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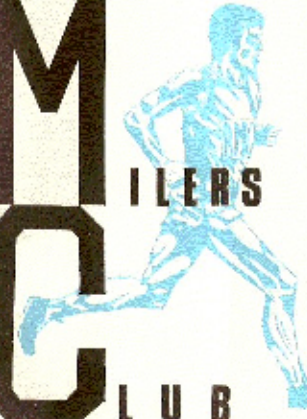
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BRITISH MILERS' CLUB

NEWS — January - 1972

EDITORIAL

At the request of the Executive Committee I have agreed to take over the editing of the Milers' Club News.

Unfortunately, as you know, only one issue was produced last year, so that it has been necessary to rush this issue to make up for lost time. You will see that there has been considerable change in the presentation, which we hope will appeal to members. It is intended to produce another issue in the summer and after that we hope to go to press regularly in the autumn and early winter.

Much of this issue is inevitably made up with reports from the A.G.M. and we have tried to include some articles that will be of interest and provocative. Results in this issue are limited to those included in the Secretaries' reports, but we should aim at a full coverage of events promoted by the B.M.C. in the future. The assistance of Secretaries and others promoting races is essential, so PLEASE SEND ALL YOUR RESULTS TO THE EDITOR for inclusion in future issues.

Comments and suggestions from members for the improvement of this periodical would also be most helpful, as our aim must be to make it not only interesting, but also helpful to all members.

We would like to include a correspondence column and I hope that members will feel the urge to put pen to paper and let us have their views on any matter that may be of interest, however controversial these views may be.

As regards this issue, I must particularly thank Frank Horwill and Dave Cooksedge for the help that they have given me.

Also I must thank Peter Hammond who has not only designed the cover but also spent much time on the lettering and other artwork, so as to make this publication not only interesting but also attractive.

In reading the reports in this issue the thing that stands out most is the great success during the past year of the younger members of the club who have produced a number of quite outstanding performances. This must be a hopeful portent for the future. As standards improve, it is good to see that our youngsters are keeping up with them, and many of our more mature athletes could well learn a lesson from the running of their juniors.

There is one other point on which we would like to comment and this is the relationship between the B.M.C. and the member's home Club. There has been some suggestion that the B.M.C. takes athletes away from their Clubs when they are required for League and other important matches. That is not, of course, the intention of the B.M.C., which aims at giving additional competition of a high order to enable athletes to attain standards that they might not otherwise reach. Every effort is made to avoid adding members to take part in B.M.C. races when it is known that there is a League or other important fixture, which might cause a clash of interest. At the same time, once an athlete has accepted an invitation to run in a B.M.C. race, there are only two withdrawal clauses: (a) Selection for Great Britain, (b) Injury. If the above is understood and acted on by all, friction should be avoided.

Members will be interested to hear that we will soon have a club tie. It is planned that this will be in plain navy with the club badge scattered on it. Area secretaries will have particulars as soon as it is available. In addition a new supply of vests has been ordered.

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REPORT of A.G.M.

The ANNUAL GENERAL MEETING was held at Grange Farm on Saturday 2nd, October 1971. There were 45 members present. The minutes of the meeting held on 4th, October 1970 were accepted as also were the reports of the various Secretaries. These reports together with the Treasurer's Report are to be found in this issue of the Milers' Club News.

Changes of rules. It was agreed to raise the levy for non payment of subs. within three months from 25p. to 50p. with one dissonation.

The following changes in qualifying standards were agreed to unanimously: 1500m. senior women changed from 4.55 to 4.50, inter. women from 5.05 to 5.00 and junior women from 5.15 to 5.10; and for junior women's 800m. from 2.26 to 2.25.

The revised rules and also the complete qualifying standards are also included in this issue.

The Chairman thanked all officers for their work during the past year, which was endorsed by the meeting. Frank Horwill was especially thanked for his work as National Secretary and for his work to raise the standard of British Miling.

Officers for the year were elected and a full list will be found elsewhere.

Training Days. Conrad Milton made the point that care should be taken not to work athletes too hard on courses and training days, and that there should be room for variety within particular sessions. This was discussed fully.

Coaching. There was a suggestion from Gordon Bahorn that coaches should get together more often and Tony Elder suggested another middle-distance coaches' conference.

The meeting was closed by the Chairman with a vote of thanks to all present. A vote of thanks was expressed to the Chair.

B.M.C. TIES

With reference to the comment in the Editorial, ties should be available by the time this reaches you.

They will be blue with scattered over them runners on a Union Jack with the letters B.M.C. The design is most attractive and the cost will be only £1, so order your tie now, while stocks are available. Orders should be sent to:-

Mr. W. Bennett,
6 John Tapping Close,
Walmer, DEAL, Kent

together with cheque or postal order in payment. These should be made payable to Mr. Bennett.

STOP PRESS

The following events have been arranged in the Midland area:-

Sunday, 27th, February - Training day at MANSFIELD

Wednesday, 17th, May - Senior Men's 800m. KEBLE UNIVERSITY

Sunday 25th, June - Men's Mile or 3000m. KEBLE UNIVERSITY

Provisional Mile or 1500m. at LEICESTER in April

Note:- Keble Track is approved for National League and is just off M.6, so easily reached.



B.M.C. President and B.M.C. President leading during the 1500m. final at Helsinki from Francesco Arnesi and Henryk Szewczykowski.

The NATIONAL and SOUTHERN Secretary Reports

THE NATIONAL SECRETARY'S REPORT TO THE A.G.M. incorporating the Southern B.M.C. Report. ---oo0oo---

I have pleasure in presenting my report for the 1970/71 period. Two regions have come under new secretaryship, Scotland and South-West. It is pleasing to note that as a result of this there has been a modest but steady increase in membership and athletes from both regions have played a prominent part in raising the standard of middle-distance running. JIM DOUGLAS, from Devon, played a valuable part in the Inter-Counties Mile, when he pushed the third leg to raise the pace so that our members, WALTER WILKINSON, BRENDAN FOSTER and NORMAN MORRISON all broke sub 4 minutes for the mile. Walter's time was to be the fastest by an Englishman for the season, the last two named made their debut into the elite of sub 4 minutes. The Scottish region staged its first ever B.M.C. mile organised by Harry Bennett, by kind permission of Tony Ward of the National Track League Division 1, who invited the B.M.C. to stage a number of women's races during their meetings in West London, Edinburgh, Warley and Hayes. The result of this race was renewed interest in the world ladies' one mile record which RITA RIDLEY valiantly tried to break, but without much help from the field was only able to record a personal best mile time. It is of interest to note that the last women's mile record was staged by the B.M.C. at Leicester in 1969, where Maria Gomers of the Netherlands clipped Anne Smith's record down to 4.36.8. ANNE SMITH'S BRITISH MILE RECORD OF 4.37.0 SET SOME SIX YEARS AGO STILL STANDS.

In the other National League Division 1 races staged by the B.M.C. THELWYN BATEMAN, GLORIA DOURASS and MARGARET NEWTON ran well to finish in that order in the 800 metres at West London. CHRISTINE HASKETT and SANDRA MARQUIS did season's bests in the 1500 at Warley organised by Tony Saunders and Christine recorded another win in the 3,000 metres at Hayes which was a Scottish national record for the event. As we go to print we now learn that Christine has just recorded a personal best 800 in 2.09.5. THESE NATIONAL LEAGUE DIVISION ONE RACES which we have been offered MUST BE GIVEN EVERY SUPPORT BY REGIONAL SECRETARIES AND ATHLETES IN THE WOMEN'S SECTION, there is the right atmosphere for good times, athletes can travel inexpensively with the male teams competing and tracks used are of good surface. Our thanks to Tony Ward for providing us with this opportunity.

While some regions seem to have difficulty in getting support for their races and club championships, the Southern B.M.C. in April 1971 at Crystal Palace staged SEVEN 800 METRE races of EIGHT entrants per race which catered for Senior, Junior, Youths and Boys, Senior Ladies, Inter and Juniors. MARTIN WINDOLT-LEWIS cruised to an easy win in the 800, MARGARET NEWTON was impressive in the Senior Ladies race, JOYCE BUNT won the S.W. Senior 800 title, BETTY PRICE won the Intermediate title, LESLEY KIERMAN was a good winner in the Junior 800, but because she comes from the Eastern region, the title went to AMANDA COXON. Lesley obtained a world age record for 15 years of age with 2.14.0. GRAHAME FRITCHARD won the Youths title and JOHN WHITSHED the Boys one. Running as guests in these races GLORIA DOURASS and GILL TIVEY both recorded sub 2.12 times. Non members are permitted to run in these races on payment of 25p., next year the fee will be 50p. the equivalent fee for joining the B.M.C. Too many people use our races but having got the necessary time do not join!

It is perhaps appropriate to remind regional Secretaries at this point that we have a stock of race invitation forms. It is simple to type out one and have it photostated for one race, say 12 copies, marked 'reply within 7 days'. After this period, if the full field is not assembled a further 12 copies should be sent out until 12 replies are received for the race. In addition to this, the National Committee will consider adverts for races not exceeding 25 in the first instance. It is, of course, without saying that the dates must be convenient to members. Central points should be built up, in the South we have Crystal Palace and West London Stadium, in the North-west Stretford, in the Midlands we could have Leicester, in the N.E. Billingham or Hartlepool, and so on. It also goes without saying that SPONSORS FOR RACES CAN BE FOUND if we look for them, one of our newest regions, the Eastern Counties, has found THREE sponsors for races in one year!

