

# BMC NEWS

**FORWARD  
and  
UNITED**

JANUARY 1971

***in this issue:*** REPORT OF THE ANNUAL GENERAL MEETING -  
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***Contributing  
in this issue:***

GORDON SURTEES (STAFF COACH N.C.A.A.A.) - EDDIE  
POWELL - TONY SAUNDERS - CECIL SMITH - FRANK  
HORWILL (STAFF COACH S.C.A.A.A.) - RON HOLMAN -

## EDITORIAL

This journal is a private club mouth-piece, the views expressed in it do not necessarily represent the views of the British Milers' Club National Committee.

Due to the increased postage charges, members are asked to enclose a stamped addressed envelope whenever they write to a B.M.C. officer if they wish to receive an answer. An example of how this expense has increased is Frank Horwill's mailbox; he receives on average, eight letters a day of which most of them require a reply. It does not require a genius to work out that his annual postage bill is in excess of £50.

On Sunday 21st March 1971 3p.m. at Harlow Sports Centre, the Tottenham Hotspurs All Stars XI play a British Milers' Club XI in a charity match the proceeds of which will go the B.M.C. in its work to promote British middle-distance running to world class. Your regional Secretary will be sent a stock of programmes for this event, a programme costs 15D and on it will be a lucky draw number for a prize on the day. Even if you cannot attend this match, you are asked to make a real effort to sell these programmes to all your relatives and friends so that we make a real financial killing. In doing this, you will be helping to provide better facilities for yourself in the long run as well as helping British middle-distance running. The B.M.C. has a membership of 400, it should be possible for each member to sell at least six programmes for this novelty fixture, this would net the B.M.C. about £300 less expenses for the competitors, some of whom will be travelling from the North and Midlands. On the day there will be some famous names playing for a good cause, Roger Bannister will start the match, Olympic gold medallists will be in the B.M.C. XI; in the All Stars XI there will be such names as Jimmy Tarbuck, Cliff Jones, and possibly Cliff Richards. **SUPPORT THIS VENTURE WITH THE SAME TENACITY AS YOU RACE!**

# SUBSCRIPTIONS

were due on 31st DECEMBER 1970 - THEY ARE PAYABLE TO MARTIN WALES, 3 SEVERN DRIVE, UPMINSTER, ESSEX. IF SUBS. ARE NOT PAID BEFORE MARCH 31ST THERE IS AN ADDED PENALTY OF 25D (5/-) AND IF NOT PAID BY THE END OF THE SECOND QUARTER OF THE YEAR (JUNE) THE MEMBER WILL BE STRUCK OFF OUR FILES.

### PROVISIONAL B.M.C. N.W. ENGLAND TRACK FIXTURES 1971

B.M.C. N.W. (Cumberland, Lancs., Cheshire, Derby and Isle of Man).

Members from other areas welcome to compete.

Apply to Eddie Powell, 7 Trinity Avenue, Sale, Cheshire. Phone 0619731979.

April 17th 1971 at Stretford—Men's mile—Ladies 1,500.

May 4th at Stretford—Men's 1,500—Ladies 800.

May 25th at Stretford—Men's mile—Ladies race as requested.

June 15th at Stretford—Men's 1,500—Ladies 1,500.

July 6th at Stretford—Men's 1,500—Ladies 800.

August 3rd at Stretford—Men's 2,000—Ladies 400.

August 24th at Stretford—Men's 800—Ladies mile.

Members doing well in these races will be selected to compete in other major invitation races in all parts of the U.K. (e.g. City Mile, etc.)

Non members are welcome to compete in the above events if vacancies exist and or if they wish to obtain the B.M.C. qualifying time for membership.

**ALL ENQUIRIES MUST BE ACCOMPANIED BY A STAMPED ADDRESSED ENVELOPE IF A REPLY IS WANTED.**

CUT THIS FIXTURE LIST OUT OF "A.W." AND PIN IT UP IN A PROMINENT PLACE IF YOU WANT TO GET A FAST RACE IN 1971.

MEMBERS MAKE THE HEADLINES

ATHLETICS WEEKLY

LAC Schools Meeting

At Crystal Palace, April 17th/18th

## Good Kick-Off To The Season

ONCE again the London AC Schools' Challenge Cup meeting lived up to much of its promise. Six meeting records, with two others being equalled, gave much food for thought, and kicked off the 1970 season on a sound note; though the general standard in many events fell off rather alarmingly.

A notable exception to this was the Junior 1500m. With a massive entry and some very exciting heats on the Friday, the final just had to be a real thriller—and so it was. Feltham's David Miller lived up to his "Spotlight on Youth" feature last week by scoring a beautifully judged victory, and Andrew Barnett, yet again excelled in third place in the magnificent time of 4:02.8, hacking 3.6 sec off David Glassborough's previous fastest known by a 16-year-old for the distance. All credit is due to the energetic pace-making of St. Helens schoolboy, Steve Lawrence, who made it all possible by hauling the ten-strong field through laps of 61.7, 66.3 and 65.2 with Miller right on his heels. The Middlesex boy struck decisively with 250m left, and hung on well down the finishing straight to score in 3:58.2 to equal Barry Smith's formidable meeting record. Behind him, Lawrence came again for second, while the guppy young Barnett closed fast from being a struggling fifth at the bell to third at the finish. A memorable race.

ATHLETICS WEEKLY

### ANNE SMITH PICKED BY NZ

Anne Smith has been selected to run both 800m and 1500m for New Zealand in the Commonwealth Games.

ATHLETICS WEEKLY

## Scintillating Run By Graham

THE counter-attraction of the Cup Final on television adversely affected the entry for the 13th Annual Duncan Nomads 15 miles road race on April 11th, but they who chose to follow the fortunes of the 36 competitors who took part were treated to a scintillating piece of road running by the "old firm" of Graham and Teer. With the watch showing 24.20 at 5 miles Teer and Graham, running shoulder to shoulder, were 300y clear of the third man, Roy Kernaghan. On reaching the turn (74M) Graham asked Teer to observe what he (Teer) had done to the rest of the field.

April 25th

## Junior Middle-Distance Stars At Merthyr Mawr

TWENTY-FIVE of Britain's best middle-distance male and female juniors were brought together at Merthyr Mawr from April 10th to 12th for the first ever UK Junior Commission training weekend. Fourteen of the athletes present were members of the British Milers' Club of whom the BMC sponsored five under-21 women milers. The rest were sponsored by the Commission who are now in receipt of a grant for £5,000 per annum.

The staff comprised AAA National Middle-Distance Coach Denis Watts and Staff Coaches Frank Horwill and Harry Wilson, Mike Farrell and 'Bill' Sykes were the course administrators.

The athletes were each issued with an attractive souvenir programme, compiled by the staff coaches, which included the history of athletic feats on the sand dunes and BMC statistics to aid performance. The first day of the sessions started with the picturesque 34 miles run to the sand dunes from the Ogmore-by-Sea hostel, where on arrival the groups were split up into speed and endurance teams respectively.

Robert Stirling, brother of Rosemary, caused a sensation in the two timed 3,000 metres speed runs over a gradient when he recorded a faster average than the entire section which included its leader, Colin Campbell! Angela Lovell showed that running 20 miles on a Sunday morning in training has not dulled her speed work when she recorded the best average on the speed runs, a good two seconds clear of her rivals.

Meanwhile, the endurance boys found that guest Robin Barrett (22) had set a crucifying pace on the Devil Take the Hindmost Race which took in the murderous Mini Dipper with its one-in-two gradient. Section leader Henk Altmann, the 13:13.4 three miler, could not catch Barrett who earned unstinted applause from the officials present. First junior home was Jim Harvey, who showed great courage by leading the field.

This was followed by an exciting paarlauf where Jim Kendrick and Jim Harvey just got the better of Brian Slocombe and Robin Barrett, with Paul Dennis and Henk Altmann moving through the field over the last five circuits. After lunch the speed and endurance groups had thirty minute alternating sessions of fartlek and vieraufs.

In the evening Denis Watts talked about the two types of races juniors would experience—individual ones like the Olympic Games and team ones where athletes run as a team for the benefit of the country. He emphasised the need for regular physiological testing at approved centres, and this must include a haemoglobin check.

Frank Horwill spoke on the subject of stress symptoms in athletes and how these could be quickly detected and offset by the taking of increased vitamins B and C. He also emphasised the need for iron in the diet and gave examples of athletes who succumbed to anaemia even though they were taking three good meals a day. He spoke of the problems of iron absorption which is limited if vitamin C is not present in the diet.

Harry Wilson confirmed Frank's facts by quoting his former star pupil, Dick Jones (former European Junior mile record holder), who suffered typical stress symptoms. He rested him up and a few days later broke the mile record. Harry went on to show by graph that 800m runners must spend more than half their training sessions doing very fast running up to 300m with very short rests to record high pulse readings. The rest of their sessions should be oxygen exchange work. The ratio with metric milers is fifty-fifty. He warned against this fast work without a background of aerobic conditioning.

The second day started with a race to the dunes, with Robin Barrett leading John Wheway and John Cadman to the finishing line. Margaret MacSherry showed her international cross-country prowess by just pipping Scottish revelation Christine Haskett. Christine intends going for 1500m and she flew down from Scotland with Sue Sutherland to attend the course.

The final session of the course saw a thrilling two miles race in which Peter Francis set a blistering pace and at one time was fifty yards clear of the rest. Gradually, Paul Dennis pulled back the lead and in the last lap passed Peter to set up a five yard lead, but Peter hung on and moved up to Paul to dead-heat on the line. John Le Masurier, who was an observer on the course, said, "It was better than an Olympic final."

F.J.H.

# PLEASE NOTE



## SUBSCRIPTIONS 1971

Subscriptions for 1971 become due on 1st January. Please send your remittance for 10/- to the Treasurer as soon as possible.

His address:-

M.W. Wales  
3 Severn Drive  
UPMINSTER  
Essex, RM14 1SN

A slip is provided below to assist you in replying.

N.B. Any subs not paid by 31st March are subject to a levy of 5/-

.....  
I enclose a cheque/postal order for ..... payable to the  
British Milers' Club being my subscriptions/donation for 1971.

NAME ..... ADDRESS .....

.....  
.....

Membership number .....

**a MUST for all members**

Perhaps the biggest surprise of the Women's International cross-country championship at Frederick, Maryland, last month was the failure of the Americans to do better on home ground. At Clydebank last year the USA won the team title from England, 23 points to 35; in Maryland England won 18 to 46.

"One American paper said before the race that with New Zealand having to drop out for financial reasons, the USA should have a fairly easy run, with nearest opposition coming from England," says Rita Ridley, the English National champion, who finished second to America's Doris Brown in the individual race.

"The event was held round the perimeter of a golf course," she says. "There was just one twisting lap, and it was very hilly. Even Doris told me afterwards that she was nearly walking in places.

