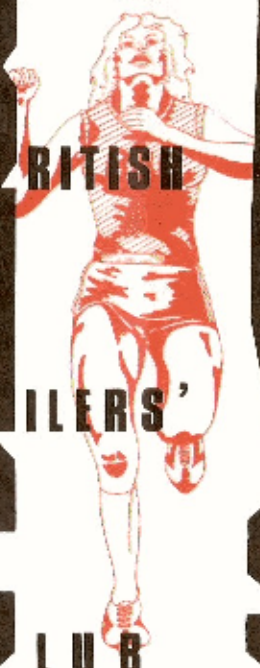


January 1973
No.16

BRITISH MILERS' CLUB NEWS



BRITISH MILERS' CLUB

NEWS — January ~1973

EDITORIAL

Here is another number of B.M.C. News. Firstly we would like to thank all those who have praised the first two "New Look" Issues. Each one that we produce we try to make a little better than the previous one, both as regards subject matter and lay out. It is to be hoped that we manage to achieve some success.

At the start we hoped that the B.M.C. News might become a sounding board for the views of members. So far, however, that has not happened, our members seeming to be men of action rather than of words, but we still feel that it only needs some controversial subject to be aired for them to start putting pen to paper.

In this issue you will find the reports presented by the Regional Secretaries to the A.G.M. Two of them seem to be highly provocative. The approach of the North-West and the South could not be more different, yet here are two active Secretaries both doing magnificent work and building up strong areas in completely different ways. In one report, Frank Horwill makes a good case for having County B.M.C. Secretaries, yet Eddie Powell is just as firm in his view that there is no need for them and indeed that there would be a hindrance rather than a help. Surely this is a case of each finding the type of organisation that suits his particular problems and methods of working.

Both set out their views of the function of the B.M.C., and these have a lot in common. However, when one puts out the details, the two main functions must be to help members in all possible ways, including opportunities for good competition, to improve their running. The second function must be to provide opportunities and incentives for young promising athletes to reach the B.M.C. standards and become members, thereby obtaining the full advantages of the club.

It seems that in the second function that we may not always be doing all that we should. It is for this reason that it is particularly unfortunate that there is no Regional Secretary in the Midlands at the moment, for while the North-West and the South may be able to cater for existing members to a certain extent, they cannot be in a position to make contact with potential members and provide them with the necessary opportunities for improvement. It is to be hoped, therefore that someone will soon come forward to take on this important post.

In the report of the A.G.M. you will see that two new standards for membership have been added, bringing in longer distance runners and that one standard has been

changed. Already criticism has been made regarding several of our qualifying standards. Some are regarded as being pretty tough and others too easy. It is probable that they will come up again for discussion and possibly alteration at the next A.G.M. In view of the fact that many members cannot get to the A.G.M. it would be of interest and helpful if members could send their suggestions and comments on this matter for inclusion in the next issue of B.M.C. News.

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Since writing the above Editorial, we hear that Alec Thompson of Kidderminster has been appointed Area Secretary for the Midlands.

We would like to congratulate the Midlands and Alec on the appointment and wish both all success in the future.

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EDITOR:- Charles Booth,
9 Barrow Road,
CAMBRIDGE, CB2 2AP

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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REPORT of A.G.M.

The 21st Annual General Meeting was held at Grange Farm on Saturday evening, 20th. September with 33 members present.

After the minutes had been accepted attention was called to the Middle Distance Conference to be held at the Crystal Palace on Sunday, 21st. January, 1973.

Reports were submitted by the National Secretary, Regional Secretaries and Membership Secretary. These are all included in this issue of B.M.C. News.

In connection with the Treasurer's Report it was agreed that the Heart-rate Telemeter should be made available for Training Days and Week-ends, provided a responsible person was in charge.

The following Officers were elected:

President: Joyce Smith
Vice-Presidents: Tony Ward, Harry Wilson, Tony Elder, Denis Watts, Maureen Smith, Martin Wales, Registrar Saunders, Derek Abbott, Sydney Wooderson, Rita Ridley, Wilf Faish, Brian Boulton, Frank Horwill, Eddie Powell, Alf Wilkinson, Bernard Baldwin.

Chairman: Harry Wilson

Vice-Chairman: Alf Wilkinson

Hon. Secretary: Brian Boulton

Membership Secretary: Frank Horwill

Hon. Treasurer: Martin Wales (who intimated that he would not be able to carry on after the end of December)

Minutes Secretary: Mrs. Tins

Southern Secretary: Frank Horwill

Eastern Secretary: Cecil Smith

North West Secretary: Eddie Powell

North East Secretary: Gordon Surtess

South West Secretaries: Tim Taylor and Brian Davis

Hon. Auditor: Alf Wilkins

National Committee: Peter Orpin, Dave

Hillington, Charles Booth, Ron Holman,

Brian Myers, Bill Bennett

Alterations to the Constitution.

The following new qualifying times were agreed:

5000 Metres - Men 14s.10s.

5000 Metres - Ladies 10s.00s.

The Senior Ladies qualifying time

for 1500 Metres was reduced to 4s.40s.

The following was added to Rule 5

(Presidents and Vice-Presidents):

"Membership is free but Presidents and

Vice-Presidents may make donations to

the club if they wish".

Rule 6A was amended to read as

follows: "Annual General Meeting to be

held not later than 31st. October every

year".

Special Southern Awards The following

awards were made:

Margaret Coomber for her outstanding

improvement during the year.

Colin Campbell for his new British

record for 800 Metres.

A CORRECTION

In the list of cross-country performances by B.M.C. Members in the last issue it was wrongly stated that Shiraz Hines won the National Intermediate Cross Country Championship. This was, of course, won by Mary Stevans, while Shiraz won the English Schools Title. We apologise to both girls for our slip.



Margaret Coomber

Secretary's Report

After nine years in existence the membership of the club now tops 500, a large proportion of which are active athletes. The turnover of members in a club of this type is inevitably larger than in an ordinary athletics club, mainly owing to retirements and transfers to events outside our sphere of activity.

Our continued expansion and success is a tribute to the efforts of our regional secretaries and I thank them for their support during the last twelve months. Unfortunately Tony Saunders (Midlands) resigned during the year owing to external pressures and although the vacancy created remains unfilled, the region has been serviced admirably in the meantime by the South East and North West.

Again we must thank our sponsors for offering us races for our members and also in particular the Southern Counties A.A.A. and Stratford Track and Field League for allowing us to hold races in conjunction with their meetings.

Mention has been made elsewhere of the selection of our members for the Olympic Games but I feel that in particular we must congratulate Sheila Coxy and Brendan Foster on their achievements in the 1500 metres final.

The B.M.C. News excellently produced by Charles Booth and his committee must not escape mention and my thanks are also extended to all our officers and coaches.

BRIAN BOUTON
(Hon. Secretary)

Western Report By Tim Taylor Brian Davis

This year has been an active one in the region. Six training days were held throughout the winter at Taunton with 40 to 50 young athletes attending most of the sessions. The B.M.C. put on the Yeovil Mile to celebrate the opening of the Yeovil Track. A field of eight started, with the result:

1. Jim Douglas
2. Gordon McBride
3. Barry Smith

The Mayor of Yeovil was suitably impressed.

B.M.C. Races were organised at Yeovil on three other occasions throughout the summer, but they tended to be rather provincial affairs and times rather slow, e.g. 1.59 - 800 metres
4.06 - 1500 metres.

It continues to be difficult to arrange B.M.C. fixtures in a very rural area with large distances to cover. I am afraid I hardly ever attend the fringes of my region. Cornwall extends 150 miles away!! If in the Home Counties a training day is arranged the cost can more than likely be recovered from the athletes. Here it is not really possible.

The membership continues to increase. Recently three or four new members have joined and our membership must now be 25 or so.

TIM TAYLOR

If we measure the success that the B.M.C. has in the far south west in the number of athletes achieving qualifying standards, it would be judged to be a miserable failure. But if we consider the incentive that the B.M.C. and its standards promote, we would deem progress over the past 12 months highly successful. And this we must do.

The opportunity to compete against good class opposition and the number of races available in Cornwall and Devon are small. This, coupled with lack of facilities and a poor school structure, makes it even more rewarding that athletes are aware of the B.M.C. This being the only realistic standard which most club athletes can aim at. I would be glad for the 5km. and 10km. races to be included within the club's assets, and although making the B.M.C. more a middle distance club, I think in turn it would help to benefit British Middle Distance running.

The attempt to stage a B.M.C. race at Plymouth Anglie Football Club was unsuccessful, but I intend to try again this coming season.

