-25% lymphocytes, and 3-8% monocytes). Plasma is 90% water, 7-9% proteins, 0.9% inorganic salts, nonprotein nitrogenous bodies, nonnitrogenous bodies, blood gases and special transport substances (enzymes, antibodies and hormones)...The most important part of the blood with respect to capability of oxygen take-up constitutes the red corpuscles (Eri) and its iron containing red coloured substance, haemoglobin (Hb), which lends the colour to the blood. The iron in haemoglobin readily combines with oxygen. Blood carries oxygen in the haemoglobin from the lungs to the muscle tissues... It is clear that the more haemoglobin, i.e. iron, the red corpuscles contain (the redder the blood is) the more oxygen it will be able to carry from the lungs to the muscles. The more there are of these red corpuscles, i.e. the more blood the runner possesses, the larger the Hb surface which is available to combine with oxygen in the lungs and to deliver oxygen to the muscles. From this point of view of endurance it is therefore of PRIMARY IMPORTANCE TO THE RUNNER THAT HE POSSESSES AS MUCH BLOOD AS POSSIBLE WITH AS MUCH IRON IN HIS BLOOD AS POSSIBLE...if the amount of Hb is proportionately smaller as compared to the number of red corpuscles, it is wise for the sports physician to prescribe medication containing iron. If, on the other hand, the number of red corpuscles is proportionately smaller, the physician may prescribe either liver extracts or Vitamin B12, either in liquid form, injections, or tablets...Following the blood values of athletes is essential to modern training. The importance of blood tests, naturally, should not be overrated, inasmuch as plenty of research in this area is still needed. I consider it absolutely necessary that blood tests be given athletes preparing for IMPORTANT COMPETITION at a minimum of once a month.

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ATHLETE AND ADAPTATION TO STRESS by Forbes Carlile (Extracts from article in RUN RUN RUN).

The purpose of this paper is to propose the acceptance of the General Adaptation Syndrome theory of Hans Selye as a scientific basic philosophy to guide the coach...The Selye "Stress" concept will provide the framework of a sound theory for future scientific observation and research in training...Understanding of the Stress and Adaptation energy concept will prevent the waste of much athletic talent and hence aid in some measure the sum total of human happiness...There is now a considerable body of evidence showing the close relationship between bodily stress and disease... The outstanding effects of prolonged stress (muscular fatigue, etc.) which Selye reported were:- 1. Enlargement of the adrenal cortex and cellular changes there indicative of increased glandular activity. 2. General atrophy of the lymph glands with

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 QUOTES FROM THE GREAT Continued...  
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concomitant changes in the blood cell count, particularly in respect of eosinophils and lymphocytes. (Editor's note:- These are very high in number after a marathon run.) 3. Erosions and ulcers in the gastro-intestinal tract. (Editor's note:- This includes the mouth.)...Muscular exercise as a stress gives a minimum of shock and a maximum of counter-shock...Adaptation to stress may be defined as being a state of the organism characterised by an increased resistance to stress through previous exposure to stress. (Editor's note:- Regular training.)...if the precipitating stress is continued, more or less unchanged, the subject goes into what Selye calls the Stage of Resistance when there is increased resistance ONLY FOR THAT STRESS, AND DECREASED RESISTANCE FOR ALL OTHER STRESSES. (Editor's note:- For example, the athlete might adapt to meet a week of very strenuous training but all resistance will go to meeting the stresses of that training leaving the body unguarded against other stressing agents, i.e. infection, anxiety, etc....The diet which may be completely satisfactory for the normal relatively inactive person may not contain the necessary quantity of nutrients, particularly vitamins for very strenuous training. There seems fairly good evidence from A.V. Hill and S. Wolf that Vitamin C and some of the Vitamin B Complex series fall in this group. Moreover, it is conceivable that there exist personal idiosyncrasies, some individuals needing considerably more of some chemicals than others for optimum function of their living processes...It is interesting to note that Selye's experimental rats made greater adaptation when on a high protein diet...A fat rich or too bulky diet may constitute a stress to the athlete...The athlete in order to produce his top performance is found to require MUCH REST and should keep warm and eat mainly easy to digest foods...The author's observations on athletes in severe training for a variety of sports have confirmed Selye's hypothesis that whether a person is ill from disease or stressed by other means such as exercise he tends to show common reactions. A short list of the more usual signs and symptoms of failing adaptation includes the following:- Chronic loss of body weight (Editor's Note:- Check weight weekly.) Joint and muscle pain not attributable to a particular local injury. Chronically occurring intestinal upsets. Swollen lymph glands (tonsils and inguinal glands). Blocked nose and one-day cold (rhinitis). Skin rashes such as hives (urticaria). Psychic unrest, irritability, insomnia, general fatigue often referred to as staleness. General muscular tenseness. Loss of weight in the regularly trained athlete, whether accompanied, or not, by poor appetite, may be considered as representing the general increased catabolism (destructive processes) of the body tissues which Selye says is characteristic of an advanced G.A.S. response.

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It is the wish to succeed that makes a good athlete. But in my case it was always the fear of losing. Herb Elliott.

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NO ONE HAS EVER DROWNED IN SWEAT! Elliman's Booklet.

DON'T BE A HEEL TO YOUR FEET. Elliman's Booklet.

TRIVIAL TRAINING DOES NOT WIN IMPORTANT RACES Frank Horwill

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 HOW TO IMPROVE BRITISH MILING  
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RICHARD CROZIER (COACH) - More graded races both locally and nationally. More weekend or evening coaching "clinics". To attempt to interest more people in miling so that a "broad base" can produce more potentially good milers.

GEORGE DAVID MARDLE - Hard work - constructive thought.

CAROL FIRTH - More tracks and facilities in backward areas.

KENNETH CHARLES RILEY - Greater spectator interest in athletics. More sponsorship of matches including advertising in athletic arenas.

KEITH H. WALLIS - More encouragement given to young boys with promise. Too many give up on leaving school!!!

ROGER WILLIAM MATTHEWS - By guts running from the front. If I could run 1.51 for an 880 then I would not think twice about running 1.57 or 1.58 for the first 880.

BRIAN BARDEN - By provision of well graded races to bridge the gap between the top and lower grades - at regional not national level.

GORDON RUSSELL DABON (COACH) - Graded group training sessions. Emphasis on strength. Starting work with the sprinters and continuing when they leave off. Training camps in mountainous areas.

CYRIL KNIBB (COACH) - More organised races for all ages. Specialist coaching courses organised and supported by a national body of middle distance coaches aimed at strengthening the "grass roots" of the event amongst juniors. There should also be more opportunities for young milers to meet Senior Internationals and discuss the event with them.

DIAN INGRID ELLIOTT - By making the ladies' mile an international event and thus more people will be encouraged to concentrate on it.

JAMES RODERICK WILSON - By every athlete RUNNING from the gun, even if it means from the front.

CHRISTOPHER JONES - More indoor tracks. More serious Youth races. More international Youth races.

KEITH RAYMOND PENNY - By grouping the country's promising milers according to ability, then organising as many group training sessions as possible and finally arranging races where group members TAKE IT IN TURN to pace make a fast mile. Not, in championships.

PETER ANTHONY ROBINS - To encourage more clubs to have open graded meets rather than just inter-club matches.

NORMAN MORRISON - The way to improve is to compete against better athletes and competitors - for all standards until the pinnacle is reached.

RONALD HOLMAN - By a less inhibited approach, better co-operation among athletes and a less stringent dedication to one's training method but adaptation of existing proven methods to the individual



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 HOW TO IMPROVE BRITISH MILLING - Continued...  
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**DEREK ALEXANDER McIVER** - By offering high calibre invitation races to athletes in order to stretch their ability to the full, thereby enabling athletes to reach a world class level.

