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COMMENT
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ATTENTION ALL MILERS!

We take the unprecedented step of writing on our cover page to register our concern over the life of EMIL ZATOPEK, triple gold-medallist and a man of all nations. We have received distressing reports about this once national hero. For speaking out against Russian intervention in his country's method of government, he was sacked as Colonel-in-Chief of the physical training centre he commanded. Not content with this he was violently attacked in the Soviet papers as a political opportunist. Still further, he found that the only job he was allowed to do was collecting house refuse. He was to lose this job and draw the equivalent of National Assistance. WHAT WAS HIS CRIME? He did what many Left Wing adherents do today with immunity in this country. He criticised the puppet Government as being dictatorial. We note that his case does not excite the same sympathy in the world of sport as the apartheid question. We believe that the inability of 500 million people to express themselves freely without fear of losing their jobs and perhaps their lives is of greater concern to sportspeople here than whether the South Africans play tiddly-winks here or Timbuctoo. So far, we have not had any reports of sportsmen in other countries being persecuted for their views. It is a well-known fact that one member of the British team was in agreement with Zatopek's punishment. He is entitled to his opinion. WE DO NOT THROW HIM OUT OF THE TEAM FOR HIS VIEWS.

WRITE NOW TO THE B.A.A.B. CALLING FOR A HALT WITH INTERNATIONAL MATCHES AGAINST ALL COMMUNIST COUNTRIES THAT SYMPATHISE WITH THE TREATMENT THAT SUCH PEOPLE AS EMIL ZATOPEK MUST ENDURE. A CABLE HAS BEEN SENT TO THE PRAGUE GOVERNMENT EXPRESSING ON BEHALF OF THE B.M.C. OUR STRONG FEELINGS OVER EMIL ZATOPEK.

November 1969

BMC NEWS

11

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EDITORIAL

This journal is a private club mouthpiece. No articles may be reprinted from it without written permission of the editor, P.O. Box 91, G.P.O. Sorting Office, N.W.11.

The editor wishes to make it quite clear that the views expressed in this magazine do not necessarily represent the views of the National B.M.C. Committee.

This year sees the end of the club's most successful year. Some of the highlights were:-

1. B.M.C. President, John Whetton, winning the European Games 1,500
2. British Champion, Rita Ridley, breaking the 1,500 metres British and Commonwealth record. Rita is now the fastest English speaking miler in the world, faster than the Americans.
3. Four B.M.C. milers through 4 minutes in their organised City Mile.
4. B.M.C. Junior, Phil Banning, winning the British Junior 1,500 title.
5. The B.M.C. brain-wave MILE OF THE CENTURY for ladies leading to a world record. The previous lead-up trials being the fastest women's miles in the country for 1969.
6. The highest number of sub-4 minute milers in one season in the history of British miling.

In addition to this the B.M.C. organised a record number of mile races. We were also asked to stage 800, 3000, 2000 and 1,500 races.

The A.A.A. has asked the B.M.C. to organise the UNDER 21 MIDDLE-DISTANCE TOP TEN WEEK-END, the directors will be Harry Wilson and Frank Morwill. It will be staged on the first week-end of April. The athletes will be taken right away from it all and will be in camp.

The Welsh Cross-Country Association, the Welsh A.A.A. and the Southern B.M.C. are holding a series of combined training week-ends at Merthyr Mawr, these are:-

December 13/14 January 24/25 1970 March 21/22 1970
If you are keen to go down with a car load of athletes write to :-
DAVE WILLIAMS, 37 Woodville Road, Cathays, Cardiff. Rod Chaplin,
12 Campbell Road, Bedford, is interested in taking six athletes down with him from London, drop him a line if you want a lift.

The name EDDIE POWELL in the North West and Midlands now means FAST MILE. If you can fill a car up with some good lads from London and drive up to keep these appointments YOU HAVE A 90% CHANCE OF DOING A PERSONAL BEST. In one race this year ALL ELEVEN RUNNERS IN A MILE RACE DID A PERSONAL BEST. THIS IS THE REAL B.M.C. SPIRIT!

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|------------|------------|--------|-------------|
| April 28th | MEN'S MILE | WOMENS | 1,500 |
| May 5th | " | " | 400 |
| May 19th | " 1,500 | " | 800 |
| June 2nd | " 1,500 | " | 800 and 400 |
| June 16th | " 1,500 | " | Request |
| June 30th | " 2,000 | " | 400 |
| July 14th | " mile | " | 800 |

These are all Tuesday evenings at approx. 8p.m. Don't lose these dates, cut them out and stick them up on your mirror.

Races for juniors are fixed for April 28th, May 19th, June 30th, July 14th. Races for youths are on the 19th and 30th of those dates given. For travel directions write to EDDIE POWELL, 7 Trinity Avenue, Sale, Cheshire.

We regret to announce that four of our four hundred members have been suspended for race attendance irregularities. The details are:-
1. Accepting to run in a B.M.C. mile in the south but running in the Midlands instead. No answer to our letters. Banned for one year from all B.M.C. Southern invites.

2. Withdrawing from a 2,000 metres race in the South for reasons not stated on the race invite form. Banned from all Southern B.M.C. races for a year.
3. Failure to appear at a 2,000 metres race in the South. This International miler whom the B.M.C. has helped a great deal since 1963 is banned from all B.M.C. races for a year. All regional Secretaries have been informed not to invite him to their races.
4. A Northern athlete was found guilty of gross over-charging of expenses while attending a Southern race, his action was likely to bring disrepute to the work the B.M.C. is doing. He is banned for a year from all Southern invitation races.

It is of no consequence to us whether you run in a race organised by us. WE GAIN NOTHING FROM IT. YOU GAIN EVERYTHING FROM IT. A FAST TIME THAT CATCHES THE EYES OF THE SELECTORS. If your intention is to try and make money out of our races, then, you are sadly mistaken for we inform the selectors of your antics. If your intention is to make money out of races WHICH WE SPONSOR OURSELVES YOU ARE GUILTY OF NO LESS THAN THEFT, for you are stealing from the pockets of members whose subs. of 10/- per year go towards sponsoring races.

Training days have been organised in the South on Sunday 30th November 1969 at Harlow Sports Centre, followed by the A.G.M. Sunday 25th January 1970 at the A.P.T.C. Aldershot. Sunday 8th March 1969 at Welwyn. We shall be pleased to hear of training days being organised in the Midlands and North West.

There is an invitation 2,000 metres indoors for women on December 20th at Cosford, expenses of 3½ a mile will be paid, write to L. Tivey, 28 Roosevelt Avenue, Chaddesden, Derby. Don't forget, girls that international vests are now being granted for the 1,500 metres indoors all over the world. This race could put you in the selectors good books. The plan is under 6 minutes which is through the mile in 4mins. 48 secs.

Ray Roseman told Alf Wilkins that while he was in West Germany he heard a rumour that Frank Horwill was advising Jim Douglas to run 200 miles a week this winter! We asked Frank about this and he replied, "Sounds as though Jim is trying to scare his rivals. He will take six months to reach 110 miles a week. His fractured fibula sustained before Athens has put back his training six weeks this winter. However, Jim is still able to get pulse readings of 200 per minute from other sources."

We also reminded Frank Horwill of his remark in a national B.M.C. bulletin that he "had found a wonder miler" and asked if Jim Douglas was in fact the man in question. He stated that he was not and that the wonder miler managed a sub 3 minutes three-quarters of a mile early in the season but was injured. He is currently running a three minute three-quarters of a mile every week in training! Frank says he will spring him on the public indoors. WE CAN'T WAIT.

Did Gommers' coach cock more than just an ear to National A.A.A. Coach John Anderson and Frank Horwill in Leicester last June. Kusmic stated he gave complete recoveries between repetitions and John backed by Frank disagreed with him. In September in Athens, Gommers was timed doing 3 x 800 in 2mins. 11 secs. with 3½ minutes rest. Kusmic's previous rest times for this session in June was an advocated 15 minutes. Not only did Gommers do a personal best in the Games, she beat Paola Pigni for the first time.

The residential week-end for top British women milers is on November 14-16th by invitation only. Preference is given to the Scottish, Welsh contingents and up and coming milers. Some veterans will be there for consultative reasons.

FROM THE NATIONAL B.M.C. COMMITTEE WE SAY, WELL DONE FOR A GREAT EFFORT THIS YEAR.

LESS REPORTS ON B.M.C. RACES...

Crack! Four beat 4 minutes

By STEVE FACAN

FOUR British athletes smashed through the four-minute barrier on the fast Motspur Park track last night in a fantastic City Charities Mile.

Leading them home was **JOHN KIRKBRIDE**, 23-year-old mechanical engineering student at Loughborough University, who clocked his fastest time of 3 min. 58 sec. to beat John Boulter's 18-year-old record for the event by 6 sec.

Sensational second was **JIM DOUGLAS**, a 23-year-old Royal Marine corporal who was almost unknown in athletics until a few weeks ago, when he won the Southern Counties title. His time last night was a fantastic 3 min. 56.5 sec.

JOHN BOULTER, Britain's bond Olympic half-mile, finished third in 3 min. 56.2 sec. at Brighton's **RAY ROSEMAN**, who has been trying for nearly six years to break four minutes, just behind him in 3 m. 56.8 sec.

Winner Kirkbride, who made his international debut a few weeks ago against Czechoslovakia, nearly didn't run at all. On Monday he wanted to withdraw because of an attack of gastritis.

HOGG WINS BMC MILE

At Stretford, May 13th
Stan Taylor, the former international, towed the 13-strong field through the first lap in 62.3 and reached halfway in 2:05.2 before falling back to allow Chris Stewart, Hugh Barrow, Alan Blinston and Frank Davies through. Blinston (3:09.9) led at 1/4 m from Barrow, Stewart and Davies with David Hogg (3:11.3) looming up. In a desperate last lap scramble Hogg emerged the winner in the straight from Blinston, covering his final 440 y in 55.6.