"We were a bit worried that it might be a fast start. We'd been told that in the American championship on the same course last year, Doris had gone through the first half mile in 2:16—and was three seconds down on the leader! In fact, it turned out to be a quite leisurely start. By half a mile our own Barbara Banks was leading, and she opened up a gap of four yards over Doris and myself, running together. Barbara had a really good run, and was still leading at 14 miles, when Doris got away from me by a yard. We passed Barbara, but she re-passed me at 14 miles, and it was only in the closing stages that she fell back. I closed a bit on Doris, while Barbara was passed by Thelma Fynn—who's only 17, but was the oldest member of the Canadian team. They even had a 14-year-old runner!" I wonder where Mary Sommer would have finished?

The weather, apparently, could have been English. "The Tuesday before the race was quite warm. Then on Wednesday we had four inches of snow, and the American girls, who all had short spikes, went out and bought ripple-soled shoes.

One of them, from California, had never seen snow before. Then on Thursday the snow melted, the course was flooded and the Americans went and bought long spikes. By Saturday it had dried out, and they ended up running in their original short spikes!"

After the on-off-on situation of the English girls going to Frederick at all, due to financial difficulties; they found their money problems were not over once they got there. "We stayed in a very nice motel in Frederick, but had to buy some meals ourselves. With the cost of living so high over there, sometimes we could only afford a cup of coffee and a doughnut for breakfast".

On their way back from the race, the English team stopped off sightseeing. "The area around Frederick has no less than ten Tartan tracks," says Rita. "We also went to a Naval Academy at Annapolis with a 220 yards indoor Tartan track, which Pat Lowe had heard about, and we did some training on it".

Just before flying home from New York, they visited the Empire State Building where Rita, who missed the International last year as it clashed with her wedding day, had two proposals of marriage! "On the way up the liftman asked me to marry him," she reveals. "Then on the way down he asked me if I'd changed my mind!"

## Spotlight on Youth by Dave Cocksedge

# Another Young Champion For Feltham

ADD David Miller to Feltham AC's list of promising young athletes. Following in the footsteps of English Schools' Champions Janet Stroud and Jack Lane, David first leapt to public acclaim when he won the Southern Youth 1500m title in 3:58.4, which just happened to be the fastest known for the distance by a 15-year-old anywhere in the world. "It was the first time I have ever beaten four minutes," says David, "and Bob Weatherley of Bracknell gave me a tough fight. We started fast and I led for a lap and a half before Julian Goater and Weatherley passed me. I was 15y down approaching the bell, but I gained that back and shot into the lead 300m from home. Bob came with me and zoomed past again as we started into the final 200; but I went with him and had enough left in the straight to push past and beat him by one and a half seconds".

David George Miller was born at Isleworth (Middlesex) on September 6th, 1953, stands a lean 1.80, 5' 11", and weighs 67kg/149lb. He has run 400m in 54.0, 800m in 2:00.0, 1000m (indoors) in 2:34.9, 3000m in 8:56.4 and 5000m in 15:31.0. In 1968, aged 14, he covered the 1000m Steeplechase in an even three minutes. A member of Feltham AC and the British Milers Club, he is coached by Dave Billington.

Success came early to David. "I took my athletics seriously after being selected to run in the English Schools in July 1968 at Portsmouth. Hard training started for me after I won the Junior mile there for Middlesex." David's fast finishing kick secured him that title in 4:36.2, and since then he has never looked back.

"I train and race six times per week during the summer, and on a Sunday I might do either an interval session or a steady run according to Saturday's race. On a Monday I run a steady '10' on road and grass, and on a Tuesday I do a session of 6x400 in 64, with a 200 jog recovery. On Wednesday I have a fast four mile road run, and on Thursday I do another interval session—usually 10x200m with a 30sec jog. I then rest up on a Friday and race on the Saturday. In the winter I train the same six days per week with 8x400 in 64 with 60 sec rest or 12x200 with 60sec rest on a Sunday; another 10 miles on the road (in about 57:00) followed by an hour of weights for stomach and arms strengthening on a Monday; 4x800m in 2:17 with 200m recovery on a Tuesday; a fast '5' on a Wednesday; and 16x200m (29sec) with 200m jog recovery on a Thursday. If I don't have a race on a Saturday I go out on a long run of about seven miles.

This is the sort of training that has enabled David to win almost everything open to him in the Boys age group this past winter, and he looks likely to sweep the board among AAA Youths this summer in a similar manner. "This year I want to run a 4:06 mile or the equivalent, and win the English Schools' Intermediate 1500, as well as the AAA Youth race. I'd also like to get a Schools' International vest. All time, I'm aiming for the 1976 and 1980 Olympics, where I'd like to win," says David.

"I would say that coaching has contributed about 65% to my success. Many people say that I have a lot of natural ability; well this is fairly true but I believe that without the right training I would not be able to take the best advantage of my ability." He rates his biggest rivals at the moment as being David Glassbourne, Graham Stole, Ian Whittle, Barry Smith, Julian Goater and David Gabbon. His view of American scholarships is probably fairly typical: "I don't think they benefit middle-distance runners. Providing good youngsters can get plenty of competition, there is no need for British boys to go to the States and compete."

David's outside interests are never allowed to interfere with his prime pastime: "To take my mind off athletics occasionally when I am not training or racing I have an interest in girls and football, but I keep athletics at the top of my list."

\* All members of the B.M.C.

# ATHLETIC INJURIES

## A POSITIVE APPROACH TO INJURY

I was interested to read in the Achilles Tendon Survey in the last B.M.C. news that Frank Horwill suggested "keeping fit while resting". So many otherwise dedicated athletes when injured become morose semi-hypochondriacs. 90% of the injuries affecting middle-distance runners are of the lower limbs (e.g. tendinitis, calf strain) which leaves an awful lot of musculature which can still be exercised.

When achieving a personal best 2 mile in 1965, I tore the spring ligament in my right foot. By stupidly continuing hard training for the next two days (although in considerable pain) I almost ripped the attachment clean from the bone. My foot was in plaster for ten days, and in strapping for 6 weeks. I was forced to hobble on a stick to the county championships and watch the man I had beaten over 2 miles, place 2nd in the County 3 miles just a fortnight later.

Luckily I work in a hospital where the Physical Medicine Department understand and acknowledge athletes. On their advice, I swam three times a week for at least 30 minutes (my father was a champion swimmer and I could swim at an early age). I did non-weight bearing exercises daily, press-ups, sit-ups, leg raises and bicycling etc. Each time I entered or left my laboratory, I hung my walking stick on the door and did six chins on a water pipe. Mad? You may well be right - after 6 weeks of this plus 3 weeks of running, mainly easy jogging - I was able to run within 8 seconds of that personal best 2 mile time!

More and more hospital patients are treated actively by exercise principles - how incongruous then that the most active members of society (in a physical sense) should often reduce themselves to semi-invalids.

Injured muscles lose a proportion of their two most important qualities - their strength to contract, and their extensibility to stretch fully. About 24 hours after the injury (this allows haemorrhage to cease) the muscle must be re-trained to its former condition. This can be done by gentle stretching at first, later by stretching against resistance. This of course should be done only under expert supervision. It often helps to warm the area before this - e.g. infra-red, light massage etc. But this should never be done immediately after the injury. I - ice to the affected part, C - compression, i.e. by tight strapping or crepe bandage, E - elevation - raising of the injured part - this reduces swelling by aiding blood circulation back to the heart.

Ask your doctor or physiotherapist which exercises you can do to keep your general condition. Bill Shillibeer gave Keith Penny an incredible circuit of non-weight bearing exercises when he had an achilles tendon injury last winter. Keith was unable to jog more than 3 miles a day for 3 weeks but every day he did the circuit 3 times (sometimes twice a day). He kept his condition so well that he won the Kent Junior Cross country championships at the end of this period from strong opposition.

So if your doctor says "rest" - get a second opinion!

Ron Holman.

## Lane Shrugs His Way To Southern Title

At Crystal Palace, April 22nd

FOR the second year running, the Southern 10,000m championship has been won by a teenager. Last April, Dave Bedford seized the opportunity to set a UK record of 28:24.4; in this year's race—held in conjunction with a SCAA Open Meeting—Jack Lane (born 14.12.1950), the English Schools 5000m champion, raced to clear-cut victory in 29:19.4. Lane's previous best was his European junior "record" of 29:44.8 last September.

ATHLETICS WEEKLY

May 2nd

### WALES

## Bernard Plain—Man Of The Moment

BERNARD PLAIN'S comfortable win over Eddie Strong of Bristol and Mike Rowland of Newport in the Pencoed 4 miles on Easter Monday was a great pipe-opener for him for the AAA 10 miles championship the following Saturday. His fourth place was very rewarding and his time is obviously the fastest ever by a Welshman. His 10,000 metres time (29:30.4) was 11 seconds faster than ever before for 10,000 and the second fastest ever by a Welshman. John Merriman still holds the record at 28:52.6.

## Value Of Physiological Testing Centres

THE scheme for the testing of middle distance runners has now been of the ground for nearly a year. We have had invaluable help from more than a dozen centres in different parts of the country and coaches in increasing numbers are attesting to the value of the service.

The main thing we have learnt is that the value lies not just in the first visit but in a follow-up at regular intervals which gives the coach an accurate progress report on his charges. The stop watch is a useful guide to an athlete's progress but not the only one. A thorough test by a physiologist, who has all the necessary apparatus at his disposal, will give the coach an exact check on the condition of his athlete and the effect his training is having from month to month.

(5) The interpretation of the results that I gave to him was that the increase in oxygen fraction reflected the amount of steady, extended training that he had been doing. The differences between the work and lung ventilation measures for 1968 and the present were due to the fact that we are now measuring him in the middle of his hard severe training whereas in April 1968 we were looking at him speeded up and ready to go for the season. I think this may be the reason but in actual fact I am not sure. We are going to have to study him as he sharpens up and see if this effect occurs.

In fact John had a cold which, no doubt, had some detrimental effect on the result of the test. For the next month he did a good proportion of hard speed/endurance work in order to improve the capacity of the lungs to handle air. The work-out he found most effective in 1968 (16x150 with 60 secs jog recovery) was used most of all. In this respect the session which John Boulter uses through Bill Marlow (4x200 (26 secs) 20 secs recovery—15-20 mins recovery—repeat), suits Andy Carter but is not so effective with John Davies. This is where the coach must rely entirely on his own judgment and be certain he is right for each individual. This test was invaluable because we might well have left it another month before introducing speed/endurance work; partly because of the condition of the tracks and partly because

we were confident about his state of fitness. Now it became imperative to find the necessary facilities for good class track work. This we did, even travelling as far as Cosford on two occasions, in order to get in the required work.

On March 12th John was again tested at Salford and the results showed a marked improvement. He now handled 82 l. of air in one minute and his maximum oxygen uptake went up to 4 l. On March 21st John ran 2:22.2 for 1000m at Cosford, virtually on his own after the first lap. This beat his own UK all-comers' best performance. The laboratory results were confirmed on the track and, undoubtedly, he could have done better if he had been extended in the race.