**IAN REGINALD THOMPSON** - Standards would be improved if each athlete ran his race to burn off the last-lap hangers-on. To do fast miles a fast  $\frac{1}{2}$  is essential. I should like the B.M.C. to encourage an attitude of aggressive running in the vital (for times) early stages.

**BRIAN BOULTON** - By those members who have not yet paid their 1968 subscriptions forwarding them to me without delay so that we have the funds available A. To implement the suggestions made above and B. To endeavour to fulfil the aims of the B.M.C. To those who sent their money without my asking and those who responded to my letters, thank you.

**FRANK HORWILL** - In training using every method available to improve performance, this would include using medical science to test the athlete frequently for stress factors and doing certain sessions on the track to boost the morale and physical fitness of the miler to "churn out" a fast  $\frac{1}{2}$  without fear. In racing, to remember that statistics show that a miler can go within eight seconds of his best 880 in the first half mile of EVERY RACE WITHOUT FEAR. Also, to agree to a nancee-in-the-hat-draw for who takes the first lap, who the second one and who the third, so that everyone has an equal chance.

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 NEWS IN BRIEF  
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**PETER BEACHAM** was stopped from training in a municipal park in Bristol because of a bye-law which prevents sport in the City Parks on a Sunday.

**MIKE GERAGHTY** who did a personal best early in the season at our Hayes invitation mile was spiked badly shortly after and was unable to train properly for six weeks. He won the Irish Championship mile in 4 mins.08.7.

**JOHN BOGGI** wrote to the Membership Secretary for two new badges and pointed out that although he had not done the Senior time of 4.15 to qualify for wearing the badges he would soon do it and there was no point in getting two new junior badges. HE KEPT HIS WORD and in our invitation mile at Southgate he recorded 4 mins.13.8.secs. What about a Meritorious Badge now, John?

**RODNEY SIMNETT**, the Enfield miler and former Middlesex Junior cross-country champion made a welcome comeback this season with a senior qualifying time of 4.15. Rod has been injured of late and was not too happy about the method of running fast last 880s in mile races having gone through the first 880 some TWENTY SECONDS slower than for a best 880, in particular he thought the inter-county heats were a poor show.

**THE B.M.C. RACE SELECTION COMMITTEE** had a miler removed from the Hartlepool mile which was given to them to organise because he was two years in arrears with his subs. He invited himself by phone!

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 TEST YOUR MILLING KNOWLEDGE  
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CURRENT

- 1) How many sub-4 minute miles were run by members of the British Milers' Club up to August 15th in Olympic year 1968?
- 2) Who ran the fastest mile in Britain during 1968?
- 3) Name two members of the British Milers' Club who were only tenths of seconds away from breaking 4 minutes.
- 4) What member of the British Milers' Club held the European Junior 3-mile record at the beginning of the year?
- 5) Who is the second fastest Welsh miler of all time?
- 6) Can you name the B.M.C. member chosen for the Olympic Games not as a miler?
- 7) Can you name the B.M.C. runner who ran the fastest Scottish mile this year?
- 8) Can you name the B.M.C. member who won the All England Schools Mile (Snr)?
- 9) Can you name the W.A.A.A. Southern Mile Champion?

HISTORY

- 1) What is the British mile record?
- 2) Who is the second fastest British miler of all time?
- 3) Where was the first sub-4 minute mile run and when?
- 4) Name a lady miler who has done 5 minutes exactly.

PHYSIOLOGY OF TRAINING

- 1) What is muscle-metabolism training?
- 2) How many liters of oxygen are used up to run an 880 in 2 mins?
- 3) What is the basic difference between oxygen at altitude and at sea level?
- 4) Can Gerschler's Interval training be done as a Fartlek?
- 5) What are the disadvantages of taking glucose before training or competition?
- 6) In the course of a mile race poisoning takes place in the blood stream, what is this and how does the body attempt to counteract it?

STRENGTH TRAINING

- 1) What is the danger of lifting very heavy weights only each week for a long period?
- 2) What benefit is circuit training?

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ANSWERS TO MILING KNOWLEDGE TEST

## CURRENT

- 1) Seven in 1968 to August 15th, Wilkinson 2; Whetton 2 and one equal; Benn 2; Boulter 1.
- 2) Equal fastest - John Whetton and John Boulter - 3:58.6
- 3) Roy Roseman and Roy Young.
- 4) John Bednarski, Swindon A.C.
- 5) Equal Dick Jones and Gwyn Davis, Aberystwyth.
- 6) There are two, Mike Tegg, Norfolk, 10,000 metres. Sheila Taylor, Coventry, 800 metres.
- 7) Hugh Barrow, 4 mins. 1 sec.
- 8) Paul Dennison, Norwich.
- 9) B.M.C. member Carol Firth, Ipswich.

## HISTORY

- 1) 3mins. 55.7 secs. Alon Simpson.
- 2) Neil Duggan, Sparkhill Harriers, 3:56.1
- 3) Ittleby Road Track, Oxford, May 6th 1954.
- 4) Joyce Smith, Barnet A.C. in 1966.

## PHYSIOLOGY OF TRAINING

- 1) Fast running with short rest causing excessive lactic acid to be given off thus making the alkaline reserve more efficient. 27 litres/quarts, intake 9 litres, oxygen debt 18 litres.
- 2) Oxygen at altitude lacks the same number of molecules than at sea level, thus the pressure is less in the lung air-sac blood exchange.
- 3) Yes. Run with a stop-watch over a park doing 90 secs. jog and 15 or 30 secs. strides throughout the five mile run. Progression is by lengthening distance run overall or short rest.
- 5) Taken too soon before competition it causes dehydration and raises the body temperature beyond efficient level in competition.
- 6) Lactic acid given off by fatiguing muscle tissue. The alkaline buffers (potassium) give off bicarbonate of soda.

## STRENGTH TRAINING

- 1) Persistent heavy weights to maximum to the exclusion of light weights with many repetitions, leads to the over development of red muscle fibres which hinder fast white fibre muscle movement. Start all weight sessions with fast light work and end on the same note. THIS IS IMPORTANT. Several cases have come to light where heavy weights have proved a hindrance. It aims at the development of all-round fitness rather than the fitness required for any particular activity. A circuit can, however, be slanted to fit the individual needs. This method of training can be done in the privacy of your home but more elaborate and ambitious schemes are done at gymnasia. PLAN YOUR CIRCUIT TRAINING CORRECTLY AND GET OFF TO IT ON THE RIGHT NOTE - AVOID SLAP-DASH METHODS PRACTISED BY MANY SO-CALLED COACHES. Follow this broad plan:- a) Select six activities which will exercise your arms, legs, abdominals and lungs. b) Do one activity to exhaustion, e.g. press-ups. Rest one minute and do the next exercise to exhaustion and rest one minute again. Proceed until all the activities have been achieved. c) Halve your scores for each exercise. d) The following week do a circuit non stop of the scores arrived at in c) three times around. The total time should be recorded. He should aim to bring about a 25% improvement before retesting.



EASTERN REGION REPORT

Congratulations are due for Mike Tegg for his running in three and six mile races this season and for doing the Olympic qualifying time for 10,000 metres twice. We are proud to note that Mike has been selected for this distance. Mike has also kept up his miling this season with a first posting of 4 mins. 8 secs. at Granwell and a 4 mins. 6.4 secs. in the City Charity Mile, he reached the  $\frac{3}{4}$  mark in a personal best of 3 mins. 2 secs.

Veritiorious acknowledgments must go to Paul Dennis, also from Norfolk, who produced an excellent run in the English Schools one mile in 4 mins. 9.8 secs. and subsequently cleared up the International in 4 mins. 15 secs. In the same race Ish Thompson finished 5th in 4mins. 17.4 a P.B.