If we ignore Devon's Andy Carter and Jim Douglas and consider home based runners, the most successful were Martin Wilson (Torbay), Rees Ward (Plymouth) and non-members Colin Roberts, Dave Collins and Jon Albridge who at present are just outside the qualifying standards.

BRIAN DAVIS



Ladies 800 Metres at National League Race, 13/5/72
Chris Tranter (11) leads Mary Speedman and Margaret Beacham (3) at the bell.

ACCOUNTS

BRITISH MILERS' CLUB

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31st. DECEMBER 1971

1970	EXPENDITURE	£79.70
£116	To Advertising	84.66
14	Printing, Stationery, Duplicating Etc.	79.57
77	Postages and Telephone Etc.	3.50
-	Donations	-
3	Deficit on Training Days	90.04
74	Race expenses (after deducting Race promotion fees Etc.)	3.00
27	Regional Secretaries Conference (1970)	6.55
-	Sundry Expenses	8.00
	Badges - Stock at cost - 31/12/1970	1.24
	Less Sales	4.20
15	Stock at cost - 31/12/1971	5.44
-	Medals - Purchased	21.00
	Less Stock at cost - 31/12/1971	150.00
	Purchase of Telemeter	150.00
	Less Donation	-
5	Balance, Excess of Income over Expenditure	£330.96
£329		
	INCOME	204.65
149	By Subscriptions received	56.12
169	Donations	-
1	Sundry receipts	35.65
-	Football Match loss	25.00
	Less - Donation re advertising	2.95
7	Fees - Stock at cost - 31/12/1970	3.00
	Less Sales	56.00
	Badges - Purchased	28.35
3	Less Sales	10.00
	Stock at cost - 31/12/1971	49.41
	Vests - Purchased	48.35
	Less Sales	7.50
	Stock at cost - 31/12/1971	56.25
-	Profit on Training Days	12.38
-	Balance, excess of Expenditure over Income	27.22
£329		£330.96

BALANCE SHEET - 31st. DECEMBER 1971

INCOME AND EXPENDITURE ACCOUNT		101.71
99	Balance at 31st. December 1970	27.22
2	Less Deficit for Year	74.49
	D. PRIOR MEMORIAL RACE FUND	
2	Balance at 31st. December 1970	1.21
1	Less cost of 1971 Race	-
£103		£75.70
8	STOCKS - at Cost - Badges	4.20
3	Fees	-
-	Medals	21.00
-	Badges	10.00
-	Vests	7.60
92	CASH - at Bank	32.16
	in Hand	0.44
£103		£75.70

AUDITOR'S REPORT TO THE 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,
119 The Broadway,
London, NW2 3JG
22nd. June, 1972

ALFRED P. WILKINS F.C.A., A.T.I.I.
(Honorary Auditor)

Treasurer's Report

At the A.S.M. in 1971 I suggested that regional secretaries etc. should claim their expenses as this would then show the club's accounts in their true light. This has resulted in this year's accounts showing an excess of expenditure over income.

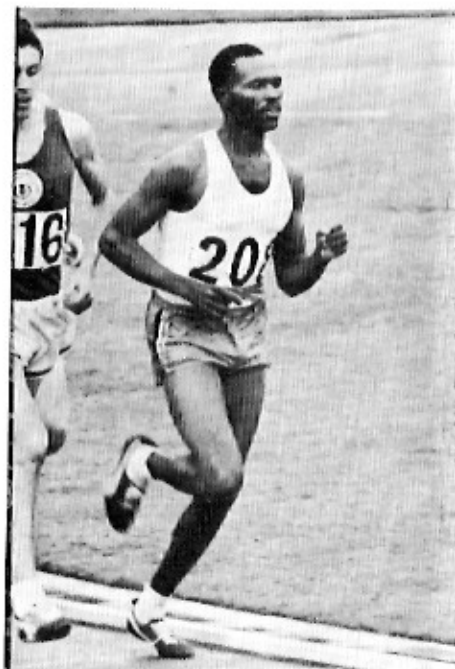
Although subscriptions increased quite considerably this did not offset the drop in donations and the large increase in printing, stationary and duplicating. The charity football match at Harlow was a failure - mainly due to the inclement weather, and if it was not for the fact that advertising for this venture was donated, there would have been a considerable loss to the club.

The club now possesses a heart-rate telerecorder - the £150 cost of this being donated to the club.

I would like to thank the regional secretaries and members of the committee for the help that they gave me over the past year.

MARTIN WALDS
Honorary Treasurer

3 Kerry Drive,
Crayford,
Upminster,
ESSEX
Dist. September, 1972



Wip Keino

DON'T FORGET THAT SUBSCRIPTIONS NOW IS THE TIME TO PAY - WAIT THREE MONTHS, AND YOU WILL HAVE TO PAY DOUBLE - THAT IS IT, INSTEAD OF 50p.

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Southern Report By Frank Horwill

The Southern B.M.C. Region consists of the London Postal Districts, with the exception of those in East London the counties of Middlesex, Kent, Surrey, Sussex, Werts, Berks, Bucks and Oxfordshire.

The total strength of the region is 159 fully paid up members or those exempt from subscriptions by Life Free Membership. This is an average County membership of seventeen, a strong argument for the appointment of County B.M.C. Secretaries to look after the athletes' local interests.

The strength of each county being:

London Postal Districts	35
Middlesex	31
Kent	23
Surrey	37
Sussex	12
Hampshire	13
Berkshire	4
Buckinghamshire	5
Oxfordshire	11

The various groups in the region comprise:

Staff Coaches	1
County Event Coaches	7
Senior B.A.A.B. Coaches	4
Hon. B.A.A.B. Coaches	8
Senior Men	71
Junior Men	13
Youths	19
Senior Ladies	31
Intermediates	7
Junior Girls	6
Associates	1

Of the above figures, 8 Senior Men and 3 Senior Women are retired from competition.

The policy of the Southern Region has been to:

a) Provide good class competition all the year round on the all-weather track at Crystal Palace with the kind co-operation of the S.C.A.A.A. and Wignore Ladies A.C. The former permitted us to stage a total of 22 races, half for men and half for women. The latter (Wignore Harriers) permitted us to stage our Southern 800 trials in which we staged seven x 800 races in one meeting, with an attendance of over fifty athletes. Men members were charged the equivalent fee for being a B.M.C. member, i.e. 50p., and this not only paid for the meeting but gave the B.M.C. a small profit. The 800 races were all supervised by Associate Member, Andy Norman of the W.P.A.C. as I was in Northgate Meer with the B.M.C. Chairman on the International Athletes training week end.

b) Provide good class competition throughout the track season for our women nationally within the National Track League meetings. Races were organised at Crystal Palace (boys/youths 800), Brighton (National B.M.C. Junior Girls championships), Wolverhampton (women 800), Crystal Palace (Women 800). We are grateful to Tony Ward for arranging this service.

c) Provide good class competition for members when requested to stage invitation races. Invitation races staged apart from the above were: Newham Floodlit 1900 won by Jim Douglas with Milland Olympic runner Ray Smedley starting his season with a 3.29.0. Upton Ladies 800 (this incorporated the National B.M.C. Ladies 800, won by Thelwyn Bateman). The Upton Mile (this incorporated the National Senior Men's B.M.C. championships) won by N.W. member Walter Wilkinson in 4.02.3. The Wakefield Trophy 800 for Ladies and the Dean Trophy Mile for men at Hayes. The City Mile won by Nick Rose in 4.04.0 (Nick is a S.W. member). The Brigg Mile at Southgate won by Julian Gower (East) in personal best of 4.07.0. An invitation mile was also organised in the Midland Region at Leamington and was well attended. Barnet Festival Boys/Youths 800 (athletes from the Essexfield area were invited to this) in which six out of eight runners did personal bests. Enfield Borough Trophy Invitation 5000 metres won by Betty Price. Welsh Games 5000 and Mile, won by Chris Stewart and Nick Rose.

