

Number 15

BRITISH MILERS' CLUB

NEWS - August - 1972

EDITORIAL

It had been hoped that it would be possible to produce this issue of the B.M.C. News earlier in the season, but unfortunately that has proved impracticable. However, now that you have it, I hope that you will find it interesting. Frank Morwill and Dave Cockage have contributed a great deal between them, and without their help this would be a very thin production.

I am sorry that there are not more reports from the Regions, but it would seem that the Area Secretaries are, on the whole, too busy to write reports. Since the last edition, Tony Saunders has resigned from his post as Regional Secretary for the Midlands, and it is fitting to record here the thanks of the Club for all that he has done in that Area. A new Secretary will be appointed at the A.G.M. which will be held during the Grange Farm week end.

At their April Meeting the Committee passed a resolution deploring the use of Age Records. It is hoped that the Press will not put emphasis on these and that they will be kept out of all publications in future. The aim of a young athlete should be to give of his best, and win races. If he creates a record in so doing, so much the better, but that should not be the main object of his running. Over emphasis on records is certainly a bad thing, and in recent years a cult of these age records has been all too apparent.

During the first half of the season, two races hit the headlines for two very different reasons. The first was the final of the Inter-Countries Mile, won in 24.06.8, with lap times of 69.5, 2.41.6, 3.43.0. Further comment should not be necessary, but it certainly makes Harry Wilson's article: "Let us forget..." topical! The second was the Emley Carr Mile, less than a fortnight later. Here the times of the first six runners were all inside four minutes, with the winner, Peter Stewart creating a new U.K. record of 36.55.3, and Club members Brendan Foster and Jim Douglas only just behind! All who were in that race should be congratulated on their magnificent effort.

The first number under the present editorship seems to have been pretty well accepted, even though there were a number unfortunate mis-prints. It was felt that we were a little hard on the ladies in asking them to run 500 Metres in 1.42.0 to qualify for membership of the B.M.C.

It had been hoped that members would find the time to write in, giving their views on various matters and commenting on the various articles, but it seems that they are too busy training and racing to get pen to paper. However, we are still hoping to receive your comments on the magazine and in particular on the more controversial articles.

It is the intention that the next issue will be published soon after the A. G. M., which will be held during the Grange Farm week end. After that we will try to get down to a regular pattern with issues in the spring and autumn.

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All items for publication and correspondence in connection with the British Milers' Club News should be sent to the above address.

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GRANGE FARM-'72

THE NATIONAL B.M.C. RESIDENTIAL WEEK END WILL BE HELD AT GRANGE FARM, CHIGWELL, FROM 29th, SEPTEMBER TILL 1st, OCTOBER 1972.

Invitation to attend should have been received all members by now. However, in case you have not received yours, or have lost it, full information is given below.

STAFFING ARRANGEMENTS: In attendance will be the Principal National Coach, National Coach, A.A.A. Staff Coaches, Senior Coaches, B.M.C. Coaches, also leading Foreign and British International and Olympic distance runners. There are vacancies for up to 150 athletes.

OUTLINE OF PROGRAMME: Saturday morning between 10 and 11.00 a.m. will be the reception period for allocating everyone to a room. Full details of the remainder of the week end will be sent to everyone a little nearer the date. There will be a modern feature film on the Saturday evening. Haemoglobin blood counts will be taken on as many athletes as possible over the week end. Individual results will also be given. Telemetry equipment will be available for use.

DESCRIPTION OF CAMP: Grange Farm is situated in the pleasant Rhodding Valley. It has 140 acres of hilly and undulating grassland, with an easy access to Epping Forest.

LOCATION AND TRAVEL: Central line to Chigwell (changing at Woodford). When arriving by Underground, turn right on leaving the Station and proceed up the hill. After passing the KINGS HEAD HOTEL and the Church, the entrance is on the left of the road. In addition, Nos. 167A and 10 Buses pass the centre. By Road, the A 113, about three miles south of Abridge.

ACCOMMODATION: The camp has dormitories, hot showers/baths and lounges, Etc. Twelve people to a centrally heated block, each has its own drying facilities.



COST PER PERSON: £5.00, which includes overnight sleeping and -
Saturday: Lunch, Tea, Supper
Sunday: Breakfast, Lunch
If you require Friday night accommodation with Saturday morning breakfast, the cost will be an extra £0.95 on top of the week end cost. Let Charles Booth know if you require this.

Disperse at approximately 4.0 p.m. Sunday.
PLEASE ENCLOSE STAMPED ADDRESSED ENVELOPE with your application.

As you can see, the cost is extremely reasonable and competitive. In order to secure your place, a deposit of £1.50 is required now, with the remainder one month before the date of the week end. Please help by completing the form at once and sending it to Charles Booth and not to me.

Geoff Smith
Eastern Secretary &
Course Director.

A Fine Race by B.M.C.

Youths & Boys

Invitation Boys' and Youths' 800M.
Hendon, 3rd. June, 1972

1. Grahame Cooper	1.56.5	FB
2. Paul Williams	1.56.8	FB
3. Wayne Terquini	1.59.5	FB
4. Pete Greenland	1.59.5	
5. Sebastian Coe (North)	1.59.9	FB
6. Garry Jarvis (East)	2.00.1	
7. Steve Jacob	2.02.1	FB
8. Pete Pittsimmans	2.05.8	FB

JIM DOUGLAS

Breaks U.K. 1500m. record

Sergeant James Douglas, born of Scottish parents in Devon on a bright summer's day in 1945 as the last war was ending, broke the U.K. 1500 metres record in Athens on June 26th, 1972 in 3:58.7. This is equivalent to a mile in 3:58.7 (We add 17 secs. to the 1500 time when the pace is below sub-4 minutes, and add 18 secs. when it is slower than 4 mins.).

On the same track in September three years before, in September 1969, James Douglas was knocked out of the heats of the European 1500 Championships in a time of 3:44. He was found to have run the race with a fractured fibula.

In 1970 James Douglas suffered two more fractures, one in the other fibula and one in his metatarsus bone. In 1971 he suffered a further fracture of the fibula. He started training again in January 1972 and has achieved his present state of fitness after six months.

Coached by Frank Horwill, since 1969, Jim Douglas is a disciple of training at five different paces every ten days. Here is a specimen cycle which he achieved just before going to Athens:-

Monday - a.m. 7 miles steady
p.m. 7 miles steady
Tuesday (400 Metres pace)
1 x 500 in 37.5
1 x 200 in 25
1 x 400 in 12.5
1 x 50 full out
Wednesday - a.m. 7 miles steady
p.m. 7 miles steady
Thursday (5,000 Metres pace)
7 x 800 in 2:45 with 45s. rest
Friday - Rest if race, otherwise
a.m. 7 miles
p.m. 7 miles
Saturday - Race or Time Trial
Sunday (3,000 Metres pace)
16 x 400 in 62s. with 45 rest
Monday - a.m. 7 miles steady
p.m. 7 miles steady
Tuesday (1,500 Metres pace) /rest
3 x 800 in 1:38 with 25 min.
Wednesday - a.m. 7 miles steady
p.m. 7 miles Steadik
Thursday (800 Metres pace)
4 x 400 in 54s with 25s. rest
Friday - Rest
Saturday - Race or Time Trial

Jim Douglas was a 40.8s. miler when he met Frank Horwill in 1969. He had done this time four times and was stuck. Frank revolutionised his training by making him train at various paces and over distances of his race, e.g. 1 x 2,000, 2 x 1,600, 3 x 1,200. Frank calculated from his statistics what Jim should do for 5,000, 3,000 800 and 400 metres, and then gave him sessions at these paces with different rests. When doing 5,000 pace work he

was to jog one eighth distance rest, for 3,000 pace work it was one quarter distance jog, for 1,500 it was one half distance jog of the repetition. For 800 pace work it was equal distance jog of the repetition, and for 400 metres pace work it was double distance jog.



JIM DOUGLAS

Jim also suffered from ease of stress and was put on Vitamin 'C' 200 milligrams per day, 100 milligrams of ferrous gluconate and 15 grains of Vitamin 'B'.

He is a story of determination in spite of setbacks and utter faith in his coach.

SUBSCRIPTIONS



HAVE YOU SENT IN YOUR APPLICATION FOR THE S.A.C. WEEK-END AT GRANGE HARM?

IF NOT - DO SO NOW

Report from the..... EASTERN REGION

The region started the new year with a training day at Luton in January, in conjunction with Luton A.C. My thanks must go to Jack Walters, of Luton, who once again was the perfect host, and also for ensuring that the day was a complete success. Over 100 athletes turned out for the day, of whom 61 were M/D and 43 were sprinters. The sprinters were adequately looked after by Jack Walters, Ian Green and Don Holliday. Frank Horwill gave one of his enlightened talks, this time on tactics-kick. All in all, and with the weather being good, the day was apparently enjoyed by everyone who attended.