Results of a set of three tests on John Davies:—

	VO <sub>2</sub>	O <sub>2</sub> F	VE
April 1968			
4.2 l.	4.67%	105 l.	
February 1970			
2.44 l.	5.20%	55 l.	
March 1970			
4 l.	5.97%	82 l.	
VO <sub>2</sub> =	Oxygen Uptake—combination of O <sub>2</sub> F and VE.		
O <sub>2</sub> F =	Fraction of oxygen diffusing.		
VE =	Air breathed in or ability to handle large volumes of air.		

In a further test in April he will without doubt exceed his performances in April 1968\*. Remember he ran 1:47.4 in the Inter-Counties 880 yards Championship of that year.

### AAA Senior National Coach Denis Watts reports on the experience of John Davies

It is hoped that in due course coaches will be prepared to bring along groups of athletes on a regular basis and, as a result, it may be possible to determine the exact effects of different types of training on the individual. Where a friendly working relationship exists between the coach and the physiologist, a lot can be learnt to the advantage of them both, as well as being of great benefit to the athlete.

Dr. John Brooke, Ph.D. (Human Performance Laboratory, Salford University) tested John Davies in April 1968. He tested him again on his return from the United States on February 11th, 1970. His report, dated February 23rd, was as follows:—

- (1) His haemoglobin level was 15.5gm/100ml blood. This is acceptably above the optimal level that he needs. He, therefore, does not need any iron pills or tonics or this sort of thing; just maintain the diet that he has been living on.
- (2) Maximum fraction of oxygen diffusing out of his lungs has risen to 5.20%. This is compared with a fairly low figure 4.67% recorded in April 1968.
- (3) However, the maximum volume of air that he could breathe through his lungs only came to 55 l. in the minute, and this is drastically down compared with that earlier test when he handled over 100 l. of air in one minute. It of course brings down his maximum oxygen uptake to 2.44 l./min. and, in addition, the maximum amount of work he could do on the bicycle came down to 430 watts from 452 watts in 1968.
- (4) On his eeg there was no sign of strain or abnormality.

## Wright Faster Than Wilde In Relay

ATHLETICS WEEKLY

May 9th

At Rotherham, April 25th

Many athletes have now taken advantage of these facilities and it is to be hoped that all our promising juniors will commence a regular series of tests before this year is out.

Girls are also being tested and it would be very helpful if we could persuade more to come forward. Marie Herron, Norine Braithwaite, Barbara Lyall, Christine Hasket and Rona Livingston are a few examples of girls who have been assisted by taking part in this scheme. The haemoglobin level is of particular importance in the case of all women runners and, in particular, young girls moving up in distance to 400m and above.

In a race trial at Loughborough during the recent IAC Week-end, John Davies recorded his fastest ever 600 metres of 76.6.

# OLYMPIC

NAME IN FULL ..... KEITH RAYMOND PENNY

BIRTHPLACE & DATE..... DENMARK HILL, LONDON, 29/1/50

HEIGHT & WEIGHT.....5' 8½" .....9st.

# PROSPECT

CLUBS .....CAMBRIDGE HARRIERS AND BMC

OCCUPATION ..... STUDENT TEACHER.

WHEN DID YOU TAKE UP RUNNING SERIOUSLY.....1966

COACH..... RON HOLMAN (ALSO GRATEFUL TO PAUL BROWN FOR HIS ASSISTANCE)

PERSONAL BESTS YEAR BY YEAR.....

	1966	1967	1968	1969	1970
400m	-	57.8	54.6	52.9	52.5
800m	2.19.9	2.1.9	1.58.8	1.57.3	1.55.9
1 mile	4.49.6	4.30.5	4.18.2	4.14.4	4.7.2
1500m.	-	-	-	3.52.8	3.49.9

BEST COMPETITIVE ACHIEVEMENTS AND PLACINGS....

1970 GLC 1500m. 1st. 4.0.7

KENT 1500m. 2nd. 3.51.7 A.A.A. 1500m. 5th. in heat, 3.49.9

SOUTHERN 1500m...4th. in heat 3.53.2, next day ran 14.39.6 5000m.

MELBOURNE TROPHY 3000m...2nd. to Bob Holt in 8.13.4.

1969 1st North Kent C.C. 1st Kent Junior C.C. South of Thames Junior C.C. 2nd.

PLEASE DESCRIBE IN DETAIL YOUR WINTER TRAINING & GIVE SOME INDICATIONS

HOW IT HAS PROGRESSED OVER LAST THREE YEARS & THE ULTIMATE TARGET .....

SUNDAY.... LONG RUN BEGINNING AT ABOUT 12 MILES IN OCTOBER

INCREASING TO ABOUT 20 BY CHRISTMAS...SOCIAL ATMOSPHERE WITH COACH & DISTANCE BOYS.

MONDAY....A.M. 15 x 150m. fast on grass  
P.M. 5 miles steady run on grass plus weight training.

TUESDAY.... TRACK SESSION usually long repetitions e.g. 8 x 800m with 200m jog in 68 - 70 lap pace.

WEDNESDAY.... Occasionally a 4 - 5 mile steady run in morning.



p.m. FARTLEK (coach-directed) for 1 hour on varied surfaces plus WEIGHT TRAINING OR CIRCUIT TRAINING.

THURSDAY . . . . TRACK SESSION usually of shorter intervals e.g. 30 x 100m with 100m jog. untimed but fast strides.

FRIDAY . . . . 4 - 6 miles easy on grass.

SATURDAY . . . . RACE ROAD RELAY OR CROSS COUNTRY.

IF NO RACE I WILL OFTEN DO EXTRA SESSIONS ON FRIDAY & SATURDAY.

ULTIMATE TARGET IN WINTER TRAINING IS TO CONTINUE TO IMPROVE QUANTITY WITHOUT DETRACTING FROM QUALITY IN ORDER TO LAY SOLID BASE FOR SUMMER WHILE ALLOWING GOOD WINTER PERFORMANCES.

1966. . . . . I WAS RUNNING NO MORE THAN 30 MILES A WEEK IN WINTER NOW I AVERAGE MORE THAN DOUBLE THAT AND OCCASIONALLY REACH 80. QUALITY HAS ALSO IMPROVED E.G. TYPICAL 1967 SESSION WAS 4 x 1100 yards in 2m 58s with 660 jogs, a recent improvement was 4 x 200m in 31, 6 x 1000m in 2m 46s, 4 x 200m in 31.

PLEASE DESCRIBE YOUR SUMMER TRAINING AND HOW IT HAS DEVELOPED OVER LAST THREE YEARS . . . . .

I BEGAN BY JOINING PAUL BROWN'S SQUAD IN SUNDAY MORNING SESSIONS.

PAUL AND RON WORK TOGETHER ON THIS SESSION WITH ATHLETES FROM 10 TO 25 YEARS OF AGE TAKING PART.

SUNDAY . . . . . CALLISTHENICS . . . . . MASSED SESSION

10 x UPHILL STRIDES (GRASS ABOUT 100M)

20 x 150m (70m jog) . . . . . FAST

MONDAY . . . . FARTLEK OR STEADY RUN FOR 1 HOUR OVER HILLY COUNTRY

TUESDAY . . . . 3 x 800m average 2.2.2. (800m JOG) timed on track.

WEDNESDAY . . . . 6 MILES STEADY RUNNING ON GRASS plus 6 x 45 second strides.

THURSDAY . . . . 3 sets of 4 x 200m in 28 seconds with 20 seconds recoveries. 400m jog between sets.

FRIDAY . . . . REST OR WARM UP AND DOWN ONLY.

SATURDAY . . . . RACE . . . . IF RACING OVER OR UNDER DISTANCE I.E. 800M. or 300M.

I TRY TO GET A NUMBER OF STRIDES IN AFTERWARDS OR IN INTER-CLUB MEETS

RUN A 400m. relay leg plus a non-scoring 200m etc.

DEVELOPMENT IN SUMMER ALMOST PARALLELS THAT OF WINTER. . . . 3 YEARS  
AGO THE 3 x 800M. session was run in average of 2m. 16s. and the jogged 800m  
would have taken about 5 minutes as against 3 minutes now.

PLEASE GIVE DETAILS OF ANY OTHER TRAINING OTHER THAN RUNNING.

WEIGHT TRAINING TWICE A WEEK. . . ONE SESSION OF LIGHT WEIGHTS 3 x 10  
REPS. WITH 40lbs, CURLS, PRESS BEHIND NECK ETC. . . SECOND SESSION OF  
(AT PRESENT) 95lbs. CLEAN & JERK, BENCH PRESS, PULLOVERS WITH 40lbs.  
ETC. . . WEDNESDAY NIGHT SESSION VARIES ENORMOUSLY. . . MAY DO CIRCUIT  
OR HEAVY CALLISTHENICS UNDER PRESSURE E.G. 30 SECONDS OF PRESS UPS,  
10 SECONDS REST, FOLLOWED BY 30 SECONDS OF SIT UPS ETC.

WHAT IS YOUR ATTITUDE TOWARDS TRAINING?

A MEANS TO AN END. . . SOME SESSIONS I POSITIVELY ENJOY, OTHERS I  
THOROUGHLY HATE.

WHAT IS YOUR USUAL TRAINING VENUE?

VARIES ENORMOUSLY. . . ON ROAD FROM OWN OR COACH'S HOUSE, TRACK,  
CHARLTON OR SUTCLIFFE PARK, COUNTRY, CLUB H.Q. AT BEXLEY.

HOW IMPORTANT TO YOU IS ATHLETIC SUCCESS?

IN MANY WAYS 100% IMPORTANT.

PLEASE DESCRIBE YOUR LIMBER UP.

2 MILES JOGGING, 5 MINUTES CALLISTHENICS, 4-5 x 100 STRIDE OUTS.

WHAT IMPORTANCE DO YOU ATTACH TO MENTAL TRAINING AND HOW DO YOU  
GO ABOUT IMPROVING YOUR MENTAL APPROACH (IF AT ALL

MENTAL ATTITUDE IS IMPORTANT. . . CONFIDENCE IS ONE'S TRAINING ETC. . . BUT  
I FEEL THAT THIS DOES NOT MEAN "FLATTENING" ONESELF IN EVERY SESSION.

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

USUAL ATHLETIC INJURIES ONLY: PROGRESS AFFECTED TEMPORARILY.

HOW INTERESTED ARE YOUR PARENTS IN a) ATHLETICS b) YOUR ATHLETIC PROGRESS  
EXTREMELY INTERESTED IN BOTH AND THEY HELP BY PROVIDING UNDERSTANDING  
AND A DRIVING FORCE.