1, D Hogg (Man DLCH) 4:06.9; 2, A Blinston (Aldrin) 4:07.2 (pb); 3, H Barrow (Sale) 4:07.5; 4, F Davies (Lin) 4:07.8; 5, C Stewart (B'with) 4:09.4; 6, P Shaw (Man) 4:09.4 (pb); 7, A Birks (Stoke) 4:10.8; 8, M Peake (Derby) 4:11.1.
F. Powell

Wilkinson Under Four

WALTER WILKINSON (Longwood) became the first UK athlete to break four minutes this season when he won the AFI invitation mile at Hartlepool on June 7th. This marked the second occasion that AFI Secretary Eric Simpson has co-operated with BMC (North East) and been rewarded with a four minute mile. Despite a troublesome wind there was always the possibility of a last time as the unselfish efforts of Martin Wetherell and Ron Bell ensured that the bell was reached in 3:00.1 Ray Roseman, who had made the long journey North in the hope of achieving the sub four minute effort which has for so long eluded him, made a long run for the tape, hitting the front with just over 660 y to go. Looking very relaxed and confident he opened a decisive gap over Billington and Mileson, but was unable to shake off the tenacious Wilkinson, who attacked as they came off the final bend and won by eight yards. Laps were 59.2, 60.9, 60.0 and 59.5. 1, W Wilkinson (Longwood) 3:59.6; 2, R Roseman (Brighton & Hove) 4:01.0; 3, M Billington (Nth Staffs & S) 4:06.4; 4, B Mileson (Sunderland) 4:06.6; 5, L Dunn (Gateshead) 4:11.0; 6, R Bell (Morpeith) 4:12.3; 7, P Veitch (Billingham Ss) 4:12.5

G.S.

RITA EQUALS BEST MILE TIME

RITA RIDLEY (nee Lincoln), racing for the first time since her marriage, equalled her personal best with a magnificent early-season mile in 4:46.0 in a BMC invitation race at Hendon last Sunday. She went ahead on the second lap after Gillian Tivey had led past the quarter in 71.0, and reached 880 y in 2:25.6, 1 mile in 3:37.2 (Rita recently clocked 3:27 in a time trial) and 1900 m in 4:26.4. Behind her, Thelwyn Bateman just got the better of Margaret Beacham in personal best time. Result: 1, R. Ridley 4:46.0 (4:26.4m); 2, T. Bateman 4:54.0 (4:32.6); 3, M. Beacham 4:54.5 (4:32.4); 4, M. Herron 4:58.0 (4:36.4); 5, M. MacSherry 5:00.2 (4:39.6); 6, G. Tivey 5:01.5 (4:40.0); 7, J. Perry 5:04.7; 8, D. Elliott 5:07.2; 9, S. Foster 5:11.0; 10, G. O'Leary 5:15.0.

Phil Banning (18) and Dave Bedford (19) set personal bests of 4:06.8 and 4:08.4 respectively (a 10.6 sec. improvement for Bedford) in the BMC mile at Chelmsford the same day. Banning led early in the final lap but with a furious go it was Andy Green from Roy Young, in a splendid finish it was Young who won, although Green fought all the way. 1, R. Young 4:04.0; 2, A. Green 4:04.5; 3, P. Banning 4:06.8; 4, J. Boulter 4:07.8; 5, D. Hogg 4:08.4; 6, D. Bedford 4:08.4; 7, J. Bednarski 4:08.6.

Other BMC races: At Stretford, April 20th. 1/4M: 1, Hogg 3:00.1; 2, H. Barrow 3:00.9; 3, D. Blakeley 3:03.6; 4, A. Birks 3:05.8. At Liverpool, May 3rd. 1/4, Barrow 4:06.8; 2, M. Billington 4:07.3; 3, M. Baxter 4:07.5; 4, F. Davies 4:10.2; 5, J. Kirkbride 4:12.0; 6, Hogg 4:12.3. At Hadley, May 3rd. 1/4, P. Butcher 4:09.4; 2, M. Peake 4:15.0; 3, T. Colton (16) 4:16.6 (laps of 62, 63, 69, 62.6); 4, P. Wilde 4:18.0. . . . 7, J. Kendrick (17) 4:20.2

At Leicester, June 21st

Midland Championships (Part 1)

Annals
1500: 1, J. Rogers (Burch) 3:56.6 (r.b. npr); 2, S. Michale (Colons) 4:01.4; 3, R. Tilling (Hitch); 4:02.7; 4, J. Tivey (r.b. only) 4:04.6; 5, J. Colton (Workshop) 4:06.4; 4:04.8 (pb); 6, S. Barnes (Cov. Club) 4:08.5 (4:05.9 rd).

ON MY KNEES

"I was nearly on my knees," he told me. "Then I did some training yesterday and suddenly felt good. My coach thought this mile would make good training for next week's AAA championships."

"This time is just marvellous. My girl friend will go crazy when she hears."

It was an all-British triumph, with no international challenge to push the pace along. South London Harrier Alan Cowan took the field through the first two laps in 1 min. 58.2 sec, then wilted under pressure from Boulter and Douglas.

BURST AHEAD

Boulter burst ahead on the third lap but at the bell both Kirkbride and Douglas strooked past him in a dash for the tape.

Said Douglas: "I knew in the last half-dozen strides that I couldn't possibly win but I'm happy to be second in this time."

Douglas, who returned from serving in Singapore in March, taught himself how to train from books.

Roseman was also delighted: "I must have run 17 or 18 miles in the last five or six years trying for this. It's a triumph of mind over matter."

QUOTES:

TONY WARD - MODERN DISTANCE RUNNING - Published by Stanley Paul. The three basic components of sport are skill, endurance and strength. Distance runners in their training concentrate, naturally, on the second component and it is fair to say that the first comes through the second, i.e. the continual repetition of the skill of running in training. The third component, that of strength, has caused, and still causes, a great deal of controversy.

The constant theme throughout this book has been that it is quite false to dogmatise - to say, perhaps, that 100 miles per week is needed for success or that track training must be taboo for all aspiring distance-running champions, or to say that weight training is unnecessary for all distance athletes. These have been the themes of some of the most famous coaches of distance athletes. They have reached these generalizations mainly through personal experience and these ideas have been passed on to their charges wholesale.

That great New Zealand distance runner Barry Magee has said:-

"Frankly speaking, I do not believe in weight training at all. Time spent in such training would be better used running. My times seem quite satisfactory without, as do Halberg's, but, as we are Lydiard's men, this theory would be originally his."

One wonders if Lydiard has ever experimented by giving his athletes weight training on their programmes. It seems not, for, as he claims to have been set along the right lines in coaching by reading F.A.M. Webster's excellent books on athletics, then little would have been said about progressive resistance exercise as it was unknown in the British coach's heyday. It was, in fact, first used extensively for preparation for athletic competition by the Germans prior to the 1936 Olympic Games.

Yet Cerutti has exactly the opposite views. He believes that for future record performances running alone can never be the answer and that strength training will be a priority.

So the budding young athlete is immediately faced with two diametrically opposed points of view by two of the world's leading running coaches. If he probes further, however, he will find that many other leading authorities in the world of athletics give their wholehearted support to progressive resistance exercise as a means towards improved athletic performance. Dyson, Gerschler and Stampfl have all at one time or another stressed the vital part that strength can play in track and field.

The most highly specialised performance in athletics is built up from a multitude of physiological elements and thus we must work to improve these various elements by including in the training programme a whole variety of activity - one of which must be towards gain in strength. The answer to Lydiard and other coaches who do not advocate strength training comes from Ernst Joki, who has said that despite there being a number of athletes who have done well without concentrating on all-round training they have been exceptional and only go to show that we have not reached the limits of record breaking. Who can say that Magee, through strength training, would not be a better runner than he is already?

Weight training has become synonymous with strength training and today it forms the major part of most athletes strength-training programmes. The circus strong man of yesteryear, with his leopard-skin tights and bold moustachios, conjured up a vision of muscle-boundness which stayed with physical education and athletics for a long time. The body-building advertisements also did much harm in creating the impression that training with weights would slow the athlete down. Experience with many hundreds of athletes doing weight training has shown that this is not so.

WHAT THE PAPERS SAY...

BRITISH MILERS' CLUB

B.M.C. LECTURES

The Southern B.M.C. have a number of Senior A.A.A. Coaches who have coached male and female milers to international selection and who are available to give lectures to Clubs in the South. Clubs requiring their services should apply to:

Staff Coach Harry Wilson,
P.O. Box 91,
G.P.O. Sorting Office, N.W.11
stating full requirements.

PERSONAL BESTS BY ALL IN BMC MILE

The complete field set personal bests in the BMC mile race at Stretford on August 5th. Frank Briscoe led through 440y in 60.7 and 880y in 2:01.3, with Ricky Wilde reaching the bell in 3:01.4. The finish was so close that both Wilde and Briscoe were credited with 4:01.5. Then followed P. Shaw 4:06.4, M. Bateman 4:07.1, N. Poole 4:07.5, M. Peake 4:07.6, B. Aspden 4:07.7, Greaves 4:08.1, J. Fox (Jnr) 4:14.0, B. Smith 4:15.4.

Result of the BMC mile at Paddington on Aug 9th: J. Douglas 4:00.7 (59, 2:01 3:01), M. Cox 4:05.8, R. Hollings 4:06.9.

PERSONAL BEST BY BLINSTON

Alan Blinston set a 5000m personal best of 13:40.4 in placing 4th in Paris on June 12th in a race won by Diessner (F G) in 13:36.8.

July 12th

BMC Midland Area Championship, at Warley.
Mile: 1, W. McKim 4:06.3; 2, D. Lem 4:07.7; 3, A. Birks 4:08.0; 4, M. Billington 4:11.0; 5, P. Gilseman 4:11.3; 6, P. Wyld 4:13.1; 7, J. King 4:13.4.

24 August 2nd

ATHLETICS WEEKLY

Four Break 4 Minutes In "Chubb" Mile

A PERFECT warm, windless July evening at Mosepur Park saw one of the greatest mass finishes in domestic miling history, as the famous "Chubb" invitation mile once again lived up to expectations. The hero of it all was Loughborough University student John Kirkbride (22), who nearly didn't even make the starting line. Having pulled out of the inter-area mile the previous week-end with gastro-enteritis, John phoned BMC secretary Frank Horwill the day before and tried to fix oil, but luckily was persuaded to have one big run before the AAA Championships. His reward was a fine win in 3:58.0, third fastest this year and equal 10th on the UK all-time list.