IT IS A SIGN OF THE GREAT SUCCESS OF THE EASTERN AND SOUTHERN B.M.C. THAT ON JULY 22nd. THIS YEAR THEY ORGANISED A TOTAL OF FIVE INVITATION RACES, THREE IN WALSLEY SUPERVISED BY CECIL SMITH, ONE IN WATFORD SUPERVISED BY JOYCE SMITH, AND ONE IN INFIELD SUPERVISED BY SUE PLATT. THESE FIVE RACES PROVIDED TOP COMPETITION FOR SIXTY OF OUR MEMBERS FROM ALL PARTS OF THE U.K., ONE SCOTTISH MEMBER BRING PLUMB DOWN FOR THE WELSH GAMES MILE. THIS SUCCESS HAS BEEN BUILT UP OVER THE YEARS BY CECIL SMITH AND FRANK HORWILL, WHO HAVE SOUGHT OUT SPONSORS AND PROMOTERS FOR RACES FOR MEMBERS IN THE FIRST INSTANCE. NOW SPONSORS AND PROMOTERS SEEK THEM. REGIONAL SECRETARIES SEE BACK THE RESULTS THEY PUT IN, THIS IS WHY REGIONAL SECRETARIES IN THE PAST, LIKE GEORGE SANDY, WERE SO SUCCESSFUL. IT IS SAD TO NOTE THAT SINCE HIS RELOCATION FROM THE MIDLANDS, THERE HAS BEEN A STEADY LOSS OF MEMBERSHIP, ALTHOUGH FRANK HORWILL, CECIL SMITH AND EDDIE POWELL HAVE TRIED TO GIVE MIDLAND MEMBERS VALUE FOR MONEY BY INVITING THEM TO NUMEROUS RACES IN THEIR REGIONS.

Other races offered to the Southern Region were the Gordon Firie Mile at Craydon and the Young Athletes 5000 metres at Feltham.

The Southern Region has staged a total of 44 races for members. This has involved the sending out of 1,365 letters of invitation at a cost to the C.L.B. of over £30 in postage alone. The amount paid out by sponsors to the 430 athletes taking part in these races amounts to over £500 if the costs of prizes are included.

d) Provide coaching to members or advice as requested. The Southern Region Secretary receives, on average, eight letters a day, the majority of which come from athletes he advises in various parts of the country. Track sessions are held every Sunday, Tuesday and Thursday at the Crystal Palace in the summer and every Sunday and Thursday during the winter. Any Southern member may attend these.

e) The formation of a special squad of runners with potential for the future Olympics. The squad is called the REGIONAL SQUAD and consists of Juniors

and Youths. The first training week end was held at Bishops Abbey, Harlow, Bucks. Athletes such as Steere, Pitt, Dingleton and Overt are in this squad and have the Olympic look. A further step is to be arranged this winter. The squad has a sponsor and a scheme will be drawn up on how best its money can be used for the squad, some ideas being - free travel to indoor meetings, free track shoes, free travel to all-weather tracks when necessary, etc.

f) The staging of winter training days to maintain and stimulate interest. Training days are organised at Southampton, Luton and Harlow in conjunction with the S.C.A.A.A. and Eastern Region.

g) Contribute information to the B.M.C. News.

THE SOUTHERN REGION, AS STATED, HAS DURING 1972 UNDERTAKEN TO STAGE SOME NATIONAL B.M.C. CHAMPIONSHIPS. THESE WERE:

National B.M.C. 800 - Crystal Palace - won by Colin Campbell.
National B.M.C. Senior Ladies' 800 - Crawley - won by Thelwyn Bateman.
National B.M.C. Mile - Crawley - won by Walter Wilkinson.
National B.M.C. Junior Ladies' 1500 - Brighton - won by Monica Joyce.
IT IS REGRETTED THAT NO OTHER REGION OFFERED TO STAGE THE OTHER B.M.C. CHAMPIONSHIPS FOR YOUTHS, JUNIORS, INTERMEDIATES AND BOYS, WHICH THE SOUTHERN REGION STAGED LAST YEAR.



Nick Rose

Plans for the future include:-

- 1) Southern cross-country club championships at Parliament Hill - sponsored.
- 2) Winter training days in Bucks, Berks and Hants.
- 3) The appointment of a joint Southern Secretary to look after interests south of the Thames in the counties of Kent, Surrey, Sussex and Hants. The ideal man for this job being County Events Coach Ron Holman, who is also a Senior B.A.A.S. Coach.

Although it is not a B.M.C. venture, members are asked to support the Joint Southern Long and Middle-Distance Weekend (Sunday only) conference at Crystal Palace on January 21st, 1972 at 9.30 a.m. Tickets are £1 and available from the Southern Counties A.A.A.

I extend my thanks to the Southern Counties A.A.A., the S.W.A.A.A., the Joint Southern (U.K.) Coaching Committee, the National Middle Distance Coach, the National Long Distance Coach, the Assistant Championships Secretary of the S.C.A.A.A., to the Eastern B.M.C. Secretary and all B.M.C. Officers, to the Club Secretaries of Wignacote Harriers, Feltham A.C., Crawley A.C., Hillingdon A.C., the National Track League and all who have helped to make this a great year for Southern middle-distance running.

I would emphasize that this is a report about WHAT THE REGION HAS DONE FOR ITS MEMBERS and not a report on how well its members have done for themselves.



Anne Barras (Aldershot) leading leading P. Beeson, V. Day, A. Dunn, A. Jones, E. Howe and L. Miles during 1500 metres at the Atlanta Meeting.

These facts are well known and well advertised in the athletic Press and need no further inclusion in B.M.C. reports. Their success in major championships is their glory and the B.M.C. can only claim reflected glory if it can be clearly shown that we have helped these athletes to success by providing them with good class competition, good coaching and good incentives.

FRANK BOWWILL
(Southern Secretary)

Membership Secretary's Report

Total Membership is 518. New members totalled 90. Members deleted for non-payment of subscriptions totalled 55. Total membership increased 35. This figure is down 25 on 1971, but that figure of 61 was high due to the inclusion of 800 metres qualifying times for entry. Applications to join the British Milers' Club should be addressed to the Membership Secretary, 201 Sumatra Road, NW6. A stamped addressed envelope must accompany all applications or enquiries.

FRANK BOWWILL
(Membership Secretary)

Eastern Report By Cecil Smith

MEMBERS. The past year has once again shown a steady rise in membership. Taking into account the deletions for non-payment of subscriptions, the total now stands at 105, of which 71 are men and 34 are women. The bulk of members are under the age of 21, which augurs well for the future.

Now to mention some of the outstanding performances of the region:

1. Joyce Smith, ex-holder of the British 1500 metres record and Captain of the Women's Olympic Team at Munich. What a successful reward for the years of toil and sweat that she has undoubtedly put into the sport!

2. Barry Smith, who has now consolidated himself as a Junior International. It shouldn't be long before he attains full senior international status and becomes one of Britain's leading metric milers.

3. Julian Goster, who attained international level this year when he was chosen to run in the Junior Match in Sweden. Like Barry he has the ability to attain full international level in the not too distant future.

4. Kevin Steers. After winning the all England 5000 metres (his second title) he was chosen to represent the schools in the home schools international match. Kevin will have everything to look forward to next year, with the European Junior Championships coming up in Germany.

5. Sandra Margais won her second all England title in the 800 metres. She just missed out selection for the Junior match, being reserve for this.

6. Rita Ridley who unfortunately did not qualify for Munich, set a British record in the 3000 metres.

7. Richard Green who also won his second all England title in the 1500 metres. There are numerous others who are champions in their own right. Congratulations to these people. Unfortunately the list would be too long to mention them all.

TRAINING DAYS. The first training day in 1972 was staged at Stockwood Park, Luton, on Sunday 23rd. January, in conjunction with Luton A.C. I would like to express my most sincere thanks to Jack Walters and members of his club, and in particular the groundman for preparing roaring fires for everyone to 'thaw out'.

Sprinters were once again part of the training day and they were adequately looked after by Jack Walters, Ian Green, Don Holiday. The day was another complete success with 45 sprinters and 61 middle distance runners in attendance.

RACES. The first organized track meeting in 1972 was put on by the 'Eastern' at Stockwood Park, Luton, on Sunday March 18th. Unfortunately it was 'snowed off'. Not to be deterred, however, the meeting was staged at the same venue a week later. Although the numbers were not as great as they undoubtedly would have been, 75 athletes turned up to take part in the various events. A big 'thank you' to the groundman for muzzing out the arena

two weeks in succession. Thanks also to Luton A.C. for all their help, 1st-timers - drinks - Etc.

The next venture in the East was another pre-football match race on Saturday March 19th at Norwich F.C., who were at home to Ipswichpool. Maurice Bern was the winner in 4.10. There were six runners in the race. A prize was awarded to the winner by the Norwich F. C. Chairman.

In April the organizer of the Leyton Floodlight Meeting asked the region to stage two 600 metres races for men and for women. Both events were of a very high standard.

Harlow was the venue of the Finney Bowes sponsored mile which was won by Jim Douglas in 4.05.5. Ten runners took part.

The region then staged sponsored races at Peterborough, Watford (two races for men and women), the Welsh Games - one mile for women. Another top class race was staged at Luton. Looking ahead there is another mile race for men at Ipswich Town F. C. on Saturday, October 21st.