The Eastern then attempted to stage a graded track meeting on Sunday March 12th., but unfortunately it was snowed off. Not to be deterred however, the meeting was staged at the same venue, Stockwood Park, 7 days later. Although the numbers were not as good as they would have been the previous week, 75 athletes turned up to compete. My thanks must go to the groundman two weeks on the trot for our exclusive use. If a Tartan track were put down in or somewhere around the Eastern area, I'm sure that successful graded meetings could be staged throughout the winter on Sundays. We could then rival the South who make excellent use of the Crystal Palace on one Wednesday each month for those who can get there, and get home!!

Our next venture in the East was the staging of another pre-match mile race in Saturday March 23th. at Norwich F.C. who were at home to Blackpool. Maurice Benn was the winner in 4.10, with Jim Douglas 2nd., 4.14.4, Pete Brown 3rd., 4.17.4. There were six runners altogether. For the sceptics who say that the mile is not accurate on these pitches, let me inform you that it is measured with a surveyor's wheel. Benn now has the label of the Football Mile Champion, this being his second success in this event, having won the Chelsea mile last year. A prize was awarded to Maurice by the Chairman of the Norwich Football Club.

On April 26th, at Newham the region staged the 600m. For men and women in the GOLDEN WINDER, Newham A.C. Floodlight Promotion Event. Unfortunately in the Women's 600m. there was a terrible mix-up at the first bend and a couple of girls fell over and three dropped out. This spoilt what appeared to be a very interesting race the eventual winner of which was Janet Skippin in 3:9, 2nd. Margaret Beacham 3:7, 3rd. E. Kubasu 3:6. The Men's race was for me the best race of the evening, simply because of 16 year old Steve Overt. He ran second only to Martin Winbolt-Lewis and clocked a staggering 79.5. For a 16 year old to clock this must surely mean that there is at least a 1.52s. in his this year! The way he powered himself down the last 100m. was a joy to watch.

Incidentally he has clocked a 49.2 for 400m. and finished second in the All England Cross Country Championships 1972. Makes you think, doesn't it... Versatility - Speed - Balance - Determination, you name it, he has got it or so it appears anyway.

One more attempt was made to get a sub-four minute mile in the area and once more it ended in failure. Beaten by the weather and not by the determination of the runners. The setting was Harlow on Sunday May 7th. in the second Fitzroy Bowes Trophy Mile. There were gales blowing all day, so any thoughts of a fast time were immediately forgotten. The boys opened up with a 59 first lap, followed by 3.01, then 3.02 before Jim Douglas unleashed a powerful kick for home to win the trophy in 4.05.5, 2nd. John Sadman 4.05.8, 3rd. Maurice Benn 4.05.9. Ten runners took part.

On Monday May 22nd. I had the privilege and honour to attend a private dinner to celebrate the book, "THE COMPLETE MIDDLE DISTANCE RUNNER" by Frank Horwill, Harry Wilson and Dennis Watts. This book, and I can assure you this is not sales talk, is excellent value for money, and it has information for all athletes as well as coaches/aspiring coaches about to take exams. Some of the subjects



STEVE OVERT

covered are Psychology - Diet - Training Systems - How to diagnose Injuries. All this plus much more for only £1.50.

Looking ahead, there are a number of races lined up in the region for men and women. Starting at Peterborough on 2nd July, a mile for women, then down to Luton for a mile for men on July 9th., across to Watford for two 1,500m. races for men and women. The Eastern has also been asked to stage the mile for women in the Welsh Games, which is the same day as Watford, July 22nd.

Looking a little further ahead, Grange Farm National Weekend on September 29/30, October 1st. For those of you who may not be familiar with what this means, then quite simply it's the biggest gathering of Top Middle Distance Runners in the country. It is open to Members and non-Members. It lasts for two full days, during which time we all listen to speakers and discuss plans for the future. Coupled with all this, of course, are the enjoyable training runs! All B.M.C. Members should have received a personal invitation to attend by now.

Ipswich Town F.C. have agreed for the B.M.C. to stage another mile pre-match race next season at a match of our choice. All the boys who have run in these races agree that the atmosphere is terrific.

All in all I feel that the region is playing its part in keeping and raising the status of the Club. In the area we have a spate of champions in their own right. The four athletes that I feel will continue to go from strength to strength in the near future are: Barry Smith, Kevin Secore, Julian Goster and Ian Graham. These boys deserve all the success they may have, for all the hard work they do. Good luck to them, and also all Eastern B.M.C. Athletes who seek athletic success.

Cacll Smith
Staff Coach
Eastern Region Secretary



MARTIN WINBOLD-LEWIS

B. M. C. - VESTS & TIES.

May I, through the kindness of the Editor, remind all male members of the Club that the Club Tie is available at a cost of £1.00 (Post Free). It is being worn by almost 50 members and among the personalities wearing the tie are Derek Thotson, Dave Bedford, Hugh Barrow, Frank Davies, Eddie Powell, Charles Booth, Alf Wilkinson, Frank Horwill, Seall Smith etc. Even Martin Wales (the Club Treasurer) bought one and out of his own pocket!

The tie has been described from "very attractive and colourful" to "a smart piece of tailoring". For those who have yet to purchase the tie and so are unable to imagine it, a brief description follows:-

"Navy Blue with an all over motif, in full colour, of a runner on a Union Jack with B.M.C. beneath. The tie is made of 100% terylene." Male and female club vests are also available and cost £1.10 for the former and £1.20 for the female. The vests are also post free. Cheques and postal orders should be made payable to the undersigned or the British Milers Club and cash with order would be appreciated.

The ladies have not been forgotten in respect of a recognisable Club eekles/motif (one or two hints of jealousy have been aimed at the men and their evaluative tie) and ideas are being formulated and quotations sought.

Please support your British Milers' Club in these ventures because all profits from sales are eventually ploughed back into the Club for your benefit.

Orders and enquiries regarding vests and ties please to:-

Bill Bennett
6 John Tapping Close,
Walsley, DEAL,
Kent. Tel:- Deal 3047



"LEST WE FORGET....."

By Harry Wilson, B.M.C. Chairman.

One of the aims of the B.M.C. was to attempt to raise British miling to world supremacy. We hoped that, in years to come, our runners would meet and beat the best in the world at 1500m. and 1 mile and the world ranking lists each year would contain a good proportion of British names. As yet we have not yet reached this position and we are still treating "inside a" as being of prime importance, instead of thinking of times that will approach and surpass the present world records. So it seems to me that if the

B.M.C. are going to the trouble of arranging paced races we must aim for 3.55.0, and not inside 4. Athletes will have to aim higher in their fitness levels.

IN MY VIEW WE ARE LETTING DOWN THE SPONSORS OF RACES UNLESS WE HAVE SUCH TARGETS IN MIND.

It is obvious that if people are going to provide fairly large sums of money for invitation races they are going to expect some return for their money. If the race results in a fast time their return is twofold - local and national publicity and satisfaction that their money has gone towards the general improvement of the event. But, if the race is poor their reactions are quite different and often run on the lines of "is it worth while sponsoring another race next year?" I spoke to the representative of a firm who sponsored a big race (non B.M.C.) recently and he was bitterly disappointed that his firm's money had been spent on a performance that could be found in most good class trophy meetings. It is no good athletes saying "we will please ourselves how we run" - surely if we accept sponsorship we accept the responsibility that goes with it - to attempt to PRODUCE AN EXCITING RACE IN FAST TIME.

I mentioned earlier the practice of having paced races to produce fast times but I feel that this practice is reaching the point where many runners are saying "unless we have a pace maker we can't run fast times." If this is the case the B.M.C. has failed because I'm sure our aim was never to produce a crop of allers whose ability to run a fast time mainly depended on assistance from other runners. I accept that pace making is valuable on occasions and that some runners find following much easier than leading, but part of an athlete's training plan must

be to put himself in a position where he can go out up to his level of fitness at any particular time. I'd like to think that there are times when an athlete will say: "I'M GOING OUT TODAY TO RUN AS FAST AS I CAN - IF ANYONE BEATS ME THEY'LL HAVE TO RUN FASTER." I know that the main object is to win but there are ways of winning a mile race other than running three laps slowly and one lap fast. In so many cases this sort of running results in satisfaction for only one runner in the race - the winner. The others are usually frustrated by not winning and by finishing with times well outside their capabilities. Its of no value to go on about last laps of 54 or 55. We can expect very fast last laps if the first three are slow.

A coach's job is to help an athlete achieve a high level of fitness and it must be the athlete's job to attempt to pace up to this level. If an athlete knows from his training that he can run inside 4.10.0 for a mile, let's have him go out and try to pace up to this level. If he runs a personal best but gets beaten, he will have been beaten by a man who is just that bit fitter on the day, not by the man who is not so fit but happens to be able to run a faster last lap after three slow laps.