Allan Cowen did his usual duty, leading the 14 strong field through the first lap in 57.6 and the halfway mark in 1:58.2 at which point John Boulter, Kirkbride, Jim Douglas and Andy Green were all up there and the rest of the pack had split into bunched groups. At 2½ laps Cowen sud-

denly stopped, leaving Boulter to head the race past the bell in an exciting 3:00.5. The Achilles man was still just ahead at the 1500m watchpoint in an estimated 3:42.0, but was passed almost immediately afterwards as Douglas and Kirkbride attacked off the last bend. Douglas looked as strong as ever, but was unable to contain Kirkbride's deadly finishing drive ("I felt great. Grabbed the inside and waited for my chance. Great!"). He nevertheless continued his meteoric progress this year with 3:58.5 in second place. Ray Roseman, an isolated fifth at the bell, suddenly found confidence and came again. Gaining on everyone in the last 150m, he at last achieved his life's ambition with 3:59.8. Personal bests fell throughout the field: Phil Banning was jumping for joy when he heard his time (4:02.9), second fastest ever by a AAA Junior; and the fine times by Dave Bedford and Paul Dennis added to the excitement. All credit is due to the BMC for an excellent race.

PHYSIOLOGICAL TESTING CENTRES

Dear Mr Editor,

It has been reported to the B.M.C. Chairman, Staff Coach Harry Wilson, that there is considerable opposition in the North to National A.A.A. Coach Denis Watts' plan to introduce physiological testing centres for middle-distance runners throughout the country.

We wish it to be known that the British Milers' Club National Committee representing 350 of Britain's top male and female middle-distance runners from Senior and Junior grades, is unanimously in favour of such centres and lauds Denis Watts' initiative in this direction.

The Southern B.M.C. has already made arrangements with a London P.F. College on the lines recommended by Denis.

Sports medicine is lamentably supported in this country. It is a national disgrace that such a centre was not given space in the National Recreation Centre at Crystal Palace.

All major physiological findings on middle-distance running have come from Germany, United States, Russia and Finland. It is time we made a contribution.

Yours sincerely,
Frank Horwill.

FAST THREE BY MIKE BAXTER

Mike Baxter (Leeds AC) bettered the European qualifying standard when winning the West Yorks 5M title at Keighley on July 23rd in 13:21.2. John Waterhouse (Bingley) was 2nd in 13:31.2.

BRITISH MILERS' CLUB

The British Milers' Club National Committee wish to announce that they have no interest whatsoever in usurping the powers of the governing bodies and are solely and purely interested only in the advancement of British Miling and other allied events.

FRANK SPEAKING

Once again we have discovered new facts about training. We have found that we can do altitude training at sea level. No longer is it necessary to go flying off to Font Romeu to breathe in less oxygenated air then to return to sea level and do a personal best on richly oxygen boosted blood. The procedure is simple and highly effective and I give my personal recommendation to the method.

The athlete must have full confidence in the procedure and he and the coach must sit down and work things out in detail. Here is the method:-

- (a) No racing of any description for one month.
- (b) Omit the following iron carrying foods from the diet:-
 - 1) All forms of meat
 - 2) Spinach
 - 3) Sardines
 - 4) Lentils
 - 5) Haricot beans
 - 6) Eggs
 - 7) Oatmeal
 - 8) Curry powder
 - 9) Cocoa.
- (c) Include in the diet WHOLE MEAL BREAD.
- (d) Stop all iron supplement tablets and reduce Vitamin C tablets to one 50mg a day.
- (e) Train at 75% quantity and quality for 14 days observing strictly the diet recommendations of (b), (c), and (d).
- (f) After this 14 day period of (e) resume normal diet and take ferrous gluconate THERAPEUTICALLY (three times a day - one tablet after every meal) for seven days, then, reduce to two tablets a day. Omit whole meal bread from meal times but include plenty of fresh fruit or Vitamin C 200mg tablets. Also, ensure Vitamin B (brewers yeast tablets) is taken daily.
- (g) One month from the time the "altitude type training" started you are ready for an above average race performance.

WARNING:- This procedure should only be tried if you are in good physical condition at the outset, and in no circumstances should it be tried more than once in the track season and once in the cross-country period.

St. Mary's college of Physical Education, Strawberry Hill, Twickenham, have very kindly offered to carry out a number of tests on female and male athletes of good standard. These will be conducted on Saturday mornings first thing, when there are no races in the afternoon. It is essential that those attending the first series of tests should follow up the visits at three monthly intervals so that a careful check can be maintained on the athlete as the seasons progress. All who are interested in attending the first appointment on the second Saturday in every month should write to me without delay. I think we are all going to learn a lot from this work.

One thing I did learn at St. Mary's was that when an athlete steps up his training in severity, there is an AUTOMATIC drop in iron blood content and that any racing during this period will bring poor results. It is interesting to note that Mike Beevor, who did a personal best mile in the City Charity event, stepped up his training for a fortnight afterwards but ran a slower time in the B.M.C. National Champs. where he hoped to break 4mins. My view is that if he trained the same or alternatively increased his iron intake, he would have done the necessary. In any case, Mike's time was a wonderful breakthrough and a triumph of courage over many months of injury.

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 FRANK SPEAKING...Continued
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I always look forward to training days as I know does the Chairman, Harry Wilson. A different venue, new faces, both male and female, friendly rivalry and interesting discussions. All this goes to make a thoroughly enjoyable day. Why not come along to our next two scheduled for the 19th October 1969 11 a.m. at Vange, Essex, write to Peter Orpin, 60 Victoria Avenue, Grays, Essex for details. Also, Sunday 30th November 1969 11 a.m. at Harlow track, this is followed by the A.G.M. write to Cecil Smith, 404 Brockles Mead, Harlow, Essex, for details. If you are at School in the South we will pay your fares to attend these days and pay for your lunch!

It was at a training day in Cambridge that I experienced an example of gross UNDERMINING of a coach's work. A young athlete a very successful one! asked the Senior A.A.A. Coaches conducting the course what they thought of such and such a method of training because so-and-so who is an international had told him that this was what he should be doing. WHAT GROSS IMPERTINENCE BY THIS INTERNATIONAL TO POKE HIS ELEPHANTINE NOSE INTO ANOTHER MAN'S PROTEGES. It so happens that the International concerned is a cross-country specialist and was later beaten in a mile race by the very person he was giving advice to! In other words, he liked a certain type of training (long road runs) and disliked track work and tried to convert this boy to his ideas.

Another example of undermining was when a promising female half-miler met an international track runner. He used his sexual dominance over her to make her breakaway from her coach with whom she had a close filial tie that had lasted three successful years. She had never run cross-country or middle-distance in her life before she met her coach. He coaxed her through to become a county cross-country runner, a Greater London League representative and to hold her club's 880 record as well as making the top twenty in the country. With a cursory phone call she told her coach that she was going to lover-boy's coach. Of course, lover-boy had nothing to do with it, she said! NOT SO-AND-SO MUCH! What was the result of this UNDERMINING of the coach and change to lover-boy's choice? SHE FAILED TO IMPROVE FOR THE FIRST TIME IN THREE YEARS. Lover-boy has had his way, the girl did not matter. The incident is the talk of the South in the coaching fraternity. A good class girl ruined by a selfish, arrogant, conniving streak of humanity who thinks and races like a boy!

All coaches and senior athletes must be careful how they talk to younger athletes who are being coached by someone else. A snap thoughtless remark can undo many months of careful work. Favourite clichés that are rolled off the tongue being:- "He will burn himself out," "I am straining instead of training," "U are fit too soon," "Never do track work in the winter," "Weight training slows me up," "Have an easy week, your racing Saturday," (Usually the race is a trophy affair, another pot to adorn the Secretary's mantel-piece), "Running up hills will injure you," (So will driving to work if you are not careful!) Some of the worst offenders are over ambitious parents who compare their children's efforts to some other gifted runner in the club. It is just possible THAT THE OTHER BOY OR GIRL HAS GREATER NATURAL ABILITY THAN THEIR OWN CHILDREN! It is ridiculous to keep on comparing them, each time they open their mouths in comparative observations they drive another nail in their own children's coffin! My advice to them is SHUT YOUR RUDDY MOUTH AND DO SOME TRAINING YOURSELF!

May I say how sad I am to see George Gandy, our Midlands Secretary, leave us. He has done a great job in the Midlands against a lot of provincial opposition. He was reported by one little WHINER for sending a warning letter to him for not keeping to his word about a race. The B.M.C. Race Invitation form means what it says, if you write and say you are racing and you pull out other than for the reasons stated on the form YOU HAVE HAD IT WITH US, MATE. It's no

FRANK SPEAKING...Continued

use running to your club secretary and getting him to write pompous letters to A.A.A. officials about us BECAUSE THEY ENDORSE OUR RACE ATTENDANCE RULES. George was cleared completely of any high-handed action. The impression I get is that this little band of dissidents are concerned with their CLUB FIRST, SECOND AND LAST, and damn everyone else. We are concerned with BRITISH MILING, MATES, not provincial snobbery. George was selected for his job with the N.C.A.A.A. because he is a first-class coach, organiser and athletics enthusiast. His work will live on in the Midlands far longer than the whiners who have questioned his methods.

We are approaching another winter, traditionally a time for building stamina and strength, but of late speed work has found its way into winter schedules for there are those who like to do well indoors and who have found that forsaking comparative speed work for long spells has led to injury on its resumption. It is not necessary to have a track in order to do comparative speed work. There are many athletes who have never tried Woldemar Gerschler's method of obtaining stamina which involves medium speed over 100 and 200 metres. A simple way of doing this is to run with a stop-watch in hand and to stride for 15 seconds or 30 seconds and jog for 90 seconds along a five mile course once a week. This should be extended to ten miles gradually by Christmas time and then the jog rest should be decreased 15 seconds a month until in March it is only 45 seconds rest. The rest of the weekly work can consist of a long slow run, a medium distance faster run, a repetition hill session and a short fastish run.

Whatever you decide, it must be PROGRESSIVE, if you start with 30 miles a week in October, you want to be doing 60 miles a week in January. In particular this applies to our lady cross-country runners who lack mileage in their winter training. The South African girls who came over here last season told me that they did TWO days of FIFTEEN MILES of running. The Americans, in particular, DORIS BROWNE, train twice a day with a five mile run every morning often followed by a ten mile run at night. I strongly recommend all our lady members to get used to training TWICE on Sunday and TWICE on Tuesday of each week early in the season and to extend this to four days a week by the time of the National C.C. Champs. The morning session need only be fifteen minutes at first. The reward for unrelenting training will be a trip to the United States. I would like to see such plucky runners as Marie Herron, Jane Perry, Gillian Tivey, Thelwyn Bateman, Barbara Banks, Rita Ridley and Margaret MacSherry make the team.