With Grange Farm almost here, I can safely say that the numbers will be as large as ever. I must thank Charles Booth who undertook the task of another man whilst I was away on holiday. My only wish now, as in previous years, is that the week end is successful. As usual the Warden and Staff have been very helpful all the way along, so I must thank them for this and also for the anticipated help that they will give me during the week end.



Barry Smith



Julian Goster leads Tony Stainings
Southern Junior 500m. - July 1971

GENERAL POINTS. Unfortunately because Dr. Vaughan Thomas has taken up a new post as Director of P.E. at Liverpool Polytechnic, the physiological tests have ground to a halt in the entire south of England as far as I know. Ray Watson at Brighton will carry out these tests on a more sophisticated plane, but only a very limited number of athletes can be handled this way.

The Eastern Region is hoping to stage a very interesting race next year, providing the prospective sponsors will come up with the money. It hopes to include star names from Europe in a one mile race, possibly for women.

In conclusion, I would like to say that this year has been an exciting and exciting as last year. Never the less, the Eastern region is continuing to play its part in keeping the B.M.C. in the forefront of specialist clubs.

I have deliberately kept away from too many facts and figures, simply because these have all been reported in our Magazine, which I must say has turned out to be an excellent periodical. Everyone should thank Charles Booth, Dave Cockeledge, Frank Horwill and Peter Raymond who does all the sketches, for all their efforts.

Cecil Smith
(Eastern Secretary)

N.W. Report By Eddie Powell

The North Western B.M.C. Region consists of Lancashire, Cheshire, Derbyshire, Isle of Man, Flintshire and West Riding of Yorkshire.

The total membership of the Region is 64. 48 Men and 26 Women.

The number per County is as follows:

County	Men	Women
Lancashire	35	10
Cheshire	12	5
West Riding Yorks	16	5
Derbyshire	1	0

The membership includes 1 National Coach, 2 Hon. Coaches, 35 Senior Men, 5 Junior Men, 5 Youths, 11 Senior Women, 2 Intermediates and 3 Junior Girls.

With no member in Isle of Man or Flintshire and only one in Derbyshire and since most of our Cheshire members compete in the Manchester area, the introduction of County B.M.C. Secretaries would not seem worth while. A look at the map and both the ranking lists and club register will show that we have little chance of membership in these areas.

The policy of the North Western Region has been as below:

1. To arrange a programme of races at Longford Park in conjunction with the Stratford Track & Field League as a basis of competition. Our thanks are due to Roger Colson for his help in this. These races to be for all age groups and distances.
2. That these races are not confined to B.M.C. members in view of our small membership. Our policy is to provide the best competition and conditions for our members.
3. That as far as possible our races shall be graded so that all taking part have a race and also the opportunity for personal best, no matter what standard. That all taking part run for a time and not position.
4. To arrange races on the best tracks to advertise the North West B.M.C. To provide races on request for any B.M.C. members, including the obtaining of invitations to local meetings. To arrange fields for organisations promoting athletic meetings. To seek sponsors for races.
5. To attempt at all times to work for the members and to ensure that our races are the best possible.

THE SUCCESS OF OUR RACES MAY BE JUDGED BY THE QUALITY OF PERFORMANCE WHEN YOU CONSIDER THAT NONE OF OUR RACES HAD THE BENEFIT OF BEING ON ALL WEATHER TRACKS. TWO RACES AT ONE MILE, TIMES FOR FRESH TRACKS: 4.02, 4.02.2, 4.04; 4.01.4, 4.02.2, 4.02.6. 1,500 Metres: 5.44.2, 5.44.5, 5.45.1. WOMEN'S 1,500 Metres: 4.22, 4.27.4. GIRLS' 1,500 Metres: 4.38.2. 800 Metres: 1.59.6, 1.59.5. 3,000 Metres: 8.15.2. 5,000 Metres: 14.06. OF THESE SIXTEEN TIMES MENTIONED, THIRTEEN WERE DONE BY NORTH WEST MEMBERS.

BY THANKS TO ALL WHO TOOK PART IN OUR NORTH WEST B.M.C. RACES IN 1972.

We have to date arranged 33 races with 4 more scheduled plus 4 open meetings at Blackburn late September with races for all. Over 500 started in our races and 35 personal bests were achieved. We have organised races by special request of leading athletes to assist in their preparation. I have attended 31 of our races and most of the local meetings in the area. I have helped in a number of ways the Stratford Track & Field League, Stratford A.C. and Blackburn R.A.A.C., Pilkington's and Ashbourne also in the meeting arrangements. I have also at these places acted as timekeeper so in some ways we may have made a gesture of thanks to these clubs for the help they give the B.M.C. We have also made donations to the B.M.C., Stratford Track & Field League and Blackburn R.A.A.C. and have received no financial assistance from the B.M.C. for any of our races. Over 600 letters have been sent out regarding our races and more than 120 athletes invited. Very many Midland members were invited and also leading athletes from all other regions.

We have not had a great need for sponsors for our races for in some ways this could be detrimental. Our reputation for good races is based on one overriding factor, that we will provide the best conditions possible to assist the athlete. We thus restrict our races to certain tracks. I see no point in asking top class athletes to compete under poor conditions. Again, would sponsorship attract runners from distant regions? I doubt it from the



W.A.A.A. National Cross Country, 1972
Jean Lockhead leads Joyce Smith

response received up till now. The Regions have been invited to stage National B.M.C. Championships, but surely some intelligence and thought could be given to this. If the Regions were responsible for financing these championships, would they be fair to their members? Considering the Regions receive no cash to organise races in their area, the first call on any sponsorship should be races for the regional members and only when this need is satisfied would they be justified in promoting National Championships. The exception to this would be when any Region had a preponderance of the top ranking athletes in a particular group. For a Region to promote a Championship when having perhaps none or that group, would be a waste of money and perhaps a waste of time. If the North have a number of the top ranking senior men in 1972 we would be prepared to stage this race. If you wish to use a title of B.M.C. Champion in those school age groups, why not use the National Schools Championships or the A.A.A. Championships, the first member of the B.M.C. finishing is thus Champion. It could cost at least £50 for the North West to stage a Boys and Inter Championship. All competitors would have to travel a considerable distance. I could not justify expense of this amount.

I make no apology for presenting my report in this way. For our side we may be considered active. We have been available at all times for advice and encouragement on all matters, no request neglected. We have worked together as friends and have without doubt a wonderful group of athletes and it is a pleasure to be associated with them.

Contrary to opinions expressed, the North West is not anti National, but it is pro North West definitely. If we were not concerned with the North West we would have to wait for thatittance we might receive from others. We have no Crystal Palace, little or no sponsorship, 200 miles away from the National Committee, and for years our Northern athletes have had to travel to do their best performances and meet their counterparts, and this still applies, but our races have proved that, while we have not the numbers, we have a great deal of talent in the North. A scheme or idea can be good for the South but this must not be forced on the other regions, for you can rest assured that they are just as anxious for their members to have any benefits available. We have not the numbers in clubs or athletes, nor perhaps coaches with time available for some schemes to be worth while.

With only thirty five senior men and six of these have not competed in our races this year, plus four 800 metres members, we have twelve under 4.05.8, ten of these having done these times in our North West races, six of these under 4.05.8 for the first time this season. We may claim our standard is improving and surely our work is worthwhile.

I would thank Roger Colson, Stratford A.C., Blackburn R.A.A.C., those who have sponsored some of our races, the Officials of the National Committee and all who have helped in any way to make this yet again a very successful season. And last, but not least, our North Western members who by their support and aggressive running have made all this make 1972 perhaps our best year to date.

EDDIE POWELL
(N.W. B.M.C. Secretary)

Scottish Report by Harry Bennett

I am prepared to continue my duties as Secretary and will keep trying to improve membership. Scots athletes who have been invited to races below the Border have shown up well and are grateful that the opportunities arose.

HARRY BENNETT
(Scottish Secretary)

Subscriptions

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

This means that you should send your 50p. in at once to the Treasurer, who now is: Brian Boulton, 146 Green Lane, Chislehurst, Kent, BR7 6AY.

If you do not pay by the end of MARCH, you will have to pay DOUBLE - This means £1 instead of 50p.

If you do not pay by the end of JUNE - YOU WILL BE DELETED FROM MEMBERSHIP.

SO DO IT NOW.

N.E. Report by Gordon Surtees

This has been one of the more successful years for the N.E. in general. The economic crisis, rising unemployment appear to have had an indirect bearing on athletics. A number of firms who have, in the past, been of great help to athletics have been compelled to discontinue their annual sports meetings. These factors together with the meetings terminated with the amalgamation of local councils have diminished the number of sponsored races available to N.E. members within their own area. Our policy for the future will therefore be to approach local leagues to stage graded races at various distances during their meetings.