The Southern region has built up a network of races over the years so that it is no longer necessary for members to go hunting, here are a few such races:- The Andover Mile (May), the Upjohn Mile (June), the City Mile (July), the Brigg Mile (July) the Dave Dave Prior Mile (August) the Feltham 3,000 (Sept.) the Croydon Mile (Sept.) National B.M.C. Championships (Youths and Boys)(August). The winners of the above races this year were:- Andover Mile - PHIL BANNING, Upjohn Mile - JIM DOUGLAS (4:02), the City Mile - ROY YOUNG (3.59.4) - the Brigg Mile - MAURICE BENT, the Dave Prior Mile - NICK ROSE, the Feltham 3,000 - MARTIN WILSON, the Croydon Mile - JOHN RIX (4.04). The National B.M.C. Boys Champion - MARTIN WILSON, the National B.M.C. Youths champion - KEVIN STERRER.

In addition to the above, we were asked to organise the Welsh Games Mile for men and the one for women. The latter was a good effort in strong winds, RITA RIDLEY, GILL TIVEY and CHRISTINE HASKETT all getting under 4.50. THE MEN'S RACE WAS AN UTTER DISGRACE. IN SPIKE OF THE FACT THAT WE URGED MEMBERS TO PUT UP A GOOD SHOW BECAUSE THIS WAS OUR FIRST WELSH GAMES MILE, ONLY ONE ATHLETE, A BOY, NICK ROSE, RAN LIKE A MAIL. The others were quite content to hang back from a sluggish pacemaker, 2.61 at 800, it was supposed to be 1.58, and jog in around 4.10. Well, that's one race we won't be asked to organise again, and if we are, at least three quarters of that field will not be invited again, particularly two Welshmen who chose to race the DAY BEFORE in a 1,000 and a 5,000 metres respectively. Such was their enthusiasm for being the first Welshmen to break 4 minutes on Welsh soil!

Some of the exploits of our members command your attention:- RITA RIDLEY (1,500 U.K. record); ANDY CANTER (800 U.K. record); JOYCE SMITH (3,000 World record); MARGARET BENHAM World indoor 1,500 record); DAVE BEDFORD (European 10,000, U.K. 5,000 and 3,000 3/4 records); BRENDAN FOSTER (Bronze medal 1,500 European Games); TREVOR WRIGHT (Silver Medal European Games Marathon); HARRY SMITH (indoor Junior 800 record); KEVIN STERRER (World age 16 record 3,000); ANDY HARGETT (World age 15 record for mile); WAYNE TARGUIN (U.K. age 14 record for 400); LESLEY KIERMAN (World 15 age record for 800); FRED HELL (Welsh 5,000 record); CLIVE THOMAS (Welsh 1,500 indoor record); THELWYN BATEMAN (Olympic Games 800 qualifying time); ADRIAN WEATHERHEAD (sub 4 mile and exact 4 mile); MARTIN WILSON (English School Boys 1,000); GARRY JARVIS (English School Boys 800); SANDRA MARQUIS (English School Senior 800); CAROL PANNELL (2.10. for 800 Junior); PHIL BANNING (3.39 for 1,500); SHEILA CAREY (Olympic Games 800 qualifying time and personal best); RICHARD NEWBLE (5,000 personal best); DENNIS COATES (2,000 3/4 U.K. Junior record and tremendous victory in 3,000 m. over Moorcroft).

Whilst we may sit back and congratulate ourselves on the above efforts and times, we are still very far from being WORLD CLASS IN THE 1,500 and 800 EVENTS, both male and female. The challenge of Munich in 1972 must be met by RE-SHAPING OF OUR LEVEL PAGE EFFORTS FOR TOP MEN WE MUST, MUST, BE AT HOME WITH 2.54 at 1,200 and FOR WOMEN 3.22 at 1,200. START NOW getting used to this pace to 800 for two months, then two months at 900, so that by the track season you are ready.

I thank Crawley A.C., Andover A.C., Wignore Ladies, S.C.A.C., Q.P.H., Southgate Harriers, Hayes A.C., M.P.A.C., Croydon H., Welsh Games Council, City Charity Committee, S.C.A.A.A., for providing the opportunities to organise races. I sincerely thank my National Committee, particularly Cecil Smith and Martin Wales for their sterling work during the year.

The British Milers' Club is like a fountain in a park. If you are thirsty it is there to drink from. Support it in all that it does for you. FRANK HORNILL



RITA RIDLEY wins the Invitation Mile at Edinburgh

SUBSCRIPTIONS

SUBSCRIPTIONS

Members are reminded that subscriptions for the year 1972 became due on 1st January.

This means that you should send your 50p. to the Treasurer, Martin Wales, 3 Kerry Drive, Cranham, Upminster, Essex, RM14 1JB, AT ONCE.

If you do not do so by the end of March you will have to pay DOUBLE, i.e. an extra 50p.

If you do not do so by the end of June you WILL BE DELETED FROM MEMBERSHIP.

SO DO IT NOW.

Soon to be Published

On 24th. April there will be published by Stanley Paul a new book under the title of "THE COMPLETE MIDDLE-DISTANCE RUNNER". This has been written by former B.M.C. President, DENNIS WATTS, B.M.C. Chairman, HARRY WILSON and B.M.C. Southern Secretary, FRANK HORNILL.

All members will, of course, want to get a copy as soon as it is published so order your copy now from your book seller.

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Report from THE EAST

The Eastern Secretary's Report to
the A. G. M.

MEMBERS: It has been an outstanding year, taking into account deletions for non-payment of subscriptions, the area has jumped from 52 members to 85, made up of 61 men and 24 women. Of this total, over 60% are under 21 years of age. Some people may say that this is not a good ratio, but I feel that any organisation is only as strong as the foundation. In this case the foundation is the younger element.

Now a mention of some of the outstanding achievements of Eastern members:-
ROY YOUNG - 2nd, member of the region to break 4 in winning the City mile.

HARRY SMITH - Has shown that he is on the verge of being a class 800/1500 runner. International vest in Junior match against Germany.

KEVIN STERNE - All England Champion, 3000m. World age record holder Etc. Etc. This boy has shown some of our senior runners that races can still be won from the front.

GARRY JARVIS - All England 800 Champion. Another fine prospect, unheard of till after the All England.

RICHARD GREEN - World age 15 year old record for 3000m. and U.K. 15 year old for 3000 2/3. His first year as a Youth runner.
JULIAN GOATER - Because of injury has been more off than on, but when he has run, he has shown that he has all the makings of an international athlete.

LESLEY KIERNAN - All England Champion. She has revolutionised 800m. running for one so young. Holds British and World records. Her 2.10 at Crystal Palace stunned everyone.
RITA RIBBLEY - The British 1500 Record holder.
MARGARET BEACHAM - World Indoor 1500m. Record holder and Gold Medalist in the European Indoor championships.

SANDRA MARQUIS - All England 800m champion.
CAROL FANNELL - Another runner who stunned the crowd at Crystal Palace when she came second to Kiernan in 2.10.3 in 800m heat. There are numerous others who are champions in their own right, the list would be too long to mention all.

TRAINING DAYS: The Southern area staged a training day at Sandhurst on 31st. January attended by 12 Eastern people who found it most enjoyable because of the amenities available at Sandhurst Officers Training Camp.

On January 17th, the Eastern staged its first training day at Luton. Sprinters joined in the activities with sprint coaches in attendance and 41 sprinters turned out. The middle distance group had a magnificent 78. Frank Horwill gave an excellent talk on athletic injuries and our thanks must go to Jack Walters of Luton and also to the groundman.

The next training day was organized by the Southern at Aldershot on 28th. February, with 15 Eastern people attending. Again most enjoyable and mention here about the circuits or should I call them ASSAULT

COURSES, laid on by Peter Freeman. After just 10 minutes the athletes did not have enough energy left to go out running.

Because of other activities and commitments no more training days were staged but I would like to say on closing that there appears to be a demand for this type of mass gathering. My own athletes enjoy them because of the "get away from it all" approach.

RACES: The first B.M.C. track meeting of 1971 was staged by the Eastern at Luton on March 14th. Such a success that Luton want the B.M.C. to come back and have a repeat show in 1972. Over 200 athletes attended, with races for all age groups from 100m. to 2,000m. Borough Road College asked to stage their college championships in this meeting. My appreciation again to Jack Walters for his 100% effort in staging these races, and the groundman who had the track well marked. Thanks also to Frank Horwill for the A.W. ad., and to all the Luton Officials who were on duty that day.

On April 17th, the B.M.C. broke new ground when for the first time in its history a mile race was staged on a professional football ground. Ipswich was the venue and the race was at 2.30 p.m. before their home match with Huddersfield. The 'Track' was marked on the playing pitch with flags every 10m. which proved sufficient guide to the runners. The President of Ipswich Co-Op presented the winner, John Cadman with a beautiful wall clock and the runners were well received by the crowd and above all by the Ipswich management. Frank Horwill presented each runner and during the race kept up a continuous commentary, which to me was the highlight, because the spectators always knew who was who as the race progressed. Thank you Frank, thanks also to the Ipswich Secretary, Mr. Grey and their Manager, Mr. Bobby Robson, who were always prepared to help. Thanks also to Paul Rozier for getting the Co-Op interested and suggesting the possibility of Ipswich. Negotiations started in December and included two meetings at the ground. Anglia T.V. showed the race the following week.