June 13th

ATHLETICS WEEKLY

# Another World Best For Andy Barnett

THE delay in getting the news of Andrew Barnett's great new world age record over 800m at the Camberley Young Athletes' meeting was due to the fact that we did not receive any official results from this meeting (held on May 23rd) until announcer Dave McLannet mentioned it and agreed to send us his copies of results. Andrew had a battle royal with Walcott Taylor (16) of Tom Hood SS in the 800m and the verdict was in doubt until the final few metres.

"It was the most fantastic two lap race I've seen in twenty odd years of watching athletics", Dave McLannet told me. "Taylor moved out a bit approaching the tape, and Barnett just got him in the last couple of strides". Andrew's time of 1:56.5 shaves 1.1sec off Richard Heffern's World best by a 14-year-old, set in 1964, and demonstrates surprising speed that few knew he possessed. It also approaches Dave Dutton's age 15 UK best (1:55.9\*), and is ample proof that young Mr. Barnett has a really great 1500/mile up his sleeve which is yet to come.

## Spotlight on Youth By Dave Cocksedge

Also at the Bracknell meeting was an incredible 200m of 24.6 by Sonia Lannaman, a time which shears 0.4sec off her own British Best by a 14-year-old. No wind details to hand yet. A week later Sonia was in action again in the Midland Championships at Perry Barr, and streaked to the tape, aided by a breeze of 2.8 metres per/sec, in 11.8 to win the Junior 100m by a street. As usual, she rounded off her day by anchoring her club—County Borough of Solihull—to another easy win in the 4x100m relay final. That wind reading disallows the time as being acceptable as a UK age best, though it was a Championship Best, and will rank in the season's lists.

Records fell all over the place at the Southern Women's Championships at Crystal Palace on May 30th. The event that claimed the most was, not surprisingly, the Junior 800m. In the heats Feltham's Kay Kosbab added to her 1500m record at the age of 12 when she covered two laps in 2:20.4 to back 6.1sec off Lesley Cobden's record set last year. Michelle Cobden (11) was not to be outdone, however, for she finished in a staggering 2:28.2—easily a UK, and possibly a World Best! Lesley set no age records this time, but in winning in 2:15.0 after a torrid duel with Christina Boxer she set a UK Junior best, bearing her own mark by 0.2sec. Christina improved by something like 100m in placing second in 2:16.0, whilst Julie Van Cuylenburg slipped into third with 2:19.6. What a race! Kay showed lots of strength and fight to return 2:23.9 in the final, and could be the girl that everyone will be talking about a few years from now.

ATHLETICS WEEKLY

## UNITED KINGDOM "TOP TEN" 1970

as at May 29th

Compiled by the National Union of Track Statisticians

800 METRES

1:47.2	John Davies
1:48.5	Phil Lewis
1:48.7	Andy Carter
1:48.7	John Greaves
1:48.9	John Campbell
1:49.1	Martin Winibald Lewis
1:49.2	Ross Mounghin
1:49.4	Dave Adams
1:50.2	Colin Cusick

1500 METRES

1 mile time best (8.0)

3:43.4	John Winibald
3:43.5	John White
3:43.9	John Westcott
3:44.1	Chris Mason
3:44.1	Walter Wilkinson
3:44.3	John McSherry
3:44.3	Noelanna Morrison
3:45.3	John Stewart
3:45.2	Mike Tapp
3:45.4	Maurice Bean

—indoor mark

5000 METRES

3/4 mile time plus (28.0)

11:44.0	Dick Taylor
11:52.6	Maurice Bean
11:54.0	Derek Graham
11:55.6	John Stewart
11:56.0	Mike Baxter
11:56.0	Alan Bennett
11:56.9	John Chino
11:59.0	Mike Bennett
11:59.8	Lachie Stewart
14:00.3*	Pavel Lightfoot

10,000 METRES

24:51.0	John Cairns
24:56.8	Mike Tapp
24:59.4	Travis Agg
25:11.8	Travis Agg
25:12.4	Mike Franghali
25:12.8	Bill Adcock
25:13.4	Jack Latham
25:36.8	Bernard Evans
25:58.0	John Strimling
25:58.6	John Strimling
26:50.0	Ken Grove

Sheila Carey, after three unbeaten runs this year at 800 metres, was advised by coach John Anderson to try the 1500 at the Midland meeting, and the result was startling: a smoothly taken win by 13.2 sec. from Angela Lovell in 4:25.8, the second best British time of the season.

June 20th 13

## MARQUIS RUNS 4:32.8

SOUTHERN OPEN MEETING

Crystal Palace, June 3rd

THE recent remarkable spate of outstanding runs by British teenage girls over 800 metres and 1500 metres continued at Crystal Palace on June 3rd when two more age records crashed. Taking part in an invitation women's 1500 metres race for 17 to 23 year-olds specially arranged by the British Millers' Club, Sandra Marquis of Watford and Julie van Cuylenburg from Croydon Harriers set British age records for 16-year-olds and 14-year-olds respectively.

However, the distinction of winning the race went to Cambridge Harriers' Lesley Cobden, who crossed the line in 4:31.2, after dominating the race for most of the way. Sandra, a Watford school-girl, and "stablemate" of world beater Mary Sonner, finished second in 4:32.8 to clip Mary's own age record of 4:37.6 set at Hendon last month. It was only Sandra's third race over the distance. She had her first experience of 1500 metres running in May when she returned 4:28.4 at Watford, and in a second race she clocked 4:43.0.

Her advice is gleaned from two experienced coaches—Jack Harris of Watford for 800 metres and Frank Horwill of the BMC for the 1500 metres. Another novice over 1500 metres is Julie van Cuylenburg. This 14 year-old Kent schoolgirl finished sixth in 4:41.3 to slice 2.2 sec. off Lesley Cobden's mark set at Crawley two months ago—and Lesley was among the spectators at Crystal Palace to see her record go. Like Sandra, this was also Julie's third race over 1500 metres. In her previous outings she clocked 4:53.6 and 4:57.9. Only 1:52.4 (11" tall), Julie trains three times a week, concentrating on track work.

Julie is coached by Kent Athletic Club's Sid Cliff and is the Kent women's junior cross country champion.

My mind cannot help going back a few years to the time when I listened to long and painful arguments as to why young girls should not run 4... metres on the track or more than a couple of miles in cross country races. Some of the conflicts between those who supported progress and those who opposed it were bitter but, with youngsters like Mary Sonner, Lesley Cobden, Julie van Cuylenburg, and Sandra Marquis about, I don't think there can now be any question over this issue.

An interesting feature of the women's 1500 metres race was that every member of the 10-strong field recorded a personal best. Cambridge Blue Colin Cusick who took the men's race in 3:49.6, also recorded a personal best. Runner-up Greg Power, who led for part of the way, and James Peter Adams (18), Julian Gosler (17), and Bernard Ford (17), also clipped their best times.

Tom Pollak

# GENERAL MEETING

NATIONAL B.M.C. SECRETARY'S REPORT TO THE A.G.M. 4TH OCTOBER  
1970 - GRANGE FARM, CHIGWELL, ESSEX.

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The British Milers' Club is now the greatest specialist club of its kind in the world. Other clubs may have larger numerical strength, but this is the only one of its kind that has assembled together such a talent of athletic ability, and imposed qualifications for membership. The club ranks include:-

Two National A.A.A. Coaches, one Staff Coach, the world record-holder for a 14-year-old mile, the holder for a 15 year old mile, the U.K. age 15 record holder for 1,500 metres for ladies, the Commonwealth Games ladies 1,500 metres gold medallist, the British A.A.A. Senior 1,500 metres champion, the A.A.A. 10,000 metres champion and record holder, the European Games 1,500 metres champion, the junior European Games 3,000 metres silver medallist, the U.K. age record for a 17-year-old girl, the S.C.A.A.A. Senior, junior and youths 1500 champions, the National Intermediate girls 1,500 metres champion, the U.K. 800 metres record holder for 15 years of age, the N.C.A.A.A. and the S.C.A.A.A. 5,000 metres title holders. 3 Commonwealth Games reps. in the Welsh 1,500 metres team, three in the English 1,500 metres team, one in 5,000, one in the Guernsey team. Lady reps included one for England, one for Wales and two for Scotland. Indoors, the 1,500 metres record for ladies was broken twice by members. Five members broke 4 minutes for the mile this year, John Kirkbride running the fastest mile in Britain by an Englishman since Ian McCafferty's great run in Reading 1969. Another outstanding performance was Ricky Wilde's indoor 3,000 metres world record.

In the ladies ranks, three members broke 4:22 for metres, equal to under 4:42 for a mile. A further seven broke 4:30 for 1,500 metres. The improvement in ladies miling has been breathtaking. It is interesting to note that all the above athletes were frequent visitors to our residential week-ends that we staged especially to boost women's miling.

The United Kingdom Junior Commission invited three B.M.C. coaches to attend their middle-distance week-end at Merthyr Mawr in April 1970. The B.M.C. sponsored an additional five lady milers to attend the course.

The B.M.C. sponsored from its funds the following races :-  
The National B.M.C. Senior Ladies Championships.  
The National Junior, Youths and Boys B.M.C. Championships.  
An invitation  $\frac{3}{4}$  mile for men at the Crystal Palace.  
An invitation  $\frac{3}{4}$  mile for ladies at the C.P.  
Two invitation mile races for over 17 and under 21 boys in the South.  
N.E. Junior and Yths Championships.  
An invitation 1,000 metres for men at the C.P.

We regret that sponsorship by the B.M.C. for 1971 will be greatly reduced and it will fall to the Regional Secretaries to find sponsors for their races. However, athletes are living in better times than any known before, if they really want to race in the right races, a little sacrifice must be made. If one athlete with a car gives a lift to three others going to the same race, the cost involved for them all is negligible.

I regret to say that some of our invitation races that we have been asked to stage have not fulfilled their promise. THE ONE PLACE WHERE AN ATHLETE CAN HAVE A GO WITHOUT THE THOUGHT OF LOSING A CHAMPIONSHIP IS IN AN INVITATION RACE WHERE HIS EXPENSES ARE BEING PAID. HOWEVER, THERE IS STILL A RELUCTANCE TO GO WITH HARES, STILL A FEELING THAT 3 MINS. AT  $\frac{3}{4}$  MILE IS FAST, IT IS NOT? IF WE ARE TO BE REALISTIC WITH WORLD TIMES, THE LAST LAP WOULD HAVE TO BE RUN IN 51.1! TO BE ON TERMS WITH THE WORLD MILE RECORD, THIS IS NOT ON, THUS TIMES OF 2:56 MUST BE AIMED AT, FIRST IN TRAINING, NEXT IN INVITATION RACES. To hear a world class 5,000 metre runner say to me before the Upjohn Mile, "I won't go with them up to 1,000 metres because I'll blow up," is a sad reflection on our attitude. So what, if he did "blow up", what has he to lose? It is not an Olympic final or National title at stake. IT IS BETTER TO TRY THAN TO CAPITULATE BEFORE THE RACE. In this case, the athlete concerned finished strongly to gain a place! In the City Mile, which the B.M.C. part sponsored for £30, an athlete, just a few tenths away from 4 minutes exclaimed after the race, "I heard the time was 2 minutes at 800 and realised it was too fast for me, so I hung back!" He finished  $1\frac{1}{2}$  seconds away from 4 minutes. What if he hadn't hung back? He will never know the answer because he failed to TRY.