The N.E. Region Mile Championships which incidentally were all sponsored resulted as follows:-
SENIOR: W.Wilkinson (Leopold) 4.59.7
JUNIOR: M.Kearns (S. Shields) 4.37.4
YOUTH: S.Wallace (Middleborough) 4.28.4

All races suffered from adverse climatic conditions.

Other races were held at Gateshead, 1500m. won by Chris Mason and Hartlepool Games won by Walter Wilkinson.

Current membership appears to have settled at 28, which comprises 15 Seniors, 6 Juniors, 4 Youths, 3 Women.

The highlight of the year as far as the N.E. was concerned was the selection of Brendan Foster and John Kirkbride for the Olympic 1500 metres and the subsequent great displays in both the semi-final and final by Brendan Foster.

Despite the fact that we are unable to report overwhelming success throughout the year, we face the future with both determination and great confidence. In conclusion the N.E. Secretary on behalf of all regional members would thank all B.M.C. officers, especially Brian Boulton, for co-operation and encouragement during the Year.

GORDON SURTEES
North East Secretary



1971 Junior 1,000 Metres
The field in the first lap

Reflections on Approach by Ron Holman

I would like to re-look at the B.M.C. News and some views and comments expressed.

First of all a compliment to the Editorial staff - the magazine is an excellent venture and much improved by the photos and art work. I am always interested in Frank Howill's varied race training theories - I not only subscribe to them heavily in training, but in racing as well. I think this may well be the answer to Eddie Powell's criticisms of National League 1500 times. Let us not be too scathing, Eddie, where points are concerned there will be tactical races and not necessarily fast times. And let's think of Middle Distance Runners and not 1500m. runners! Clubs in the National League should be in a position to allow their top 1500 runners to run a few 800s or 500s in a League Match without losing points - I noticed Ray Smedley ran a p.b. in a League Match. I believe that above and below specialist-distance racing is necessary for full realisation of potential.

In my club (Cambridge Harriers) the top middle-distance runner is Maurice Berg (ranked fastest from 800m. through 1500m.). So whatever Maurice wants to do in League (Southern) events, good! The other runners except this and fit in around his choice. Surely the aim should be to build a pool of versatile middle-distance runners, who can be shuffled within the 800 to 1500m. spectrum. And I would submit that a club that asks its 1500m. men to run 800m events in an afternoon in a National League Match, shouldn't be in the League! Keith Perry front-ran a season's best of 3.51.6 in a Northern league match to win the "A" event. Behind him Malcolm Fielding did a p.b. in the "B" event in 3.57.7. Just an illustration that League competition need not be a detriment - it depends on the approach.

Incidentally, Perry's run gave him the confidence to run a p.b. over 1500m. four days later at Crystal Palace. He knew that if he could front run that time on sinders, he could do it on tarts. Before the race I told him that as County Event Coach for Kent I had written a report to the B.C.A.A.A. I showed him how the report covered my own active coaching and a blank space appeared beside Keith's personal best for 1500m. He went out and filled in the space, leading all the way until the final straight where four 'sitters' took him. His time was 3:49.7, giving him the remarkable record of personal bests over all distances from 800m. to 10,000m. in the 1972 season.

Another of my athletes, Glenn Grant, was invited to the B.M.C. 2000m. Glenn's best times at the beginning of the season were 4:00.6 for the 1500m. and 2:00.2 for 800m. All of the season was spent in the wilds of Buckinghamshire at a pre-Royal Military Academy School, studying for Sandhurst examinations. Obligated to train on a shoe-string - no track, just woods and a cricket field, we worked out a schedule based loosely on that used by John Whetton. With about 40 minutes a day only to train in, Glenn ran six miles fast in the woods, or sets of 300 metres with short recoveries, or very fast 200 metres on the cricket field. When he finished at the school in late July, I



Keith Perry

told him to enter for the Staff Coaches' 800m. at the Crystal Palace as I could not select him for the next Southern League team without a performance. He ran and clocked 1:55.0 to win.

Grant started the B.M.C. 2000m. with a p.b. of 3:55.7 for 1500m. In the draw before the race he drew the 200m. between 800m. and 1000m. and was told to run 50 seconds for this stretch. He expressed anxiety to me about this - but I told him that according to B.M.C. statistics, with a best time of 1:55.0 for 800m. he need not worry about going through in close to 2 minutes. In fact, Walter Wilkinson had to run very hard to keep up with him and 'although he 'died' over the last 200m., Glenn ran a 4:08.0 mile before his final 5:20.0 for the 2000m.

I don't want this to read like a self-advertisement for my coaching or athletes, so I'll mention just one more instance. In the last B.M.C. News careful readers will have noticed a p.b. for 800m. by Paul Williams in a B.M.C. Youths and Boys race in 1:54.9. I asked Frank Howill, who coaches Paul if he had any objection to my selecting Williams for a League 800m. since at that time (June) he ranked number one for that event in the club. Paul not only 'warmed up' by placing in the "B" High Jump (one jump only by instructions) he ran another p.b. to clock 1:55.7, and contributed a fine leg (a first time under 55 seconds) in the long relay! The thought of a mere youth topping the 800 list provoked a spate of races from several athletes and Paul's time quickly moved out of the top three. Just another illustration of how important

'approach' is: Build a pool of young middle-distance athletes, as many as possible, to cover international duties, injuries, and even such mundane occurrences as weddings!

Several international athletes have expressed concern to me regarding an article in the I.A.C. Bulletin in which a warning is given about taking iron tablets. There is in fact a danger - although it is a minor one - if you are not anxious you do not need to take massive doses of iron, but as a prophylactic measure there is no documented or other evidence that one tablet a day can be at all harmful. However I would agree with Dr. Travers that you "can't eat your way out of hard training"! I would rather athletes underwent regular testing than spend possibly needless money on large doses of iron - Gen Milton can arrange this if you are a Middlesex athlete (Gen's address under the "pseudonym" Leonard Miller - was in the last B.M.C. News) - I will do the same if you are resident in Kent.

I have heard criticism of the altitude training at St. Moritz - "not nearly long enough" being the most frequent. In 1967 Graham Taylor spent 11 days at 6000 ft. in Font Romeu. I reproduce here some of the figures I obtained from blood tests performed on him before and after his exposure to altitude:

Pre-altitude: Haemoglobin - 14.0 gm/100 cc.
R.E.C.count - 4.365 million per cu.mm.

Post-altitude: Haemoglobin - 15.0 gm/100 cc.
R.E.C.count - 5.300 million per cu.mm.

Graham's performances in the two weeks following his return placed him in the fastest times in road relays where he rarely made the top dozen, let alone the top three! Any more doubters?



Paul Williams and Jon Davy

Olympic Prospect Profile of Liz Connors

It is a great pleasure to have Liz Connors for our first profile of a lady athlete, particularly when her comments make such interesting reading. Liz is in the under 20 U.K. Junior Commission rankings and was in the special U.K. squad as a guest of the Southern Joint Committee in January at the Crystal Palace. We all wish her all success in realising her ambitions.

Name in full: Elizabeth Connors
Date of Birth: 30th November, 1952
Place of Birth: Preston, Lancs
Height & Weight: 5'2" - 7st.11lb.
Clubs: Preston Harriers & A.C. - B.M.C.
Occupation: Assistant Copy Control Clerk
When did you take up running seriously?
Winter, 1969

Personal bests - year by year

	1972	1971	1970
500m.	-	10.14.6	9.45.2
1500m.	5.00.5	4.43.9	4.27.5
800m.	2.20.3	2.15.4	2.11.9
400m.	50.9	-	50.5

Best competition achievements and placings:

My best competitive achievements have come this winter when before Christmas I ran 7 good races winning them all. The best was the inter-League race at Watford on December 16th., but my 3 Northern League victories were good ones too. Before this season my only outstanding wins were the National 400m. and the English Schools Senior Cross Country title, also Lancs Track and Cross Country titles for two years. Till recently I have found difficulty in pulling my best out on the right day, mainly due to mental approach which I will discuss later.

Please describe in some detail your winter training and give some indication of how it has progressed over the last three years:

This winter is the first time that I have set myself a strict schedule. Previous to this season I only ran for enjoyment doing just as I pleased, without schedule. My schedule is as follows:

SUNDAY: A.M. - 1 1/2 mile jog to track, complete set of exercises, 6 x 1/2 mile circuit including 200m. up steep hill, 200m. jog, 200m. down another hill at top speed (repeat 6 times), 1 1/2 mile jog home.
P.M. - 7 miles steady cross-country.

MONDAY: A.M. - 3 miles easy jog.
Lunchtime - 6 miles fartlek, including long reps of about 400m. with short recovery.
P.M. - 2 1/2 miles to friend's house.