I rather like Harry Wilson's own brand of circuit training. Arrange a series of six exercises in the gymnasium or in your house with or without weights which will exercise legs, arms and abdominals. Do each particular exercise for 30 seconds flat out and then move to the next exercise and so on. Count the number of repetitions on each exercise and record them do the whole series three times without stopping. Add up the whole figure. Aim to increase the number of reps by 25% before making the exercises more difficult by adding either more new exercises to the circuit or weights.

Once again while on the subject of winter work I do not think you can race well each week while gradually doing more training each week. In other words, you are basically a miler using the winter to obtain strength and stamina and if you want to do well at cross country you will be advised to race infrequently over the season. I suggest a total of ten races in twenty six weeks with three indoor races to remind you of your real destiny in life, a gold on the track. They do not give gold medals for cross-country running. I repeat, the winter is preparation for the track season and the temptation to ease off training for this tiddly race and that local rag race should be resisted. Many London girls were doing the same training in January as they were in October of 1968. They had a bad track year.

FRANK SPEAKING...Continued

in De Vries' book PHYSIOLOGY OF EXERCISE I was intrigued by the chapter HEART AND EXERCISE and in particular the section dealing with THE THRESHOLD FOR A TRAINING EFFECT ON THE HEART. The findings of M.J. Karvonen "The Effects of Vigorous Exercise on the Heart" should prove useful to coaches. Briefly, Karvonen calculated that to improve the exercise tolerance of the heart the intensity of the workout must exceed a critical threshold value. This is calculated as follows. Take an athlete with a pulse of 60 beats per minute, subtract this figure from the average known maximum pulse rate of 200 and you get 140 beats. Take 60% of this figure, i.e. 84% and add the original normal pulse together, i.e. 144 beats. ANY TRAINING WHICH FAILS TO REGISTER THIS PULSE COUNT IN AN ATHLETE OF THAT CLASS WILL NOT IMPROVE THE EXERCISE TOLERANCE. World class athletes with pulse rates of 40 per minute would have a reading of 136 beats in training required to be of benefit.

I name Chelmsford A.C. as the meanest club it has been my misfortune to encounter in 30 years of athletics. In April 1969 I was approached by National Committee Member Tony Elder, to stage a mile for Chelmsford A.C. at the opening of their new H.Q. adjoining the track. I enquired what expenses they would pay for a good field, they stated they could not pay very much. Rather than let down my very good friend, Tony Elder, I dug into my own pocket and paid out £12-10s towards expenses for athletes while Chelmsford A.C. paid out another £12-10s. The race attracted a large crowd, it was expertly presented by Tony and a ground record was achieved as well as being the fastest mile of the year at that time (May). Chelmsford A.C. made a fine profit from the day. In addition to this Tony Elder asked me to sponsor him for a charity walk towards the bill for Chelmsford A.C. club house. Not thinking Tony was too fit I rashly sponsored him for 2/- a mile! To my astonishment he walked 22 miles! I paid up. A couple of weeks later I entered Chelmsford A.C. club house for a shandy, the barman signed me in and all was O.K. The following week-end I went to do the same and was told THERE HAD BEEN OBJECTIONS TO MY BEING SIGNED IN AS A VISITOR! I had to become a member of the club at 30/- in order to get a shandy! YOU CAN STUFF YOUR SHANDY, MATES, RIGHT UP YOUR CHELMSFORD A.C.! This is one club that won't get a mile race from me again.

In a world of materialism it was a nice gesture of Messrs Dave Bedford, Phil Banning and Alan Cowen, to hand back their expenses for the City Charity mile to the organisers to be donated to charity. Good show, lads, and well run!

I am perturbed at reports that an ex-international miler is being paid an honorarium by American Universities to provide names and addresses of promising British junior milers to build up the stocks of American University middle-distance teams. Before we condemn this milling manpower drain we have got to come up with the right answers. The Minister of Sport, Dennis Howell, has moved in the right direction with his bursaries at the Crystal Palace. The real answer is for British universities to offer similar facilities. "The Minister of Sport joins forces with the Minister of Education" is a headline I would like to see in ATHLETICS WEEKLY.

I conclude my column for this issue by asking the detectives in athletics what they understand by the abbreviations S.E.M. and L.E.M. I will give you a clue, it is a code used to describe hard-working, well-meaning athletics officials. Next issue I will tell you of this scandalous procedure.

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 THEY MAKE NEWS
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Spotlight on Youth

Ian Whittle Makes His Point

I OWE 16-year-old Ian Whittle (Luton Utd. H) an apology for not mentioning his name among current teenagers in top form over the middle distances. Ian pushed the point home that he is a good prospect by clocking 3:56.4 for 1500m during a BMC event at Warley on May 17th, won in 3:52.0 by Bill McKim. Ian followed the 60.0, 2:05.0, 3:08.6 pace of the leaders to finish 9th, inches behind Warley's Jim Harvey (19). Ian's time is a UK Best for one of his age, though without wishing to detract from it (especially as Ian ran in abysmal conditions) it should be pointed out that Hugh Barrow ran 4:10.9 for a mile, aged 16, in 1961—a mark which may well be broken before long the way things are shaping up. I saw Ian Whittle run a storming 31:11.0 for 10,000m at Crystal Palace last December (chatting to onlookers during the race!) and this could well prove to be his best distance in later years. Both he and Terry Colton are coached by Work-sop's George Gandy.

Who's Who

Dave Bedford

Full name: David Colin Bedford. Born at Hendon (N.W. London), 30.12.49; 1.84.6.04", 65kg/144lb; 36" chest; 46 pulse at rest; student at Brighton College of Education (training to be PE teacher); Shaftesbury Harriers & Bexhill AC; single; coached by Bob Parker of Shaftesbury for past three years—"one of the best!"; lives in London, N.W.2.

Became interested in athletics in 1964: "Ran in school cross-country and won but mainly after 73rd place in National Schools cross-country which I considered to be the ultimate!" Began at cross-country and mile; favourite events now are cross-country, 5000m and 10,000m. Best marks: mile—4:19.0 (1968), 2M—8:50.0 (1968), 3M—13:45.0e (1969), 5000m—14:14.4 (1969), 6M—27:29.4 (1969), 10,000m—28:24.4 (1969). Annual progress at mile, 2M, 3M & 6M: 1964—5:10.0; 1965—4:44.0; 10:05.0; 1966—4:25.8, 9:21.6, 14:43.0, 31:24.2; 1967—4:21.8, 9:12.2, 14:13.2, 29:15.8; 1968—4:19.0, 8:50.0, 13:54.6, 32:16.0 (10,000m); 1969—14:14.4 (5000m), 28:24.4 (10,000m). 1968—English Youths CC champion, AAA Junior 2M champion; 1969—International Junior CC champion, UK 10,000m record.

Most pleasing performance: "That 10,000!" Greatest disappointment: "Cracking up in Southern Junior CC; also not realising I was going so fast in the 10,000m until after the race since I feel I could have got the record by much more had I known just what I was doing." This year's targets: "European team and a good run in Athens—I would like to run 28:10 for 10,000m this year". All-time goal: "The only thing worth achieving—a gold medal in the Olympics". Intends competing "at least till I am 36. I would like to do some coaching when I am finished".

Most likes: "the satisfaction of beating myself in races. Athletics has the advantage over other sports since anyone can gain immense satisfaction at any level by purely improving". Dislikes "tracks that are out of use due to weather; cold showers; top class 880 men who sit on me till the last 100 yards". Views on administration: "The officials of athletics do a great job and work very hard for relatively little reward. I have always found them very helpful in all matters".

Thelwyn's Fast Mile

Thelwyn Bateman followed up her impressive 1 mile time at Leicester with a superb mile victory, her first, in the BMC trial race at Crystal Palace on April 16th. Leading practically throughout, the Welsh international hurdler and quarter miler passed 400m in 70.2 and 800m in 2:25.8 with Gillian Tivey and Joyce Smith on her heels. Joyce continued to dog Thelwyn throughout the third lap (3:44.4 at 1200m) and until the final straight but then the Coventry girl pulled away powerfully to win by ten yards in 4:54.5 for tenth spot on the UK all-time list. Joyce (31), who gave birth to a daughter last July, was a fine second in 4:56.2 while Gillian came her closest yet to breaking the 5 minute barrier. Result: 1, T. Bateman (Cov. G) 4:54.5; 2, J. Smith (Barnet) 4:56.2; 3, G. Tivey (Dby) 5:01.7; 4, D. Elliott (Barn) 5:04.3; 5, J. Perry (Wirral) 5:08.3; 6, A. Yeoman (Feltham) 5:16.4; 7, B. Grinney (Thurr) 5:23.7; 8, L. Barlow (Ex. L) 5:32.3.

Women break world record

A Southern Area team broke the world record for the 7 x 1,500 metres women's relay at Crystal Palace last night. Competing in an invitation race promoted by the British Milers' Club, Margaret McSherry, Margaret Beauchamp, and Eida Ridley returned 1min. 28.1sec—more than two minutes inside the previous best time, by a West German team. This is the first time this event has been staged in this country.

BMC ANNOUNCEMENT

The National Committee of the British Milers Club has appointed AAA Senior National Coach Denis Watts, as Liaison Officer to the BMC. The appointment has been approved by the Chairman of the AAA Coaching Committee. Denis resides at 10 Mayfair Avenue, Great Crosby, Liverpool.

REFUSED PERMISSION TO COMPETE

Dear Sir,

At a time when one hears of Colin Campbell, John Whetton, Alan Pascoe and company being given permission to participate in the South African Games, it is a sobering thought to realise that my friends and I have just been refused permission by Mr. Gold to take part in the Donore Harriers Road Relay in Dublin. Donore AC would still welcome us with open arms, and we are prepared to defy authority, even to the extent of running unofficially, but we are hesitant because of the possible sanctions that could be imposed on the rest of our club members as a result of our actions.

According to Mr. Gold, "a decision taken by the constituent members of the Board on October 28th, 1967" is the reason why "permission to compete" (how that rankles!) cannot be granted. Yet we have competed in the same event in 1967 and 1968—with permission!

Involving sport with politics is a favourite pastime these days. Another one seems to be the dictating to athletes by amateur athletic associations, where and when they may compete—Noel Carroll's very good article in "AW" (April 12th) illustrates this point well.

Come off it, Mr. Gold. Why must you take sides? Or, to go to extremes, is Britain to urge that all Irish athletes not administered by the NIAAA be barred from international competition along with the Chinese, North Koreans, South Africans and poor old Iazlo Taboer!