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

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



START OF THE CHELSEA MILE - G. to S. Stearns, Roseman, Peake, Colman, Penn, Ripx and Thomas.

THE CHELSEA MILE:

The Fans Remember.....

The following article is included by kind permission of the Chelsea Football Club and is taken from their Programme for the Chelsea/Atridberg Match on Fri. November. The photographs were taken by John Roden

You may remember that back in September, at the game against Derby County, we staged a new type of pre-match entertainment - an Athletics event styled "The Chelsea Mile". In the programme that day we stated that it was the first time that a mile had been run at Stamford Bridge since 1889...and that our older supporters talking, telephoning, writing.

Mr. K. Gould, of Flat 2, 317 Norwood Road, London S.E.24, wrote to say he was here in the early 1930s, when Oxford & Cambridge met the American Universities Harvard & Yale and, "If memory serves me correctly, the mile was run by a red-haired Yale runner named Record."

The most surprising letter on the subject came from Mr. S.H. Radley. Surprising because he wrote all the way from Canada (his address is 835 Parklands Drive, Victoria, B.C., and he tells us he listens every week to Chelsea's result on the radio in Canada). He said, "I'd like to bet 100 bucks that I saw D. Stallard win the mile in the A.A.A. British Championship at Stamford Bridge in 1974."



MAURICE BREEN wins the CHELSEA MILE

A Closer Look at.....

JIM RYUN

James Ronald Ryun is the fastest miler of all time - the stopwatch tells us that. But is James Ronald Ryun the greatest miler of all time? Well, that's certainly debatable. Ryun was the master of all he surveyed in 1967; undefeated at all he distanced from 800 yards up, he owned world records of 1.44.9 for 800, 3.33.1 for 1500m, and 3.51.1 for one mile. He just couldn't lose a race - until the big one in the 1968 Mexico Olympics. True, injury and severe illness had slowed Ryun's progress, but since that Olympic final something of the vital Ryun magic has been missing. It was thought he would always win out in a sprint finish - until Marty Liquori decisively outpaced him in a 3.54.6 effort last year. A big question mark hangs over Jim Ryun as he embarks on his final build up to what could be his third Olympics. Whatever happens he is certainly an older, wiser and perhaps sadder man who answered questions posed by colleague Dick Drake recently. The Jim Ryun of today is a mature family man, a very different personality from the raw 17-year-old who travelled with the U.S. Olympic Team to Tokyo in 1964, eight years ago.

What are you doing for coaching now and how might that change in the future?
I don't have a coach right now, and I probably won't have a coach, simply because a coach can't anticipate how I'm feeling, what I think I need nor the work circumstances. Basically, I'm doing things that Timmons has trained me on all along, with some variations. Jack Daniels has been giving me some insight on training. I have incorporated some of the sessions of his I used in preparation for Mexico. So it's essentially a composite of all the different training methods I've learned. I'm getting in the same amount of work as before, because I'm working on my own.

Let's go back to the 1968 Olympics. Let's for a moment ignore your various problems except for the question of altitude. Would you, in retrospect, run the Olympics at altitude?

That's a good question. I would almost say "no" at this point. The only reason I would consider running, knowing what I do now, is because it is difficult to cast aside four years of preparation; and I also wanted to be part of the Olympic Team. It's difficult to justify, but I don't think I could scrap four years without at least trying. The altitude was a bitter thing to take because you couldn't do anything about it.

Considering all your ailments and problems, would you do anything different in terms of preparation for the altitude and in terms of race strategy?

I don't think there's such else I could have done differently. There was no way I could have become better prepared. I was certainly having various problems with the hamstring and the mono which caused slow-ups, but they came early enough so that I had a good enough background to return quickly. Actually, as far as the race goes, I'd have to rate Mexico as one of the best races I've ever run. There just wasn't any other way for me to run at altitude and I was able to maintain my race plan. In fact in a way I feel I won that day, because I won the race against the altitude. I ran much faster than I was supposed to or thought I'd be able to.

What advice would you offer to a High School Coach who suddenly was confronted with an athlete of great potential?

One thing for sure, he must have the complete confidence of his athlete. There must be a good relationship. For instance, the coach shouldn't sacrifice working the athlete hard if he thinks he needs to be worked hard. Yet, he must be a well adjusted person to be fair in working with an athlete who has placed his confidence in him. A coach shouldn't just be able to put him under his thumb. A coach certainly must be sincere. It really takes a unique person to be a coach, certainly of a top athlete, because his is an individual situation and there are a lot of individuals on a team.

What can you tell of your relationship with Timmons?

I think he's a sincere and honest man. I think a lot of the things that happened in the past between us were not big issues, most were the type of thing that happens between any coach and athlete. Because of the situation both of us were in small problems became glorified. Obviously, if the problems were significant or still were problems, he, his wife Pat and myself would not be so close. And at this point I feel quite close to them.

Talking about your comeback will you be happy with success at any level lower than that which you attained in the past?

Essentially no. It's not that I have to be number one, but I think that the circumstances surrounding a return to top class racing the pressure that people expect top efforts out of me - eventually would drive me away. What people expect and what newspapers print become more of a problem when you have a family.

How do you generally react to pressures?
In general I'm immune to outside pressures. I'm sure you're going to hear it different from other people. Newspapers generally do not bother me that much. The most pressure is generated from within me. If I don't need to run a certain time in a race, then no matter what the papers say, I'm not going to run it.

Assuming that you don't reach top grade in the 1500, what other event would you try with Munro in mind?

This may surprise you, but the 5 miles or

5000m, is my next favourite event. I enjoy a half mile but I'm usually not ready for an 800 until late in the season. And to run a really good half, you have to run it several times, I think, to get the feel of running fast and to know that you're able to control things. Whereas in the 5000m, you're dealing with a slower more relaxed pace.

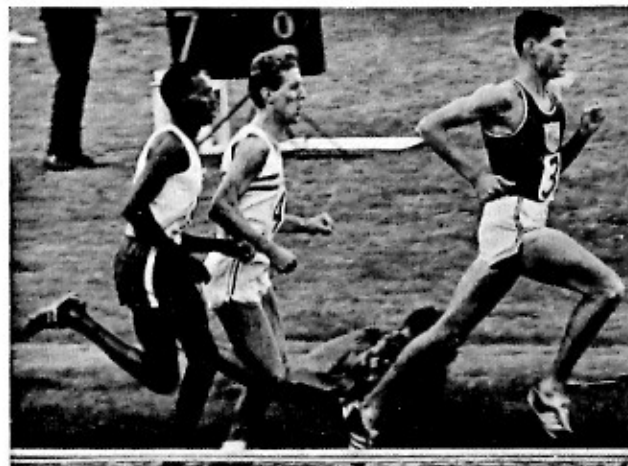
What do you think of the tag that's been put on you of being the "All-American Boy"?
It has some misleading connotations about it. Today, people tend to think that the All-American Boy is a sort of prize in a way and that he doesn't do anything wrong or make a mistake now and then. Now, if you have short hair, suddenly you're an All-American Boy. I see nothing wrong with a person wearing his hair long. I don't feel as though there have been any pressures forcing me to live up to an All-American image. That's the way I live, basically, and I want to give the people who are watching me an honest view of what I'm really like. I'm not trying to live up to any particular image.

What are your feelings on amateur athletes being paid for racing?

Personally, I consider the whole world should consider the issue of money for track and field. In terms of prizes, they should be unlimited in type. If an athlete wants a television set, then he should get a television set for placing well. But if he wants money instead, I think that should be permitted. Many trackmen are married and out of school and they really need the money. There's not such money in the sport, of course, but I think there's enough to reimburse the first through say fourth placers in big races. The cash instead of the prizes would really help. I don't think it would destroy amateur concept. It's essentially what we're doing now so why not make it legal? Actually I'm concerned about removing the hypocrisy and double standards that now exist.

My thanks to Dick Drake of "Track & Field News" for allowing me to reprint excerpts from his in-depth interview with Jim Ryun.

Dave Cockeidge



JIM RYUN leads JOHN WHETTON & KIP KEINO
Emaley Garr Mile - 1967

ELEMENTARY PHYSIOLOGY OF MIDDLE-DISTANCE RUNNING...

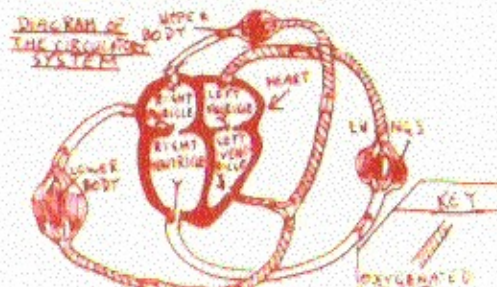
By Frank Marshall. Lecture to the English Schools Athletic Association, Lillehall, April 1972.