Mobility exercises and weights, jog home.
TUESDAY: A.M. - 3 miles easy jog.
Lunchtime - 5 miles steady.
P.M. - 2 miles jog to park, 6 to 10 x 200m. uphill sprints, jog back recovery. 2 miles jog home.

WEDNESDAY: A.M. - 3 miles easy jog.
Lunchtime - Full set of exercises.
Speedwork (varies), repetitions of 100 to 600m. with varying recoveries.

P.M. - Fast 4 mile road run.
THURSDAY: A.M. - 3 miles easy jog.
Lunchtime - 6 miles fartlek with short bursts and full recovery.

FRIDAY: A.M. - 3 miles easy jog.
Lunchtime - 5 miles steady cross-country or sometimes complete rest if I have a tough race next day, depending on how the week's work has affected me.

SATURDAY: Race - always includes 6 miles running. This brings me to 70 miles per week as compared with 20 miles when I first took to running.

For the last two years I was going up to 50 miles per week, no weight lifting and only one or two sessions per day of steady running, fartlek or hill work. In the mornings I used to cause a sensation by doing a paper round as an interval session, changing from house to house, only resting while pushing papers through letter boxes! I gave it up as being too silly! Please describe your summer training and outline how it developed over the last three years:

I have never had a summer schedule, but will probably set myself one for the coming season. A typical week last summer was (always including an easy morning run).

SUNDAY: A.M. - 1 1/2 mile jog to track.
4 x 100 with 100 jog recovery, 4 x 500 with 200 jog recovery, 1 1/2 miles jog home.

MONDAY: Lunchtime - 5 miles fartlek.

TUESDAY: Lunchtime - 5 miles easy run.

P.M. - 1 1/2 miles jog to track.

4 x 500, 3 min. rest between, 6 x 200, 30 sec. rest between, 1 1/2 miles jog home.

WEDNESDAY: Lunchtime - 4 miles easy run.

THURSDAY: Lunchtime - 5 miles fartlek.

P.M. - 1 1/2 miles to track, 3 x 1 mile with full rest between, 6 x 100 with 100 jog recovery, 1 1/2 miles jog home.

FRIDAY: 3 miles easy

SATURDAY: Race. This brought me to 60 to 50 miles per week. Three years ago

was my first track season and I hadn't much idea about training, so it was just a series of runs and speed work. The next year

I had learnt something about the sport and my training was on the same lines as last year.

What is your attitude towards training?

I think the training part of running is as important to me as my success in competition. I said earlier that I run for enjoyment, so like to do just as I please, but this does not mean that I don't care about training. I gain a great deal of satisfaction from training hard and being able to run. Running means everything to me and so I run as often as possible, since I know that the day will come when I will not be able to run any more. I set myself targets in training just as in competition. At the moment it is my 70 miles per week, but I also do things like running half marathons, see how many miles I can do in a day, see if I can run to certain towns, etc. Do you train alone?

I usually train alone although in my evening sessions when it is dark my fiancee trains with me in case I should run into trouble. I like to train with other people for company now and again, as I often find myself talking to myself when running. Also I think group training is extremely beneficial as the competition involved makes me train much harder. Are you well endowed with training facilities?

No. At Preston we only have a very poor track, which goes to ruin during the winter, not much countryside and not many hills. There are one or two good runs, but generally I have to keep to parks and roads and wear well padded shoes to avoid injury. Sometimes my fiancee and I go for a trip to the fells to have a good day's enjoyable training, but it is difficult and expensive to get there.

How important is your athletic success?

Extremely. It always takes me a long time to get over a bad performance. It has taken time to develop this attitude. At first I thought I'd never be a good runner, but now I think I can be. I am trying in all ways to make it possible. Please advise how you warm up:

About 1/2 hour before a race, 1 to 2 miles easy jog. Full set of loosening up, stretching and sipping exercises. 4 x 100m. stride out and sprint back, resting after each one. Skip about to



Liz Connors out in front
Inter-League Cross-Country - December 1972

keep loose till start of race. I also think a warm down is very important and how everyone disappears after a race. I never see anyone and warm down alone. What importance do you attach to 'mental' training and how do you go about improving your mental approach?

This is something I had to change drastically to be successful this season. Previously I had gone into too many races knowing that I was going to lose, therefore not tried to win. You can be set in your mind that certain people are 'king' and no matter what happens you won't beat them. This is the sort of mental attitude I had. Now I know I can win as I've changed my attitude. I say to myself 'Why shouldn't I win. Anyway I deserve to win I train 3 times a day.'

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

I think I've been lucky as I've never had any serious injuries or illnesses. I have only missed one race through illness. I always carry on even when I'm not 100% as I think you've got to train through it all to become really strong.

How interested are your parents in athletics and your athletic progress?

My parents really don't know much about athletics, e.g. they ask 'what distance was it, 800m?' in mid January! I think they're interested in what I do, but I could never hold a conversation with them about athletics or my progress - I think I would probably lose then.

How interested are your friends in athletics and your athletic progress?

A lot of my friends are very interested mainly in my progress. Not many people know very much about athletics at all. I have no time for those so called 'friends' who think they know all and on Friday when I'm stoking up for the 'big one' with a plate full of chips, say: 'You should not be eating that, you'll get fat!'

Have you any athletic heroes on whom you model yourself?

I admire many good athletes, but I don't think I model myself on them. No two athletes are the same and I think it would be wrong to model myself on someone else.

Outline your feelings on being coached.

I do not have a coach and am quite happy as I am. If my life depended on my being a top class athlete and I wasn't certain what I was doing, then perhaps I would have a coach, but I don't think I'll be shot at dawn the morning after I fail to qualify for the Olympics! So I'll carry on as I please. No one to tell me what to do, and if I don't want to train for the next two months - I won't - and no one will stop me! However, I must say 'thanks' to the B.N.C. for some very sound advice.

What are your targets?

My targets for 1973 are to be in the English team for the International cross-country in March and to qualify for the 1974 Commonwealth Games. I hope eventually to do sub 4 minutes for 1500 metres. I think this would be one of my greatest achievements. I would also like to be in the British Olympic team, although the events that took place in the 1972 Games have put me off a little!

Some Results

CRYSTAL PALACE - 22nd November 1972

1000 Metres "A" Race - B.N.C. - Men

1. W. Terquini	2m.36.3
2. D. Randall	2m.36.3
3. T. Harsden	2m.39.4
4. G. Fritchard	2m.40.7
5. P. Lee	2m.41.8
6. D. Pittness	2m.45.7
7. P. Richardson	2m.48.8
8. P. Benton	2m.52.5

1000 Metres 2nd. Race - Men

1. W. Frowant	2m.31.2
2. D. Glasspool	2m.31.6
3. P. Williams	2m.32.1
4. H. Elliot	2m.32.3
5. S. Cooper	2m.34.2
6. M. Simmonds	2m.34.7
7. C. Van Rees	2m.34.8
8. R. O'Donnell	2m.35.0
9. D. Jervis	2m.39.4

1000 Metres Women "A" Race (Young)

1. E. Chatterburgh	2m.05.2
2. L. Martin	2m.05.8
3. E. Ledger	2m.05.9
4. L. Abraham	2m.06.9
5. M. Sailer	2m.10.7
6. K. Goodley	2m.12.7
7. N. Eisenberg	2m.15.2
8. L. Allen	2m.16.2
9. J. Austen	2m.17.7
10. A. Sales	2m.20.5

1000 Metres Women

1. S. Curthoys	2m.56.1
2. S. Davidson	2m.01.6
3. S. Hines	2m.03.2
4. L. Adams	2m.05.2
5. G. Roy	2m.04.7
6. J. Down	2m.08.5
7. F. Jones	2m.09.0

Quiz Solution

Unfortunately no one found time to complete the Quiz included in the last issue - or was it too hard for all members? However, here are the answers, correct at the time the quiz went out.

1. Mike Wiggs (In 1965)
2. Colin Smith (since left U.K.)
3. Moreton Evans
4. Arain Hary (Rome, 1960)
5. Faavo Nurmi
6. Bob Beaman at Mexico (1968)
7. Vera Nikolov
8. Emil Zatopek, 5000, 10000, Marathon
9. Mike Blagrove
10. 1948
11. 1969
12. To provide energy
13. Kipchoge Keino
14. Footbury Flap
15. Montreal
16. Christchurch, N.Z.
17. Gastrocnemius
18. Isometric - Isotonic - Isokinetic
19. Roger Moens
20. 3 Miles 100 yards.

Have YOU paid your
?SUBS?