Tony Simons has had a slightly disappointing season but his morale has not dropped as shown by his aggressive running in the Welsh Championships.

The girls must forgive my not mentioning them first for their performances are no less magnificent with the Lincoln twins vying with each other for top honours with little to choose between them in the mile results with Rita getting the edge with her win in the W.A.A.A. 1,500 metres in 4-25.3s. Rita produced an 800m. heat time of 2 mins. 6.4 followed by a final in 2m5.8 to show that Rita must watch out. Both girls have run the fastest miles in the world this year. These two blonde bombshells from Essex cause fear and forboding in the hearts of all their adversaries with their fine aggressive running. Keep it up girls and show the men how!

Carol Firth ran her first track one mile in the S.C.W.A.A.A. and outsprinted Margaret Mair to record 5mins. 00.3, she has subsequently improved to 4.30.6 for 1,500 m when finishing third to Rita Lincoln in the National W.A.A.A. On July 13th Carol recorded an impressive 10m. 6.4s for 3,000m which is thought to be a British B.P.

Charles Booth has joined the Club as coach and is putting together a strong team of young runners in Cambridge who are all showing good results.

SPOTLIGHT - CAROL FIRTH - IPSWICH HARRIERS

Carol's training is largely based on four factors:- enjoyment, regularity of training, variety and sense of purpose. Few sessions are repeated frequently, but each workout has a main emphasis or object, this helping to maintain the balance of the overall programme. The programme has been aimed to develop her various talents and to improve her weak links. One of the major factors in Carol's improvement has been the regularity with which she has trained, so that apart from one rest day per week she has rarely missed a day for about two years. The training load has, in the main, been one of alternate hard and light sessions with occasional very strenuous periods such as Merthyr Mawr, Club camps, B.M.C. Training Days, etc., to add spice.

Three of Carol's weak points have been shoulder and body strength; suppleness and speed. All have been regularly worked on and improvements in the first have directly assisted the third. Carol's arm strength has improved as her "press-ups" progress from 0-20 has shown. Whilst she can do abdominals with weights that devast some



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 EASTERN REGION REPORT Continued  
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boys. Suppling exercises are a standard part of Carol's limber-up procedure and have contributed to the development of a smoother flowing style, from the quite cramped action she started with.

Pace and speed endurance have formed a major part of Carol's programme throughout the year and have helped to maintain good condition for the cross-country season as well as avoiding the usual stresses and injuries when moving into the track season. In the winter most of Carol's training is done on local roads and the summer season on grass with occasional trips to the nearest track 25 miles distance.

Weight training is a regular item of the winter's itinerary as an addition to the running programme, as is Carol's netball activities at which she has also been an England finalist.

In the W.A.A.A. Cross-country National Carol finished 11th in 1968 and missed an International vest by one place. She has now joined Bury A.C. which has a field of three sub 5 minute milers.

Carol is to be married on the Saturday 7th September to fellow B.M.C. member Terry Gould and all milling fans look forward to a team of sub 4 minute milers in about 20 years from now!!

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 FIXTURES Non members welcome.  
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B.M.C. MILE. Seniors-Juniors - Youths - Ladies 14th Sept. 1968  
 BURY ST. EDMUNDS.

B.M.C. MILE. Seniors-Jnrs-Yths-Ladies 21st Sept. THURROCK

NATIONAL B.M.C. YOUTHS AND JUNIOR CHAMPIONSHIPS AND RACES FOR  
 OTHER GRADES ON SATURDAY 7th SEPTEMBER 1968 AT FELTHAM TRACK.  
 APPLY TO CONRAD MILTON, 34 Saxon Road, Ashford, Middlesex.

ROD CHAPLIN

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DANGER - GLANDULAR FEVER - DANGER - INFECTED TONSILS

Both the above conditions have caused havoc in the careers of promising middle-distance performers, victims include Peter Beacham, Robin Barrett and Brian Stenden. Our observations on these conditions are:-

1. The athlete is very susceptible to infection while at peak athletic fitness. Often an athlete may do a personal best on the Saturday have an infection by the following week-end.
2. The symptoms are sudden loss of form in training and racing, after exhaustion, sore throat and swollen lymph glands.
3. The athlete does not recover fully the ability to withstand strenuous training for at least 12 months.
4. Attempts to get fit quickly within six months of infection cause a reoccurrence of the condition and in some cases any form of strenuous training even for several years after causes further breakdown, e.g. Peter Beacham.
5. Professor Selye's theory of Adaptation to Stress has a direct bearing on this subject. STUDY IT CAREFULLY IN THIS ISSUE.

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 THE FRANK HORWILL COLUMN  
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I would have thought that National A.A.A. Coaches would think twice before speaking about athletic competition and training methods, since many followers of the sport weigh their every word. At the Font Romeu training camp a National A.A.A. Coach told an International 880 runner that his training was "all wrong". The athlete concerned was under the supervision of a Senior A.A.A. Coach, who incidentally, if we are to believe the wording of the A.A.A. is qualified to coach up to International standard. The Senior coach concerned was working to a specific plan where speed work was introduced late in the season. This had been found beneficial in the past. The athlete returned from Font Romeu a broken man in spirit because "God" (National A.A.A. Coach) had told him that his training was "all wrong".

Another instance of a National Coach blowing his mouth off occurred on a flight to Europe early this season. "Watch so-and-so this season, I'm coaching him now." So-and-so lost his place in the British team and retired from athletics shortly after.

The third instance, in very bad taste, was to say to the deposed A.A.A. Champion immediately after he had failed to qualify in the A.A.A. mile heats, "Should I talk to non qualifiers?" Does this individual know what it is like for a champion to be out of the running in the heats in Olympic year?

This same coach, who is rapidly earning the name of Big Mouth, went on to say to Staff Coach Harry Wilson, "My boy will go through the 880 in 1 min. 59 secs. tomorrow, come-what-may." Well, Big Mouth, what happened to "My boy"? Harry Wilson predicted a slow tactical race and he was right. However, Harry is unpaid for his expert knowledge of middle-distance running while Big Mouth gets £2,000 per annum which we pay. I would advise certain A.A.A. National Coaches that they have a lot to learn, and in particular, in the middle-distance field. The only constructive thinking on middle-distance running in the last five years has come from the B.M.C. I would further suggest that the Senior A.A.A. National Coach be the model on which other coaches should shape their careers in athletics.

Once again my equivalent table this season has led to some good forecasting from 440 to 3 miles. Asked what 15-year-old Christine Ansell would do in the National B.M.C. Championships, I added 16 seconds to her 880 time of 2:16.6 and multiplied by two, this gave 5 mins. 6.4 secs. She did 5 mins. 8 secs. I also said that Lillian Board would do 2mins 02.9 for 880 yards. I added 8 secs. to her 440 time and multiplied by two. Similarly, I predict that Lillian is capable of being the first woman to break 4½ minutes for the mile in 1969 if she did the right sort of work. We would certainly like to include her in our Mile of the Century for Women next year.

One can never be dogmatic in middle-distance thought. What would coaches say if an athlete asked them, "Should I race five one mile races in ten days?" Be honest. Most of us would say "No." Some of us might cautiously observe, "Well, you can race five times in 10 days but not all one mile races." Very few would say, "Good idea, you'll do well." But Mick Beevor, did race 5 times



THE FRANK HORWILL COLUMN Continued

In 10 days and this is what happened:-

Friday Did 4 mins. 6.4 secs. in heats of Inter-counties and did not qualify.  
 Tuesday Ran in the R.A.F. Mile at Cranwell and did 4.5.4 secs.  
 Friday Ran in heats of Middlesex County mile qualified in 4.19.  
 Saturday Won the Middlesex County mile in 4.12 secs.  
 Tuesday Equalled personal best time at Reading, 4.03.9

I still believe that the fear of a fast first  $\frac{1}{4}$  mile can only be overcome by systematically eating into the third lap by progressively faster running over parts of that lap in training during a course of time. The same applies to the second lap of an 880 race, especially for women. The difference between first and second lap times in women's half-miling is awful. Entirely due to inadequate endurance work of the right kind.