I ask every Regional Secretary and every member in 1971 to make strenuous efforts to stage and support  $\frac{3}{4}$  mile races THROUGHOUT THE YEAR, the target is Roger Bannister's unofficial record of 2:52 for men; and 3:20 for women. Thus achieved, we are three-quarters of the way to world class miling. I have always considered the 2,000 metres event an important psychological stepping-stone to miling success. This distance should figure more prominently in our training and race programmes.

Although both the B.M.C. Chairman and myself have duties to perform with the A.A.A. and the S.C.A.A.A. through our terms of reference as National and Staff Coaches respectively, we both believe sincerely that without the British Milers' Club organisation middle-distance running in Britain would stagnate as it was doing in 1963 when we founded our club.

Before this meeting later on, you will be asked to consider the proposal that 800 metres men and women with stiffish qualifying times be admitted to this club on the strength of their 800 times. I believe that we can raise the standard of 800 metre running to world class within five years. In America this year, NINE runners have bettered 1:47, none have done so in England this year. At least in the 1,500 and mile, both male and female, we occupy places in the world TOP TEN. In the 800 metres our runners do not occupy the TOP TEN in Europe, let alone the world. We need them, they need us. Support this proposal.

The B.M.C. NEWS which is published TWICE a year at a cost of £25 per issue, just before the track season and before the cross-country one, is considered to be the greatest information journal on miling knowledge, this magazine can help 800 metre runners if they become members. FRED WILT, editor of TRACK TECHNIQUE, wrote to me the following, "The B.M.C. NEWS is terrific, send it to me directly each time." In the next issue there will be a draw which can win you money and at the same time help us. The journal will be numbered, all you have to do is post off the coupon with your number, name and address on it, together with a 3/- book of stamps. One half of the revenue obtained will be returned to members in prize money, the other half will go to the B.M.C. There will be three prizes, a possible first prize could be £15, second price £10 and third £5. More than one entry can be made, simply by placing letters of the alphabet next to the number on your form, e.g. No2A would be two entries at 6/-.

Now, to my trusted commanders. Michael Glen, Harry Bennett, Gordon Surtees Eddie Powell, Tony Saunders, Cecil Smith and Dave Williams, and my new lieutenant from the South West, Tim Taylor. Their work in the regions has been sterling, removed from the central committee by, often, hundreds of miles, they have worked unselfishly alone fostering the good name of the B.M.C. They will be telling you of their work later. To these gentlemen I say a big THANK YOU, and add that as the work of the B.M.C. grows so must they seek more assistance in the form of a regional committee chosen from members including active athletes.

My own region, the South, the largest in numbers, continues to increase its membership. The Southern B.M.C. Committee has staged three training days in the last year and three residential courses at the Crystal Palace as well as supporting training days held in the Eastern and Midland Counties.

The following races were staged in the South :-

The Carshalton Mile; the Andover Mile; the Upjohn Mile; the Brigg Mile; the Stevenage 800, the Faversham 800 for ladies, the Welwyn National Junior for ladies 1,500; 600 metres for ladies at the Crystal Palace; the Croydon mile; the City Mile; the Len Hatton Mile; the I.A.C. mile; over 17 and under 21 1,500 at the C.P. and at West London; the Hayes Mile; the Southern B.M.C. Champs at West London (4 races):- winners:-

Ladies:- Margaret MacSherry

Senior:- Peter Horwood

Junior:- Ian Whittle

Youth:- Barnett

Boy:- N. Gates

Ladies (Guests): Jane Perry

I wish to thank the following for their co-operation during the past year:-

Q.P.H.; Thames Valley Harriers; Croydon Harriers; Southgate Harriers; the City Charity Committee; the I.A.C., Stevenage A.C., Welwyn A.C., S.C.A.A.A. the S.W.A.A.A. and the B.M.C. National Committee.

The year 1971 is an important year, the penultimate to the Munich Games of 1972. We must provide the right races for our members, the right leadership, pick the right men to compete in our races, weeding out the "easy race" merchants and encouraging the Bannings, Ridleys, the Sides of our club.

THE END.

**Physical fitness** is the development of the body to a state or condition which permits the performance of a given amount of physical effort. The efficiency of physical effort depends upon the mutual development of the muscular, respiratory and circulatory systems integrated and coordinated by the activity of the central nervous system. (*Reprinted from Run Run Run*)

## WHAT A WEEKEND FOR DAVE BEDFORD

Shatters record in Shaftesbury '10' day after AAA 10,000m victory

Spotlight on Youth

By Dave Cocksedge

### Paul Dennis Just Misses European Mark

EVENTS have been happening in athletics with their usual rapidity, and we have some catching up to do on the deeds of several outstanding young athletes up and down the UK.

Paul Dennis at last clicked into top form when he ran a mile in 4:02.2 at Motspur Park on July 8th. That time clips 0.2sec off David Wright's UK best by a 19-year-old, and just misses the European Junior record by 0.3sec. Note, however, that Wright was 18 when he ran 4:02.4, and that age record survives.

I am grateful to Mr. J. Kiernan for pointing out to me that his daughter, Lesley, is still only 12. Her 2:19.5 for 800m in the English Schools at Solihull on July 11th therefore became the new World best for that age, taking a second off Kay Kosbab's time. But as if that was not enough, young Lesley ran the distance in a startling 2:19.1 at Havering on July 16th!

Christine Haskett's 4:23.8 for 1500m in the Commonwealth Games marks the fastest yet by a British 17-year-old, and must put her in line for a place in the European Junior Championships next month.

Dennis Coates won the Northern BMC Junior/Youth mile on July 26th in 4:14.6 from Dave Gibbon (4:18.1). In third place came 800m man Philip Dunn (Billingham), a youth, in 4:18.2 far faster than anything he had achieved before.

August 22nd

ATHLETICS WEEKLY

## Jack Lane Proved Officials Wrong

AT one point it looked as though Feltham's Jack Lane, fifth in the AAA 5,000 metres championship, was not going to run in that race. The bearded Southampton University economics student sent in his form and cash only to have them returned to him—he was not considered good enough! But Lane, the Southern Counties 10,000m champion, was embittered by the decision of the championship officials and set out at Uxbridge on July 29th to prove them wrong. That was in the 5,000m in the annual Sefton Brancher meeting between Middlesex, the RAF and the Civil Service. Lane, luckily, had Middlesex team-mate Dave Bedford to help him along and between them they churned out a very respectable pace, with Bedford in control during the early stages.

Their times for the first 94 laps fluctuated between 67.6 and 69.5 but, with three laps to go, Lane decided to make his bid for victory and moved swiftly away with laps of 65, 67.2 and 67.3 to beat Bedford by just over 100 yards. When he heard his time of 14:05.6, a personal best by almost 15 seconds, Lane said: "I plan to ask the AAA to reconsider their decision. I think this should be good enough to let me in."

It was his second 5,000m race of the year—his previous outing over the distance was in the UAU championship where he took the silver medal in 14:20.0 but he was hampered by a nagging ankle injury. Like all good fairy stories, the AAA did change their minds. It was Bedford's first track race since the Commonwealth Games trials, but it was hard to predict that within a fortnight he would spearhead the field to take the AAA 10,000m title.

Tom Pollak

## COMMONWEALTH GAMES REPORT

### WOMEN'S 1500 METRES: Final

The first major international championship at this distance, last year in Athens, featured an upset victory and world record by Jaroslava Jehličkaová. The second, here at Meadowbank, was a slower but even more eventful race that will be discussed and argued about for years to come. For sheer drama it could hardly be surpassed.

It all started quite sedately with Joan Page towing the bunched field of ten through a 70.5 first lap. The second lap, with Joan still in front, was slower still at 74.4.

Rita Ridley could not risk this dawdle any longer and bolted into a ten-metre lead. Running at great speed she passed the bell in 4:11.3—having covered that 300m segment in a startling 46.6 (62.1 400m speed!). By the 1200m mark, reached in 3:28.8, Rita's advantage had been wiped out and it was anybody's race. Joan Page regained the lead with 200m to run and entering the straight she was just ahead of Rita, and New Zealander Sylvia Potts, who had intended using this race more as a tune-up for the 800m.

1. RITA RIDLEY (Eng) 4:18.8.

## MIDLAND REGIONAL REPORT - 1969/70

My comments must of necessity be confined to happenings in the second half of the 12 months under review, since I did not resume administrative duties with the BMC until March.

Membership increased from 40 to 56. Recently I carried out an experiment in my own county of Staffordshire by circularising athletes who had run well at county level in the Boys, Youths and Junior age-groups, and also those who narrowly failed to make their county team. The result was four new members, one of whom has already asked for races (the only one in fact from the whole region to write and ask) I think therefore that this idea might be extended to all counties in the region.

The training day run by John Whetton was a great success, and the Regional championships eventually got off the ground at short notice on a very bad day. My thanks go to Eddie Powell for helping complete the fields and for time-keeping. There was criticism of the senior event, but I am against pace-makers in a championship race. An offer of a race at Redditch came to nothing due to some confusion over dates, but good relationships have been struck up and I am hopeful of something there next year. It was suggested by a local club that I might well put on 1500 metres races for Junior and Intermediate girls and I arranged with my own club for this to be done. Despite advertising I had one enquiry from an Intermediate and none from Juniors. Perhaps it was late in the season, and I may well try again next May.

Athletes from the area have been in the news, although mostly at the younger age levels. John Whetton has remained our top Midland Senior and we shall miss him from the competitive scene. Of the ladies, Sheila Carey maintains a level of high performance, and Gillian Tivey has run with much promise over 1500 metres and the mile. It was a great pleasure to see Elizabeth Joyce competing at WAAA championships this year. Of the younger ladies, Angela Lovell has done particularly well with her second place in the National Schools 800 and fourth in the European Junior 1500.

David Glasborow has had a notable year, winning the Midland Youths 800, the National Schools 1500 with a world age-group best, and the AAA Youths 1500, as well as 7th in the English Schools Cross-Country. Ray Smedley was also an English Schools winner, third in the Schools cross-country and winner of the BMC Junior Championship. Martin Jones took second in the Schools steeplechase, won the AAA Junior and ran in the European Junior Championships. John Boggis looks to be on the verge of the greatness which has always been evident and his medal in the European Junior was a just reward for several years of hard work. David Black, a notable front runner, sent statisticians rushing to their files when he won the AAA Junior 3000 and also set a British age-group best at 5000 metres. He was also a member of the all BMC Small Heath squad that won the National Youths cross-country.

A parade-ground for the BMC was the Midland 5000 metres championship which saw 6 members in the first eight. One of the newer members to show vast improvement this season after some years of promise is John Cadman, who I think is a very good BMC member and with another year under John Walker's wing could be a great miling force in this country.