Middle distance running is a battle for oxygen. The supply can never keep up with the output. In other words, you use up more oxygen while running than you can breathe in. When your oxygen supply cannot meet the demands of your body, you are said to be running **anaerobically**. This would, for instance, occur in the latter half of a 1500 metres race. When your oxygen supply does, very largely, meet the requirements of the race, you are running **aerobically**. This would be the position during the main part of a 5000 metres and 10,000 metres race. When running anaerobically, you are borrowing oxygen, hence the expression "oxygen debt". For example, it takes 27 litres of oxygen to run an 800 metres race. You can breathe in only 9 litres during the race, and you finish with 18 litres owing to the body.

All training is aimed at delaying the onset of oxygen debt and learning to run through its discomfort when it occurs.

The fitter the athlete the greater the delay. Level paced running has been proved to reduce the onset of oxygen debt. Do not misunderstand the term "level paced running". It does not mean running slowly at the beginning of the race and then running faster at the end. This may win local, county or even some national titles; however in the European, Commonwealth and Olympic Games, there will be no slow running in any part of the race! Level paced running really means this in practice: if you are a 4 minute performer at 1500 metres and you wish to do 5.56 in your next race, you will need to do 65.5 seconds per lap for the first three laps and just under 48 secs. for the last 300 metres. If you allow yourself to be drawn into a rash pace of 60 sec. for the first lap, 61 for the second, then the odds are that your third lap will be a collapse of 70 sec! The last 300 metres being run at a very painful and ever decreasing speed. It should be stressed here that level paced running requires increased effort each lap. Not level effort.

The body attempts to ward off the onset of oxygen debt by changing pyruvic acid in the muscles to lactic acid; however, the ever increasing quantity of this acid has side effects: weariness, growing acidity of the blood which will lead to dizziness.



Oxygen is breathed in via the mouth, it then passes into lungs and is diffused into the blood from the air sacs, this process is called oxygen uptake. At this point, used air (carbon dioxide) is passed into the lungs and exhaled. Freshly oxygenated blood passes from the lungs into the left auricle of the heart, thence through a valve into the left ventricle. The ventricles play an important part in your running. The left ventricle pumps blood via the aorta to the body, while the right ventricle pumps oxygenated blood (purple) to the lungs to be oxygenated and passed into the left auricle. Return blood which has served its purpose of conveying oxygen to the body tissues, then returns to the right auricle. The circulation from the left ventricle is known as the **systemic** one, and the circulation from the right ventricle is called the **pulmonary** flow.

The heart is a muscular pump and like all muscles, exercises will strengthen it. Its size will increase with strength and its pulse rate will decrease. The amount of blood pumped out by the contraction of the ventricles is called the **stroke volume**. The pulse rate per minute can be taken by placing the fingers on the wrist just below the main muscle of the thumb. Other places to take the pulse are under the jaw-bone close to the wind-pipe, after violent exercise the hand can be placed directly over the heart on the left side of the rib cage just under the breast.

An example of how the unfit and the fit hearts vary in performance is given below:-

UNFIT HEART

80 beats per minute at rest around mid-day. Can multiply its beat and output of blood 2½ times to a maximum of 200. Maximum blood output during violent exercise would be 32 litres per minute with an oxygen uptake figure of 1½ to 2 litres per minute.

FIT HEART

40 beats per minute at rest mid-day. Can multiply its beat and output of blood 5 times to a maximum of 200. Maximum blood output during violent exercise would be 32 litres per minute with an oxygen uptake figure of 5 to 6 litres per minute.

In practice, the man with a heart rate of 90 would collapse after the first lap of an 800 metre race in 60 seconds, while the 40 beat man would go even faster on the second lap to record a time of around 1min.50sec.

There now arises the best methods of obtaining a fit heart. Diet plays an important part in this process. Blood lacking in iron will not convey its full quota of oxygen. It has been proved that middle distance athletes require more iron than the average person. For female runners it is essential that iron supplement is taken under medical supervision. A female blood count average is 13.8 grams of iron per 100 millilitres, a male's count is 15.8. Since 1 gram of iron takes up 1.34cc. of oxygen in the blood, it is a serious matter to be below average. It is a wise plan to take an iron supplement for 14 days at a time with 7 days off it. Doses of 100mg. a day are recommended in tablet form.

TRAINING THE HEART FOR STAMINA.

The following methods all achieve the same result sooner or later:-
1) Slow runs increasing in distance each month;

- 2) Fast and slow running in parks, tracks, forests, playing fields
- 3) Gerschler interval training
- 4) Stampfl repetition running
- 5) Racing over distances
- 6) Sustained fastish running over distance of race

a) Slow runs increasing in distance each month will increase the size of the heart and slow down the resting pulse, provided the runs are not too slow. A rough guide for girls over 16 years of age is 7½ minute mile pace, e.g. 3 miles in 22½ minutes. For lads over 16 years of age the minimum pace would be 6½ minute mile pace, e.g. 4 miles in 26 minutes. If in October you are running 5 days a week at 5 miles a day, having a day off before a race, and racing 3 miles, you mileage will be 18 m.p.m. You should attempt a 25% increase each month, i.e. 22 miles in November, 27 miles in December, 33 miles in January, 41 miles in February, 51 miles in March. This is called **progression**. The following year you would start off in October with the mileage you were doing the previous November and follow the same procedure. It will take about three years to get up to 100 miles per week. At this point you must decide whether you wish to carry on to 200 miles per week and risk serious injury or to stabilise your mileage at this figure of 100 miles per week and progress by making your outings faster, e.g. 7½ to 7 minutes for girls; 6½ to 6 minutes per mile for lads.

A physiologist called Karvonen, brought out a training threshold table, which you can use for yourselves. This table tells you what pulse rate you must achieve in training for stamina before it is actually improving your condition. This is the procedure:-

Take your resting pulse, e.g. 80. Deduct this from 200, this gives 120. Take 60% of 120, which is 72. Add this 72 to the resting pulse figure of 80 and you will get 152. This is the pulse rate you must achieve in your slow runs if you wish to obtain the training effect.

b) Fast and slow running off the track in woods, parks, commons and forests, even on the road, have been popularly attributed to the invention of the Swedish coach, Goesta Holmer, in the 1917-1918 era of the two Swedes, Arne Anderson and Gunder Hagg, who repeatedly broke records from 1500m. to 3000m. They trained off the track on a 5000 metre circuit of their own choice in the woods. This circuit included flat terrain for fast work, a steep hill for stamina and endurance. Mentally they divided the track into lengths on which they did specific work. This is a sample session:- Jog 1500 metres, stride for 1000 metres at best race pace, jog 500 metres, run up steep hill at full effort, jog to finish. This circuit could be completed by this way in under 30 minutes. Of course, there was nothing to stop them going round the circuit again! which they did.

One of the advantages of this method of training is that you are training in pleasant surroundings, the pressure of running to set times is absent, you make up your own session dependent on how you feel, you get a more varied pace of running and you push your pulse rate well

above the plateau pulse of 140 expensive and long runs. Also, when you do start specific track speed work you are not likely to get injured as easily as you would if you have been doing leading jogs of about 6 m.p.m.

a) A German physiologist, Waldemar Gerschler, at Freiburg University, stated in 1935 that the most efficient method of obtaining stamina was to do interval training. He condemned long runs as wasteful of time and effort. His system was, give an athlete's best 200 metres time, e.g. 26 seconds, add 5 seconds to it and get him to do repetition 200s at this speed of 31 seconds. This would raise the athlete's pulse to around 150. He should then rest until his pulse reaches 120 beats per minute, whereupon he should start another 200 metres repetition. The pulse must recover to 120 in 90 seconds. If it does not, the athlete has been running the 200s too fast or he has had enough. There is no doubt that Gerschler's findings are valid. At first, many athletes require 90 seconds rest before they get a recovery pulse of 120, but after daily sessions of this work, the recovery rate is halved to 45 seconds and a further six weeks later seen this again halved, so that a session of 16 x 200 metres in 32 seconds can be achieved with only 22 seconds rest. The heart, however, reaching rates of up to 180 at the end of each run. When the athlete reaches this stage of recovery he is ready for some good performances.

For some reason, Gerschler's methods have never been popular as a means of obtaining stamina. Athletes prefer to run for two hours in all weathers over all surfaces, rather than subject themselves to 30 x 200 which can be completed in one hour.