If Whetton and Co. wish to compete in South Africa—rightly, it should be left to them to decide their own attitude. Similarly, when my friends in Dublin invite me to enter into competition with them—I would like "permission" to go, regardless of any political considerations. How about it Mr. Gold? Please!

Peter L. Birks,
 City of Stoke AC

Marie Herron

Full name: Marie Josephine Herron. Born at Scunthorpe (Lines), 16.3.49; 1.66.5.51", 54kg/119lb; 35-24-35; 68 pulse at rest; student; Scunthorpe Harriers & AC; engaged; coached by R. G. Scott (1964-1966) and Denis Watts (since 1966); lives in Manchester.

Became interested in athletics in May 1964, aged 15: "For the first time my school wanted to enter a runner in the Intermediate girls' 880 at the District Sports. I was the only one who could run round the school track without a walk on the back straight! I had a week's training and finished 2nd in the race". Favourite events now are 1500m and 880y. Best marks: 440y—52.5 (1969), 880y—2:11.1 (1966), 1500m—4:34.4 (1968), mile—4:57.2 (1968). Annual progress at 880y: 1964—2:45.0, 1965—2:21.0, 1966—2:11.1, 1967—2:13.1, 1968—2:12.5 (first year at 1500m).

Most pleasing performance was "running 2:11.1 and finishing 2nd in the 880 to Rosemary Stirling in the 1966 English Schools Championships". Greatest disappointment: "Walking off the track in the middle of my second race—when I was at the front! I cried for hours—and swore I'd never do it again". This year's target is "to get into the Athens 1500m team, but underlying this—to get stuck into this event and really see what I can do. I felt as though I were just playing at it last year". Intends competing "until the good days no longer compensate for the bad—until winning or improving no longer seems worth the hard training and all the effort involved. Simply, until I stop enjoying athletics, and for me enjoyment in athletics means success".

INTERVAL TRAINING - THE SIMPLE PHYSIOLOGICAL ASPECTS

BY D.J. Williams - South Wales B.M.C. Secretary - Cardiff A.C.

This type of training gained prominence through the fantastic feats of the great Emil Zatopek (1948 Olympics) and was carried on even further by Vladimir Kuts a few years later. But it seems that interval training was used as far back as 1938 by Rudolph Harbig, who gained several world records, the outstanding being the 800 metres one which when converted to 880 yards would have broken the record for this distance by two seconds!

Even though this type of training is well established, there is still considerable misunderstanding as to its use. Tom Nett used the following analogy to explain interval training. One should imagine that one has a rubber balloon with a tiny opening at the bottom. If one were to blow it up with one's full power the result would be a gigantic sphere; the thin rubber wall would be greatly stretched and would attain perhaps twice the size of the human head. In the first 30 seconds therefore, there would be a strong "expansion stimulus" affecting the walls of the balloon, after which it would slowly subside as the air escaped through the small hole. The balloon would collapse as the "expansion stimulus" decreased and finally disappeared.

The effect of interval training on the heart muscle is very similar. The run (exertion) before the interval, say 200 metres in 32 seconds, is basically no different from the deep inhalations before the violent inflation of the balloon. The heart fills up suddenly, strongly, immediately on completion of the run, that is, at the beginning of the job, whereupon a very strong "expansion stimulus" is exerted upon the walls of the heart. This lasts about 30 seconds then subsides slowly and within another 30 seconds dies away completely.

Through many repetitions of the "expansion stimulus" (and the concomitant pumping of blood) during the recovery "pauses" of a work-out, these strong rhythmic suffusions of the heart muscle will gradually bring about HEART ADAPTION. THE HEART CAVITIES INCREASE IN SIZE, ARE ENABLED TO TAKE IN MORE BLOOD AND MAKE IT POSSIBLE IN RUNNING TO PUMP MORE OXYGEN INTO THE RUNNER'S WORKING MUSCLES. The oxygen supply during the run is, therefore, substantially improved, a favourable factor in endurance performance, which would make this type of training more suitable for long-distance performers and milers than 400 and 800 metres men. The last named specialists must realise that their distances are run with an oxygen debt whereas a long-distance runner relies on his MAXIMUM OXYGEN INTAKE to keep him going and this can only be improved by interval training.

There are five variable factors to be considered in interval training:

- 1) Distance of the run
- 2) Speed of the run
- 3) Number of repetitions
- 4) Duration of the recovery
- 5) Type of activity during the recovery phase.

Interval training involves repeatedly running a specific distance at a predetermined speed, resting a specific period of time following each run. A typical interval training session would be as follows:-

20 x 200 metres in 32 seconds with a maximum 90 seconds interval, which can be done at jog pace, walking or complete rest. The most beneficial distance would seem to be 200 metres and if this distance is run in a time of 32 seconds it will produce a pulse rate of 170 per minute plus or minus 10 beats depending on the fitness of the athlete. If the pulse rate is more than 180 at the end of the run, this has been too fast. After 90 seconds or possibly before, the pulse rate

will drop to 120/130 when the next run should commence. If in the course of the daily work-out the pulse rate at the end of the pause, is substantially greater than at the beginning of the work-out the session should end.

EDITOR'S NOTES:-

a) This method of training was devised by Woldemar Gerschler, German physiologist, who advised Jose Barthele (Olympic 1,500 Gold Medalist 1952) Rudolph Harbig, Gordon Pirie. He reached his findings after 3,000 athletes had been given various forms of running training. Gerschler claimed it was the MOST EFFICIENT WAY OF OBTAINING STAMINA.

b) Tony Ward, author of MODERN DISTANCE RUNNING, is of the opinion that the pulse rate after the tenth interval must be higher than after the first one and therefore to get the full benefit of the session the athlete should run a fastish 400 metres before doing the session, e.g. ladies 70 secs.; men 60 secs.

c) In order to check the usefulness of the session THE PULSE MUST BE TAKEN BY A COMPETENT ASSISTANT OR THE ATHLETE HIMSELF. After the run itself place a hand OVER THE HEART AND COUNT. After one minute do another count. The coach will soon get the picture of how the session is to proceed. If the pulse rate at the end of the run is only 150 then the pace is too slow. If the pulse after 60 seconds rest is below 120 the rest is too long. Examples of times done on B.M.C. Training DAYS are:-

200 metres in 30 secs. (180) with 45 seconds rest (120) Senior milers.
200 metres in 32 secs. (180) with 60 seconds rest (120) Ladies.

It is interesting to note that Gordon Pirie was able to do 16 x 200 metres in 30 secs, with only TWENTY SECONDS REST before his pulse was 120.

It is not necessary for the coach to take the pulse after every run. Every ten 200 metres is a good method of checking the pulse.

d) Coaches and athletes should note that INTERVAL training is used to describe running at 100 and 200 metres at not full-out speeds. Distances further than these are described as REPETITION training. Where the distances are run near to full effort (200 beats per minute) and started again at an incomplete recovery stage (140 beats per minute) the session is described as TEMPO training. The B.M.C. National Committee are most concerned that the word INTERVAL should not be used to describe any form of repetition running. BE PRECISE.

e) The method described is recommended once a week during winter and summer and can be done ANYWHERE (road, track, grass, etc.) It is faster than the long slow run, registers repeatedly a higher pulse count and is a constant reminder of MILING RACE PACE.

f) Gerschler claims that the stroke volume of the heart is increased from 200 to 300ml. in a matter of four weeks if done daily as compared to double the time to produce the same effect by long slow runs.

g) Professor Nocker believes that stamina accrued by long-distance running is more long-lasting. The stamina gained from pure interval work is of short value. There appears to be a strong case for both forms being used together.

h) Mollet's formula for athletic success is "athlete plus coach plus athlete physician plus laboratory equal success".

SPOTLIGHT ON THE B.M.C...

English Schools Championships

At Motspur Park, July 11th/12th

1500 Metres CLASSIC WON BY HOLLINGS**BMC NATIONAL CHAMPIONSHIPS**

At Welwyn, July 6th

Marie Herron led through the first lap in 70 and the half in 2:25, before the pace slumped to 77 for the third lap, and Gillian Tivey assumed the lead as the bell tolled in 3:42.0. Herron led into the final straight, but Jane Perry came through with 50y to go, and Tivey almost caught Herron on the line. The track was wet and rain fell throughout.

Women's Mile: 1. J. Perry (Sheffield Un) 4:52.0; 2. M. Herron (Scun) 4:52.9; 3. G. Tivey (Derby) 4:53.2; 4. B. Banks (Wallasey) 4:59.2; 5. B. Bush (Bri) 5:02.3; 6. L. Motton (Basildon-1) 5:08.0; 7. B. Cushen (Here-Wim) 5:08.9.

Junior Mile: 1. J. Fox (Sale) 4:20.2; 2. C. Reed (Hadleigh) 4:20.5; 3. A. Crompton (—) 4:22.3.

F.H.

SOUTHERN REGION BMC

As from July 1st, 1969 all Boys, Youths and Juniors at school in the South who attend BMC training days will have their fares paid to and from the venue.

Irish News**Derek Graham Breaks All-Comers Record**

Northern Ireland Senior & Boys Championships (Part 2), Belfast, June 25th. On a night that was perfect for record attempts, Derek Graham set a new Northern Ireland All-Comers best of 13:27.0 in the 3 miles.

Southern Championships

At Crystal Palace, July 11th/12th

DAVE BEDFORD REVIVES MEMORIES

AAA Junior and Youth Championships At Crystal Palace, Aug. 8th/9th

Quality On Track Was Highest Ever

1500 metres (Saturday)

The heats made it clear that a fast and gripping final was to be expected and the crowd was not disappointed. Phil Banning was helped out with his pace-making chore by Ray Smedley and made up for his defeat in the English Schools' in no uncertain manner, with a new AAA under-19 record and UK Junior (under 20) best. Banning carried the first lap in 59.9 before Smedley took the second in 61.1 and continued to lead up to the bell until the Andover boy edged ahead again to flash past the post in 2:47.1. Smedley, Boggis and Dennis were in full cry after Banning's sturdy figure down the final back-straight (1200m in 3:02.0). It looked for a few seconds as if Paul Dennis might just make it up on the final turn, but he was at full stretch and Banning was in no mood to be caught at this stage. He sprinted clear along the straight to win in 3:45.2 while Dennis's last drive just caught Smedley on the line. Personal bests for the chasing John Boggis, Jack Lane, Brian Slocombe and Jim Kendrick. The team selectors have a tough problem for the West German Junior match . . . our strength in depth is positively embarrassing!