I should like to place on record my continued admiration for the amount of young talent which John Walker produces. This year he has had personal problems, but any man who has a squad containing names like Cadman, Mills, Kendrick, Ian White and others coming through all down the line deserves a mention and it was only justice that his boys should win the National cross-country last March.

In closing my report, I would like to make the interesting observation that I get little demand in the region for training days or for coaching advice. I think one may say that a very good reason for this could be the high level of middle-distance coaching in the Midlands. In my own experience I have been impressed with training programmes I have seen from numbers of athletes of all age-groups and there is every evidence that there are a lot of coaches in some of the less fashionable clubs who have done a lot of homework and have come up with seemingly the right answers.

Tony Saunders.

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

ANNUAL REPORT - 1970

The significant factor this year has been the improvement of Junior miling in the North East. Our members dominated the Northern Junior 1500 m. championship, filling the first four placings, and our prospects for next season look extremely bright.

Unfortunately in the Senior ranks only Walter Wilkinson succeeded in recording any sub four minute performances. Whilst times throughout the season have been generally disappointing, it is pleasing to note that N.E. members Brendan Foster and Mike Baxter represented England in the Commonwealth Games, the former gaining the bronze medal in the 1500 m. event. Both the A.A.A. 1500 m. and the A.A.A. Indoor 1500 m. titles were gained by Walter Wilkinson.

New members recruited during the year greatly strengthened B.M.C. interests :-

Granville Lorrinan	(Assistant Regional Secretary)	
Brendan Foster	David Gibbon	(J)
Trevor Wright	Charles Spedding	(J)
John McCarthy	Philip Dunn	(Y)
Brooks Mileson	Raymond Cartwright	(Y)
David Nicholl	Michael Goddard	(Y)
David Ainslie	Bill Robinson	

In addition to these we are most fortunate to have Fred Robson, Albert Darque and Nichol Hunter accept honorary membership, thus providing our region with three top class physiotherapists.

During the year the following sponsored races were organised :-

Gateshead Games	1500 m	24th June
Goole	1500 m	27th June
Teesside Games	Mile	5th July
Hartlepool Games	Mile	16th August

Continued on Page 21

# UNITED KINGDOM "TOP TEN" 1970

as at July 6th

Compiled by the National Union of Track Statisticians

800 METRES		5000 METRES	
1:47.2	John Davies	13:26.2	Dick Taylor
1:47.7	Andy Carter	13:29.6	Ian McCafferty
1:47.2	Colin Campbell	13:35.2	Mike Bassett
1:47.4	Phil Lewis	13:35.8	Ian Stewart
1:47.5	Martin Winbolt Lewis	13:37.0	Allan Rushmer
1:47.7	Mike Maclean	13:47.8	Lachie Stewart
1:48.1	John Greatrex	13:49.0	Mike Tagg
1:48.2	Pete Browne	13:52.6	Maurice Benn
1:49.0	Ross Moughtin	13:53.8	Roger Matthews
1:49.8	Ross Bilson	13:54.0	Denk Graham

  

1500 METRES		10,000 METRES	
(* mile time less 18.0)		(* 6M time plus 60.0)	
3:39.0*	John Kirkbride	28:33.4	Lachie Stewart
3:39.4*	Ian Stewart	28:42.0	Dick Wedlock
3:39.4*	Peter Stewart	28:51.0	John Caine
3:39.7*	John Whetton	28:56.8	Mike Tagg
3:40.1*	Walter Wilkinson	28:59.8	Roger Matthews
3:41.9*	Chris Mason	29:05.0	Dick Taylor
3:42.7*	Adrian Weatherhead	29:11.8	Tyrer Wright
3:42.8	Brendan Foster	29:12.4	Mike Freary
3:43.5*	Ricky Wilde	29:12.8	Bill Adcock
3:44.3	Ian McCafferty	29:19.2*	Dave Hindley

ATHLETICS WEEKLY

## Spotlight on Youth

by Dave Cocksedge

# Glassborow Narrowly Misses Age Mark

THIS edition is being penned just prior to the English Schools Championships and is a summary of activity as the season reaches its peak for the UK's teenage athletes. As the Commonwealth Games takes up available space for some time now, this will be the last "Spotlight on Youth" for a few weeks.

At Alsager College on July 1st, Kevin Steere's 8:39.4 for 3000m at the age of 15 just survived as a UK age record, after a determined assault from Coventry Godiva Harrier David Glassborow (17.7.54). Pulled along by John King until the bell, David kicked hard around the last lap of the rather wet grass track and snapped the tape in a fine 8:40.8.

### NO GLAMOROUS TRIP FOR RITA

Dear Sir,  
I feel I have to write to complain about the last two paragraphs of your report of the Reading Gala meeting ("AW", July 11th). Quite rightly you comment on the number of withdrawals from the Women's 800. But the implication is that all those named by you had "presumably accepted invitations and then opted for more glamorous trips abroad".

I am particularly upset that you should have included Rita Ridley in this category. She was not on a glamorous trip abroad. She was unwell and receiving medical treatment, and withdrew from the international against East Germany for the same reason. Neither she nor I would like it thought by your readers that she withdrew for anything other than a thoroughly valid reason. Wasn't Lillian Board unwell also? I am happy to say that Rita is now completely recovered and running as well as ever.

Tony Elder

Leigh-on-sea, Essex

*I regret that Tony Elder gained the impression I was implying that all the girl half-milers named had opted for the trips abroad. That was most certainly not my intention. I simply mentioned those five athletes to give an idea of the "big names" that the spectators had to delete from their programmes. Of the five, two—Rosemary Stirling and Marilyn Neufville—were abroad, and no criticism was intended of Rita or Lillian whom I knew to be unwell. The final two paragraphs were meant to be separate statements, but I apologise to Rita and anyone for any embarrassment caused—Ed.*

**Emerging From Barnett's Shadow**

English Schools' Championships (Boys)

At Solihull, July 10th/11th

ATHLETICS WEEKLY

DAVID GLASSBOROW could not have waited for a more opportune moment to emerge from the shadow of Andrew Barrett than at the English Schools' Championships at Tudor Grange Park, Solihull on July 11th. For, in winning the intermediate 1500m in 3:37.5, David set a World age record for 15-year-olds for the distance and at last came through as a champion in his own right. This feat was not accomplished without a stirring battle with a very game David Miller, previous holder of the age record (3:58.4 last year) who fought bitterly and pushed Glassborow all the way to the line.

BRITISH MILERS' CLUB

NORTH WESTERN AREA. 1970.

I have pleasure in again submitting report of the workings of the British Milers Club in the North Western area for the year 1970.

Our membership has increased over the year and now totals over 60. In view of the fact that we have no members in junior or inter girls, boys and only two youths it can be said our membership total is very good, in fact it is over 90% of possible membership in the other groups. I think if we keep our membership strong and provide good races those youngsters who reach senior ranking will no doubt join us then. At the moment with both club and school fixtures they seem well catered for but will watch this position.

We have a grand membership all prepared to work hard and run hard to make our races a success. Our race programme is second to none, five sponsored races and sixteen others over the season. More than twenty members did personal bests in these races. The quality of these races may best be judged by the following times, 800 mets 1. 48.7. MILE. 4. 01.5 and 4. 03.9. 2 MILES. 8. 44.6 the first six under 8.59. Junior 1500. 3. 55.8. Youth 1500. 3.56.2.

Nine of our North Western members made International appearances over the year and had many successes in championship races. Many fine runs from Alan Blinston, Andy Carter, John Kirkbride, Peter Morris, Ricky Wilde, and from our ladies Barbara Banks, Jane Perry, Gill Tivey. There were many who ran consistently well all season and can still show improvement Alan Gerrard, Frank Davies, Mike Bateman, Jean Lochhead, Barbara Metcalfe, Terence Parker and Steve Lawrence. Injuries and illness prevented many from showing true form Hugh Barrow, David Hogg, Ray Haswell, Geoff Plant, Chris Barber, Peter Shaw, Susan Carnegie, Derek Blakeley all suffered. New members who can do well are Jeff Willshire, Colin Cusick and Brian Renshall.

We more than played our part in supporting races in other areas and provided races for many out of our area.

Our dealings with all the governing boards and committees appeared to be successful and we received every assistance. We owe a great deal to Stretford A.C. and Roger Colson in particular for the great help they gave us at all times.

A criticism or appeal for more help from athletes receiving invites to races. It is now far too costly to send a stamped addressed for your reply but we do need your prompt replies so that the next on the list can be advised. Please try to help. You will benefit with more invitations better fields.

Finally the B.M.C. is a National specialist club and members should use the opportunities membership affords in giving you good class races all over the country. We can at Stretford provide first class opposition, on one of the best tracks in the country, one of the few tracks you can reasonably say conditions will allow you the chance to do that personal best, with four or five graded timekeepers and supporting timekeepers, class starters and officials.

Why not get together and surely two or three of you sharing the cost of petrol would not find this too expensive.

E. W. Powell.

#### EASTERN REGION REPORT 1969/1970

When I was appointed Eastern Sec., for the B.M.C. in Feb. 1970, there were 52 members in the region of which 4 were not interested in races, I had left the area and I had retired. Considering the athletic population in some of the areas, this was quite a respectful total to have. My thanks must go to Rod Chaplin who had laid the foundation in the area for the B.M.C. in the East before he retired as Secretary. I am happy to say that Rod is now my assistant. The membership is increasing very slowly, only 4 new members this year. Nevertheless I know full well that there are so many 'borderline' cases of athletes who are prepared to join once they qualify, 1970/1971 should see a substantial rise in membership.

#### COMMITTEE

My first task on being appointed secretary was to form an Eastern Region Committee. This has now been formed, it was formulated in April 1970, it is comprised of Charles Booth (Chairman), Cecil Smith (Secretary), Rod Chaplin (Ass't Sec), Peter Francis and Paul Rozier. We meet on average about once every 2 months, and alternately, in each others homes to minimize the cost of travel. The meetings have proven to be very useful indeed, simply because of the diversification of knowledge appertaining to each members area. Also, discussions can be much fuller and more penetrating.

#### TRAINING DAYS

Training days were held in Harlow on Nov., 1st 1969 and Cambridge on June 31st 1970. The training day at Harlow was attended by over 70 athletes. A figure of 100 may have been reached if the roads had not been covered with snow. My thanks must go to the coaches who made the day a very successful one. In this my first venture as a B.M.C. member, I feel that the reward from putting on an organized event of this nature is to have people come up to you and say "Thank you very much for an enjoyable time". The second training day was at Cambridge where we had the use of the University track and cross country venue, thanks to Charles Booth. A total of 30 athletes turned up for this one. Although the numbers were down on Harlow, the work load, I felt, was of a higher calibre; indeed, a number of athletes recorded personal best times in the first event of the day, a  $\frac{3}{4}$  mile time trial. The next training day is scheduled for Bedford Sunday, 15th Nov. We in the East have looked carefully at these training days and have come up with what we consider to be a novel approach. All clubs in the area will be notified of our training days, so that they can come along as a club rather than as individuals. By doing this we can safely say that over 30/50 athletes will attend, if all the committee members bring along 10 runners then this means we shall have 50 people in attendance. This is not counting the local athletes we will be teaming up with at their club. Most Eastern members appear to enjoy these days; therefore, we are giving them what they want. We hope to stage training days at regular intervals throughout the entire region.