There is a strong case for alternating the methods stated in (a), (b) and (c), e.g. Sunday, long slow run. Monday, fast and slow, Swedish style. Wednesday, Gerschler interval session. Where there is no track, the athlete can either mark out 200 metres on grass or, do a Gerschler fartlek, i.e. stride for 30 seconds over any terrain and jog 90 seconds recovery. Each month the athlete should reduce the jog by 15 seconds until just 15 seconds jog is left.

a) Franz Stampfl's method of maintaining stamina and speed throughout the year was simplicity itself, not time consuming, precise and a little boring! Roger Bannister's training exemplifies the Stampfl method. In October they would go to the track every other day and do 10 x 400 metres in 66 seconds with 400 metres jog recovery which took 2 minutes. Including lather up, their total workout was six miles and they averaged 90 miles per week. No other running was done. They did not race cross-country very much, a race a month or less. Each month the speed of the speed of the 400s was increased, so that in November they were done in 65, December in 64, January in 63, February 62, March 61, April 60 and May 59. After December, one of the 10 x 400 sessions was dropped and in its place 5 x 800 was introduced at the same speed per 400 as the 400s, i.e. 5 x 800 in 2mins.60seconds with 400 jog. After March a further 10 x 400 was dropped from the weekly routine and in its place a

$\frac{1}{2}$ mile run at the same pace e.g. 3 mins.
Naturally athletes must adapt the times to their own standards, but a guide to boys over 15 and under 15 would be 10 x 400 in 80 seconds, reducing to 74 seconds. Youths over 15 and under 17, 10 x 400 in 76 seconds, reducing to 70 seconds. Juniors over 17 and under 19, 10 x 400 in 68 reducing to 62 and under. For junior girls the times recommended would be 84 seconds, reducing to 78. For inter girls, 80 seconds, reducing to 74. For senior girls, 76 seconds, reducing to 70.

e) A very simple and effective way of maintaining stamina in the track season and to some extent in the winter, is to race over-distance. If you are a specialist 800 runner, then races at 1000 and 1500 indoors are recommended. If you are a 1500 metre runner, distances of 2000 and 3000 should be tried. Five thousand metre men should race at 10000 metres as well as do road races of from 5 to 10 miles. Ten thousand metre runners should race up to 20 miles on the road as well as enter the major cross country races.

f) Sustained fastish running over the distance of the race was popularised by Jack Lovelock in 1936 and is a useful psychological boost for athletes who are worried about their finishing strength. This is how it is done:-
A specialist 1500 runner adds 10 seconds to his best average lap time for the distance, e.g. 3.42 pace is 60 seconds per lap. Add 10 seconds to this and run 10 consecutive laps at 70 seconds per lap, i.e. 14 mins. 40 secs.
A specialist 800 runner adds 5 seconds to his best average lap time for the distance, e.g. 1.32 pace is 56 seconds per lap. Add 5 seconds to the time and run 5 consecutive laps at 61 seconds per lap, i.e. 3 min. 3 secs.
The times can be adjusted. For instance the 1500 runner may wish to run only one lap more than his distance, in that case he would add only 5 seconds per lap. Further, the 800 runner may wish to cover only 200 metres extra, add 3 seconds per lap only.

THE END

Suggested readings:-
MIDDLE DISTANCE RUNNING by Terry Ward, A.A.A. publications, 25p.
***THE COMPLETE MIDDLE DISTANCE RUNNER by Messrs. Watts, Wilson & Horwill, published by Stanley Paul, £1.50p.
RUN - RUN - RUN, edited by Fred Will, published by Track & Field News.

**Particularly recommended for those taking B.A.A.B. Senior Coaching Exam.

Result of the NEWHAM 1500m

Newham Invitation 1500 Metres
Newham, 26th. April, 1972

1. Jim Douglas (S.West)	3.45.6
2. Ron McDonald (S'land)	3.47.6
3. John Cadman (Midlands)	3.48.2
4. Ray Smedley (Midlands)	3.49.6
5. Richard Hollings (N.E.)	3.49.7
6. John McCarthy (N.E.)	3.50.6
7. Frank Davies (N.West)	3.51.3
8. Dick Mills (Midlands)	3.53.4
9. Vic Smith (South)	3.53.4

PHYSICAL FITNESS AND THE MIND. If the question of athletic success revolved round just getting athletes fit, the job of coaches would be an easy one. Unfortunately this is not so. Many super fit athletes fail badly in races because they have not trained their WILL-POWER. We are a combination of MIND, BODY and WILL. All athletic textbooks tell us how to train the body, but they say little of the mind and will. Start to-day by training your will-power. Here is a simple exercise for will-power training:-

Every Monday morning rise thirty minutes earlier than you normally do. Go for a three mile steady run. Do this on four consecutive Monday mornings. When you have done this four times, you will have increased your will-power by ten per cent! Now, to increase it by a further ten percent making twenty percent in all! Every Monday and Wednesday do the same for four weeks. Then for the third month do it Monday, Wednesday and Friday. Keep it up until you can get up every morning thirty minutes earlier than usual and do a 3 mile run without thinking about it. When you can do this every day you will have improved your will power 70%. TRY IT NEXT MONDAY.



ANDY CARTER

Report from the..... NORTH-WEST REGION

I think we can say the preliminaries and sparring are now over and many will find they have left everything to the A.A.A. This may prove rather costly to some for it is not always easy to turn a good race out without having had one or two previous good efforts. I say this because this season it has been very difficult to arrange races and many offers of help in arranging races have not even had a reply. From the races we have staged at Longford Park, Stratford, and the results, I consider Olympic qualifying times would have been possible. Without Olympic prospects in the races, 5000 in 14.11, 5000 in 8.13.2, Mile in 4.02, 1500 in 3.44.2 and Women's 1,500 in 4.22. In this, of course, Norine Braithwaite on her own and she may well be a strong contender.

Considering the weather and the particularly strong winds our races have produced to date 19 personal bests in the mile, 1500 and 800 alone. The best four times are- Mile 4.02.0, 4.02.2, 4.04.0, 4.04.5 - 1500 men 3.44.2, 3.44.3, 3.45.1, 3.46.4 - women 4.22.0, 4.27.4, 4.28.9, 4.31.6 - girls 4.35.2, 4.34.8 twice, 5.00.3 - 800 M. 1.52.3, 1.53.0, 1.53.9, 1.54.1 - 3000M. 8.13.2, 8.15.6, 8.16.8, 8.17.6 5000 M. 14.11.8, 14.15.4.

We have and always will try to fix up races over any distance for any member, or for that matter non-member given a few days warning. Ladies' 400 for Gloria Bourass with Sandra Dyson, both 56.3. Janet Lawrence 1590 for 13 year old best, 4.35.2. Norine Braithwaite's 1500 in 4.22 are a few examples.

From this it would seem that we have only been active in our area, but this is not the case. At least 14 North Western Members have accepted invites and run outside this area, most of these in the London area and from this it would seem that our performances have been noted.

Our races in the future, July 18th. Stratford and August 12th. Stratford. On August 12th. Women's 400 Trophy, also Women's and Men's 1500. Girls' 1500. July 18th., 800s all groups. Also on August 12th. we have invitation mile and 5000 at St. Helens. Expenses paid and prizes for first four. Can accept requests for these two races out of this area from good standard performers. August 19th. Men's mile and 5000, also Women's mile or 1500, expenses and prizes. Accept requests from midlands for these held at Ashbourne Show, near Derby. Will also have Blackburn, date not yet decided. Thus we will have had approximately 30 races in the season. I would thank you all for the aggressive way you have run in these races and also special thanks to those of you who have offered to do the early work in these races and I hope that when you are ready we can help.

Last, but by no means least our Members. Andy Carter, a great series of 800s: 1.47.0, 1.47.6, 1.48.0 with really aggressive running. It took 1.46.8 to pip him the other day.

Then our Northern Counties winners, Colin Cusack, Marion Hopworth, Jean Leeburn, Chris Mason. Five runs by Alan Minston and Ricky Wildo. Congratulations to Christine Trueter on Junior International. Many County Championships - first three in some cases. David Brennan, Norman Peels and Jeff Willshire, now showing that they will be forced to reckon with in any company. Ray Haswell in his last race before going back to Canada showed a glimpse of his Canadian form being 3.45.1. Nice to read of the success of one of our former members, Peter Duffy, now in America. We gave Peter a race for personal best of 4.03.8 in 1968 before going to Villanova University.

University studies and commitments have prevented Alan Atkinson, Steve Ellis, Tim Gregory, Pete Lewis, Peter Shaw and Herbert Broadbent from competing in our races, and injuries - how often do we hear this - have been the cause of Peter Drinkwater, Miss Peaks, Jane Perry, Geoff Plant and Gill Wiley not appearing. The Ladies' section is very strong, with them being strengthened by three very good runners - Elizabeth Connors, only 18 and going great, Marion Hopworth with only about 18 months experience of distance running 2.15.5 and 4.37.3, and Sandra Dyson 2.08.0 with about six 800s only. Janice Watts, improving every race, now at 4.35.5. Young Karen Haynes, only just 13, now 4.34.8, with Denise Brooks, Christine Bryson and one or two others who will join very soon, the Ladies' section looks good. We also have many fine youngsters, Malcolm Plant, S. Gee, A. Winter, H. Tillston, J. Parkinson, Steve Lawrence, Phil McEvoy, Richard Ryan, so these will very soon be knocking at the door. Janet Lawrence's running is incredible - no apparent effort.