Harlow was the setting for the "Pitney Bowes" Trophy Mile. Roy Young was the winner. The Managing Director of Pitney Bowes presented the Trophy and other awards were donated by the Harlow Sports Centre. The race was held on Sunday May 2nd.

June 26th, at Harlow, the "United Glass" Mile for women. This was won by Paula Yeoman and awards presented by the Personnel Manager of United Glass, Mr. Grey.

June 27th, Thurrock. The B.M.C. Women's 3x1500 relay organized by Peter Orpin.

July 4th, Luton. This was not a sponsored race. John Cadman won in an excellent 4.07.5. There were 9 runners.
May 16th, Cambridge. Eastern 800m. Championships. Winners:- Senior: D.Alnallie, Junior: P.Hammond, Youth: J.Davy, Junior Ladies: L.Kiernan.

July 18th, Bedford. Eastern 1 mile Championships. Winners: Senior: I.Cartaide, Junior: P.Hammond, Youth: J.Davy.

As you can see, the region has been quite active in promoting races.

As a follow up to the Ipswich mile, the South and East were responsible for staging the Chelsea mile at Stanford Bridge. This was another major break through for the B.M.C. because Chelsea is one of the top clubs in the country. From this other areas may find that other clubs will view any request quite seriously. The publicity given to these races on football grounds do nothing but good of the sport and above all, the B.M.C. I can safely say that most of the other sports reporters have at last heard of our specialist club, even the I.V. people quote "Oh, the B.M.C." as if they had heard about it all their lives. This is good publicity for us. The race itself was a complete success. The crowd of over 30,000 appeared to enjoy it thoroughly. Even some of the players came out to watch, along with Sir Stanley Rous; The athletes themselves enjoyed the atmosphere of the "Big Match". Results:-
1. M. BERRY - 4.10.0, 2. J. REX - 4.11.3, 3. J. CADMAN - 4.11.9.

General Point: The B.M.C. staged yet another novelty in 1971 in the Eastern area, the football match between "Old Spurs" XI and an International Athletes XI at Harlow Sports Centre on Sunday, 21st. March. The object was to raise money for our Club, but unfortunately the profit was very small due first of all to the weather conditions on that day. Only 4,000 people turned up to watch, and I reckon I must have spent that number of hours organizing the match! A lot could be said on this subject, especially the pre-match sale of programmes, but it is not for this report to indicate the weaknesses.

Physiological Tests: A very close relationship has been struck between St. Mary's College, Twickenham and the Eastern region, on the issue of tests and measurements. The first organized tests for a group took place on Saturday 22nd. November 1970. Eleven athletes attended, the tests lasted all day and each athlete had a detailed write-up on himself, and also a comparison with other members of the group. The second test of the same group took place on Sunday 25th. April 1971. Each was tested as before and comparison made with previous results. An explanatory booklet was sent to each person to help them analyse themselves more fully and understand better.

In conclusion, I would like to say that it has been an exciting year for me, between seeing membership rising, organising races, football matches etc., this year has flown by. I have not mentioned Grange Farm because I am sure everyone appreciates the tremendous amount of work there is in staging this event. But I must like it before I would undertake to stage it. My only wish is for complete success and that everyone has an enjoyable time. Again, I must thank Mr. Collett and his staff who have given every assistance.

OSGIL SMITH

Report from SCOTLAND

Scottish Secretary's report to the A.G.M.

We have four new members this season and standards up here are improving. The future looks reasonably rosy. Top athletes who are members have derived a great deal from the opportunity to compete in races offered. The one big race we did have, a Ladies' one Mile at Meadowbank did receive more than its share of publicity and was well presented by Tony Ward of the National Track League. This season we have had two Scots under 4 minutes, NORMAN MORRISON and ADRIAN WEATHERSHAD and one lady, CHRISTINE HASKETT, the fastest ever Scot over one mile and 3,000 metres.

HARRY BRIDGOT



MAURICE BENN, Winner of the Chelsea Mile

QUALIFYING TIMES

The present qualifying times as approved at the A.G.M. on 4th. October 1970 and amended at the A.G.M. on 2nd. October 1971 are:-

| | 800 Metres | 1,500 Metres |
|---------------|------------|--------------|
| Senior Men | 1.53.0 | 3.57.0 |
| Junior Men | 1.56.0 | 4.05.0 |
| Youths | 2.00.0 | 4.10.0 |
| Boys under 15 | 2.05.0 | 4.20.0 |
| Boys under 14 | 2.12.0 | 4.35.0 |
| Boys under 13 | 2.20.0 | 4.45.0 |
| Senior Women | 4.12.0 | 4.50.0 |
| Intermediates | 2.17.0 | 5.00.0 |
| Junior Women | 2.23.0 | 5.10.0 |

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AREA REPORT NORTH-WEST

North-Western Secretary's report to
the A. G. M.

This season our area for the first time ever suffered a reduction in membership chiefly due to the ever increasing problem of injury. No less than 17 of our members were out for the season and in some cases this has caused retirement from athletics. I think that in view of our small membership fee it would be a great help if they continued their membership for some time afterwards and also considered helping in some way. I am glad to say Geoff Plant and Norman Poole are back and running well, also Jane Perry now in training.

If we assume our members are intelligent then an injury rate of 25% should make all think very seriously on this matter. Are you to be the next? I think many know the possible causes of these injuries and it would surely be sensible to eliminate as many as you can.

Our Ladies' section suffered also with Barbara Banks and Margaret Ashcroft out of the country plus Sue Carnegie retired, also Phyllis Lewis, Margaret Hudson and Jane Perry injured. The loss of these members also reflected in our race programme, but both Jean Lockhead and Barbara Metcalfe improved considerably their previous bests. Our young members, Christine Treanter and Janet Lawrence had great seasons, also Lesley Byrne many fine runs.

We staged 15 races and these produced 35 personal bests. We supplied runners to a number of races in our area. While



LESLEY KIRKMAN beats CHRISTINE BAXTER in the Final of the Junior Girls' 800

our races did not produce any exceptional times they did provide the encouragement to:- ALAN GERRARD - 4.05, DEREK BLACKLEY - 4.05.4, JEFF WILLSHIRE - 4.05.3, FRANK DAVIES - 4.06.4 twice, to perhaps greater efforts in '72. MIKE PEAKE with a 4.04.5 also. COLIN GUSICK, DAVE BRENNAN and PETER MORRIS can all join the under 4.05 group next year. With Geoff Plant, Tim Gregory now in the senior ranks both can do well next year.

It is hoped that next season college commitments and injuries will enable our 500 mts. group to have many fast races with Lewis, Moughtin, J.Gerrard, Farrell plus, of course, Andy Carter and Colin Gusick, the talent in there.

I thank Frank Davies, David Hogg and Terry Parker for their help in being prepared to help in our races to keep the pace going.

The North-Western area was proud to have such great runners as ANDY CARTER, ALAN BLINSTON, JOHN KIRKBRIDE together with TREVOR WRIGHT, BRENDAN FOSTER, MIKE BAXTER at Helsinki and the many fine performances by these should stimulate others to think of Munich. I must say here hard luck to WALTER WILKINSON for I think his subsequent illness may well have made the difference.

Congratulations to all these great runners.

I would like to appeal to all our members to make 1972 a positive year for your races. If you do not make Munich, at least say you have helped someone to do well there. I feel the giving of lap times is the downfall of many of you. Why not try say three of you per race to aim for 1 min. or under, one or more of you will make it, then you are on the way.

In conclusion, the B.M.C. and myself personally would thank Roger Colson, Stretford A.C. and Blankburn H. for the help they have given over the season.

E. W. POWELL

NORTH-EAST

North-East Regional Secretary's report
to the A. G. M.

Whilst success has been achieved by BRENDAN FOSTER, JOHN KIRKBRIDE and WALTER WILKINSON, there has not been a great deal of progress in senior miling in the region. Indeed, with the exception of CHARLES SPEDDING, who improved his 1500 metre time from 4 minutes to 3.48.8, the N. E. standard has remained fairly static. Members have achieved excellent results in other distances, TREVOR WRIGHT and MIKE BAXTER being good examples, but it is felt that we must initially consider that as a miling club we cannot draw comfort from fast Marathon and 5000m. times, whilst our overall miling level remains unimproved.

At junior level the season has been more encouraging with DENNIS COATES - 3.48.5, DAVID LOWES - 3.50.0, DAVID GIBSON - 3.54.0, PHILIP DUNN - 3.55.3 and RAY CARTWRIGHT 3.59.4 for 1500m. Although Coates has done extremely well at 2000 3/4, he has maintained a high degree of improvement at 1500m. It is hoped that these young athletes will provide the backbone of a really strong miling contingent of the future. Unfortunately Dave Gibson has gone to America so we have lost the service of this promising athlete.