By the time I read this out the Eastern or should I call it "THE U.K." coaching instructional weekend will be over just a few hours ago, I sincerely hope that it was a success. My thanks to the committee for backing me on this project plus of course the lecturers and coaches and last but no means least my projectionist Mr. Len Mayea whom I'm sure will do a good job. My thanks also to Frank Horwill for placing the advert in the A.W. this increased demand by over 50%. I must also mention the warden of Grange Farm Mr. H.A. Collett, he has been a perfect gentleman to deal with, and nothing has been too much trouble for him or his staff.

### RACES

So far this year the Eastern has put on 12 races at Luton-Chelmsford-Harlow-Bedford-Cambridge. A race was scheduled for Colchester but unfortunately had to be cancelled, because no field could be found. Over 30 invites were sent out and all said "no" for one reason or another. Another race had been scheduled for Newham, but a last minute switch of dates rendered it impossible to stage. On top of the above races, the Eastern also staged the B.M.C. womens' 3 X 1500m relay at Harlow. This race was sponsored up to £40, the Eastern were also hosts to the B.M.C. National Womens' Championships. Harlow was again the venue. Another sponsor was responsible for staging the recent invitational 1 mile at Harlow in which 9 runners took part, the sponsor was so pleased with this one that he has informed me that he will sponsor another race next year. Prizes were awarded to the first 3, donated by the Sportscentre. Our regional championships were held at Cambridge in conjunction with the National Champs. The turn out was extremely disappointing, although most members were informed, but in fairness to the athletes, there appears to be a trend towards more club competition, the result of which is a clash of dates. Decision making then becomes very difficult and, after all, what comes first the B.M.C. or the club.

Of all the races staged in the region the womens' 3X1500m relay gave me my biggest headache. This was my first and last venture in this field. Between having no spectators and insufficient recorders/timekeepers one can just imagine the outcome. What saved the day from utter catastrophe was the standard of running by some of the athletes. If anyone ever wants to stage a 3X1500m relay and needs to know what is required, then I suggest they see me, I now know the formula for success (I have learned the hard way).

There are areas and tracks in the region, which have not staged B.M.C. races: we hope in the ensuing months/years to spread out into all these "remote" areas, even if it means grass track running. Also, we must obtain more sponsored races in the East; the sponsors are there it is up to us to find them. The race invite form has been amended, to suit us. Athletes can now send the race organizer his/her current best times and any championships won etc. This information will be used by the announcer to present each runner onto the track and also to keep the spectators informed as to who is who. How often do you go to big meetings and during a particular race, no one knows the names or background of any runner. You have only got to watch television for this. Presentation of any event is of the utmost importance. (See copy attached of race form).

### CONCLUSIONS

The region I feel sure is going to become as active as the other regions, most members appear to be aware of the work involved in staging races etc. This is shown by the good response to letters. On this, we hope to build up a powerful membership area over the next year, both in quality and quantity. The East favour going Middle Distance, but all qualifying times must be A.A.A. Grade 1 standard where applicable. With the younger age group however the qualifying times must be set at the All England qualifying standard.

Cecil Smith  
Eastern Counties Secretary

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Events for Youths and Juniors were held at Newcastle, Gateshead and Billingham on 2nd May, 26th July and 19th September respectively.

We have been extremely fortunate in receiving from "Playsport" of Stockton-on-Tees the A. Evans Pratt trophies for annual competition by our youths and juniors. These, together with the Fiesta Trophy, mean that we now possess three magnificent trophies and the initial winning times present an excellent challenge to future B.M.C. (N.E.) endeavours, Senior 3 m. 59.4, Junior 4m 16.4, Youth 4 m 18.8.

Training days were staged during the "out of season" period at Leeds, Keighley and Eston, and plans are in hand for the Autumn for similar events at Crimdon, Eston, Gateshead and Catterick. Our members will also be encouraged to participate in the N.C.A.A. training week end in the Lake District. Difficulty has been experienced in obtaining strong numerical support relevant to training days. As each venue selected requires excessive travelling if full support is to be achieved, it is accepted that future training days will be organised as being beneficial to specific

localities and therefore more sessions must be held to ensure that all our members are able to participate fairly regularly without the necessity of long journeys.

In conclusion I should like to thank Eddie Powell for his co-operation throughout the year and assisting our West Riding members with races. The Northern National Coaches for their encouragement and support and, last but not least Frank Horwill and the National Committee whose efforts have considerably eased the tasks of both Granville Lorrinan and myself.

#### CHAMPIONSHIPS 1970

(N.E. Region Members)

Commonwealth Games	1500 m.	B. Foster	Bronze Medal
A.A.A.	1500 m.	) W. Wilkinson	1st
A.A.A.	1500 m. (Indoor)		
A.A.A.	10000 m.	T. Wright	2nd
A.A.A.	1500 m. (Junior)	D. Lowes	3rd
A.A.A.	3000 m. (Junior)	D. Coates	3rd
A.A.A.	2000 m. St (Junior)	D. Coates	2nd
A.A.A.	800 m. (Youth)	P. Dunn	3rd

#### Northern

800 m.	J. McCarthy	1st
1500 m.	W. Wilkinson	1st
5000 m.	J. Waterhouse	1st
800 m. (Junior)	S. Markley	1st
1500 m. (Junior)	D. Lowes	1st
3000 m. (Junior)	D. Coates	1st
2000 m. St (Junior)	D. Jameson	1st
800 m. (Youth)	P. Dunn	1st

#### Yorkshire

800 m.	W. Wilkinson	1st
1500 m.	M. Baxter	1st
10000 m.	J. Waterhouse	1st
800 m. (Junior)	S. Markley	1st
1500 m. (Junior)	D. Coates	1st
3000 m. (Junior)	D. Coates	1st
2000 m. St (Junior)	D. Coates	1st

Northumberland & Durham

800 m.	J. McCarthy	1st
1500 m.	R. Bell	1st
800 m. (Junior)	D. Gibbon	1st
1500 m. (Junior)	D. Lowes	1st
2000 m. St (Junior)	D. Jameson	1st
800 m. (Youth)	P. Dunn	1st
1500 m. (Youth)	P. Dunn	1st

B.M.C. N.E. Championships

1. W. Wilkinson	4 m. 7.7
2. J. McCarthy	4 m. 9.1
3. M. Bateman	4 m. 12.4
4. D. Nicholl	4 m. 14.0

JUNIOR

1. D. Lowes	4 m. 16.4
2. D. Coates	4 m. 22.3
3. D. Gibbon	4 m. 26.1

YOUTH

1. P. Dunn	4 m. 18.8
2. R. Cartwright	4 m. 33.4

The ranking lists published recently in Athletics Weekly giving details of the world's leading performers during 1970, do not substantiate any claim that Britain is to be regarded as a strong nation in the short/middle distance events. There is little doubt that in the longer distances we are extremely proficient, but there appears to be cause for concern at 800 m./880 yd.

Bearing in mind the glorious days of Albert Hill, Douglas Lowe and Tommy Hampson, who dominated the Olympic 800 m. from 1920 until 1932, the current situation presents a rather depressing picture. Although the world record has remained static for several years, we have been unable to regain contact and, even at European level, we appear to face an uphill struggle to re-establish our position as a major power in the two lap event.

Perhaps the tremendous depth of 5,000/10,000 m. in this country is largely due to our climate, which encourages cross country running throughout the long winter months. This could, however, be a contributory factor to our lack of success at 800 m., especially when related to Northern performances. In addition to climatic difficulties, the Northern 800 m. athlete is greatly hampered by inadequate competition during the track season. Leading athletes of the calibre of John Davies are probably inundated with invitations to compete but, further down the scale, many athletes are faced with insufficient activity to ensure progress in their chosen event.

If we exclude championships at national, area and county level it is extremely difficult to find adequate competition for our Northern half milers. Promoters have a tendency to favour the mile event in their programme and, consequently, if half milers are to obtain races they are often compelled to step up their distance and compete in 1,500 m. and mile events. Whilst most clubs can boast several milers and numerous 5,000/10,000 m. runners, there is a dearth of 800 m./880 yd. athletes and it is significant that in the 1970 A.A.A. 4 x 800 m. championship only two teams participated, neither being able to field a foursome of genuine half milers.

It is discouraging that many athletes obtain more competition during the winter months than they enjoy during the track season at their specialist event. Unfortunately, this out of season racing can prove detrimental to their progress on the track. It is inconceivable to expect quarter milers to represent their clubs throughout the winter in cross country events and road races, often in adverse conditions and over distances ranging from three to nine miles. Despite the fact that 800 m. is regarded as a virtual

sprint, many clubs require such athletes to complete club teams and the race starved athlete is only too happy to oblige.

The growing interest in indoor racing during the winter months could prove of great assistance to 800 m. athletes, but once again the Northern athletes must be aware of their geographical disadvantages. While the opportunity of competing at Cosford ensures a step in the right direction, it must be borne in mind that preparation for such events must still be undertaken outdoors in adverse climatic conditions.

Whilst the lack of suitable competition and climatic adversities are major problems, there are other factors which must be considered if we are to improve the standard in the North. As history can be regarded as knowledge gained from the experiences of predecessors, we should examine past achievements and utilise any findings in future endeavours. Although British Coaching is regarded as being the best in the world, it may transpire that our training methods relevant to the 800 m. are not entirely correct.

Past records indicate that the 400 m. types have been more successful in the 800 m. event, and if we are to use this as a yardstick then our future looks rather bleak. We do not possess outstanding specialist quarter milers, if we consider that Rudolf Harbig set marks of 46.0 and 1 m. 46.6 for 400 m. and 800 m. respectively over thirty years ago. Indeed the best 400 m./440 yd. times achieved by prominent 800 m. athletes, over twenty years ago, would occupy respectable positions in our current quarter mile rankings. In view of this, it is hardly surprising to note that, up to August this year, only one athlete featured in the top ten in both the 400 m. and 800 m. U.K. rankings. If we are to produce speed conscious half milers, then we must encourage some of our leading 200 m. and 400 m. athletes to move up to the two lap event. This will, of course, require careful planning and will most probably involve a long term policy. In the North the situation in the 400 m. is possibly even more serious than in the 800 m. and, therefore, there seems little likelihood of producing 400/800 m. top class athletes in the near future. Our attention must inevitably turn to the miler type, and it is comforting to observe that two more recent world records have been established by this type of individual, both being world best at 880 and mile. Peter Snell and Jim Ryun have proved that there is a definite place in top class half miling for the stamina endowed athlete, and revived memories of the 1930's when similarly gifted performers, Glenn Cunningham and Sydney Wooderson, were extremely successful at these dual distances.