STEPHEN LAWRENCE

I am afraid my name may be in
 leader - some names are missing in my
 report. Many of these are very strong
 Club Members with National League fix-
 tures and top divisions, so that National
 League races have to take priority,
 but are the Clubs and the National
 League doing anything to improve the
 standard of Middle Distance running?
 I think not. How can you think of
 fast times and good performances when
 you have two to three events in the
 afternoon and when you score the same
 points regardless of your time? Why
 not at Crystal Palace and other tartan
 tracks have one event and make it all
 out. If all Clubs did this, would
 you lose much? The "A" 800s have
 produced some good times, but look at
 these winning times in the 1500.
 "A" races: 3.46.3, 3.47.0, 3.54.1,
 3.50.0, 3.55.3, 3.54.8, 3.57.5,
 3.54.0, 3.55.6, 3.52.5, 4.02.3,
 3.53.4, 3.55.1, 3.53.9, 3.54.2,
 3.54.6.
 "B" races: 3.52.4, 3.49.5, 3.55.4,
 3.50.9, 4.01.1, 4.01.9, 4.00.6,
 3.56.4, 3.55.3, 3.55.1, 4.00.0,
 3.55.6, 4.00.8, 4.02.1.
 These are the winning times in the
 National League, 1971!

E. W. Powell

A.G.M. 1972

The Annual General Meeting this year will
 be held at Grange Farm on Saturday, 1st.
 October, starting at 7.0 p.m.
 It is to be hoped that not only will all
 members who are attending the training
 week and will go to the meeting, but that
 members who are not able to be at Grange
 Farm for the full week and will at least be
 able to get along for the A. G. M.



R. Harrison (67) leads M. Cox (213)
 and A. Carter (402) in Northern League
 1,500 M. Race.

The B.M.C. QUIZ

1. Can you name the Thames Valley
 Harrier who, in one year, ran in only
 three one mile races and broke four
 minutes in all of them?
2. Who is the National Event Coach
 for the Javelin?
3. Who is the National Event Coach
 for the Pole Vault?
4. Name the German sprinter who won
 a Gold Medal in the Olympics?
5. They called him the Flying Finn.
 Who was he?
6. His first Long Jump broke the
 World Record. Who is he and where
 did he do it?
7. She threw her engagement ring away
 on the line. Who was she?
8. He won three Gold Medals in 1952.
 Who was he and what were the events?
9. Who was the first man to run four
 minutes for the mile?
10. When were starting blocks first
 introduced into the Games?
11. When did the U.K. go metric on
 the track?
12. What is the main purpose of
 carbohydrate in the diet?
13. Who won the 1500 Metres in Mexico?
14. What High Jump is dangerous with-
 out an air cushion?
15. Where will the 1976 Olympics be
 held?
16. Where will the next Commonwealth
 Games be held?
17. Name the calf muscle.
18. There are three types of strength
 training. Name them.
19. Who said: "If you beat me to-day,
 you'll beat the world record."
20. How far is 5,000 Metres in non
 metric measurement?

A PRIZE WILL BE SENT TO THE FIRST
 CORRECT ANSWER OPENED ON MONDAY
 18th. SEPTEMBER.

Answers should be sent to:-
 B.M.C. QUIZ, 9 Barrow Road,
 Cambridge, CB2 2AP.

OLYMPIC PROSPECT Profile of: DAVID LOWES

Name in Full: DAVID LOWES
 Date of Birth: 8th. January, 1953
 Place of Birth: Consett, Co. Durham
 Height & Weight: 5'8" (1.74)
 141 lbs (64kg)

Clubs: Gateshead H. & A. C. - B. M. C.
 Occupation: Printer (Linotype Operator)
 When did you take up running seriously:
 September 1966

Personal Bests, year by year:

	1967	1968	1969	1970	1971
440	56.8	55.0	53.0	-	-
880	2.03.4	2.00.1	1.55.1*	1.55.7	1.56.0
1 Mile	4.33.0	4.26.0	4.16.8	4.12.1	3.50.2
1500	-	-	-	3.51.1	-
2 MI.	10.14.0	9.50.0	-	-	8.56.3
3000	-	-	-	-	8.16.0

*800 Metres
 Best Competitive Achievements and
 Placings:-

1966-67

G. C. 2nd. Durham County Schools
 1st. Schools Inter-County
 32nd. - English Schools (Sheffield)
 Track 1st. Durham County Schools 880 yds.
 1st. Schools Inter-County 880 yds.
 1st. E.S.A.A. Junior 880 yds.

1967-68

G. C. 1st. Durham Schools
 25th. English Schools (Stoke)
 Track 1st. Durham County Schools 880 yds.
 2nd. Northumberland & Durham A.A.A.
 880 and Mile.

1968-69

G. C. 1st. Durham County Schools
 1st. Schools Inter-Counties
 1st. Northern Counties (Boys)
 7th. English Schools (Leicester)
 Track 1st. Durham County Schools 800 M.
 1st. Inter-Counties Schools 800M.
 1st. Northern Counties 800 M.
 1st. Northumberland & Durham A.A.A.
 800 and 1500 Metres
 2nd. E.S.A.A. 800 Metres
 2nd. A.A.A. Youths' 800 M.

1969-70

G. C. 1st. Durham County Schools
 3rd. Northern Counties (Youth)
 9th. Inter Counties (Harriers)
 13th. National C. C.
 22nd. English Schools (Blackburn)
 Track 1st. Durham County Schools 1500M.
 1st. Schools Inter-Counties
 800 and 1500 Metres
 1st. Northern Counties 1500 M.
 1st. Northumberland & Durham 1500
 3rd. E.S.A.A. 1500 Metres
 3rd. A.A.A. Junior 1500 M.
 2nd. B.M.C. Junior Champs. Mile

1970-71

G. C. 5th. Inter Counties
 5th. Northern Counties
 Track 1st. Northern Counties 3000 M.
 1st. Northumberland & Durham 1500
 1st. Northern Counties 1500 M.
 4th. A.A.A. Junior 3,000 M.
 3rd. A.A.A. Junior 1,500 M.

1971-72

G. C. Injured

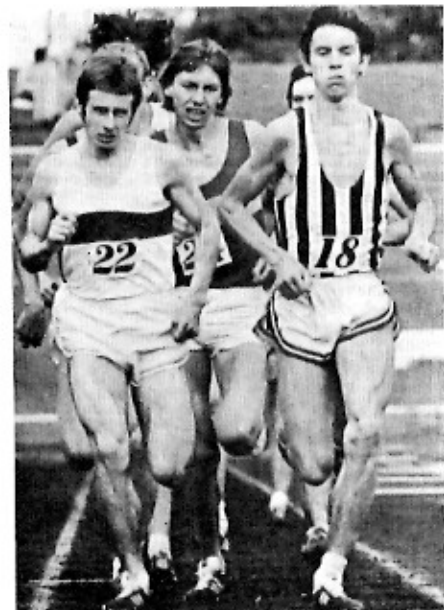
Please describe in some detail your
 winter training and give some indica-
 tion of how it has progressed over the
 last three years.

SUNDAY: Anything from 8 - 20 miles,
 usually about 14 miles, steady pace
 MONDAY: 12 miles moderate run on roads
 could include 1 mile strides.
 TUESDAY: 12 miles steady pace - 3 hard
 stretches of 1/2 miles each.
 WEDNESDAY: 10 - 12 miles moderate run.
 THURSDAY: 6 - 8 miles moderate/easy run.
 FRIDAY: REST or 6 miles mod/easy run.
 SATURDAY: Competition or REST

I have built up distances steady-
 ly over the years, but some of this
 100 miles a per week, biggest mileage
 70 miles per week. At Gateshead my
 coach, Stan Long (best coach in the world)
 works on the basis of: 1) SOLID DISTANCE
 RUNNING until November, 2) DISTANCE AND
 HILLWORK until about mid-January,
 3) DISTANCE AND SPEEDWORK for rest of
 season. Schedules above is training
 around November 1970 as I missed 1971
 through injury.

Please describe your summer training
 and outline how it has developed over
 the last three years.

SUNDAY: 4 x 800 - 400 Jog in 2m.4s.
 or 12 x 400 - 200 Jog in 61/62.
 MONDAY: HILLWORK - 2(8 x 100)-
 400 interval - about 11 miles done
 in this session.
 TUESDAY: 12 x 300 - 100 Jog - 15/14
 or 12 x 400 - 200 Jog - 60/61
 WEDNESDAY: 3-11 miles steady run on
 roads.