1. P. Banning (And) 3:45.2 (AAA Under-19 rec. Ch.BP); 2. P. Dennis (Nor Oly) 3:45.8; 3. R. Smedley (J. Wilmott GS) 3:45.8; 4. J. Boggis (Birch) 3:48.7; 5. J. Lane (Fel) 3:49.5; 6. B. Slocombe (Her-Wim) 3:51.9; 7. J. Kendrick (Sm Hib) 3:52.2; 8. M. O'Hara (Horn) 3:56.6 (3:54.5 ht); 9. R. Tilling (Birch) 3:56.9 (3:54.5 ht); C. Barber (MAC) 3:54.4 ht dnf; J. Broily (Shett) 3:54.5 scr. In Hts: S. Barnes (Cov. God) 3:57.8; P. Bennett (Horn) 4:00.9; C. Tilley (Hav) 4:01.8.

STRENGTH IN DEPTH

Triumph for UK milers

By NEIL ALLEN, Athletics Correspondent

John Kirkbride, a 22-year-old Loughborough engineering student, won an invitation mile in three minutes 58.0 seconds in the City Charity meeting at Motspur Park last night. Behind him three other British runners beat four minutes with, altogether, 12 men finishing in under 4min. 5sec.

This was surely the outstanding demonstration of strength in depth by British milers in the history of the sport and credit should be paid not only to the pacemaker, Alan Cowan, but also to the British Milers' Club, who organized the race.

THREE UNDER FOUR IN READING MILE

Ian McCafferty 3:56.8, Ian Stewart 3:57.3, Peter Stewart 3:58.7

The arrangement was for local runner Martin Duff to take the first half mile at a fast pace. McCafferty to lead for the next half lap and Ian Stewart for the furlong leading up to the bell. After that, obviously, it was to be every man for himself.

MIDLAND JUNIOR CHAMPIONSHIPS At Leicester, June 28th

2000: 1. J. Boggis (Birch) 8:18.6 (Ch. BP); 2. J. Kendrick (Sm. Hib) 8:21.2; 3. J. Hiron (Ulla-Burner) 8:26.6; 4. S. Barnes (Cov. God) 8:31.4; C. R. Edwards (Brooms & Redd) 8:42.6; 6. G. Page (W. & B.) 8:46.4; 7. J. Walker (Newcastle) 8:50.0; 8. A. Pope (Glas) 8:51.6; 9. N. Jackson (Newcastle) 8:55.8; 10. S. McFale (Glas) 8:56.2; 11. B. Brooks (Sm Hib) 9:00.8; 12. A. Calder (Malvern C.) 9:09.0.

OLYMPIC PROSPECT

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B.M.C. PROFILE
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NAME IN FULL: PAUL JAMES DENNIS
BIRTHPLACE AND DATE: Norwich, Norfolk, 24th January 1951
HEIGHT AND WEIGHT: 5ft. 10ins. 9st. 6lbs.
CLUBS: British Milers' Club, Norfolk Olympiads (track), Norfolk Gazelles (cross-country).
STUDENT: Student (Keeble College, Oxford) reading geography.
COACH: Mike Mills.
PERSONAL BESTS (year by year):

| | 1965 | 1966 | 1967 | 1968 | 1969 |
|---------|--------|--------|---------|---------|---------|
| 440 | | | | | |
| 880 | 2:08/9 | 1:59.2 | 1:58.5 | 1:54 | 1:55.1 |
| mile | 4:40.4 | 4:32.7 | 4:19.5 | 4:07.4 | 4:05.7 |
| 2 miles | | | 9:45.0 | 9:09.4 | |
| 3 miles | | | 15:24.0 | 14:21.0 | 14:15.6 |
| 1,500m | | | | 3:58.9 | 3:45.8 |
| 3,000m | | | | | 8:20.0 |
| 5,000m | | | | | |

ERROR: Note that the 440 column should read 54.0; 53.6; and 52.3; starting from 1967...

BEST COMPETITIVE ACHIEVEMENTS AND PLACINGS:-

- 1965-66 Cross-country; 1st Nfik Boys A.A.A.; 4th Eastn. Boys A.A.A.; 2nd Nfik. Schis. Inter. 42nd English Schis. Inter.
Track: 2nd Nfik. Yths. A.A.A. mile (4:39.7); 1st Nfik A.A.A. Yths 880 (2:03.8); 1st Eastn. Yths A.A.A. 880 (1:59.2); 1st Nfik. Schis. Inter. 880 (2:03.9); injured for English Schis. with cracked metatarsal in left foot coming fifth in heat 2:04.8).
- 1966-67 Cross-country: 1st. Nfik. Boys A.A.A.; 3rd Eastn. Boys A.A.A.; 12th National Youths; 1st. Nfik Schis. Inter; 10th English Schis. Inter.
Track: 1st. Nfik. Yths. A.A.A. mile (4:38.5). 1st Nfik. Yths. A.A.A. 880 (2:07.4). 1st. Eastn. Yths. A.A.A. mile (4:37.7). 1st. Eastn Yths. A.A.A. 880 (2:01.8); 1st. Nfik. Schis. Inter mile (4:27.7); 3rd. English Schis. mile Inter (4:28.5).
- 1967-68 Cross-country: 1st Nfik Youths A.A.A.; 3rd Eastn Yths. A.A.A.; 12th National Yths; 1st Nfik. Schis. Snr; injured for English Schools (Achilles tendon pull).
Tracks: 1st. Eastn Jnr. Mile (4:27.7); 1st Nfik. Schis. Snr. mile (4:19.7); 1st English Schis. Snr. Mile (4:09.8); 1st Schis. International mile (4:15.4); 2nd A.A.A. Jnr. Mile (4:09.4); 1st G.B. Jnr. v W. Germ. Jnr. 1,500 metres (3:58.9); 1st G.B. v. The Rest Mile (4:10.3).
- 1968-69 Cross-country: 1st Nfik. Yths. A.A.A.; 28th National Yths; 16th Inter-county Yths; 1st Nfik. Schis. Snr.; injured for English Schis. (knee operation).
Track: 1st. Nfik. Jnr. A.A.A. 800 (2:09.9); 2nd Nfik. Jnr. A.A.A. 400 (52.0); 1st. Eastn. Jnr. 1,500 (4:06); 2nd A.A.A. Jnr. 1,500 (3:45.8); 2nd A.A.A. Jnr. 3,000 (8:20.0); 1st Nfik. Schis. 1,500 (3:55.9); 3rd English Schis. 1,500 (3:48.7); 1st. Eastn Jnr. 3,000 (8:28.6).

PLEASE DESCRIBE IN DETAIL YOUR WINTER TRAINING AND GIVE SOME INDICATIONS HOW IT HAS PROGRESSED OVER THE LAST THREE YEARS AND THE ULTIMATE TARGET;

OLYMPIC PROSPECT Continued...

After the previous track season I developed a cyst on my knee and up to March my training was restricted to about 25 miles a week (25 mins. easy running each day). The cyst was removed during March and I was unable to run for three weeks. Following this in late March I began my preparation by jogging and easy running for three weeks until I could keep it up for an hour without any reaction from the operation. I then began my normal winter training during April. This included an easy run lasting 25 minutes each morning from Monday to Friday with varied work of the following type for the evening sessions:-

- a) 40 mins. fartlek consisting mainly of speed over distances of 100 to 200 yds.
- b) 4/5 steady fast run.
- c) Speed work on grass (20 x 110 or 15 x 220 not timed).
- d) This work is hard - hill running non stop up 800 yards hill per lap of 25-30 mins. course.
- e) Interval running on track up to 220 and repetition running to 330 and 440.

On Saturday and Sunday, however, I did only one session:-

Saturday 3 sets 5 x 150 with 5mins. rest between sets and easy jog 150 recovery between each actual repetition.

Sunday - one hour easy running.

PLEASE DESCRIBE YOUR SUMMER TRAINING AND OUTLINE HOW IT HAS DEVELOPED OVER THE LAST THREE YEARS:-

The change from winter to summer training was during late May and early June. I continued with the 25 minutes easy run from Monday to Friday. The evening sessions were merely for speed, sometimes on the track and timed, but more usually untimed on grass. Times are not rigidly set beforehand for timed sessions, but the following are examples of sessions completed this summer:-

- a) 20 x 110 jog 110
- b) 8 x 220(26.5) jog 220
- c) 20 x 220 jog 30 secs.
- d) 20 x 220(28.5) jog 220
- e) 4 x 440(56.0) jog 440
- f) 8 x 440(60) jog 440
- g) 3 x 880(2:01) jog 880
- h) 40 mins. fartlek.

The above are the best sessions I have completed and it has only been in the past few weeks that I have been able to do such sessions, since the end of my 'A' level exams in July 1969, in fact.

I have gradually adjusted over the past three years to training TWICE each day (Monday to Friday) and this has enabled me to cover more mileage and include speedwork in my programme throughout the year. I feel it is important to train at the most efficient work-rate level to show a gradual consistent improvement and that it is vital to maintain a mixture of speed and endurance work throughout the year. I work hard in training although I never "crease" myself. My big efforts are saved for races. The quality and quantity of my training will gradually improve along similar lines to the above over the next few years.

PLEASE GIVE DETAILS OF ANY TRAINING OTHER THAN RUNNING:-

As I missed so much of last winter I've had to run at every opportunity in order to get fit and have not been able to find the time to do any training other than running. However, I think that weights can be very beneficial and hope to do some this winter.

WHAT IS YOUR ATTITUDE TOWARDS TRAINING?

I train fairly hard, but after all, I'm doing it for fun and so I try to enjoy it. I get a great deal of satisfaction out of completing a really hard training session. But I think it's a very big mistake

to train hard over long periods. I try to mix training as much as possible and not put myself under too much pressure.

WHAT IS YOUR USUAL TRAINING VENUE?

I am very fortunate in having several training venues including large grassed areas, on which I do most of my training, a track, heathland and even the coast, as it's not far away.

HOW IMPORTANT TO YOU IS ATHLETIC SUCCESS?

I think that every athlete likes to be successful and I'm no exception, but I think you have to define what you mean as success. At the moment I'm quite satisfied to improve each year and if I meet with any representative honours or championships on the way, all the better. Athletic success to me is running in an Olympics and winning an Olympic medal. That's very important to me.

PLEASE DESCRIBE YOUR LIMBER UP?