Members' Views on How to Improve British Miling

The milers of Britain in the past and nowadays have often thought that going under 2 minutes for 800m. and under 3 minutes for 1000m. (3/4 mile) in a mile is too fast. This may therefore account for the lack of world class milers in the country. Better times to aim for would be 1.55 (800 m.) and 2.55 (1000m.) This may produce more sub 4 minute milers.

PAUL WILLIAMS
Sesley Heath

Difficult to generalise. I'll state points I think important for miling. Quality is more important than quantity - but a miler must do some form of running to develop his stamina. However, this should still be quality. Races are the test, not how fast you can do training sessions. The B.N.C. idea of planned races is very good, but the aim must be to produce winners not time trialists.

TONY ASHTON
Cambridge

We could take a B.N.C. party abroad for international meets and could invite teams back over here for a return forming an international chain of meets.

PAUL GOWAN
Bridgnorth

By having more mile/1500m and 3000m. races for ladies included in athletic meetings. Also by having more training centres with good cross country conditions, where athletes can spend a week-end or part of a holiday. Also by a more efficient means of ensuring up and coming athletes are not in need of a coach, or so much talent is wasted.

PENNY YULE
Sharnworth



Andy Carter (9) wins A.A.A. 800 metres 1200
Dave Cooper (11) in 1.48.2 at Crystal Palace
in A.A.A. Championships, July 15th., 1972

More competitive racing organised and plenty of organised training week-ends.

ANTHONY STAYINGS
Bristol

More localised training camps, where athletes of equal ability can regularly train together. By the athlete thinking farther ahead in his athletic career than the next year. By trying to make athletics more rewarding for those who have a lot of potential but not enough incentive to continue in the sport.

PERR INGVARSEN
N. Assot

The way I think it could be improved is that more people should actively take part. That is that there should be a greater link between club and school so that a lot more people are not lost to the sport and are given advice and help early on.

CHRISTOPHER HEWICK
Middleborough

I think the problem is a different one for each area; a relatively minor problem in the South becomes larger as you move away. Athletes from the North having to travel to the South for good competition and tracks isn't much good for miling as a whole and those athletes in particular. The idea of races at more public events (e.g. Soccer Matches) is excellent from our athletic promotion view, but hardly conducive to fast times. From an individual point of view I think the answer must be to limit the number of 1500/mile races in a season to around 4 or 5, instead of 8-10, and spend the rest of the time racing at 500, 800, 1000, 2000, 3000 and 400 relay legs (I would suggest a top 1500 man in a club 1600m. relay team on leg 2, 3 or 4 could be far more beneficial than some of these fragile sprinters!) I am afraid there is nothing earth shattering in the above and these are probably opinions expressed by others. I feel there is no magic answer, but that the solution will be found in attending to the more obvious basic problems.

MALCOLM COOPER
London. S.E.1

I think planned tactical races are conducive to fast times. But I feel as much top class competition as it is possible to meet i.e. with other internationals, makes one more aware of the speed and strength that is needed in top class miling.

PAM JONES
Soulford

- (1) Considerably more publicity (Treble present expenditure).
- (2) Have races during the interval of a football match.
- (3) Plenty of week-end coaching courses including graded races or time trials depending on age and ability.
- (4) Indoor races at Gosford.

GEORGE EDINGTON
R.A.F., Lynton

I think it could be improved by a visit at regular intervals throughout the year to clubs by coaches on a similar basis to the week-end training sessions that clubs have been organizing. These coaches should be able to put finer details to the athletes and advice, also advise the club coach training them.

DIANE BELL

Emphasis should be placed on quality of racing and not quantity. Too much distance training undertaken when in some cases shorter, faster sessions would be of benefit, therefore feeling of fast running would become more natural and standards raised accordingly.

ANN KIRKHAM
Exhall

U.K. miling is at present on the rise. British milers are getting known for fast times resulting from fearless pace-making tactics "In the new British Tradition" (Track and Field News). This can only be further enhanced by more of the same. I think the B.M.C. is on to the correct formula. Perhaps more week-ends like the Grange Farm one would get still better results. Above all our youngsters must be encouraged in the right, positive attitude and approach - i.e. fast overall pace and good finish. Perhaps our milers should work more for strength in this sense.

DAVE COCKSIDGE
Thornton Heath

Everyone seems to be talking about the question of paid coaches and officials, however I think that this is only a secondary aspect. Athletics is a sport in which the hardest worker obtains the best results and this must be the first step. An athlete must be willing to push himself to the limits before a coach can work with him properly. Also I think that the provision of top class competition contributes immensely to an athlete's performance.

MICHAEL KEARNS
South Shields

More competition over the full mile distance including junior age group so most mile races seem to be for Seniors. More advertising of B.M.C. races.

ROBERT SHELDON
Leamington Spa



Joyce Smith

What has gone wrong?

At the December Meeting of the National Committee there was a particularly interesting discussion on Middle Distance Running.

The question raised was: "Why has the general standard of miling in Britain shown so little improvement during recent years?"

The Committee agreed that there had been no improvement in the top 50 times other than isolated bases in the top 10. Subsequently there has been time to collect and tabulate the statistics covering the past ten years, and they confirm the truth behind the question.

The statistics are given below and in considering them it should be remembered that since 1969 the 1500 metres has been the standard distance in matches in this country, which means that there have been fewer opportunities for running the mile. In addition, the figures for 1970 have had to be taken from the preliminary list given in A.W. and is subject to correction, whereas for previous years the F.U.T.S. figures as published by the B.A.A.S. have been used.

Year	MILE		No. under 4:05.0
	Best time	Time of No. 50	
1965	4:30.8	4:30.5	18
1964	4:29.0	4:39.5	18
1963	4:25.7	4:39.0	19
1962	4:26.1	4:37.9	17
1961	4:27.6	4:37.9	26
1960	4:28.6	4:36.5	33
1959	4:26.8	4:37.5	22
1970	4:27.0	4:11.0	16
1971	4:26.8	4:09.3	22
1972	4:25.3	4:07.9	24
	1969 MEMBERS		2,411.00
1965	4:25.5	-	6
1964	4:29.1	-	12
1963	4:27.5	-	10
1962	4:29.8	-	10
1961	4:41.7	-	9
1960	4:42.4	-	15
1959	4:39.1	4:49.8	23
1970	4:39.0	4:48.7	17
1971	4:39.2	4:48.6	21
1972	4:39.2	4:49.6	28

At the meeting a number of contributory reasons were suggested:-

1. It is impossible to stage enough paced races for athletes rated between 50 and 100. The top runners get opportunities, but those who perhaps most required encouragement did not.
2. Most athletes were not fit enough. The reason for this being that it is impossible for them to find enough time to do enough training to bring about real improvement. Comparisons should be made to the opportunities provided for their continental rivals.
3. Athletes tended not to give themselves long enough in the event to improve and produce their full potential. Too often a mile was approached in their peak fifties to a longer distance.
4. Athletes in general do not make the best use of the time that is available to them. This applies in particular to those whose time is limited.

The Committee hopes that these points will get fully discussed by coaches and also athletes when they meet together. Are they the main reasons or are there others that have not been suggested? Coaches should examine the profiles from the point of view of their athletes and the athletes could with advantage consider their own performance with reference to the above points.

Finally, it would be most helpful if you could pass your comments on to B.M.C. News, when an opportunity would be provided for them to be passed on to other members.

CHARLES BOUTH



Fat Stanley (11) third in 2:10.0
Sandie Iyden (6) second in 2:07.9
Norwen Brattinwait first in 2:07.8
Northern Inter-Counties, July 1972

The Gordian Knot by Rod Chaplin

Every athlete wants a life that revolves round the running track, Utopia that isn't possible. Life is a confusing whirl of eating, sleeping, work, running, pain, sex, emotion, horror and everything else that seems to happen, nearly all at once! Our future greatness as athletes will depend not only on whether we can run out 200 miles a week in training, rain, hail and shine, but how we react to and overcome life's other dramas.

Athletics can only ever be a part of a pattern of life. To be successful, an athlete must have a basic routine for regular training and the 'crunch' in every athlete's life comes when he or she has to adapt that routine to include some new life situation such as leaving school, starting a first job, living away from home for the first time, especially at College, sitting for exams, getting married, promotion at work, etc. etc.

Our value to society and in particular one's own value as an athlete will depend on how we react to changes of routine. If we are prepared for change, then it is easier to master and control its effects. The natural reaction to most of these 'dramas' is to forget running for the meantime, but from my own and other athletes' experience, this is not the best answer. We are all endurance athletes accustomed to high caloric consumption and whilst the tensions of these events soak up some of this energy we are left with less than our normal quota, but a lot more than we need without running. The end result is the 'fidgets' in our sweating, proneness to bursts of temper and all the other signs of unburnt adrenalin, so that by the time we've settled down again, our midriff has changed shape, our lungs not a little wheezy, altogether a sorry state.