DAVID LOWES with DAVID MOORCROFT &
 JULIAN COATER - National Junior
 1500 Final - 1971

THURSDAY: 3(1 x 200) 30 sec. recovery - 26/27, or 12 x 150 - 150 jog.

FRIDAY: 6 miles moderate run on roads.

SATURDAY: RACE or REST or 6 miles easy. It has been built up by quantity and quality; more short recovery sessions now - 300M. 45sec. - 200M. 30 sec. Above session is only one particular week as I train in weekly or monthly cycles depending on races or my general fitness.

Please give particulars of any training other than running.

NONE

Please describe your warm up.

2 miles jog, callisthenics, easy strides, working up to race pace.

What importance do you attach to 'Mental' training and how do you go about improving your 'mental' approach (if at all)?

My mental approach differs from one week to another depending on the quality of competition. Sometimes when I am training I visualize a "zoom up" of the race as it could be run. I don't really think about races until race day. Never have 'butterflies', sometimes it takes quite a while to get myself 'on edge' for a race.

Describe any serious illness or physical setbacks you have had and say how they have affected your progress and attitude.

During 1968 suffered from heavy colds, but influenza vaccine cleared this problem.

Had fallen arch beginning of 1969 which delayed start of track work during May. In 1970, broken nose made running uncomfortable for a few weeks.

1971/72 winter season, had terrible pains in back and left leg - took months to find cause - weakness on one of my legs. Complete rest was ordered with 'indra red' treatment included. Having missed the whole season, I had a lot of bad luck in between recovery - chopped end of finger off at work, missed work for eight weeks - gastro-enteritis made my first week of comeback in April delayed for another week. Since then I have been injured in foot for a month or so, but at least I am training again.

How interested are your parents in:

a) Athletics, b) your athletic progress?

My parents never miss a race and my father takes a great interest in Gateshead H. & A. C. They never question time or money spent in travelling to help to get me better competition.

Have you any interests that conflict with athletics?

NONE.

How interested are your friends in:

a) Athletics, b) your athletic progress?

a) Most friends are athletes themselves and involved in athletics to some degree.

b) Many older people, officials etc., in Club are very interested, while my other 'friends' are more concerned in their progress and stepping mine by beating me!

Have you any athletics heroes on whom you model yourself?

None really, but I greatly admire Jim Alder for his ever ready help and advice and a great personality. Also you've got to admire people like Ryan, Kaine, Clark etc.

What is your attitude towards training?

To get the best out of each session and not to win races in them.

Do you train alone?

Yes - except for one evening at Club.

Are you well endowed with training facilities?

Track facilities at Gateshead, 10 miles from home, but no facilities at Consett, although now a new track at Stanley (5 miles from home) which I often use.

How important to you is athletic success?

Very important - but I forget the successes quicker than the unsuccessful races.

Outline your feelings on being coached and describe briefly some of the ways in which you have been helped by your own coach.

I am all for being coached provided the coaching is suitable to the individual requirements. My own coach, Stan Long, has helped me enormously, especially in my first two years and with his advice he has enabled me to know what to do when not seeing him for long periods, mostly during the winter months which make it impossible for me to visit the Club.

Nothing is too much for Stan, the only fault I could find with him is that he tries to please everyone (about 60 or so) at the same time - if you can call that a fault! He makes everyone the same, from Foster down to the 'also rans', giving them all training schedules. He never loses his head and always states his own feelings on a matter, whether right or wrong! If you don't know him, just listen to his 're-named' encouragement to athletes during a race - loud speakers haven't a look in!

What are your targets?

To keep improving! And to be a top class international runner. To be admired on the track as well as off is a great thing, I think.

NOTE: This "Profile" is rather longer than usual, but I feel that it is so interesting that it would be wrong to cut a single word from it. David has certainly had a tough time recently and I am sure that all join in hoping that he attains all his targets.

EDITOR

OLYMPIC TEAM

We congratulate the following members of the Milers' Club on their being selected for the British Team at the Munich Olympic Games:-

Men: 800 Metres: Andy Carter
1,500 Metres: Ray Smalley
5,000 & 10,000 Metres: Dave Bedford
Ladies: 800 Metres: Margaret Coomber
1,500 Metres: Joyce Smith

We wish them the best of luck and success at Munich, and hope that when the final additions are made to the list we will find the names of several more members.

HOW TO IMPROVE BRITISH MILING Members' Suggestions

I feel that more races with the fields comprising of the cream of Britain's middle distance runners be held at Crystal Palace would lead to an upsurge of standards in British miling. However, these top milers must cut down their participation in domestic, club and irrelevant county competitions.

ANDY NORMAN
Chelsea

By perhaps more of us being available to athletes in country areas, thereby giving more personal supervision, rather than training always by a schedule with only occasional visits by a coach.

BILL SPYRATT
Solihull, Gables

More racing of a high quality in this area would lift middle distance running. Not enough good races are held in the area. A lot of travelling before races always tires you out.

PETER WINNARD
Middlesbrough

I think I ought to wait till I have been a member for a few months before I start giving opinions, but perhaps you could have a British Milers' National Championship and training week-ends on a select the 'stars' basis run by B.M.C. coaches. (Come to Grange Farm - Baiter)

JOHN PARKINGTON
Blackpool

More interest should be created at schools level, as the majority of schools are without outlets for would be champions who remain undiscovered.

DAVID GLASSBOROW
Coventry

(A) Better school/club relationships, (B) More informed teachers about the basic principles of training for running, (C) Introduction of wider competition at school level, (D) Enthusiastic good juniors stand a better chance of becoming good seniors.

JOHN JENKINS
Huntingdon

A lot more facilities and more winter athletics. Also more all weather tracks for use in winter competition.

RAY CRABB
Carterton, Oxon

It could possibly be improved if experienced athletes good at miling could give talks at schools and clubs to rouse an interest in youngsters.

JOYCE BURN
Bristol

The provision of more local coaching seminars for interchange of ideas and theories, with the aim of a more 'liberalized' attitude on the part of both athlete and coach. Over sophistication does in my opinion lead to a less 'inhibited' attitude towards racing.

DAVID BLAND
Brentwood

By sending younger middle distance athletes abroad for competition (17 to 19 years) and by making sure that from 15 upwards boys/girls are able to make

use of some sort of decent training facilities (e.g. if it were possible, get government grant to pay for fares so that isolated athletes could get to a track, if they wished, without any great expense, especially school children).

PETER GONLAUD
London, E.9

By maintaining a close contact between up and coming milers, i.e. 15 to 20 years, with coaching and facilities at hand wherever they may live. Plus a continuation of your excellent courses throughout the year.

KERR DUMPLETON
St. Albans

British Miling in the south-west seems to me to be a very well developed branch of athletics. This may be the result of high quality facilities, coaching week ends, etc. I think, if the same opportunities were given to milers in the Midlands and the north, a great improvement would be seen, as there are huge numbers of good potential milers in these areas. Also I think that as much attention should be given to apparently mediocre performers as well as those who have reached a high standard already, as I feel a good number of them might develop into great runners if only they knew which way to go about it.

ELIZABETH CONNORS
Preston

I think that the B.M.C. is on the right lines by providing training sessions and plenty of good quality competitions. I don't agree with very young girls doing a lot of competitive miles as by the time they are juniors their enthusiasm can be blunted - to be detrimental to British miling.

MARY SPEEDMAN
West Ipschen

Provision of training equipment (shoes, track suits etc.) to athletes, particularly to those who have not yet turned senior, who show annual improvement and seen likely eventually to run for B.M. not only as juniors but as seniors. More international races with as many athletes as possible being given the opportunity to compete and not the same few being chosen time after time. In general a considerable increase in incentives.

RON MACDONALD
Coatbridge

I think to improve British Miling you could stop pushing young athletes (Junior girls) too hard, so that they last longer. This would allow a girl to mature and to come onto a full training schedule at the age of 18 years old.

GILLIAN ADAMS
Brockley

1) By preventing promising youngsters over the middle distance getting a mileage complex about their training. All too often these runners gradually loose interest in track running when they discover that a high mileage develops their ability to run the longer distances encountered in road and cross country races. 2) Too many milers do far too many miles in winter and far too much speed work in summer. If this trend were reversed - more speed in winter, more distance in summer. I think better results would follow.

MIKE DUNPHY
Croydon

BANNED FOR TWO YEARS

Five athletes were reported to the National B.M.C. Committee for Disciplinary action following their non appearance at races which they had accepted in writing. None of the five wrote a letter saying he could not appear because he was injured or had been selected to run for Great Britain.