In the interest of the athletes the West Riding of Yorkshire has been transferred to the N.W., whilst Cumberland and Westmorland have been reallocated to the N.E. The benefits of these moves have yet to be experienced, but perhaps the greatest drawback to N.E. miling is our inability to get our top milers competing against each other within the area. International commitments together with major championship and invitations from other regions are pressurising top athletes and I fully support their decision to avoid intense competition at local level. In the previous years there has been a marked reluctance on the part of top Southern athletes to travel north for competition and the absence of top names probably induced one promoter to replace the 1500m event with the 2000m. It is regretted that the N. E. championships were not staged this year due to financial difficulties.

Events staged were the Gateshead and Hartlepool 1500m events both of which provided personal bests for some of the participants. Another excellent venture was an early season 5 mile up and down 'pearl' at Newcastle when Brendan Foster and Dennis Coates beat non-members, John Davies and Tony Settle.

Throughout the year athletes have had the benefit of treatment from our excellent physiotherapists - Fred Robson, Albert Dargus and Michel Hunter, and a number of international athletes owe much to the efforts of these knowledgeable men.

The N.C.A.A. and B.M.C. training days have received a boost with the establishment of a training centre at the Laurence Jackson School, Guisborough and an increasing use of these facilities is envisaged in the future.

In conclusion I would refer to BRENDAN FOSTER'S bronze medal and JOHN KIRKBRIDE'S 4th. place in the European 1,500m., TREVOR WRIGHT'S silver medal in the Marathon, MIKE BAXTER'S A.A.A. 5000m. title, WALTER WILKINSON'S fastest mile of the season, CHARLES SPEDDING'S victory in the Schools International and DENNIS COATES' U.K. Junior record 2000m 3/4. Well done, we in the North are especially proud of your achievements.

CHAMPIONSHIPS 1971 (NORTH-EAST MEMBERS)

| | | | |
|------------------------------------|-----------|--------------|------|
| <u>European</u> | 1500m. | B. Foster | 3rd. |
| | | J. Kirkbride | 4th. |
| | 5000m. | M. Baxter | 1st. |
| | Marathon | T. Wright | 2nd. |
| | 1500m. | B. Foster | 3rd. |
| | 5000m. | M. Baxter | 1st. |
| <u>A.A.A.</u> | 1500m. | C. Douglas | 1st. |
| | 5000m. | D. Lowe | 3rd. |
| <u>Scottish</u> | 1500m. | C. Douglas | 1st. |
| <u>A.A.A. Jun.</u> | 1500m. | D. Lowe | 3rd. |
| | 2000m/3/4 | D. Coates | 1st. |
| <u>North Jun.</u> | 1500m. | D. Lowe | 1st. |
| | 5000m. | D. Lowe | 1st. |
| | 2000m/3/4 | D. Coates | 1st. |
| <u>Yorkshire</u> | 800m. | A. Gibson | 1st. |
| | 1500m. | M. Cox | 1st. |
| | 5000m. | H. Broadbent | 1st. |
| | 1500m. | D. Coates | 1st. |
| | 3000m. | D. Coates | 1st. |
| | 2000m/3/4 | D. Coates | 1st. |
| <u>Northumberland & Durham</u> | | | |
| | 1500m. | D. Lowe | 1st. |
| | 800m. | P. Dunn | 1st. |

GORDON SURTESS

--60000--



WALTER WILKINSON wins the Inter-Counties Mile from PETER STEWART and BRENDAN FOSTER

AREA REPORT MIDLANDS

Midland Regional Secretary's report
to the A.C.M.

There was a total of 12 new members during the year made up as follows:- Senior men - 3, Youths - 2, Boys - 1 Senior Ladies - 2, Junior Ladies - 3, Coaches - 1.

This figure was more than offset by deletions totalling 15 due to non-payment of subs, most of these being athletes no longer taking such an active interest in the sport as previously.

More races were cancelled this year than were actually staged. The letter from the National Committee to all Midland members provoked a small response, including criticism that we were: (a) staging races in inaccessible places, (b) putting on the wrong distances, (c) staging them on dates that clashed with other important events - thus we were displaying a lack of knowledge of the fixture list. In answer to these assertions I was able to state that: (a) all the tracks selected were within six miles of the most from a motorway or a major trunk road, (b) there is some responsibility to the athletes to let the regional secretary know what races they require, (c) all dates were selected with full knowledge of the fixture list. It was impossible to find a single week-end when there would not be a clash. Another criticism was that two of the tracks were not first-class. As a point of interest, athletes athletes from my own club have achieved a total of 15 personal bests on these two tracks this season. I would



DAVID BLACK wins the Inter-Counties 5,000 Metres

also ask all Midland members in 1974 to keep me informed of their form so that they can receive invitations where appropriate. One member apparently resigned because he had not received a single invitation. Apart from Athletics Weekly results, up to four weeks old, I had no way of knowing how well or even if the athletes concerned was still competing. Nor was I aware that he required any races.

Of the races in the Midlands that managed to get under way, the Ladies' mile at Redditch produced two personal bests and the 1500 at Warley brought two more.

The outstanding Midland runners of the year have undoubtedly been DAVID BLACK and SHIRLEY GARDNER. Their exploits have been adequately chronicled elsewhere, but suffice it to say that Dave has more than lived up to my predictions earlier in the year that he would emerge during the season as a world-class track runner. Sheila's golden moment was probably her victory over Nikolic, a performance that could possibly convince her that she is in fact the world-class athlete that she has always looked to be. I must mention JOHN GAMMAN and RAY SHEDLEY for their determined approach to their racing. Both are runners who could be in contention for the Munich team. MARTIN KNOWLES always impressed as a runner who was not afraid to do a bit of work to earn his passage. MARGERY GARDY was one of the most improved runners in the area.

Some medals sent to me got lost in the post and despite enquiries they have still not turned up. I am therefore ordering two plaques and a statuette which I am awarding respectively to JOHN GAMMAN (Regional men's mile champion), MARGERY GARDY (Women's mile champion), and DAVID BLACK - World Junior 5000m. record. There will be no charge to the B.M.C. for these awards as I have a sponsor for them.

SOUTH-WEST

South-Western Secretary's report to
the A.C.M.

It is almost a year since I took over as S. W. Regional Secretary. In making this report I will start with the problems I have encountered since taking over the post.

(1) Having just returned to Somerset from the wilds of East Anglia it has taken time to get adjusted both to a new job and the athletic set-up in the South-West. (2) My own job is a very time-consuming one (including Saturdays and Sundays, term time) and this prevents my attending all the fixtures that I would like, although travelling with school teams to certain fixtures does make up for this.

(3) Perhaps the main problem is the size of area involved and the comparatively small population. Thus the area stretched from Leeds End to Salisbury/Swindon, a distance of nearly 230 miles on very bad roads. Thus we have only just exceeded ten B.M.C. members, a figure which covers all age groups. It is hardly a viable proposition to organise races for these. (It is worth referring the A.C.M. to the Athletics Weekly report by the Hon. Sec. of the Dorset A.A.A., J. Martin Cartwright - 21st August issue, page 11) In the Senior 800 and 1500, Dorset had one senior competitor only. It is also worth mentioning that the Glouc Championships were cancelled for lack of support. The standard in the other counties, Devon, Wiltshire, Somerset, Cornwall is only marginally better.

However, there are some hopes for the future. In conjunction with the S.W.C. A.A.A. and the G.S.P.R. we are organising middle distance coaching along with hurdles, throws, jumps at Taunton Technical College (grass fields) on one Sunday in the month throughout the winter. Again I cannot be over optimistic of support since distances are large but invitations will be sent to all B.M.C. members and an advert is being inserted in A. W. at B.M.C. expense.

A new track has now opened at Yeovil, so perhaps we can arrange a National B.M.C. training day in the spring, and even a few select high standard races involving people from other regions.

Perhaps the main function of the B.M.C. in the South-West will be to pay expenses for its members to attend races in other regions. Already Martin Wilson, Joyce Dent, Sue Barnes, Nick Rose and a possible member (Jim Campbell) have taken advantage of this.

Brian Davies is looking after B.M.C. matters in Cornwall and organised a successful early season meeting in those parts.

TIM TAYLOR

I am organising a training day at Cannock Stadium on Sunday 31st. October. There is easy access to Cannock Chase from town and this is an excellent training area. The success of last winter's training day at Mansfield suggests that another one should be organised and I will seek the help of John Westton and Jack Boggia in getting this together. There is a very strong possibility of a sponsored Ladies' race at Redditch next year and I will ask Jack to look into the chances of a top class mile at Leicester early in the season. For the rest it will be a question of demand. If the athletes will let us know what they want, we will do our best to help, but balance will be taken as meaning satisfaction with your lot.

I have now contacts in most Counties and I am going to feed them with information to pass on to schools. I think most of the senior athletes ever likely to join have already done so, so we must tap the tremendous reservoir of talent lower down the age scale. Looking at this talent emerging from its embryo gives me great hope for the future not only of middle-distance in the Midlands but also throughout the Country. We shall always have our problems and our differences as we have had this year, but we must never allow this to blind us to the reason for our existence, which is to further the cause of middle-distance running and its exponents. Our impact to date has not been insignificant. We shall flourish further.