Britain is steeped in tradition in many aspects of life, and often we encounter customs which appear out of place in modern conditions. In middle distance I have experienced situations where athletes and coaches adhere religiously to what they consider traditional methods, whilst others conveniently develop a new training outlook whenever a new world record is achieved. Tradition still dies hard, and at the other end of the scale new converts to training systems cannot foresee how long their new found "ultimate method" will be in existence.



What then is the best training system and how can we provide maximum assistance to our athletes? Firstly we must persuade 800 m. athletes that, whilst it is of great importance to utilise local environment to maximum benefit, it is even more essential to undertake a type of training which is specific to their event and circumstances. Each decade has witnessed the emergence of training methods in differing environments. The fartlek type training in the forests encouraged by Gosta Holmer, the Cerrutti approach on the sandhills, the rigid interval track work of Stampfl and the marathon type work of Lyddiard's men on the hills are all well known and each has beneficial results. However, it must be stressed that while Portsea in December may be excellent for Cerrutti's work it is illogical that a similar benefit can be obtained at Southport or the N.E. coast. Likewise Snell may have proved that Lyddiard's hundred miles per week produced world bests at 880 yd. and mile, but there is a sharp contrast between the running surfaces in New Zealand and the enforced roadwork in Britain during the winter months. The interval training throughout the year suggested by Franz Stampfl would also meet with problems in the North, in view of most tracks being unusable for the majority of the year. It is not intended to imply that all, or any, of these systems are impractical in this country, but to suggest that the better aspects of each can be co-ordinated to suit the surroundings and circumstances of the athlete involved.

The athletes whom I assist are fortunate that we are able to use vast stretches of beach and sand-dunes, together with extensive courses on the Cleveland Hills and North Yorkshire moors. This enables us to undertake long relaxed sessions with frequent changes of venue, thus avoiding any possibility of boredom by repetition. In the ever increasing tempo of daily life it is becoming necessary to ensure that training sessions do not become further extensions of day to day pressures. Apart from the obvious physiological advantages of LSD type work, the mental relaxation obtained in such sessions make it extremely advantageous when included in training schedules, 800 m. athletes often fail to appreciate the value of laying a firm foundation and building up over a long period. Many long steady distance runs by half milers deteriorate into laboured plods through impatience or reluctance to be seen running at an easy pace.

Providing the work out is relaxed and always within the capabilities of the athlete, the actual pace can be varied according to the changing severity of the terrain involved. Even though there is a definite place for several such sessions per week in the half milers schedule, it must be remembered that this event incurs the greatest oxygen debt of the middle distance group and, therefore, if specific training is to be carried out, then a major portion of schedules should comprise anaerobic work.

Long relaxed sessions in addition to the physiological benefits, help to increase the size of the heart and develop local muscular endurance. Interval training then improves the stroke volume of the heart, but these factors alone will not produce a champion 800 m. athlete. The high build up of waste products associated with intense activity require a further type of training, aimed at conditioning the body to tolerate and neutralise these effects, and it is this aspect of training which probably determines the ultimate success or failure in competition providing, of course, that the tactics used are efficient.

Observations and discussions suggest that some potentially good class Northern 800 m. athletes, especially some who profess to be self-coached, do not fully understand or appreciate the necessity of a programme based on physiological research. In the main, cross country and road races take the place of relaxed running, the recovery periods of interval training are over generous and sessions to develop tolerance of anaerobic metabolisms are almost non-existent.

Continued on page 25

There seems to be some confusion as to the age best suited to peak achievements and a number of athletes have become disillusioned at their inability to record a fast 800 m./880 yd. time before 22. Some consider themselves veterans at half miling on their twenty third birthday. This has inevitably led to their stepping up to a longer distance, consequently depleting the already numerically weak 800 m. ranks. Prior to the first World War, Ted Meredith set fast times as a teenager and in recent times the exploits of Ryun have substantiated the view, "if you are good enough then you are old enough". The general trend of world records appears to favour the mid-twenties, but Mal Whitfield was still recording fast times at 29 years of age, suggesting that with the necessary ability one is still young enough at that age.

Having attended both the A.A.A. and the Northern Youth and Junior Championships in 1970, it was rather disturbing to observe the tactics involved in the Junior 800 m. On neither occasion was any athlete willing to set a fast pace on the first lap and in the A.A.A. Junior race the time at the bell was around 60 seconds! This was 4-5 seconds slower than the youth race! For many years there has been a reluctance on the part of British half milers to accept a fast initial lap. By losing contact in the early stages athletes have made their task even more difficult as, not only do they face psychological pressures, but also encounter problems of clear passage.

How then do we set about improving standards on the Northern 800 m. scene? Possibly by the following:-

- (a) Endeavour to provide more competition.
- (b) Persuade athletes that their domestic priorities are A.A.A., Area and County Championships, thus ensuring maximum quality in these events.
- (c) Review coaching methods and hold periodic training sessions and conferences, for both leading athletes and coaches.
- (d) Ensure that training is specific to the requirements of the event and maximum adaptation of local environment.
- (e) Encourage athletes to accept that tactical races do not necessarily mean a slow pace.
- (f) Persuade young athletes to persevere, become knowledgeable and take a pride in their event.
- (g) Our athletes have the potential, let us help develop it.

In conclusion, it should be noted that any opinions expressed are relevant to the Northern 800 m. scene and whilst some similarity may exist in other Areas, it is not suggested that their problems are as serious as the North's. Success is not achieved on dreams, for the day only dawns for those who are awake. Things will happen but we must make them occur.

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How does training for cross country competition differ from training for middle-distance track racing?

It differs very little. In the US, cross country races are held over relatively fast surfaces, thus they may be considered "speed races" off the track. This element of speed necessitates an approach to training similar in most respects to training for track racing at middle-distances. Our cross country training begins after a brief lay-off or rest period from the previous track season. Athletes, therefore, tend to view cross country training and racing as an extended period of preparation for the indoor and outdoor track seasons which follow. Since cross country races may be longer than the athlete's track specialty, the distances run in cross country training tend to gradually become faster as his physical condition improves and the track racing season approaches. More of the cross country training tends to be away from the track. Often more longer, continuous runs are included than would be the case during the track season. However, since the purpose of training is to enable the runner to race faster (not slower), the element of speed must occupy a major role in cross country training. Thus by necessity there should be very little difference between the training for cross country and middle-distance track racing. (*Reprinted from Run, Run, Run*)

ATHLETICS WEEKLY

## Margaret Beacham In Top Form

WAAA 4 x 800 METRES RELAY

**A**NCHORING Barnet & District to a UK club best of 8:58.0, Margaret Beacham confirmed her recent excellent form by recording 2:06.8. In the absence of Cambridge, who clocked 9:02.8 in May, and indeed every other UK club except Aldershot, Farnham & District—clearly some hard thinking will need to go into the allocation of national relay championships for 1971—Barnet were aiming at under 9:00.0. Carol Gould, Gloria O'Leary and Joyce Smith laid the foundations of the record, which they can clearly reduce still further.

**GRAHAM SIDE IMPROVES AGAIN**  
Graham Side (Southgate), who turned 16 last week, improved his best mile to 4:14.1 at Harlow last Sunday in a BMC Young Athletes race. His lap times were 61, 64, 68 and 61.1.

## Alan Blinston Sets Pace In Linotype "5"

September 9th

**O**N a cool windy night, a group of a dozen kept closely together for the first couple of miles, before Alan Blinston went away on the downhill section. Alan piled it on in the third mile, and maintained his lead to the finish despite Ron Hill's belated attempts to close the gap—the Bolton man was racing only four days after his 30km exertions at Crystal Palace. Another who gave himself no rest was Arthur Walsham, who took the veterans award despite having won the SLH "30" on the previous Saturday.

**4:15.6 Mile by 15-year-old!**  
At Cambridge last Saturday, 15-year-old Graham Side (Southgate) won the BMC Youth mile title in 4:15.6, clipping a tenth of a second off John Drew's World Best at this age for the distance. Philip Dunn of Billingham (16) was second in 4:17.7.

ATHLETICS WEEKLY

### Spotlight on Youth

## Good 5000m. By David Black

**W**E have only recently learnt of David Black's UK age 17 5000m record at Perry Barr (Birmingham) on Aug. 1st. Running evenly with a willing pacemaker, David reeled off the laps in 70.4, 2:20.4, 3:28.2, 4:37.6, 5:56.8, 6:57.6, 8:09.0, 9:19.0, 10:27.8, 11:36.6 and 12:46.0. He reached the bell in 13:20.8 and covered his last lap in an even 66 for a total time of 14:26.8 to clip 7 sec off the previous age record shared by Julian Goster and Bernard Ford. David stands out as being one of the few Small Heath boys not coached by John Walker (who kindly supplied the lap times); and does most of his training alone. Thus in three successive weekends he ran 14:26.8 for 5000, 8:17.0 for 3000, and 8:17.0 for 3000 again, and won the AAA Junior title.

## PARIS FORM GUIDE

Compiled by Mel Watman

**H**ERE are the best 1970 performances by athletes known to be selected for, or otherwise likely to be competing at, the European Junior Champs. More than 500 athletes from 26 countries have been entered for the Championships, which will be staged on Tartan at Stade Colombes from Friday to Sunday.

**1500m:** 4:22.5 Clausnitzer (EG), 4:23.5 Andrei (Rum), 4:23.8 HASKETT (UK), 4:26.0 LOVELL (UK), 4:30.0 Schenk (WG), 4:33.0 Knutsson (Swe), 4:34.6 Haralanova (Bul), 4:35.0 Vaingarden (SU), 4:35.1 Malmstrom (Swe), 4:36.3 Tyynele (Fin).

**1500m:** 3:41.5 Justus (EG), 3:44.2 (4:02.2 mile) DENNIS (UK), 3:47.2 Morera (Spa), 3:47.5 Arcones (Spa), 3:47.6 Wellmann (WG), 3:47.8 Dima (Rum), 3:48.6 Wessinghage (WG), Van Laer (Bel), 3:49.0 Janczuk (Pol), 3:50.5 MACDONALD (UK).

**3000m:** 8:09.6 Kivinen (Fin), 8:09.8 Bruntsch (EG), 8:10.2 BOGGIS (UK), 8:12.4 Riesinger (WG), 8:16.6 Jackisch (WG), 8:17.0 BLACK (UK), 8:17.2 Malinowski (Pol), 8:21.6 Kotev (Bul), 8:21.8 Thomazo (Fra), 8:23.2 Sanchez (Spa).

### SPECIAL ANNOUNCEMENT

A SUPPLEMENT TO THE B.M.C. NEWS WILL BE PUBLISHED BEFORE THE TRACK SEASON.