Here is a general plan on how this fear can be conquered in the mile race over a period of 6 months starting the first week of March. One session a week being the dosage for this particular aspect of miling, naturally the runner will have to give intelligent attention to the other six to eight sessions of the week.

Week 1 2 x 990 at best mile racing speed to 880 then 110 FULL OUT (5R)  
 Week 2 As for Week 1.  
 Week 3 3 x 990 at best mile racing speed to 880 with 5 mins. rest after FULL OUT effort to 990 mark.  
 Week 4 4 x 990 at best mile racing speed to 880 with 110 full out to 990. Recovery 5 minutes.

Weeks No. 5, 6 and 7. Same as Week 4.

Weeks No. 8, 9, 10 and 11. 3 x 1,100 yds at best mile pace to 880 then next 220 full out. Rest 6 mins.

Weeks 12, 13, 14 and 15. 4 x 1,210 yds. at mile pace to 880 then next 330 full out. Rest 7 mins.

Weeks 16, 17, 18 and 19. 3 x  $\frac{1}{2}$  at mile pace to 880 then 440 full out. Rest 8 mins.

Week 20, 21, 22 and 23. 3 x 990 reaching 880 mark 8 secs. slower THAN FOR YOUR PERSONAL BEST 880 THEN FULL OUT TO 990. Rest 5 mins.

Weeks 24-26 Personal best  $\frac{1}{2}$ .

The same principle can be done with the 880 for ladies. An athlete with a P.B. of 2 mins. 10 secs. would do the first 440 in 65 secs. and accelerate to the 350 mark. I have found this very successful with my proteges, three of whom share four records at this distance.

I am surprised how people who win major races tell such stupid stories afterwards to the Press. "It is only my second serious attempt at the distance." THE FACTS: It was the SIXTH. "It is only my first season in athletics." THE FACTS: It was the THIRD. Why lie?



THE FRANK HORWILL COLUMN Continued

Are some members ashamed of being B.M.C. members? When asked what club they belong to in the A.W. questionnaire none have said that they belong to Much-Binding-A.C. and the B.M.C.

If you have had an indifferent season on the track why not have a real good go at the "boards". I believe that much useful experiment can come from indoor running as well as a G.B. vest and a trip abroad. There are still some stuff-shirts who believe fast work in the winter is all wrong and affects summer performance. My answer to them is JOHN WHETTON, NEIL DUGGAN and RAY WILDE.

When I was talking to one of our members about his subs, being in arrears at a Middlesex track, I mentioned that we were having a new badge designed with a better outline of the runner in the centre. His coach, who was cynically listening, observed, "What are you charging it to? The backside of a foreigner." Well, what has this coach done to rectify our alleged inferiority to foreign milers? HE HAS DONE NOTHING. In fact, he may have hindered our cause. He has never run a mile in his life. He got hold of a few above average club lads of 17 years of age and brought about the usual improvements of 7 seconds per year in the mile expected of any lad who trains dully and intelligently, until they reached the 4 mins. 20 secs. mark. Here they came to an abrupt halt and no improvement was forthcoming. His only success was a 4 minute 12 seconds miler who joined his camp with that time having been injured the previous season and who made up his lost ground by ducking under 4 mins. 4 secs.

This "coach" marks all that is wrong with British middle-distance thought. He laughed at the B.M.C. when it was formed, later he was glad to use its races to help bring down his proteges' times. Faced with real milers they invariably failed. He made it clear that he did not like his charges attending our training days, no doubt there was a danger they might start THINKING. He is a tiny man in a tiny world of his own seeing no farther than the boundaries of his local track.

Contrast this man's pitiful contribution to that of our Eastern Counties Regional Secretary, Rod Chaplin. He returned home from commercial service in Nigeria in 1966 with no athletes to guide. Soon he was guiding an unknown girl, Carol Firth, along the lines to stardom. He had no track for thirty miles, he had a park and a tape measure. He set to work measuring this route and that. He accompanied Carol on all her runs even though he was well out of condition from living in the tropics. He joined the B.M.C. because he believed in it, he attended training days, he listened, he discussed and he acted. Carol won the 880 and 1 mile Suffolk County 11ties. Carol appeared at training days and in June she caused a sensation by beating Margaret Mott in the Southern Mile just outside 5 minutes. Then she really hit world class by doing the metric equivalent of 4 mins. 52 secs. for the mile and a 3,000 metres in an equivalent time of 10 mins. 30 secs. for 2 miles. Rod travels as much as 100 miles to attend B.M.C. training days once a month with Carol who both agree that these days have helped them both greatly.





THE FRANK HORWILL COLUMN Continued

I have been asked by the Chairman to make my observations on the A.A.A. mile final which received the slow handclap and a pounding from the Press. The Chairman was very displeased, "I felt like hiding my head in shame. It was the opposite for everything we have fought for," he bitterly complained to me.

It was disappointing but there were circumstances which made it a difficult race for some of the competitors. I am using a points award system to sum up the performance of each athlete. A maximum of ten points.

Messrs David Wright, Peter Stewart and John Kirkbride all ran way above themselves in the heats to qualify for the final in a personal best time. For them the final was an anti-climax as it must have been for Ken Riley who was unheard of at the beginning of this season in the top milling world. It was asking too much of any of these athletes to go out and set the pace for  $\frac{3}{4}$  and hope to do a good time again, they were novices amongst the elite. However, I am bound to say that a first 880 eleven seconds slower than their best 880 time would have given them a time of 2 mins. 2 secs. on average at the half mile stage and this was well within their capabilities and would not have killed them.

I therefore award Messrs Wright, Stewart and Kirkbride ten points for their personal bests in the heats and I deduct three points for not running up to their potential in the final and allowing the course of the race to be dictated to them instead of working out how they could make the race FIT THEIR POTENTIAL. Total points SEVEN.

Walter Wilkinson had already run the Olympic qualifying time twice, once in the Inter-County and once in the B.M.C. staged by our North West Secretary, Eddie Powell, it was not for him to tow everyone around in a fast time to qualify for the Olympics, however, if Walter had hoped to win the A.A.A. title he must have known that the only way this could have been done to take the sting away from his arch rival was to have taken the pace up immediately he heard the time of the first lap or alternatively ensured a first 880 eleven seconds slower than his best 880. I therefore give Walter a total of SIX POINTS.

John Whetton had done the Olympic qualifying time once had two other times within tenths of seconds. Being a fast finisher he would not want a fast first three laps nor would he wish to set the pace himself so that someone else could also qualify, but it would have been easy for John to reel off a 2 mins. 880 and then relax on the third ready for his finish. These are good tactics, ensuring a fairly good time but dictating the end product. I give John EIGHT POINTS.

Maurice Benn, the wonder find of this season, had also done the Olympic qualifying time but had shown indifferent form since that occasion. Bearing in mind his slowish 880 time and the fact that the B.A.A.B. had stated that a single performance would not clinch a trip to Mexico, it was obvious that Maurice would want a race which would take the sting out of the fast finishers and a time which would catch the eyes of the selectors. Maurice ran a poor race tactically to finish well down the field in 4 mins.07 secs. I give him FIVE POINTS.

Jim Baker, the much fancied runner groomed in the States, had nothing



THE FRANK HORWILL COLUMN Continued

to lose and everything to gain. If he was left with the leading he should have said to himself, "Well, I don't want to lead but I'm here, I'll make these bastards run." His was a singularly poor effort. FOUR POINTS ONLY.