On being requested to give an explanation, their excuses were as follows:-

- 1) See ill to run
- 2) Injured
- 3) Forgot the date
- 4) Decided not to run because of "A" level examination next day.

The fifth non runner has not given any explanation for his non appearance. He is banned for two years from all B.M.C. races, his name has been circulated to all Regional Secretaries.

The other four runners have been severely reprimanded for their failure to notify us beforehand of their intention not to run.

All members are reminded that British Athletics fell into ill repute following Press announcements that such and such a person would be running at the White City. When the large crowds were told that so and so was not running, they felt that they had been cheated and public attendances at major matches fell off. The B.M.C. has a reputation for providing the names they say are going to run. No athlete will be immune from our firm rule on this matter.

BOOK REVIEW

THE COMPLETE MIDDLE DISTANCE RUNNER

By Denis Watts, Harry Wilson and Frank Herwill.
Published by Stanley Paul at £1.50

At first glance this small book seems rather extravagantly priced. After reading the book one's reaction swiftly turns to amazement that so much information is packed into just over 100 pages.

The authors, who need no introduction to B.M.C. Members, have undertaken the mammoth task of covering middle-distance running by writing on average three chapters each, with subjects ranging from 'The Principles of Training' to 'Physiological Assessment'. Every possible approach to the art and science of training and coaching is explored. Physiological aspects of training are explained more lucidly than in many specialist works, and the section on injuries is medically sound and the best I have ever seen.

In my opinion, this book fulfills a long-felt need and will quickly become the standard textbook for candidates aspiring to the B.A.A.S. Senior Coach's award.

Ron Holman

PULSE COUNT

The following table has been prepared by Tony Saunders, who uses it when taking pulse counts. He times for 5 beats, starting the watch on a beat and beginning the count on the next beat, and stops the watch on count 15. e.g. If 15 beats take 6.9 seconds, the pulse rate is 130.

Time Rate	Time Rate	Time Rate
3.5 257	7.3 123	11.1 84
3.6 250	7.4 121	11.2 80
3.7 243	7.5 120	11.3 79
3.8 237	7.6 118	11.4 79
3.9 230	7.7 117	11.5 78
4.0 225	7.8 115	11.6 77
4.1 220	7.9 114	11.7 77
4.2 214	8.0 112	11.8 76
4.3 209	8.1 111	11.9 76
4.4 205	8.2 110	12.0 75
4.5 200	8.3 108	12.2 73
4.6 196	8.4 107	12.4 72
4.7 191	8.5 106	12.6 71
4.8 187	8.6 105	12.8 70
4.9 184	8.7 103	13.0 69
5.0 180	8.8 102	13.2 68
5.1 176	8.9 101	13.4 67
5.2 173	9.0 100	13.6 66
5.3 170	9.1 99	13.8 65
5.4 167	9.2 98	14.0 64
5.5 164	9.3 97	14.2 63
5.6 160	9.4 96	14.4 62
5.7 157	9.5 95	14.6 61
5.8 155	9.6 94	14.8 61
5.9 152	9.7 93	15.0 60
6.0 150	9.8 92	15.2 59
6.1 147	9.9 91	15.4 58
6.2 145	10.0 90	15.6 58
6.3 143	10.1 89	15.8 57
6.4 140	10.2 88	16.0 56
6.5 138	10.3 87	16.2 55
6.6 136	10.4 86	16.4 55
6.7 134	10.5 85	16.6 54
6.8 132	10.6 85	16.8 54
6.9 130	10.7 84	17.0 53
7.0 128	10.8 83	18.0 50
7.1 127	10.9 82	19.0 47
7.2 125	11.0 82	20.0 45



MARY SOUDIER & SANDRA MARQUIS

PETERBOROUGH MILE CALLING MIDDLESEX MEMBERS

The following is an extract from the Peterborough fortnight Supplement dated 30th, June, 1972....

"The British Milers' Club Race (Men's) is described by the organisers as - 'The race of the Champs'. Competitors will be Carol Farnell (Bedfordshire Champion); Sandra Marquis (North Champion) and Great Britain Junior International); Sue Clarke (Lincs Champion); Betty Price (Middlesex Champion); Shiraz Hines (Essex and English Schools Cross country Champion); Elaine Ferry (Essex) and Sue Barnes (Kent Champion)."

RESULTS

1. Sandra Marquis (Herts) 4.57.4
2. Shiraz Hines (Essex) p.h. 4.58.7
3. Betty Price (W'ssex) p.h. 5.05.0
4. Christine Roy (W'ssex) p.h. 5.07.2
5. Sue Barnes (Essex) 5.17.0
6. Anna James (Norfolk) 5.17.5
7. Carol Farnell (Essex) 5.19.2
8. Elaine Ferry (Essex) 5.24.2

Lap times were 71 - 75 - 76 - 75.4.
Shiraz Hines led all the way till the last 100 metres.

We have been approached by Leonard Miller, who has been appointed County Event Coach for Middle Distance running in Middlesex. As far as he can, he has approached all middle distance athletes and coaches in the County, but there may be some whose address he has not been able to obtain. If this applies to you, or you may know of any Middlesex athlete who has not been approached, please get in touch with Leonard, whose address is 20 Seaton Drive, Ashford, Middlesex. Telephone - Work - 01 823 1356 Home - 49 5884

In particular he wants to know: What additional coaching information do you require?

What races would you like at what level? What performances have you recently achieved?

What additional facilities do you require?

In addition, he asks us to point out that REGULAR LOW COST BLOOD TESTS ARE AVAILABLE TO ALL MIDDLESEX ATHLETES. These can be arranged through Leonard or any other Pelham A.C. Coach and the charge is only 50p. (a more comprehensive test is also available at £1.00)

This service should be very valuable to Milers' Club members living in Middlesex.



A.A.A. 1,500 Metres Final, 1972
PETER STEWART leads RAY SMEDLEY and JIM KIERSIDE at the finish.

MILERS' CLUB Over the Country

by Charles Booth

It is interesting to look at the activities of our members during the winter months. Many of them indulge in cross country racing, and I have had a look at the major races last winter to find out how well our members have done. I expect that some performances have been missed out, but from the list below, it can be seen that winter running over the country must constitute an important part of the training programme of many members, and that they have achieved considerable success.

Men:

Inter Counties

- Senior 1. Grenville Tuck
2. Trevor Wright
Junior 1. Julian Coater
3. Barry Smith
Youths 1. Neil Saunders
3. Stephen Barr

Southern

- Junior 1. Julian Coater
3. Barry Smith
Youths 1. Neil Saunders
2. Stephen Barr
3. Ray Crabb

Northern

- Senior 1. Trevor Wright
Junior 1. Dennis Coates

Midlands

- Junior 1. David Black
Youths 1. David Glassborow

Schools

- Senior 2. Kevin Steere
Inter: 1. Kirk Dumbleton
2. Steven Gwent
3. Ian Davison

National

- Senior 6. Grenville Tuck
Junior 1. David Black
2. Ray Smedley
3. Julian Coater
4. Dennis Coates
5. Barry Smith
Youths 1. Neil Saunders
3. Kevin Steere
4. Ray Crabb

International

- Senior 5. Trevor Wright
18. Grenville Tuck

- Junior 4. David Black
6. Barry Smith
12. Dennis Coates

LADIES: Inter Counties

- Senior 1. Bronwen Gardy
2. Jean Lockhead
Junior 1. Helen Hill

Southern

- Senior 1. Joyce Smith
2. Anne Yeoman
3. Margaret Coomber

- Inter: 2. Kay Kosbah
Junior 1. Monica Joyce

Northern

- Senior 1. Jean Lockhead
3. Elizabeth Connors

Midlands

- Senior 1. Bronwen Gardy
3. Thelwyn Beteman
Junior 1. Helen Hill
2. Lynn Ward

Scottish

- Senior 1. Margaret Coomber
2. Christine Haskett
3. Ann Barras

Schools

- Senior 1. Elizabeth Connors
3. Sandra Marquis

- Inter: 1. Shiraz Hines
2. Lesley Kiernan

- Junior 1. Helen Hill
2. Janet Lawrence

National

- Senior 1. Rita Ridley
2. Margaret Coomber
3. Christine Haskett
Inter: 1. Shiraz Hines
Junior 1. Helen Hill
3. Monica Joyce.

International

- Senior 1. Joyce Smith
3. Rita Ridley
5. Margaret Coomber
8. Jean Lockhead

Two things stand out from the above lists. First is the remarkable performance of Helen Hill among the Junior Ladies, winning Inter-Counties, Area, National and Schools, thereby going one better than Neil Saunders, who failed at the last hurdle to complete the four. Secondly are the outstanding performances of club members in the Junior age group of men, who got the first five places in the National.

Editorial Committee:- Charles Booth,
Frank Horwill, Dave Cooksedge.
Art work:- Peter Hamson