TONY SAUNDERS



WALTER WILKINSON leading JIM DOUGLAS during a heat of the Inter-Counties Mile at Leicester

Accounts & Auditor's Report

BRITISH MILERS' CLUB

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31st DECEMBER 1970

| | | | | |
|-------------------|--|-----------|--------------------|----------|
| 1969 | <u>EXPENDITURE</u> | | | |
| £170. 2. 0 | To Advertising | | £116. 5. 0 | |
| 73. 7. 7 | Printing, Stationery, Duplicating Etc. | | 13. 11. 0 | |
| 39. 11. 8 | Postages, Telephones Etc | | 76. 16. 0 | |
| 2. 5. 0 | Donations | | - - - | |
| 2. 2. 0 | Deficit on training days | | 2. 17. 0 | |
| 6. 3. 0 | Race expenses (less promotion fees) | | 73. 10. 9 | |
| - - - | Regional Secretaries' Conference | | 27. 10. 3 | |
| 2. 12. 8 | Sundry expenses | | 5. 4 | |
| | Badges Stock at cost 31.12.69 | 14. 16. 0 | | |
| | Add purchases | 8. 0. 0 | 22. 16. 0 | |
| 10. 0. 6 | Less stock at cost 31.12.70 | | 14. 16. 0 | |
| 9. 6. 8 | Awards to members | | - - - | |
| 28. 2. 6 | Balance, excess of income over expenditure | | 3. 1. 2 | |
| <u>£346. 0. 7</u> | | | <u>£328. 12. 6</u> | |
| | <u>INCOME</u> | | | |
| £122. 10. 0 | By Subscriptions | | £148. 15. 0 | |
| 202. 4. 3 | Donations | | 169. 9. 9 | |
| 16. 5. 0 | Race promotion fees | | - - - | |
| 1. 1. 0 | Sundry receipts | | 1. 1. 6 | |
| | B.M.C. Pens Stock at cost 31.12.69 | 9. 6. 5 | | |
| | Less sales | 13. 1. 0 | | |
| | stock at cost | | | |
| 3. 3. 4 | 31.12.70 | 2. 18. 8 | 15. 19. 8 | 6. 43. 3 |
| | B.M.C. Bags Purchases | | 17. 10. 0 | |
| | Less sales | | 20. 0. 0 | 2. 10. 0 |
| <u>£346. 0. 7</u> | | | <u>£328. 12. 6</u> | |

BALANCE SHEET - 31st DECEMBER 1970

| | | | | |
|-------------------|---|-----------|--------------------|--|
| | <u>LIABILITIES</u> | | | |
| | <u>INCOME AND EXPENDITURE ACCOUNT</u> | | | |
| 98. 13. 2 | Balance as at 31.12.69 | 98. 13. 2 | | |
| | Add surplus for year | 3. 1. 2 | 101. 14. 4 | |
| | <u>SUNDRY CREDITORS</u> | | | |
| | B. Prior Memorial race fund balance as at | | | |
| | 31.12.69 | 2. 0. 0 | | |
| 2. 0. 0 | less cost of 1970 race | 15. 10 | 1. 4. 2 | |
| 1. 10. 0 | Subscriptions from non members | | - - - | |
| <u>£102. 3. 2</u> | | | <u>£102. 18. 6</u> | |
| | <u>ASSETS</u> | | | |
| 14. 16. 0 | Stocks at cost - Badges | 8. 0. 0 | | |
| 9. 6. 5 | B.M.C. Pens | 2. 18. 8 | 10. 18. 8 | |
| 66. 3. 1 | CASH - at Bank | | 91. 19. 10 | |
| 9. 17. 8 | in hand | | - - - | |
| <u>£102. 3. 2</u> | | | <u>£102. 18. 6</u> | |

AUDITOR'S REPORT TO MEMBERS

I have examined the above Income and Expenditure Account and Balance Sheet and the books and records of the British Milers' Club. In my opinion and to the best of my knowledge and belief a proper record of the Income and Expenditure of the Club has been kept by the Treasurer, and the above accounts have been prepared in accordance therewith.

New House,
129 Broadway

ALFRED P. WILKINS, F.C.A.
HONORARY AUDITOR

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TREASURER

TREASURER'S REPORT TO MEMBERS

The club accounts show an excess of income over expenditure of £31.2 and this was only achieved because of the very large donations received. Almost £170 was donated and this does not include the cost of the club magazine for which no charge was made but which would probably have cost the club about £250.

It is obvious that without these very substantial donations we would not be able to carry on as we do and many of our activities would have to be cut out or severely reduced. This state of affairs is due to the considerable increase in race expenses. Here I feel that athletes are "jumping on the handwagon" and claiming full expenses when they are provided with a very good race and the chance of a personal best. Obviously the club cannot go on being run in this way and I personally look forward to the day when the club is self-sufficient and does not have to rely on donations and our members run for race and not for money.

MARTIN WALES
HON. TREASURER

Membership Secretary's Report

Membership Secretary's report to the A.G.M.

New members enrolled since the last A.G.M. totalled 125. Of this number 25 availed themselves of the new 800 ruling.

Deletions due to non-payment of subscriptions, resignations and retirement from athletics totalled 62.

This means that the B.M.C. increased its overall membership by 63.

The total membership now stands at 416. The individual regional totals are:-

SOUTH (Middlesex, Kent, Surrey, Sussex, Hants, Berks, Bucks.)

Secretary: Frank Horwill, 201 Sumatra Road, London, N.W.6

128 members - 118 active.

EAST (Essex, Norfolk, Suffolk, Beds, Herts, Cambs, Herts.)

Secretary: Cecil Smith, 404 Brookless Road, Harlow, Essex

85 members - 81 active

MIDLANDS (Staffs, Worcs, Hereford, Gloucestershire, Warks, Leics, Northants, Lincs, Notts, Salop.)

Secretary: E. Midlands: Tony Saunders, 2 Parkdale Road, Tottenhall Road, Wolverhampton, Staffs, WY1 4TE

W. Midlands: John Boggis

33 members - 47 active

COMMITTEE

The following Officers and Committee Members were elected at the A.G.M. on 2nd. October, 1971:-

PRESIDENT:- Brendan Foster

VICE-PRESIDENTS:- Tony Ward, Harry Wilson, Maureen Smith, Martin Wales, Roger Banister, Derek Ibbotson, Sydney Wooderson, Rita Ridley, Wilf Pasha, Brian Boulton, Frank Horwill, Eddie Powell

CHAIRMAN:- Harry Wilson

VICE-CHAIRMAN:- Brian Boulton

HON. TREASURER:- Martin Wales

GENERAL SECRETARY:- Brian Boulton

MEMBERSHIP SECRETARY:- Frank Horwill

REGIONAL SECRETARIES:-

Scotland:- Harry Bennett

North East:- Gordon Surtees

North West:- Eddie Powell

Midlands:- Tony Saunders

East:- Cecil Smith

South West:- Tina Taylor & Brian Davis

Wales:- vacant

South:- Frank Horwill

HON. AUDITOR:- Alf Wilkins, F.C.A.

COMMITTEE MEMBERS:- Alf Wilkins, Peter Opkin, Charles Booth, Bill Bennett, Dave Cockedge

EDITOR:- Charles Booth,
9 Barrow Road,
CAMBRIDGE,
CB2 3AP

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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NORTH-WEST (Lancs, Cheshire, Cumberland, Derby, W. Riding, Yorks, Flint, Isle of Man)
Secretary: Eddie Powell, 7 Trinity Avenue, Sale, Cheshire

66 members - 58 active

NORTH EAST (Northumberland, Northampton, Yorks)

Secretary: Gordon Surtees, 8 Greenwood Road, Coppen Estate, Billingham, Teesside.

46 members - 40 active

SCOTLAND

Secretary: Harry Bennett, 43 Bridgend Street, Dundee, DD4 8LZ

12 members - 12 active

SOUTH-WEST (Cornwall, Somerset, Devon, Dorset, Wilts, Bristol.)

Secretary: Tina Taylor, The Vicarage, Combe St., Nicholas, Chard, Somerset

14 members - 14 active

WALES

Secretary: Dave Williams

10 members - 9 active

NORTHERN IRELAND

2 members - 1 active

Application for membership to the B.M.C. should be addressed to the-

MEMBERSHIP SECRETARY, 201 Sumatra Road,

London, N.W.6, together with a stamped

addressed envelope. Completed applica-

tion forms should be accompanied with a

quarto sized addressed envelope.

FRANK HORWILL

The Rules of the BRITISH MILERS' CLUB

As revised at the A.G.M. on 2nd. Oct. 1971

1. Name and Objects

a) The name of the organisation shall be the BRITISH MILERS' CLUB.

b) The object of the organisation shall be:- 1. To raise the standard of British Middle-distance running.