From 4mins. 12 secs. to 4mins. 02.9 In his first real season as a miler and making the A.A.A. mile final on his first attempt and getting placed was no mean achievement for Ken Riley. I give him EIGHT POINTS.

I am at a loss that the competitors and their coaches did not sit down and work out their strengths and weaknesses beforehand. It is a statistical FACT that if you go through the 1st 880 mark 11 secs. slower than your best 880 time, you will be running at level pace and will have plenty in hand for a fast 140 finish. Taking the average 880 times of the competitors in this race, the entire field should have been through the 1st 880 in 2 mins. 2 secs.

Tony Elder's suggestion of a NO RACE ruling, similar to the NO CONTEST ruling often made by a referee in boxing when he feels the contestants aren't giving of their best, is one to be given consideration. Certainly next season the B.M.C. Selection Committee should delete from invitations athletes who show no signs of wanting to have a go.

In contrast to the A.A.A. Champs, the B.M.C. organised City Charity Mile restored British milling prestige with the fastest mile in the country which even the much advertised and expensive Emsley Garr Mile could not surpass but only equal. Both Boulter and Whetton being B.M.C. members. One race cost 250 to stage the other about 2400 if you count the fares of the American, Pole and Canadian running.

A certain amount of slackness is creeping in over acceptance of B.M.C. race invites. The Invite states quite clearly that if you accept a B.M.C. Invite YOU MUST RUN, the exceptions being INTERNATIONAL SELECTION OR INJURY. If you write back and accept the invite you are accepting the conditions under which you are invited. It is no use writing later and saying my region wants me to do this, my county wants me to do that, this is irrelevant. You have accepted a contract to run under our conditions. Being selected to run in a B.M.C. race is equivalent to being granted a A.A.A. representative vest. Those who have failed to honour a contract with us will face a TWO YEAR BAN FROM ALL INVITES FROM US. We lost did this with TWO INTERNATIONAL MILERS. One tried desperately to get into the City Charity Mile last year, he was told, "No, you let us down twice, now you wait until we say you can run." We have an obligation to the public to guarantee that those we say are running will run. If we let the sponsors down, they will not let us provide the field again, this means we will lose a valuable race where one or more of our members will do a personal best. WE MUST CONSIDER SPONSORS AND THE PUBLIC even if it means disappointing your local club, county or region. YOU HAVE BEEN WARNED!

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You need a persistent factor that does not easily give in - give up when not successful; that can train on, struggle on, when things look hopeless, black. PERCY CERUTTY.

# 'What the Papers Say'

ATHLETICS WEEKLY

## BOULTER HINTS AT MILE POTENTIAL

At Malspary Park, July 24th

THE fact that John Boulter could probably become the country's top mile runner, if he were to put in the work required, is probably one of the worst kept secrets in athletics. And in the Chubb Invitation event at the City Charities Meeting he came near to proving it in a very close and decisive win over AAA Champion John Whetton. Thanks to the efforts of the BMC the Chubb mile was not going to be a slow one and at the gun Allan Cowen shot to the front and hauled the field through a 58.5 first lap. By the half-distance (2:00.2) Boulter had moved to his shoulder and when Cowen stepped aside after 2½ laps the 6'1" Cheltenham school teacher assumed the lead. The race remained constant up to the bell (3:01.8) when Boulter drove off for a 56.8 final quarter with John Whetton unable to catch him with a final-straight drive.

The BMC National Junior and Youth Championships will be held at Feltham on September 29. Juniors with times of 4.15 or better and Youth with times of 4.25 or better will receive some expenses. Apply to Conrad Milton, 24 Saxon Road, Ashford, Middlesex.

Haringey Schools' Sports, Brigg Invitation Mile: 1, M. Abelson (EM) 4:07.9, 2, G. Bivcoe (Mit) 4:10.3; 3, Y. Vintler (Israel) 4:11.3; 4, R. Newble (Medway) 4:11.9; 5, R. Cross (OUAC) 4:12.1; 6, J. Rogers (Hampfield) 4:13.4

20 August 1968

### Southern Junior/Youths (Part 2)

Mile: (194.6, 2:12.4, 3:20.2) J. P. Emms (Oxford) 4:17.9; 2, I. Thompson (Hemel) 4:18.3; C. Tilly (Rom) 4:18.9; 4, S. Harvey (Hove) 4:19.2; 5, C. Reed (Had. Ohs) 4:19.3; 6, A. Butler (Stonem) 4:20.4; 7, S. Bailey (Bth) 4:20.5; Did - 7 finish; R. Webb (Chis. GS) 4:21.5 hc (fell).

20 March 1968

## JOHN WHETTON

**Full Name:** John Whetton  
**Birthplace and date:** Mansfield (Notts), 4/10/1946.  
**Height and weight:** 6'10", 154lb.  
**Club:** Sutton-in-Ashfield  
**Occupation:** Lecturer.

**Personal best marks:** 400—50.8, 800—1:50.4, 1500m—3:39.9, mile—1:37.7, 2M—8:43.8, 3M—13:44.8.

**Which performance has given you most pleasure?** Reaching final of Olympic 1500m in Tokyo, having achieved 3:39.9 in semi-final.

**How many days a week do you train?** Six.

**At what time of day do you train?** Usually between 10 a.m. and 1 p.m. and also 4.5 p.m.

**How long are your training sessions?** 45-60 minutes.

**Please describe your warm-up:** 1½ miles easy jog, stretching, mobility exercises, 6 strides of increasing stride length and speed, 10 min. recovery prior to competition.

answers the  
Questionnaire

ATHLETICS WEEKLY

August 2nd 1968

### PORT OF BIDEFORD REGATTA and SPORTS

Under AAA, WAAA, Lawa and BCF Rules  
SATURDAY, 14th SEPTEMBER, 1968  
BIDEFORD SPORTS GROUND  
(Behind Floodlights)

Commencing—Children 4.45 p.m. Seniors, 5 p.m.	
100 Yards Scratch, Youths 15 & under 17	45
200 Yards Scratch, Youths 15 & under 17	48
1 Mile Scratch, Youths 15 & under 17	25
100 Yards Scratch, Open	410
200 Yards Scratch, Open	410
500 Yards Scratch, Open	410
1 Mile Scratch, Open	410
Mile Relay, Milton Club Special, 1st	410
1 Mile Scratch, Open	410
100 Yards Scratch, Girls 15 & under 15	49
100 Yards Devon County Championship, Girls 15 & under 15	Medals
100 Yards Scratch, Ladies	410
200 Yards Scratch, Ladies	410
200 Yards Devon Cty Champs, Ladies, Medals	410
500 Yards Relay, Ladies	410
500 Yards Relay, Girls 15 & under 15	49
500 Yards Relay, Open	410
Entry fees: 1/6 for first event, 1/3 for each additional event. At least two teams must report to enable Relays to be held. Entry fee 2/6 each team.	
Obstacle Race, Inter-Club, Novelty Competition	
The Meeting is timed to finish at 9 p.m.	
ENTRIES CLOSE ON MONDAY, AUG. 26th	
Entrance fees must accompany all Entry Forms.	
Entries to F. Hartis, 1 New Quay, Appledram, N. Devon. (Telephone Bideford 4472).	

ATHLETICS WEEKLY

### At Hendon, July 27th

### Stretford League

May 28th

100 (A) J. Harrison (Warr) 9.9, (B) B. Mayo (Sale) 10.1, 200 J. Harrison 22.6, 2 G. Jones (Stret) 22.6, 5 B. Lomas (Roch) 22.7, 400 J. P. Byrne (Liv) 49.9, 2 A. Thompson (Long) 50.5, 5 Mayo 50.9, 800 M. E. W. Wilkinson (Long) 1:52.2, 2 H. Barrow (Sale) 4:01.0, 5 B. Barden (Sheff) 4:07.3, 4 M. Duff (MDU) 4:19.0, 5 D. Hogg (Sale) 4:11.0, 6 J. Birks (Stoke) 4:11.2, 7 P. Kelly (Sale) 4:12.7.