My pre race warm up usually begins about 20 mins. before the start of the race. An easy 10 mins. is followed by about three easy 150 yd. strides after which I put on my spikes and jog until the race begins.

WHAT IMPORTANCE DO YOU ATTACH TO "MENTAL" TRAINING AND HOW DO YOU GO ABOUT IMPROVING YOUR MENTAL APPROACH (if at all)?

I don't think I do any "mental" training as such, however, going back to what I said on my attitudes towards training, I do not believe in training under constant pressure and thus I hope to come to a race "mentally" fresh.

DESCRIBE ANY SERIOUS ILLNESSES OR PHYSICAL SETBACKS YOU HAVE HAD AND HOW THEY HAVE AFFECTED YOUR PROGRESS AND ATTITUDE:

In 1966 I cracked a metatarsal in my left foot which seriously restricted training immediately prior to the 1966 English Schools Championships at Blackburn. Although I managed to run in the intermediate heats of the 880 I came a poor 5th in 2:04.9 and then called the track season to a close. More recently I have had a lot of knee trouble. Training during the last winter was severely restricted by a tightening of my right knee. It was eventually diagnosed as a cyst on the lining of the synovial membrane, for which I had an operation in March of this year. Fortunately the operation was a success and I am now fully recovered and hoping for a good winter.

HOW INTERESTED ARE YOUR PARENTS IN a) ATHLETICS b) YOUR ATHLETIC PROGRESS?

My parents have taken a great interest in athletics. Since I took up the sport in 1965 they have contributed to my athletic success both financially and in every other respect.

HAVE YOU ANY INTERESTS WHICH CONFLICT WITH ATHLETICS?

Although I have other interests they have never conflicted with my training or racing.

HOW INTERESTED ARE YOUR FRIENDS IN a) ATHLETICS b) YOUR ATHLETIC PROGRESS?

It's inevitable that a large number of my friends are also athletes themselves and as such are very interested in athletics. However, I think that all my friends are interested in my progress and are pleased when I do well.

HAVE YOU ANY ATHLETICS HEROES ON WHOM YOU MODEL YOURSELF?

When I first took up athletics I admired the Frenchman, Michel Jazy (who still holds the European mile, 1500metres and 2,000metres records),

OLYMPIC PROSPECT Continued...

very much, although I can't really say I have modelled myself on him.

OUTLINE YOUR FEELINGS ON BEING COACHED AND DESCRIBE BRIEFLY SOME OF THE WAYS IN WHICH YOU HAVE BEEN HELPED BY YOUR OWN COACH:

I think it is essential to have a coach in the early stages of an athletic career, to be told what training to do, to make sure you do the correct training when you don't really have much idea what your body is capable of. However, there comes a time when you are more able to decide what to do for yourself. I think I have now reached this point in my athletic development. Mike Mills has taught me a lot but now I'm gradually being left to my own devices. Mike and I still talk over what training I should do, but I'm having a bit more say than I used to. In the past few months especially immediately after my operation he did a lot to restore my confidence, had it not been for him I don't think I would have raced at all this season. I think it's invaluable to have someone to talk over problems with and if necessary to have a bit of confidence boosting. Mike has certainly been a great help in this respect.

WHAT ARE YOUR TARGETS?

I should very much like to run in the Olympics and win a medal. A gold would be very nice. Providing I keep free of injury I think that, with a good winter, I could get under "four" next year and maybe make the Commonwealth Games Team, we'll have to wait and see.

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EDITOR'S NOTE: The next profile in the B.M.C. NEWS will be about JOHN BOGGIS, Midland Jnr. 1,500 and 3,000 metres champion.

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B.M.C. MEMBERS IN THE HEADLINES
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Spotlight on Youth**Boggis Continues On Record Way****Records galore . . .**

5th: In winning the Youth 1500m in 3:58.4, Feltham's David Miller sliced 0.5 sec. off Terry Colton's UK best by a 15 year-old, set indoors last winter. . . . PE Master W. Flye of Afon Taf High School tells me to watch out for his star pupil, Susan James, 13-year-old Javelin thrower who has thrown 34.86 111'4" so far, a Welsh Junior Girls' record. . . . though Chris Taylor's 3000m of 8:57.6 is worth faster, it's worth noting that 14 year-old David Glassborow of King Henry VIII School, Coventry, ran 2 Miles in 9:58.0 on June 26th before he turned 15. . . . Ray Smedley won a 2 mile race the day after the AAA Junior championships at Perry Barr in a fine 8:58.8, quite a display of strength. . . .

SOUTHERN WAAA JUNIOR AND INTERMEDIATE INTER-COUNTIES CHAMPIONSHIPS

Surprise Win For Linda Motton

LEST WE FORGET - - -

by HARRY WILSON, B.M.C. CHAIRMAN

Coach to Olympic and International Athletes

One of the aims of the B.M.C. was to attempt to raise British miling to world supremacy. We hoped that, in years to come, our runners would meet and beat the best in the world at 1500m. and 1 mile and the world ranking lists each year would contain a good proportion of British names. As yet we have not reached this position and we are still treating "inside 4" as being of prime importance, instead of thinking of times that will approach and surpass the present world records. So it seems to me that if the B.M.C. are going to the trouble of arranging paced races we must aim for 3m 55s and not inside 4. Athletes will have to aim higher in their fitness levels. IN MY VIEW WE ARE LETTING DOWN THE SPONSORS OF RACES UNLESS WE HAVE SUCH TARGETS IN MIND. It is obvious that if people are going to provide fairly large sums of money for invitation races they are going to expect some return for their money. If the race results in a fast time their return is two-fold - local and national publicity and satisfaction that their money has gone towards the general improvement of the event. But, if the race is poor their reactions are quite different and often run on the lines of "is it worth while sponsoring another race next year?" I spoke to the representative of a firm who sponsored a big race (non B.M.C.) recently and he was bitterly disappointed that his firm's money had been spent on a performance that could be found in most good class trophy meetings. It is no good athletes saying "we will please ourselves how we run" - surely if we accept sponsorship we accept the responsibility that goes with it - to attempt TO PRODUCE AN EXCITING RACE IN A FAST TIME.

I mentioned earlier the practice of having paced races to provide fast times but I now feel that this practice is reaching the point where many runners are saying "unless we have pace-makers we can't run fast times". If this is the case the B.M.C. has failed because I'm sure our aim was never to produce a crop of milers whose ability to run a fast time mainly depended on assistance from other runners. I accept that pace-making is valuable on occasions and that some runners find following much easier than leading, but part of an athlete's training plan must be to put himself in a position where he can go out and race up to his level of fitness at any particular time. I'd like to think that there are times when an athlete will say "I'M GOING OUT TODAY TO RUN AS FAST AS I CAN - IF ANYONE BEATS ME THEY'LL HAVE TO RUN FASTER". I know that the main object is to win but there are ways of winning a mile race other than running three laps slowly and one lap fast. In so many cases this sort of race results in satisfaction for only one runner in the race - the winner. The other runners are usually frustrated by not winning and by finishing with times well outside their capabilities. It's of no value to go on about last laps of 54 or 55. We can expect very fast last laps if the first three are slow.

A coach's job is to help an athlete achieve a high level of fitness and it must be the athlete's job to attempt to race up to this level. If an athlete knows from his training that he can run inside 4m 10secs for a mile, let's have him go out and try to race up to that level. If he runs a personal best but gets beaten, he will have been beaten by a man who is just that bit fitter on the day, not by the man who is not so fit but happens to be able to run a faster last lap after 3 slow laps.

I have seen paced races now taking place in club matches in order to get people to run fast times - what happens to these people when they run in Championship Finals, when they have no friends to whom they can turn for help? Then each runner has to rely on his own resources to find a way of winning and the set tactics of waiting until the last lap is not the best way for every athlete. If your finish is not up with the best then you must make the pace hard early on. If you decide that you can't afford to wait for the last lap it's no good going into the lead and setting a slow pace. You must run fast and attempt to take the sting out of the fast finishes. THIS POINT APPEARED IN BOOKS on running 50 years ago, but seems to have been overlooked recently. It wasn't overlooked by Keino in the 1500m in Mexico. He didn't just lead - HE BROKE AWAY! If you lead you must try to BREAK AWAY, either by a hard, sustained pace or by LUNG-BURSTING SPRINTS.

LEST WE FORGET...Continued

It seems strange to be "plugging" these two elementary tactical rules but they are just as relevant today. After all, what's the point of doing prodigious amounts of training to produce a high level of fitness if you then go out and race slowly!

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 THE PROBLEM OF OXYGEN DEBT by R.Holman, F.I.M.I.T. A.A.A. COACH
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Muscular activity occurs by contractions and relaxations within the muscles themselves, brought about by a series of complex chemical reactions involving high energy phosphate bonds. These bonds are released by the breakdown of a substance called adenosine triphosphate, which is rebuilt by the metabolism of muscle glycogen, or its precursor, glucose.

When glycogen or glucose are broken down, an intermediate product is formed known as pyruvic acid. This is further broken down in the presence of oxygen to carbon dioxide and water which are readily excreted by the respiratory system.

However, if insufficient oxygen is available for this process, pyruvic acid undergoes a further change to lactic acid. This substance, if present in large amounts in the blood, causes acidemia which induces discomfort and fatigue.

If oxygen intake balances oxygen requirement, an insignificant amount of lactic acid is produced. However, if the exercise is severe, oxygen intake cannot balance requirement, large amounts of lactic acid are produced and exhaustion quickly occurs. Some of this lactic acid is utilised by the heart and liver, but a significant proportion is converted to carbon dioxide and water when oxygen is available.

THERE APPEARS TO BE SOME CONFUSION AMONG MANY ATHLETES AND COACHES AT THIS POINT. THE OXYGEN NEEDED AT THIS TIME IS NOT BORROWED FROM TISSUES ADJACENT TO THE MUSCLES - IT IS ONLY AVAILABLE FROM THE EXTERNAL ENVIRONMENT, AND IS TAKEN IN AFTER THE EXERCISE. THUS, THE OXYGEN DEBT.

In sprinting, there is no way at all that the body can take in sufficient oxygen to provide the necessary requirements therefore a maximum oxygen debt occurs. As muscular activity subsides to a less frenzied level (middle-distance running) the debt rapidly decreases and coaches have calculated (AND PHYSIOLOGISTS PROVED) that in the ONE MILE event a 50% debt occurs at about 4 minute pace in the male and slightly less for women doing a mile in 4 mins. 40 secs. This of course assumes an otherwise fit athlete with efficient cardio-respiratory function.