2. To increase the knowledge of coaches and others interested in these events.

2. Membership

1. Membership shall be divided into the following classes:-

- | | |
|---------------|----------------------|
| a) Senior men | e) Women |
| b) Junior men | f) Life-members |
| c) Youths | g) Coaches |
| d) Boys | h) Associate members |

2. a) The qualifying standards for classes a, b, c, d and e shall be decided by the members at the A.G.M. ALL MEMBERS ELECTED IN THESE CLASSES SHALL BE AMATEURS AS DEFINED BY A.A.A./N.A.A.A. LAWS.

b) Free Life-membership shall or may be awarded for outstanding performances of service to the Club.

c) Class g membership shall be confined to qualified British Middle-distance coaches.

d) Class h membership may be offered to individuals who do not possess the above qualifications but who have special qualities likely to benefit the Club.

e) All members shall COMPLETE AN APPLICATION FORM AND BE ELECTED AT A MEETING OF THE GENERAL COMMITTEE.

3. Subscriptions

a) The subscription rate for classes a, b, c, d, e, g and h shall be 50p. per annum, payable at the time of joining and due each subsequent year on the 1st. January.

b) Members not paying their subscriptions by the 31st. March each year shall be liable to 50p. levy.

c) Any member more than SIX MONTHS IN ARREARS shall be deemed to have forfeited membership and may not be re-instituted until all arrears have been paid up.

d) Life-membership (class f) shall be free but Life-members may make annual donations to the Club if they wish.

e) Any alteration to the subscription rate shall be approved by a majority of the members at a General Meeting.

4. General Committee

a) The Club's business shall be managed by a General Committee - hereinafter referred to as the "Committee"

b) The Committee shall be elected at the A.G.M. and shall consist of:- The Chairman, Vice-Chairman, General Secretary, Treasurer, Membership Secretary, Minutes Secretary, Regional Secretaries and FIVE OTHERS.

c) The Committee shall have powers to co-opt up to THREE additional members or to replace any of its members.

d) Committee meetings shall be as and when the Committee thinks necessary and there shall not be less than six such meetings in any one year.

e) A quorum at a meeting of the Committee shall consist of FIVE members.

f) If a quorum is not present within 15 minutes of the specified commencement time the meeting shall be adjourned.

g) The Chairman shall be entitled to a CASTING VOTE IN THE EVENT OF A DEADLOCK.

h) The Vice-Chairman shall be entitled to act as Chairman in his absence. If neither are present at a meeting the members shall elect an acting Chairman from those members present.

i) REGIONAL SECRETARIES MAY APPOINT DEPUTIES TO ACT IN THEIR ABSENCE.

5. President and Vice-Presidents.

These positions shall be elected at the A.G.M. They may attend Committee meetings but shall not be entitled to vote on motions put forward at these meetings.

6. General Meetings

a) The Club shall in each year hold a general meeting as its A.G.M., in addition to any other general meetings in the year. This meeting shall be held not later than 31st. March in any year.

b) All general meetings other than the A.G.M. shall be called Extraordinary General Meetings.

c) The A.G.M.s shall be held at any appropriate place approved by the Committee.

d) Members shall be given at least 28 days notice of the A.G.M. via the athletic press and at least 14 days notice of Extraordinary General Meetings.

e) All matters for inclusion in the A.G.M. shall be received by the General Secretary at least 21 days before the meeting.

f) An Extraordinary General Meeting shall be called by the General Secretary within 21 days of the receipt by him of a requisition signed by at least TWENTY members, stating the business to be brought before such a meeting.

7. Alterations to the Constitution

The constitution shall be altered only at a General Meeting by a two-thirds majority of members present and voting. Proxy votes shall not be allowed. Any alterations made at a General Meeting shall take effect immediately.

8. Proceedings at General Meeting.

The business at the A.G.M. shall be:-
1. To receive and consider the annual reports of the Treasurer, General Secretary, Regional Secretaries and the Income and expenditure account and balance sheet.

2. The election of the President, Vice-Presidents, Committee members and Auditor for the ensuing year.

3. To transact any other business.

4. No business shall be transacted unless a quorum of FIFTEEN members is present.

5. All resolutions put to the vote must be approved by a majority of members voting and entitled to vote. Only paid-up members are entitled to vote. The Chairman of the meeting shall decide the manner of voting.

9. Accounts

a) The Treasurer shall keep an account showing details of all sums of money received and spent. This means that this account shall be available at each meeting of the Committee.

b) All outgoing cheques shall be signed by the Treasurer and one other officer.

10. Audit

a) Audited accounts shall be presented at the A.G.M.

b) An Hon. Auditor shall be appointed at the A.G.M.

11. Interpretation of the Rules

The interpretation of the rules shall be the prerogative of the General Committee.

12. Dissolution

In the event of the Club's dissolution, its NET assets shall be realized and donated to a charity nominated by a majority of the members.

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SUBSCRIPTIONS

There are a number of notes regarding subscriptions scattered around this issue of B.M.C. News. It is felt that many members fail to pay in time through forgetting, so we are doing our best to prevent that happening this year. At least you will have no excuse! At the same time, members are reminded that race invitations are only sent to paid up members.

THAT WEEK-END! Grange Farm - 1971

By Andrew Beast and
Christopher Pearce

---oo00oo---

Having come 55 miles, one by train and one by motorbike, we arrived just in time to be allocated to our sleeping quarters. This was to be our only place of retreat throughout the whole course. The sleeping quarters were divided up into a number of rooms, each containing about 12 single but comfortable bunk beds.

Before we had time to ponder we were listening to Frank Herwill's welcoming speech and introduction to the various coaches of great wisdom. Without further ado we found ourselves split up into groups of roughly the same standard of ability.

Our introductory training session whether it be sprinting, flat out up hills or long slow running, proved to be devastating, especially with the thought of another perhaps even harder session later that afternoon.

But anyway, after a quick hot shower we were once more back into the lecture room, listening to an expert in his own field. Perhaps it was a gauge to the interest that these lectures had in that we didn't feel inclined to regain that much needed sleep!

The long awaited meal was to come next, and we queued up on weary legs to collect it on trays. We sat down to enjoy our meal in good spirits, discussing the morning's events. The meal itself was of a higher standard than the previous year but quantity was not its strong factor. After an interesting chat with Peter Small our confidence of high success was lifted. Also another chat with Chris Stewart revealed a little about top racing in America. The dining room was buzzing with enthusiastic discussion and was a valuable part of the course.

The afternoon followed the same pattern of lectures, training, lectures followed by tea.

The disco in the evening was a good idea but as with the dinner, quantity, this time of girls, was not the strong point. However, apart from that, the disco seemed to go down fairly well. It was now time for bed, to sleep of course, and have nightmares of Frank Herwill and his training methods.

Those of us up early enough were able to go on a five mile "jog" with Peter Small. Breakfast was soon over and done with and after the following lecture, which was an excellent talk by John Whetton on physiology, most of us were able to get a haemoglobin count, the results of which proved very interesting.

After our third training session and yet another lecture it was time again to replenish our energy supplies with pints of milk and B.M.C. grub.

Almost too quickly the afternoon sped away with more lectures and the last training session, which we think turned people into cripples for the next few days if they were not in that state already.

To sum up, we think that the course was highly successful due to good organisation (Thank you, Cecil), excellent lectures (particularly an interview by Tony Ward with Peter Small and John Whetton on their careers), a variety of training methods, good coaches, better meals than last year and a good atmosphere in general.

NOTE: Andrew and Christopher are two Youths who have now been to Grange Farm twice. They are not yet qualified for the B.M.C., but one of their ambitions is to put this right. I thank them for letting us read about their impressions of the course and I hope this will encourage those who have not been on one to have a go next time. EDITOR.



A New Look at ALTITUDE TRAINING

By D. M. Turner, Ph. D.

This article is taken from a lecture given by Mike Turner as part of a series organized by the S.C.A.A.A. at the City University. It has been made into an article by John Jewell of the R.R.C. for their Newsletter and we are very grateful for his permission to include it here.

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Training at altitude is a topic of current interest in that several countries including Great Britain are prepared to send athletes to alpine resorts for several weeks prior to the Olympic Games at Munich.

The British Olympic Association have announced that all athletes for events from 800 metres or over will be given this opportunity.

Although attention has been given to altitude training only during the past seven years, the advantages for improved performance at sea level were suggested as long ago as 1935 by Captain F.A.M. Webster.

During long periods of acclimatization to altitude, physiological changes take place in the body to compensate for the conditions of lower oxygen pressure. On returning to sea-level, the body retains this improved physiological condition for two to three weeks, and as a consequence during this period it possesses considerably increased powers of oxygen assimilation and hence the potential for faster running speeds over middle and long distances.

To what extent is this true? What is the scientific evidence for such a system of training? What are the dangers?

Recent work has shown that the oxygen debt, i.e. the body's deficit in oxygen incurred during hard work, such as fast running, was much less than previously thought. This discovery had resulted from improved methods of measuring oxygen debt. Previously it had not been realized that during the period of recovery after exertion, the body over-compensated itself for its oxygen debt.

Hence a greater proportion of the oxygen required in a middle-distance race had to be supplied by the heart and the lungs during the race than previously thought. This amounted to 90% during a 5000 metre race.

Measurements had shown that speed of running was directly proportional to the athlete's oxygen consumption. The greater his rate of oxygen assimilation, the faster he would run at distances longer than sprints.