Please give details of weight training.

Twice weekly from September to April, none during summer. (Sep-Oct); Pyramid of 12, 8, 4 reps progressive, 1 set, necessary between efforts, 2 min. between sets. Cleans: 12x140, 8x150, 4x160; curls: 12x60, 8x70, 4x70; bench press: 12x100, 8x110, 4x120; trunk curls on inclined bench: 12x10, 8x12, 4x15, plus pectoral and deltoid work. (Feb-Mar) Pyramid of 8, 4, 2 reps progressive, using heavier weights. (Apr) Pyramid of 3, 2, 1.

**Coaches:** 1958-61: Bill Coyne (Poly); 1962-65: Geoff Lawton (Loughborough); 1966-68: Advice and 'force' from Robbie Brightwell.

**How much of your success is due to coaching?** A difficult question to answer. Had a good deal of natural ability as a schoolboy, but a coach made it possible to experience the limits of human capability in training. In hard track sessions I need a mentor to keep me at it when I would normally want to give up.

**How many days rest do you like before competition?**

One day, normally (now if unimportant race) but two before really big event, e.g. Olympic final.

BDO TUMMLER CLOSING ON RYUN  
ATHLETICS WEEKLY

### JOHN WHETTON Cont'd.

Please give details of a typical week's training in summer:

Monday: (a.m.) Fartlek on hills for 50 min. (p.m.) 30 min. continuous run on grass.  
Tuesday: (a.m.) 3 x 5 x 300 in 42-43 sec., 110y jog, 5 min. between sprints. (p.m.) 30 min. run on grass.

Wednesday: Timed runs at racing pace—1 min. 50 sec., 1:50, 3:45, 1:50, 1:50, all within 1 hour and all on grass.

Thursday: Fartlek on hills for 50 min.

Friday: Rest.

Saturday: Competition or long run in woods (10-12 miles).

Sunday: Competitive track work at Loughborough; e.g. 10 x 330y in 41 sec. with 2 min. recovery or 3 x 4 mile in 3:02 with 10 min. rest.

Please give details of a typical week's training in winter:

Monday: (a.m.) Fartlek on hills for 50 min. (p.m.) 30 min. continuous run on grass.

Tuesday: Long run, 10-12 miles (country).

Wednesday: (a.m.) Fast run: 4-7 miles (country) (p.m.) 30 min. run on grass.

Thursday: Fartlek on hills for 50 min.

Friday: Rest.

Saturday: Cross-country race or hard run in woods/hills for 50 min.

Sunday: Power speed work in Charnwood Forest, Loughborough, for 45 min. (non-competitive).

Note: No track work except on rare occasions; dislike road running, but often paced on a bike.

### GERAGHTY 4:06.0 MILE IN DEBENHAM TROPHY

At Uxbridge, May 4th

1. Surrey AC 125; 2. Hayes & Harl. 100; 3. Oxford City 62; 4. Boreham Wood 34 (10/23); A. Symons (S) 10:22.4, Mile: 1, M. Geraghty (Sy AC) 4:06.0; 2, H. Barrow (Sale) 4:08.2; 3, A. Grant (Cov) 4:11.4; 4, D. Lem (C.A.T.) 4:12.0; 5, Birks (—) 4:12.9; 6, R. Barrett (Budeford) 4:14.3; 7, K. Wallis (M) 4:17.2

### WALTER WILKINSON 3:59.2

Walter Wilkinson was one of six runners to set a personal best in the BMC mile at Stratford on May 28th. He clocked 3:59.2 (intermediate times of 59.2, 2:00.1, 3:01.0) with Hugh Barrow showing 4:01.0, Brian Barden 4:07.3, Martin Duff 4:09.3, David Hogg 4:11.0, Tony Birks 4:11.2 and Paul Kelly 4:12.2. Colin Robinson won the 2M in 8:45.2.

### FASTEST WOMAN'S MILE THIS YEAR

Iris Lincoln clocked the world's best mile long this year with 4:45.7 at Leamington on July 8th, with Rita showing 4:46.0. Next day, in the BMC Championship at Welwyn, Rita won in 4:47.0 from Iris (4:47.3) and Margaret Muir (4:54.4) with Angela Ansell (Veritas) 6th in 5:08.4, fastest on record by a 15-year-old.

CLOSE TO FOUR MINUTES  
John Boulter (4:06.4) beat Roy Roseman (4:08.0) and John Riv (4:08.7) in an invitational mile at Stratford last Sunday, having been placed over 100m by Walter Wilkinson (both 2:21.4) at Boreham the previous day.

July 10th 1968

At Portsmouth, July 5th/6th

## NATIONAL BRITISH MILERS' CLUB

### YOUTH & JUNIOR CHAMPIONSHIPS

At Feltham Track, Middlesex

Saturday, 7th September, 1968

at 3 p.m.

Non-members considered on application to Race Secretary, 16375 Finchley Road, London, N.W.11

Juniors with a time below 4 mins. 15 secs. and Youths below 4 mins. 25 secs. will have expenses paid (members only).

ATHLETICS WEEKLY

## ANDY GREEN

answers the  
Questionnaire

**Full name:** Andrew Richard Green.  
**Birthplace and date:** Hillingdon (Middx.), 26/1/42.

**Height and weight:** 6'11", 154lb.

**Clubs:** Huddersley Olympians and Salford Harriers.

**Occupation:** Schoolteacher.

**Personal best marks:** 440y—49.8, 880y—1:49.5, 1500m—3:42.2, mile—3:57.7, 2M—8:47.0, 3M—14:04.0.

**Which performances have given you most pleasure?** Winning AAA title, and breaking four minutes for first time.

**How many times a week do you train?** Ten times.

**At what time of day do you train?** Lunch time and/or evening.

**How long are your training sessions?** 20 min. to one hour.

**Please describe your warm-up:** One mile run, few strides.

**Please give details of a typical week's training in winter:**

Monday: 8½ miles hard; 5 miles fartlek.  
Tuesday: 5½ miles steady; 5½ miles steady.  
Wednesday: 5½ miles fartlek; 7 miles steady.  
Thursday: 5 miles steady; 7 miles steady.  
Friday: 4 miles steady.

Saturday: 24 x 150y or race  
Sunday: 9 miles hard

Please give details of a typical week's training in summer:

Monday: 7 x 440y (59 sec.) with 220 jog.  
Tuesday: 5 miles fartlek.  
Wednesday: 4 x 660y (87 sec.) with 6 min. rest.  
Thursday: 10 x 200y (26 sec.).

Friday: Rest or strides and short sprints.  
Saturday: Race.  
Sunday: 12 x 330y; 3 sets of 4 with 110 jog, and lap jog between sets.

Please give details of any weight training:

Twice a week: light weights with many repetitions; e.g. bench press—2 x 20 x 100lb; curls—2 x 20 x 50lb.

**Coaching:**

My father (Richard Green) and Harry Wilson.

**How much of your success is due to coaching?** I like to be told what to do in my training, so my success is even more dependent on coaching than most.

**How many days rest do you like before competition?**

One, if it is an important race.

**How often do you like to compete?**

Once a fortnight at international class, weekly at club level.

ATHLETICS WEEKLY

English Schools Championships

BAD TIME FOR THE FAVOURITES

Based on the Northumberland runner's schedule, though and, despite a gritty fight by the reigning champion, he missed his way past to gain a narrow victory on the line.