It has been variously postulated therefore that the miler's training should be such that 50% of the total training undertaken should aim at occurring such an oxygen debt. This is usually realised by the relationship appearing between training and racing pace, even if this is primarily established by trial and error.

It is possible that for the 4-15 miler a minimum of one in three sessions creating such an oxygen debt is desirable. How is this oxygen debt best achieved?

Experience has shown that running further than 300 yards at a speed sufficient to create a debt of this order requires too long a recovery period between repetitions of this effort. In other words, the debt occurs during the run itself but because of the lengthy recovery needed before the next repetition can be

THE PROBLEM OF OXYGEN DEBT,...Continued

carried out, the debt has been paid back almost completely.

The need is for an ACCUMULATIVE debt and this is produced by limiting the period between fast efforts so that complete recovery does not occur. This can be by not allowing the pulse rate to fall to 120 beats per minute but to start the next run with the pulse at 130 beats upwards. The antithesis of "classic" interval training (see article by Dave Williams).

In practice, this type of session for a 4-15 miler might take the following form:-

12 x 220 yards or 200 metres in 28-30 seconds with 30 seconds TIMED rest between repetitions. John Whetton is alleged to do 12 x 220 in 26 seconds with 20 secs. rest.

Variations on this theme include 150 yards sprints with fast 70 yard jogs, turn-about 60s, and 55 yards jogs and alternate dashes up to about 3 miles as advocated by Lydiard et al.

It may be necessary to use the "set" system in order to accustom the athlete to these sessions i.e. 3 x (4 x 220 yards), 440 walk between sets.

One must safeguard against any aspect of athletic training becoming obsessional and this type of session is not the open sesame to miling success. Recent observations, however, indicate that an insufficient proportion of many milers' training programmes is being spent on accustoming the body to oxygen debt.

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BRIAN BOULTON one of Britain's leading coaches of female middle-
////////// distance runners, whose proteges include LIZ BARNES
All England Schools 880 yards champion, Southern Inter-Counties
Champion and Junior International Champion; MARGARET MacSHERRY,
Scottish Mile Champion, third in the S.W.A.A.A. 1,500 metres,
one of the most improved milers in Britain this year, states
his views on the above findings:-

"The percentage of oxygen debt work is LESS for women than for men and the two-thirds percentage for 800 metres and 50% for one mile figures (See Messrs Holman, Reindall's findings), do not apply in the same way. I calculated for GLYNIS GOODBURN that they would be:-

440 71% Oxygen debt training 880 37% Oxygen debt training
1 mile 14% O.D.T.

Marie Gommers' percentages would be greater, but still reduced for men."

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FRANK HORWILL who assists in the training of JIM DOUGLAS, GILLIAN
////////// TIVEY and BRIDGET CUSHEN says:-

I go further than Ron Holman and state that any distance up to 880 repetitions can be done on short rest twice a week with men and once a week with women. One athlete, Mick Beavor, told me that he read an article of mine in the INTERVAL where I advocated sets of six x 440 with only 45 seconds rest. He had tried this and did a P.B. in the City Mile of 4mins. 1.5 secs. Previously he had always taken 90 seconds rest. If you look at Brian Boulton's calculations those girls wishing to do well at all three events (400, 800, 1,500) should do TWO fast sessions short rest per week. I HAVE SAID THIS FOR TEN YEARS, NOW PEOPLE ARE BEGINNING TO BELIEVE IT!

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 THE ANNUAL GENERAL MEETING OF THE BRITISH MILERS' CLUB
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The B.M.C. A.G.M. will be held at Harlow Sports Centre, Essex, on Sunday 30th November 1969 at 4p.m. Immediately after the training day which will be directed by Cecil Smith, 404 Brockley Mead, Harlow, Essex.

This particular A.G.M. is of vital importance to the future policy of the Club and its place in middle-distance running in Great Britain. All members, particularly officers of the B.M.C. are asked to make a special effort to attend.

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 AGENDA
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1. Minutes of the meeting held on Saturday 2nd November 1968 at the National Recreation Centre, S.E.21.
2. Matters arising.
3. General Secretary's report including the Southern Report.
4. Midlands Secretary's report.
5. N.W. Secretary's report.
6. Eastern Region report.
7. N.E. Race report.
8. S.W. report.
9. S. Wales report.
10. Treasurer's report.
11. Election of Officers:-

President: Nominations are Rita Lincoln and John Whetton.

Vice Presidents: Nominations are Roger Bannister, Chris Chataway, Brian Hewson, Sydney Wooderson, Anne Smith, Derek Ibbotson, Tony Ward, John Whetton and Peter Orpin.

Chairman: Harry Wilson.

Vice Chairman: Nominations are Peter Orpin and Tony Elder.

National Secretary: Frank Horwill

Assistant National Secretary: Ray Whitehead.

Southern Secretary: Frank Horwill.

N.W. Sec: Eddie Powell.

N.E. Sec: Gordon Surtees.

Midlands Sec: I. Tivey.

Eastern Counties Sec: R. Chaplin.

Sub Eastern Counties Sec: C. Smith.

Sub. N.W. Sec: R. Harvey.

South West Sec: F. Hartas.

South Wales Sec: D. Williams.

Scottish Sec: M. Glen.

Minutes Secretary:

Membership Secretary: M. Wales.

Hon. Treasurer:

Hon. Auditor: Alf Wilkins

Hon. Medical Officers: Dr. David Ryde.

Director of Overseas Tours: Nomination Alec Thompson.

National Committee: Chairman, Nat. Sec., Asst. Nat. Sec., Hon. Treas., Min. Sec., Mem. Sec., Regional Secs., Sub Reg. Secs., Vice Chairman, Direc. Overseas Tours, Ron Holman, Cyril Knibb, Vice Presidents.

ANY OTHER BUSINESS

A.G.M. Continued...

1. Alteration of Rules as listed in the 1967 A.G.M. Proposal:-

a) RULE 2 Sub Section 2. Alter life free membership for ladies to 4 mins. 40 secs. and men to 3mins. 56 secs. and metric equivalents.

b) RULE 2 Sub Sections 1 and 2. Delete Senior A.A.A. Coach from class (f) Honorary. Or delete class (f) altogether, i.e. all members paying. Insert in class (f) All British A.A.A. qualified middle distance coaches.

c) RULE 2 Sub Section 2. Qualifying times for membership recommended by the Southern B.M.C. for Southern members:-

| | | |
|---------------------------|-----------|-------------|
| Seniors | 4-12 MILE | 3:55 metres |
| Juniors | 4-20 | 4:02 |
| Yths | 4-30 | 4:11.5 |
| Ladies | 5.05 | 4:44 |
| Second Year Intermediates | 5-30 | 5:07.5 |

It is proposed that for the rest of the country the present qualifying times remain unaltered until membership in those parts catches up with Southern figures.

d) Regional Secs. and all members serving on the National Committee should be exempt from payment of subs. Add under RULE 3.

e) Add to RULE 3 d) Members more than three months in arrears who are debarred from membership who wish to be reinstated at a later stage should pay an added subscription of 15/- in the first instance to cover costs of sending out reminders.

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Any other items you wish to be brought before the A.G.M. should be sent to the Secretary, 201 Sumatra Road, N.W.6 at least seven days before the meeting. All regional secretaries reports must reach the General Secretary at least 14 days before the meeting.

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The final items on ANY OTHER BUSINESS will be the announcement of the winners of the following awards:-

1. Chairman's Award for the most outstanding mile performance of the year.
2. The Frank Horwill award for outstanding services to the British Milers' Club.

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If you attend the A.G.M. please bring this magazine with you for reference purposes.

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Members are asked not to nominate people to the National Committee unless they are prepared to do a specific task on the committee, e.g. Minutes Secretary, Assistant Treasurer, etc., only WORKERS are required on the committee unless they possess proven consultative powers.

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 HOW TO IMPROVE BRITISH MILING
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SIMON FOX - Worksop Harriers. By encouraging young athletes to improve and stay in athletics in the following ways:-

- a) More publicity of athletics bringing better facilities.
- b) An understanding of modern training techniques.
- c) Closer contact between fellow athletes throughout Britain and the world, e.g. more races with better competition for the young age groups between clubs, countries, areas and countries.

DAVID GLASSBOROW - Coventry Godiva Harriers. More interest should be created at schools level, as the majority of schools are without outlets for would be champions who remain undiscovered.

TOM BELL - Worksop Harriers. By making a very fast 800m runner work hard and achieve stamina and pace without loss of speed.

MALCOLM SHERRY - British milers have the potential to get to the top of the world class ladder so long as they get rid of their inhibitions.

WILLIAM SHIRLEY - Basildon A.C. By British milers starting to believe they can be the best in the world. Several of our recent international milers seem to be content with being runners-up, when with a bit more self-confidence and initiative they could be the best.

RICHARD BOBER - Shaftesbury Harriers. To compete with the near professional standards some foreign athletes enjoy, a central easily accessible training centre must be set up to enable British milers to spend their free week-ends and holidays training together as foreign athletes spend much of their time in similar establishments.

KEVEN BROWN - Andover A.C. More competitive meetings and better facilities. Mainly a boost in moral.

KEITH BROWNING - Walton A.C. No comment.

BERYL BUSH - Brighton and Hove Ladies A.C. More top class competition.

TIMOTHY BUTT - Stevenage and North Herts A.C. No comment.

GAVIN DUPRE - Jersey Athletic Club. By drumming into the top British milers and their successors a more attacking approach. Let's see them going for time and not just to beat "Fred" in a sprint finish. This attitude can, is, and will be provided if all those capable, take advantage of the B.M.C.

JULIAN GOATER - Shaftesbury Harriers. At the moment our top milers have not the confidence in their ability that they ought to. Beaten in slower times than their best they must learn to lead if necessary (and also go faster earlier on unless they have extremely good finishes). The confidence they need to do this could be gained by purposely setting the pace and experimenting in relatively unimportant internal races.

ALAN JOSLYN - Poly Harriers. By having a go from the gun.

MICHAEL QUANNE - Victoria Park Harriers. By the B.M.C. in about three or five years time with more members and more fast races.

JOHN STOW - Belgrave Harriers. One way is to place all the sub 4-minute milers into one section so they can be coached together.

STUART WEST - Woodford Green A.C. I think it could improve by more competition (more competition against other countries especially).