Oxygen consumption is affected by a number of factors:

- (1) Lung ventilation, i.e. the amount of air pushed through the lungs, dependent on depth and frequency of breathing.
- (2) Diffusion of oxygen through the lung membrane into the blood stream.
- (3) Cardiac output, i.e. the pulse rate and the amount of blood pumped per minute by the heart.
- (4) Oxygen carrying capacity of the blood.
- (5) The transfer of oxygen from the blood stream to the muscles.

THE OBJECT OF ALL TRAINING, WHETHER AT SEA LEVEL OR AT ALTITUDE, IS TO INCREASE THE ATHLETE'S MAXIMUM OXYGEN INTAKE, since this determines the speed at which he can run.

What happens to the athlete when he goes to altitude, say to 7000 to 8000 ft.?

His capacity for physical work is much reduced, owing to the prevailing lower oxygen pressure, which means that he has less oxygen available for work. He cannot run at anything like the speed he is capable of at sea-level. Physiological changes occur in his body which enable it to surmount to a limited extent its lack of oxygen, i.e. he acclimatizes.

These changes include an increase in lung ventilation, i.e. he breathes deeper and faster, so that more air is forced through the lungs. The diffusion of oxygen through the lung membrane is not increased. People who inhabit high altitudes, such as Ethiopians, have an inherent advantage here, because their lungs have thin membranes. Blood volume increases during acclimatization but cardiac output does not, in fact pulse rate decreases at altitude.

An important change is the increase in oxygen carrying capacity of the blood brought about by an increase in the haemoglobin or red colouring matter.

What happens when the athlete returns to sea-level after his period of say four to six weeks at altitude? Upon this depends the benefit of altitude training, if any?

The contention is that the body retains its capacity for coping with diminished oxygen availability for two or three weeks, and during this period it is capable of assimilating at a greater rate than before the altitude acclimatization. Hence the man can run faster at sea-level than before.

The evidence of this is limited, but Jackson in the U.S. reported that the maximum oxygen intake of six middle-distance runners increased 7% after altitude acclimatization. During the first three weeks at sea-level they achieved 16 personal best performances and two world records.

Jim Ryan had such high altitude training before his 3,51 mile, as did Gaston Roelants before his world one hour record. The only controlled tests to assess the benefits of altitude training were conducted by Mellerowicz and others. Two groups of eleven men, who were not top class athletes, were timed over 3000 metres. Both groups trained for a month at sea-level then one group trained for a month at St. Moritz (6,000 ft.) while the other continued to train at sea-level. The first group showed an average improvement of 31 seconds after returning to sea-level, while the second group showed an improvement of 21 seconds over the same period.

In addition to my time in Mexico City, I have had experience of training at Fort Rameau, the French training establishment in the Pyreneans, and in Nairobi.

There are definite disadvantages in altitude training. The power output of the muscles diminishes at altitude and could be less afterwards on returning to sea-level. Peter Traversa has previously reported this phenomenon after visiting Fort Rameau with a party of British athletes, and recommended hard interval training at maximum effort with short recovery periods to prevent muscular detraining and enhance cardiovascular fitness.

Tia Johnson had found that after six weeks acclimatization in Mexico, he was capable of his normal level of speed training and found hard interval training essential to develop his maximum oxygen input.

To conclude, it is best to list the most important points that came out in discussion at the end of the lecture.

The dangers of throat infection at high altitude were acknowledged. Illness had occurred during the visits to Mexico.

In connection with intestinal disturbances, it was best to steer clear of drugs if at all possible, including streptomycin, owing to side effects.

It is advisable to steer clear of altitude training before important meetings, unless the athlete has previous experience of it. Rather than to take the entire British contingent to St. Moritz prior to Munich, the best procedure would be to deal with each person individually, and for those who felt they would benefit from altitude training, two periods at altitude should be arranged - three of four weeks in the spring and the same period immediately before their event in Munich.

KEVIN STEERE

Youth Star of the Year His Record & Training

NAME IN FULL:- Kevin John Steere
BIRTHPLACE & DATE:- Litcham, Norfolk
23rd. October, 1954.
HEIGHT & WEIGHT:- 5' 10 $\frac{1}{2}$ ", 9st. 8lb.
CLUBS:- Norfolk Olympiads, Cambridge & Coleridge, B.M.C. (Track)
Norfolk Gaselles, Cambridge & Coleridge (Cross Country)
OCCUPATION:- Student
WHEN DID YOU TAKE UP RUNNING SERIOUSLY?
1968

WHO IS YOUR COACH? Charles Booth and my Father.

GIVE YOUR PERSONAL BESTS YEAR BY YEAR

| | 1966 | 1969 | 1970 | 1971 |
|--------|--------|--------|--------|--------|
| 800m. | 2.20.0 | 2.29.0 | 2.02.0 | 1.57.8 |
| 1500m. | -- | 4.13.5 | 4.00.2 | 3.59.5 |
| 1 mile | 4.36.0 | 4.43.9 | 4.22.0 | 4.11.0 |
| 3000m. | -- | 9.04.4 | 8.35.9 | 8.15.4 |

WHAT ARE YOUR BEST COMPETITIVE ACHIEVEMENTS AND PLACEMENTS?

1969 E.S.A.A. 1500m.-3rd. 4.13.5
BSSCC.C. 3rd.
1970 E.S.A.A. 1500m.-5th. 4.03.1
National 1500m.-4th. 4.00.2
Han 4.25.6 for mile and $\frac{1}{2}$ hour
later set British record for 3000 metres, 8.35.9
S.C.A.A.A. 3000m.-1st. 8.39.6
1971 S.C.A.A.A. 3000m.-1st. 8.30.0
E.S.A.A. 3000m.-1st. 8.20.0
National 1500 m.-1st. 3.59.5
Junior Invitation 3000m.-3rd.
8.15.4 World age record.
B.M.C. Invitation Mile- 4th.
4.11.0

PLEASE DESCRIBE DETAILS OF YOUR WINTER TRAINING.

Sunday. Long run, usually on roads, varies from 12 to 15 miles.
Monday. Sprint session. 3 miles warm up with a few strides, then 4 x 80m sprints up a hill, straight back down the hill and repeat, then 2 miles warm down.
Tuesday. Long steady run, either over road or country depending on weather. About ten miles with print finish.
Wednesday. Warm up about 5 mins, then 4 x 800 with 200 jog recovery, 2 x 1500 with 300 jog recovery, 4 x 800 with 200 jog recovery, 5 mins warm down.
Thursday. Either a hard Partick session about 7 miles or a 7 mile steady run.
Friday. Rest
Saturday. Race
Ultimate target is to continue improving quality and quantity.
PLEASE DESCRIBE YOUR SUMMER TRAINING.
Sunday. Steady run on roads, about 10 miles. One mile sprint finish.
Monday. Warm up one mile, 4 sets 4 x 400m. 200 jog recovery between each sprint, 300 recovery between sets.
Tuesday. Either 1 x 600, 2 x 500, 3 x 400, 5 x 200, 10 x 100 or 6 x 300, 6 x 600, 6 x 300. All sprints have 200 jog recovery.

HAVE YOU PAID
YOUR SUBS?

See Page-5

Wednesday. Partick, 5 to 6 miles.
 Thursday. 7 sets of 4 x 200m. 100m. jog recovery.
 Friday. Rest
 Saturday. Race

PLEASE GIVE DETAILS OF ANY OTHER TRAINING.
 If the weather is bad, a running session is substituted by an isometric one.
 WHAT IS YOUR ATTITUDE TOWARDS TRAINING?
 As training is the basis of all sports it must be taken very seriously and worked at very carefully.
 WHAT IS YOUR USUAL TRAINING VENUE?
 Varied, either road or cross country or 300m. grass track.
 HOW IMPORTANT TO YOU IS ATHLETIC SUCCESS?
 100% important.

PLEASE DESCRIBE YOUR LIMBER UP
 For a big race I start with a steady jog of about 2 miles, then exercises followed by a period of about half an hour when I simply prepare myself mentally, then more jogging and exercises. This usually takes about 1½ hours.

WHAT IMPORTANCE DO YOU ATTACH TO MENTAL TRAINING AND HOW DO YOU GO ABOUT IMPROVING IT?
 Mental attitude is very important. If one obtains a good mental attitude he is half way in his quest. You can only improve your mental attitude by reassuring yourself that you can beat your nearest rivals if you push yourself and by having good hard training sessions.

DESCRIBE ANY SERIOUS ILLNESS
 Up to the present time I have had no serious illness.

HOW INTERESTED ARE YOUR PARENTS IN a) ATHLETICS, b) YOUR ATHLETIC PROGRESS?
 They are very interested in both and have made my improvements possible.



HELEN STIRLING winning the English Schools 5,000 Metres

BLOOD CONDITIONING Sea-level Answer to Altitude Training

By Dave Cockledge

From Sweden comes a startling series of experiments with athletes that have been a direct result of improving athletic performances by as much as 20% in some cases. The facts on this were published in the October issue of "Track & Field News", and it is the first full account of the experiments conducted by Bjorn Ekblom, chief physiologist at Gymnastik and Idrottshögskolan of Stockholm. He says: "Our experiments went about like this - we took seven pupils from the school at Stockholm and let them run on a treadmill to get an indication of their individual capacities. Then we drew 27 oz. of blood (nearly one quart - a fifth of an average human's total quantity of blood). Testing the next day we saw a clear decrease in capacity in their work output. Then day by day, as new blood was produced in their bodies, the values went up. After 14 days they were all working at maximum rate again. Then, a month after the experiment began, we gave them back their own blood. The effect was stunning. Our test persons increased their capacity by 20%. The best was in fact 23%. 'It was a fantastic feeling', declared one of the tested people, Lars-Ove Grödin (27). 'I was able to run at top speed on the treadmill two minutes longer than before. I had a feeling of great strength, almost as if I was boiling all over with energy.'