ATHLETICS WEEKLY  
ANDY GREEN STARTS SEASON OFF WELL

4 May 1968

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 CONGRATULATIONS.....  
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The National B.M.C. Committee welcomes the following new members:-  
 ROY YOUNG(Hornchurch); MALCOLM ABSOLOM(Eton Manor); ALAN JELF(Coach);  
 RICHARD MELVERN(Windsor); ADRIAN DAVIES(Liverpool); DAVID JAMESON  
 (Youth); Mervyn BRAMELD; PETER FRANCIS(junior - Luton); PAUL  
 DENNIS(junior - Norwich); JOHN BARROW(jnr.); RICHARD BARROW(Leeds);  
 CHARLES BOOTH(Cambridge and Coleridge); DAVE BRYANT(C.U.A.C.);  
 REG COLSON(Coach - Stretford); MALCOLM COX(Leeds); IAN HICKS(Woking);  
 BOB MAPLESTONE(Roath A.C.); Miss Christine ANSELL(Welwyn).

The National B.M.C. Committee wishes to congratulate the following  
 athletes for achieving personal best times:-

MAURICE BENN(N.E. REGION); PHIL BANNING(SOUTHERN REGION); BRIAN  
 BARDEN(N.W. REGION); NICK BARTON(SOUTHERN REGION); JOHN BEDNARSKI  
 (S.W. REGION); PETER BENNETT(S.R.); JOHN BIGCOURT(S.R.); TONY BIRKS  
 (N.W. REGION formerly Midlands Region); GEOFF BISCOE(S.R.); JOHN  
 BOGGS(MIDLANDS REGION); JOHN BOULTER(MIDLANDS); ALAN COWEN(S.R.);  
 GWYN DAVIS(WALES); MARTIN DUFF(S.R.); MISS DIAN ELLIOTT(S.R.);  
 MISS C. FIRTH(EASTERN COUNTIES); MIKE GERAGHY(S.R.); PAT GILSENEN  
 (MIDLANDS); ALAN GRANT(COVENTRY); MISS B. GRINNEY(S.R.); MISS C.  
 JEFFERSON(N.W.R.); MISS L. LINCOLN(S.R.); GEORGE MARDLE(S.R.);  
 STAN MARKLEY(N.E.); MISS M. MOIR(S.R.); NORMAN MORRISON(S.R.);  
 JOHN MOUTAIN(E.); JIM MULLIGAN(MIDLANDS); JOHN MCGROBIN(W.); DAVE  
 MCIVER(S.R.); MARTIN O'HARA(S.R.); KEITH PENNY(S.R.); BRIAN PLAIN  
 (WALES); CHRIS REED(S.R.); KEN RILEY(S.R.); ROD SIMNETT(S.R.);  
 BRIAN SMITH(S.R.); CHRIS STEWART(S.R.); MISS PAT THACKER(S.R.);  
 IAN THOMPSON(S.R.); JOHN THRESHER(S.R.); GRANVILLE TUCK(S.R.);  
 WALTER WILKINSON(N.W.); ROD WILSON(S.R.); MALCOLM ABSOLOM(S.R.);  
 DAVE BRYANT(S.R.); MALCOLM COX(N.W.); MISS R. LINCOLN(S.R.);  
 BOB MAPLESTONE(WALES).

The Committee are extremely pleased with the fifty personal best  
 times which have been reported to them; they make no apology for  
 any omissions, since it is YOUR DUTY TO TELL THE SECRETARY of any  
 improvement you make.

The National B.M.C. Committee send their heartfelt congratulations  
 to the Great Britain Olympic 1,500 metres representatives who are  
 all members of the B.M.C. JOHN WHETTON, JOHN BOULTER AND MAURICE  
 BENN. We wish them every success and good luck. For Maurice  
 this is an awe-inspiring occasion; for John Whetton it must be a  
 very satisfying one making the Olympic team twice in succession.  
 For John, it is a fitting end to a long career if he bows out with  
 a bronze medal which is a definite possibility with his shrewd  
 tactical brain and wealth of experience. Here is a miler who was  
 written off last year on the track but who has comeback magnificently.

The National B.M.C. Committee wish to place on record their great  
 appreciation of the work done by the Regional Secretaries for  
 the B.M.C. i.e. Eddie Powell(N.W.); Rod Chaplin(Eastern Counties);  
 Frank Harpas(S.W. and Wales); Frank Horwill(South). These men  
 have shown untiring energy against often very difficult conditions  
 and have helped to make this fifth year of the B.M.C. one of its  
 greatest. THANK YOU, GENTLEMEN, THANK YOU VERY MUCH.

It is to be regretted that the resigned secretaries of the N.E.  
 Region and the Midlands, should choose to do so at a time when the  
 B.M.C. is reaching its zenith. We would have liked to have had  
 them along with us sharing in the undoubted success of the Club  
 which they helped to build up in the days when they had much  
 prejudice to contend with. IS THERE ANY CHANCE OF THEM COMING  
 BACK ON ANY TERMS?

////////////////////////////////////  
 FARTLEK IDEAS..... Irrespective of the terrain proceed as  
 follows.....  
 //////////////////////////////////////

Run with stop-watch - stride for 15 secs, jog 90 secs, throughout  
 session.

Run with stop-watch, Stride for 30 secs, jog 90 secs, throughout  
 session.

Run with stop-watch, Stride for 15 secs, jog 90 secs, Stride  
 30 secs, jog 90 secs, Stride 15 secs, Repeat throughout  
 session.

Run with stop-watch, Stride 60 secs, jog 60 secs.

Run 10 miles - first three miles flat out - one mile jogging -  
 three miles flat out - one mile jogging - two miles flat out -  
 one mile jogging.

Chain running. Six athletes of equal ability. Run as a chain  
 with the man at the back overtaking on the RIGHT and moving to  
 the front, as soon as he is in position the next man at the back  
 moves up. THIS IS GREAT TRAINING FOR RUNNING AS A TEAM AND IS  
 PARTICULARLY USEFUL IN CREATING IRON WILL WHEN TIRED. The chain  
 may jog for 60 secs, and stride for 60 secs.

Pursuit chain running. Six athletes in one chain, six of lesser  
 ability in another chain. Choose a well-known course of from 5-  
 10 miles. Give the junior chain a 2 minute start and pursue it  
 in strict chain formation carrying on to the end of the route.  
 Vary the time of the lead so that the chasing chain is hard-  
 pressed to catch the leaders before the course ends.

Choose a 5-10 mile route with bus stops on it all the way. Stride  
 from one bus stop to the other and jog to the next bus stop.

Select a hilly route on grass or road or a little of each. Work  
 all hills in chain formation.

Choose a hilly course on grass or heathland. Work all hills  
 fast and immediately on reaching the summits do press ups which  
 increase for each hill; e.g. 1st hill - 10 Press ups, 2nd hill -  
 15 press ups, 3rd hill - 20 press ups. Next time you do the  
 same route start with 15 press ups. Let the editor know when  
 you have done a total of 200 press-ups in one fartlek!

INFORMATION FOR VISITORS TO MERTHYR HEAR 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 Ferthoel (see map enclosed). Please note: Do not follow any signs showing Merthyr Mear.

FOR THE COOK

All cooking utensils are provided and cooking is by Calor 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 Mear 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 Mear Management Committee.

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NORTH WESTERN REGION  
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SECRETARY: EDDIE POWELL, 7 TRINITY AVENUE, SALE, CHESHIRE.

The region has burst forth into the B.M.C. network with great vigour and the result is that membership has increased and performance has followed suit. It is distinctly pleasing to see milers getting together on agreed occasions to have a go at the stop-watch, it is very doubtful if this would happen if it were not for the team spirit of B.M.C. members.

There are certain types who seem to think that they can just come along and make use of B.M.C. races and then walk away with a faster time but not join the B.M.C. which has to have MONEY to organise such events. The very fact that they WANTED to run in a B.M.C. race is sufficient evidence that they KNOW it is going to be a fast one. The National B.M.C. Committee does not meet every month to provide facilities for non members, it provides a service for members.

Our races in the North West have produced over a score of personal bests and a Scottish Native Record and a sub 4-minute mile, the first for the country in 1968.

In order to keep these races going the North West Region has expanded its area to include Staffordshire and the West Riding of Yorkshire plus Derbyshire. Any milers in this area requiring coaching advice should contact me at the above address and also notify me in good time if they wish to compete in our special fast races in 1969.

We were able to provide a number of runners for the Blackpool Carnival in May which Hugh Barrow won.

We are greatly indebted to Roger Golson, Secretary of Stretford A.C. for his co-operation in staging our races and it is pleasing to know that he has now joined the B.M.C.

We were asked by the National Secretary to support the Hartlepool Mile, this was won by John McGrow in 4:03 in very strong wind. It proved to be a crowd pleaser because the early pace gave hope of a sub-4minute effort. It has been suggested that N.E. members do not get the same invites as the rest of the country, well in this case all the local members WHO HAD PAID THEIR SUBS. were included in this race. I understand that the B.M.C. Secretary asked for one non member to be withdrawn as he was deleted for non payment of subs. in 1966 and since the B.M.C. were asked in an emergency to find the field. The athlete concerned invited himself.

Here are some race results:-

Race 1. May 28th. First sub-4minute mile of season, Scottish Native Record and six personal bests.  
Race 2. June 11th. Three more personal bests. John McGrow 1st in 4:02.00; B. Barden 2nd 4:04.5; Tony Birks 3rd 4:07.8; F. Davies 4th 4:10.4; D. Hogg 5th 4:11.5; P. Kelly 6th 4:13.1. P.Bs. for Barden, Birks, Davies.  
Race 3. June 27th. 1. D. Hogg 4:11.5. 2. Malcolm Cox 4:11.5  
3. Richard Hollings 4:15.3. 4. Barrie Stacey 4:18.7. The field was small due to transport go-slow. P.Bs. by Hollings.



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 THESE ARE THE CHAMPIONS  
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FASTEST S.W. B.M.C. MILER - John Bednarski  
 (Swindon A.C.) 4:06.4 City Charity.

NATIONAL B.M.C. CHAMPION - Chris Stewart (Bournemouth A.C.) 4:05.2  
 Paddington. (Season P.B. 4:02.9 Inter County)

SOUTHERN COUNTIES B.M.C. CHAMPION - Tony Harris (Mitcham A.C.) 4:07  
 (1,500 metres conversion) Hayes, Middx.

EASTERN COUNTIES B.M.C. CHAMPION - Tony Simons (Luton A.C.) 4:09  
 (1,500 metres equivalent) Hayes, Middx.

WELSH B.M.C. CHAMPION - Gwyn Williams (Aberystwyth A.C.) 4:08  
 (1,500 metres conversion) Hayes, Middx. (Season P.B. 4:02.8 City.)

FASTEST SCOTTISH MILER - Hugh Barrow (Sale) 4:01. Special N.W. B.M.C.  
 Region race at Stratford.

FASTEST NORTH WEST B.M.C. MILER - Walter Wilkinson (Longwood)  
 3:59.3. Special B.M.C. Mile race at Stratford.

FASTEST NORTH EASTERN B.M.C. MILER - Maurice Benn (Northumberland)  
 3:59.5 Inter-counties and Emsley Carr Mile.

FASTEST B.M.C. MIDLANDS MILER - Alan Grant (Coventry) 4:05

FASTEST B.M.C. MILER FOR 1968 - John Boulter 3:58.6 Specially  
 organised B.M.C. City Charity Mile. John Whetton 3:58.6 Emsley  
 Carr Mile.

SOUTHERN COUNTIES LADIES B.M.C. CHAMPION - Diane Elliott (Barnet  
 A.C.) 4:58 1,500 metres equivalent.

NATIONAL B.M.C. LADIES CHAMPION - Iris Lincoln (Essex) 4:47.6

FASTEST B.M.C. LADY MILER FOR 1968 - Rita Lincoln 4:45.7.

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MILERS TO WATCH IN 1969 - BOY YOUNG, MAURICE BENN, BRIAN BARDEN,  
 AND HUGH BARROW.  
 MILERS ON THE WAY UP IN 1969 WILL BE:- JOHN BOGGIS (4.13); PHIL  
 BANNING (4.13 eq. 1,500); PAUL DENNIS (4.09 ALL ENGLAND SCHOOLS);  
 MARTIN O'HARA (4.17 NATIONAL BOYS CLUB); RICHARD HOLLINGS (4.15).

## THE B.M.C. CALLS ALL BRITISH MILERS

IF YOU CAN MEET THE FOLLOWING QUALIFYING TIMES YOU CAN JOIN THE  
 WORLD'S GREATEST SPECIALIST CLUB FOR MILERS:-

SENIOR 4 mins. 15 secs. JUNIOR 4 mins. 25 secs. YOUTH 4 mins. 35 secs

LADIES 5 mins. 15 secs.

APPLY TO MEMBERSHIP SECRETARY, 3 SEVERN DRIVE, UPMINSTER, ESSEX.

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## WINTER TRAINING

If you are unsure how to plan your winter training this year or  
 would like a second opinion, why not write to your Regional B.M.C.  
 Secretary who is a qualified coach, or to any member of the  
 National B.M.C. Committee who are Senior A.A.A. Coaches. Tony  
 Elder and Frank Horwill are specialists in ladies' training methods  
 and Harry Wilson and Alf Wilkins are experts on cross-country  
 preparation. Peter Orpin is an authority on cross-country training  
 for boys in the 13-15 age group. Write to them C/O TRAINING COMMITTEE,  
 1037B Finchley Road, N.W.11.

MIDLAND, EASTERN COUNTIES & SOUTHERN REGION

## B.M.C. TRAINING DAY

Sunday. 22ND SEPTEMBER 1968

11 a.m.—AT NEWNHAM AVENUE ATHLETIC TRACK, BEDFORD

(Easily reached by the M1, and Rail)

Lunch at Cricket Pavilion in Bedford Park

Apply to—

Southern B.M.C. Secretary, 48 Bushfield Crescent, Edgware, Middlesex  
 (STONEGROVE 9801)

Transport from the South will leave Hendon Tube Station at 9:30 p.m. on Sunday.

## FINANCIAL AID!

A new B.M.C. badge designed by Jeremy Sampson of Weymouth who is  
 now in South Africa on the art staff of a leading national newspaper,  
 will be sent to all members who have joined within the last two  
 months. These badges have had to be ordered in bulk to be economical  
 and have necessitated £90 being spent. The Committee are also  
 considering the granting of B.M.C. vests on the same principle as  
 the A.A.A. one. If chosen to run in an invitation you will receive  
 such a vest FREE and should you run well in a non B.M.C. vest you  
 will also be considered for a vest. WEARING THE B.M.C. vest means  
 YOU ARE GREAT! HELP THIS WORK BY PAYING YOUR SUBS. PROMPTLY!

### WAAA COACHES

The WAAA are making a register of qualified  
 WAAA Coaches. Would all active coaches please  
 write (postcards preferred) to Miss P. E. Gane,  
 11 Marston Avenue, Harrow, Wood, Harrow,  
 Middlesex, giving their full name and home  
 address, events qualified and date of qualification  
 (if known).

## CIRCUIT TRAINING

An ideal way for all athletes to attain a high level of physical fitness

If you are a coach and have not read CIRCUIT TRAINING BY R.E.  
 MORGAN AND G.T. ADAMSON published by Bell, Price 10s 6d, you are  
 falling in your duty to your athletes. GET IT NOW!