Says Ekblom: "It's easy to see the significance this could have on long distance runners and cyclists. Now, when I reflect on my lab tests I feel a little scared. This is a method not against any rules and never could be. It would seem like ideal conditioning for top athletes just before a major Games or Championships. I have been offered more than 1,000,000 Swedish crowns for my exact method."

Anders Gardarud, who ran 8.28.4 in the heats of the Helsinki Championships in the 3000s. Stenplechase, is keen to undergo this method of "blood doping". "I think I could get under Kerry O'Brien's World Record of 8.22.0 as the tests indicate," he says. "We are fast heading towards more intense co-operation between doctors and athletes. We had better take the opportunity while we can, or we'll just get left behind by nations that have combined science with sport."

It seems to me that Ekblom has hit on the sea level answer to high altitude training and acclimatization. What he is doing in effect is raising the oxygen carrying capacity of the blood by round 12%. Apparently this can also be achieved through high altitude training for several months. What is possibly happening is the red cells outside the body are getting packed, and Ekblom is putting back red cells making the runner's blood thicker and comparatively quicker to take up oxygen. Taking the man's own blood eliminates all reactions to incompatibility. (Hospitals often have this problem - they have to have the patient's blood group in order to replace it correctly - a wrong blood group put into someone leads to rejection by the body). The procedure used in Sweden is simple and stunningly effective.

Sven-Ivar Johansson, when I met in Helsinki last August, says: "The blood transfusions provide the test persons with a surplus of red blood corpuscles which transport oxygen to the muscles for increased energy."

Ekblom has further stated: "The aim of this study was not to find a perfect way of doping athletes but to study the different parameters that will influence the oxygen transport system chain and general physical performance. Of course as a result the study has become of great interest to coaches and trainers all over the world. The full procedure will be appearing shortly in an American physiological journal."

So we have at our disposal a cheaper and seemingly ideal method of increasing performance capacity than rushing up into the mountains for four fortnights for months prior to a major Games. I'd like to echo Gardarud's comments. By refusing to look into this and research ourselves as much as possible, we will simply be left way behind by Eastern European countries that have their doctors working closely with their athletes. Nowadays it's no longer just enough to train hard. One has to train scientifically if one wishes to reach the top levels in athletics, particularly middle-distance and distance wise. There is much to be learned, as these experiments have proved.

Ranking List

E. M. C. TOP TEN RANKINGS - 1971

Compiled by Frank Horwill

1,500 Metres - Senior Men

| | |
|--------------------|--------------|
| Brendan Foster | 3.39.2 * |
| John Kirkbride | 3.39.5 ** |
| Walter Wilkinson | 3.41.1 *** |
| Phil Banning | 3.41.2 X |
| Roy Young | 3.43.6 **** |
| Andrew Carter | 3.44.2 |
| Jim Douglas | 3.44.4 ***** |
| Airian Weatherhead | 3.44.6 ***** |
| John Cadman | 3.45.0 ***** |
| Ray Smedley | 3.45.0 |

* Inferior to mile time of 3.58.5
 ** " " " " " " 3.58.2
 *** " " " " " " 2.56.6

(fastest mile time in Britain 1971)

| | | | | | | |
|-------|----------|----|------|------|--------|--------|
| **** | " | " | " | " | 3.59.4 | |
| ***** | " | " | " | " | 4.00.1 | |
| ***** | " | " | " | " | 3.58.5 | |
| ***** | " | " | " | " | 4.02.2 | |
| X | Superior | to | mile | time | of | 4.01.0 |

1,500 Metres - Senior Women

| | |
|----------------------|--------|
| Rita Ridley | 4.12.7 |
| (U.K. Native Record) | |
| Sheila Carey | 4.16.2 |
| Margaret Beahman | 4.19.7 |
| Gill Tivey | 4.21.7 |
| Thelwyn Babeman | 4.23.8 |
| Angella Lovell | 4.24.7 |
| Joyce Smith | 4.25.2 |
| Christine Haskett | 4.25.4 |
| Paula Yeoman | 4.26.2 |
| Beryl Bush | 4.31.6 |

1 Mile - Senior Women

| | |
|-------------------|--------|
| Rita Ridley | 4.37.4 |
| Joyce Smith | 4.45.6 |
| Angella Lovell | 4.46.4 |
| Gill Tivey | 4.47.0 |
| Christine Haskett | 4.49.4 |
| Paula Yeoman | 4.56.6 |
| Beryl Bush | 4.58.9 |
| Jan Lookhead | 5.00.0 |
| Thelwyn Babeman | 5.00.1 |
| Sandra Margida | 5.00.5 |

1,500 Metres - Junior Men

| | |
|------------------|--------|
| Barry Smith | 3.45.3 |
| Dennis Coates | 3.48.5 |
| David Glasborow | 3.48.7 |
| Charles Spedding | 3.48.8 |
| David Lewis | 3.50.2 |
| Terence Colton | 3.53.7 |
| Julian Genter | 3.54.0 |
| Nigel Gates | 3.54.3 |
| David Black | 3.54.5 |
| Michael Frontat | 3.54.6 |

1,500 Metres - Intermediates

| | |
|---------------|--------|
| Betty Price | 4.39.8 |
| Susan Clarke | 4.40.6 |
| Gillian Adams | 4.49.2 |

1,500 Metres - Junior Girls

| | |
|----------------|--------|
| Rogina Joyce | 4.36.4 |
| Shirae Hines | 4.39.1 |
| Janet Lawrence | 4.47.6 |
| Lesley Kiernan | 4.47.6 |
| Carol Pannell | 4.49.0 |
| Klaire Parrey | 4.49.0 |
| Kazine Sallier | 4.54.5 |
| Kay Keabab | 4.55.5 |

Please note that these are B.M.C. rankings and not National. Non B.M.C. Members have been omitted.

COMING EVENTS

SOUTHERN REGION

- February 19th. - CRYSTAL PALACE - Women's Senior & Grade 1 Intermediate 1,200 Metres
March 15th. - CRYSTAL PALACE - Women's Senior and Grade 1 Intermediate 1,000 Metres
April 15th. - CRYSTAL PALACE - N.U.T.S. Meeting - Junior Ladies 800 Metres; Junior/Youth 500 Metres
April 19th. - CRYSTAL PALACE - Women's Senior and Grade 1 Intermediates 600 Metres
April 26th. - YEOVIL - Opening of new track - Invitation mile.
June 25th. - CRAWLEY - Upjohn Mile

NATIONAL TRACK LEAGUE FIXTURES

- May 13th. Invitation Youth/Junior 800 Metres
July 1st. Invitation Women's 1,000 Metres
July 29th. Invitation Youth/Junior 1,500 Metres

EASTERN REGION

- March 12th. - LUTON - Winter Track Meeting - All groups.
March 25th. - NORWICH F.C. Sponsored Invitation Mile
April 9th. (a.m.) - HARLOW - Spring Track Meeting. Youths, Juniors; Junior, Intermediate Ladies
April 26th. - NEWHAM STADIUM - Sponsored Men's Invitation 1,500 Metres; Ladies' & Men's Invitation 600 Metres
May 7th. - HARLOW - Pitney Bowes Sponsored Invitation Mile for Men
June 11th. - HARLOW - United Glass Sponsored Invitation Mile for Ladies
July 1st. - CHELMSFORD - Invitation Miles, Youth/Boys and Intermediate Ladies
July 9th. - LUTON - Invitation Mile - Men

SOUTH-WEST REGION

A series of training days are being run in conjunction with Cornwall A.A.A. & W.A.A.A. Future dates:-

- February 13th. - CAMBORNE TECHNICAL COLLEGE 11.00-4.00 - Run over Cornwall sands
March 12th. - NEWQUAY SPORTS CENTRE Young athletes with National Coach, Dave Kay.
April 23rd. - PAR TRACK, ST. AUSTRILL All groups with National Coach, Dave Kay
 Possible B.M.C. Mile on occasion of the opening of NEWQUAY Sports Centre by Princess Anne.
 Possible B.M.C. Handicap Spring Meeting at Par.
 Possible Race or Relay in conjunction with Plymouth Argyle F.C.

NORTH-WEST REGION

It is hoped that there will be B.M.C. events staged at STRETTON on the following dates:-
 Saturday, April 29th.
 Tuesday evenings, May 16th. - June 6th.;
 June 27th. - July 18th.
 Saturday, August 12th.
 On some of these dates will be special events by invitation, with expenses paid on some occasions. These will be for those with British potential and will only be staged if sufficient top class athletes accept.
 There will also be a sponsored Manchester Mile, probably on 29th. April.
 Additional races can be arranged if required, and those wanting them should contact Eddie Powell (address on page 17).



Indoor World Record Holder,
Margaret Beacham

Have YOU paid your SUBS?