The answer when life's at a cross roads and competitive athletics seems of minor importance is to take the pressure out of your running for a few weeks, just enjoy a half hour spin round the block, better than strong coffee during the 'Black Despair' before exams. There are few times in life when the daily half hour 'flow' in the fresh air is not possible; there is no better tranquilliser and it keeps you basically fit for when you are ready for serious work again.

Be prepared to ride the waves of life and not flounder in them.

ROD CHAPLIN

What a Scoop!!

Members will have heard by now that the F.A. has invited the A.A.A. to stage races at the Cup Final at Wembley on Saturday, 5th May and that the B.M.C. has been asked to put them on. With the sponsoring of Automatic Catering Supplies, who provide catering facilities for leading London Football clubs and the F.A. paying runners' expenses, it will be possible to invite leading runners from overseas, and the names of Vazala and Wettle have already been mentioned.

This is a real scoop for the B.M.C. and a personal triumph for Cecil Smith, who for several years has been working for this.

The Class of '72 by Conrad Milton

SOME PERSONAL REFLECTIONS OF THE B.M.C.
GRANGE FARM WEEK-END.

As the sun sank slowly in the west (just as well it wasn't east!) on Sunday 1st. October, Camp Commandant and Journal Editor Cecil Smith breathed a sigh of relief and probably sought out the warden to explain that the noise at 2 a.m. the previous evening was that of high spirited German campers rather than hard working and totally exhausted athletes. Uncle Frank, with his voracious possessions spread over three people's beds, folded his two new caps (sign of authority) and packed his two-tone whistle. One hundred and fifty athletes, male and female, in varying degrees of tiredness began their journeys home to places from Tortay to Middleborough and I for one tried to recall the last time I did four training sessions in two days - could it really be last year's Grange Farm week-end?

The course had begun the previous day with Harry Wilson's introduction and welcome and then athletes met their group coaches and set off for the first bout of physical effort.

Maxing full use of the vast acreage available at Grange Farm my own No. 1 ladies group set off on a 6 to 7 mile run, partly so that current fitness levels etc. could be assessed by myself, John Calman (Assistant Group Coach) and John Jerran (visiting coach). Six seconds was soon out in front but the squad hung on well and the main assessment I made was that it was my fitness level that was in doubt!

A short breather, then lunch. Lunch at Grange Farm is an experience beyond that I'll only add that even the serving staff didn't know what the main course was.

The hour after lunch provided the best summary of basic physiology I've heard and Ray Watson's clear and informative talk was at just the right level for his particular audience. How he made such a complex subject so easy to understand I'll never know.

Tony Ward then proceeded to pose the questions to three of the Olympic team, Margaret Coomber, Joyce Smith and Colin Campbell, to give some insight into their development, thoughts and feelings in Munich and future plans. Unfortunately, Margaret seemed to find her audience far more frightening than most competition and was scarcely audible beyond the third row.

For the second active session of the day groups were seen departing in all directions, out on the roads (very hilly), in cars to Hainault or Epping Forest (equally hilly but more relaxing) or even over the rolling grassland (relaxing but not so hilly).

Back to camp and before dinner Harry (Tusker) Wilson and Ray Watson joined forces to discourse on the physiological effects of training conditions at St. Moritz and illustrated their talk with colour slides.

Dinner proved more palatable than lunch and was finished in time for the B.M.C. A.G.M. and the talking seemed to make most people rather dry and the King's Head was soon doing a roaring trade. For younger members or non drinkers the entertainment was another chance to see the classic Tokyo Olympic film. (The projector will be mended in time for next year!).

And so to bed. Or so it should have been for any genuine, dedicated athlete, but unfortunately there were a few immature people on the course who seemed quite prepared to risk their own health and fitness and even jeopardise the holding of future courses by shouting and screaming until the early hours to the annoyance of those who had come to work and learn. High jinks are one thing, but let's have a sense of proportion, lads.

Lay two saw a stately start, but this was soon to clear.

Tony Ward gave a running up of the Munich Olympics, though I, and I think others, felt that the content was too obvious (sorry, Tony). After all, if an athlete is keen enough to attend such a course it's fair bet he watched most of the excellent T.V. coverage and didn't need telling, for example, that Brendan Foster, or whoever, had a 'gutty run'.

Training next - and for my group now numbering 12 athletes and 5 coaches (Syd Cliff and Heilwyn Bateman's better half complimenting the original team) it was 'to the woods'. Hainault Forest to be exact and after a suitable warm up, we found just the right hill. Two hundred metres long, but split by a level section of 20 to 30 metres at half distance. Six runs up the top half started the work but after some verbal encouragement it was six times the full hill for those would-be internationals. Not all could complete the trip and several sank to their knees with relief as the final climb was slant was finished. How the coach is hated at such a moment!

A glance at the watch told us we looked in danger of missing Frank's quiz so the warm down through the forest had to be a bit nippy. And what a quiz it was! The prizewinners really earned their rewards.



Sheila Carby

After lunch (a bit better I thought) it was the turn of Ben Heisman to thoroughly captivate his audience - and when the subject is haemoglobin analysis that's a real achievement. The questions and discussion showed that there was a far greater awareness of the underlying physiology than I had noted before. Ben illustrated his points with reference to the results of some of the blood tests that he had laboriously been reading over the two days. These showed a higher average level of Hb. than the previous year - a good sign in itself. Grange Farm is a real business holiday for Ben. Work after work he's taking blood tests at hospital and yet he still puts in almost a day's work taking more before, between and after the lectures and sessions. The gratitude of the athletes is the only reward.

Fourth and final session - who said 'thank God' - and out on the country went my lot for a nomination fartlek with each in turn selected to choose an effort grade. Before the start most had stressed their tiredness and hoped for an easier run; once in action the slight competitive situation took over and all found new reserves as they, and not the coaches, slowly raised the tempo.

Time for a shower before Frank (wearing the second of those new caps) brought the proceedings to a close. Hard work, yes; educational, yes; but a lot of fun too, so on behalf of athletes and coaches alike I thank Cecil Smith for organising a course that makes all of this possible.

C.L. MILTON
B.A.A.R. Senior Coach

IPSWICH MILE

THE IPSWICH TOWN F.C. MILE on Saturday, 26th. October, was another excellent showpiece for the B.M.C., ably announced by Harry Wilson, who kept up a running commentary. The race was won by Andy Carter in 2m.15.6 (a ground record!), second was John Calman in 2m.27.2, and third was Maurice Barn in 2m.28.6. There were five runners. Each of the first three were presented with very good prizes by Mr. Stiff, the Eastern Co-Operative President. Thanks must go to the Co-Op for putting up the prizes and also to Ipswich Town F. C. for allowing us to put it on.

More Results

OPEN MEETING, Wednesday, 18th. October, 1972

Male Race Conditions

B.M.C. Women's Mile

1.	H. Hopworth	B.M.C. N.E.	5m.00.5
2.	F. Yule		5m.05.7
3.	C. Pannell	B.M.C. E.	5m.06.4
4.	A. Dunne	B.M.C. S.	5m.16.0
5.	J. Low	B.M.C. S.	5m.19.6
6.	L. Ledger	B.M.C. S.	5m.20.6
7.	C. McLaughlin	B.M.C. S.	5m.22.4
8.	J. Farr		5m.43.4

B.M.C. Men's Mile

1.	H. Wards	B.M.C. S.	4m.19.5
2.	J. Witte	B.M.C. S.	4m.19.5
3.	G. Macpherson		4m.20.2
4.	T. Butt	B.M.C. E.	4m.20.2
5.	D. Randall	B.M.C. S.	4m.31.2
6.	D. Ashbourne	B.M.C. S.	4m.34.2
7.	D. Pittman	B.M.C. S.	4m.45.0



Phil Banning (Right) leads Mick Rose (Six) in the Junior Inter-Counties, Leicester, 1971

Southern Counties Coaching Conference Crystal Palace-January, 1973

This edition is a little later than intended so as to include some comments on the Southern Counties Coaching Conference at the Crystal Palace on 31st. January.

It would have been interesting to have included a full report of the Conference where many points of great interest were discussed and the talks were all of a very high standard, full of facts excellently put over. That would have required a whole issue. Also it is necessary to miss out some of the more complex points discussed, however interesting they were, as there is not space to do them justice.

WHAT IS FIT TEST? was the title of the first talk by Senior Coach Bryan Smith. He pointed out that fitness must be related to the activity undertaken, the fitness required of an athlete being more than normal. He went on to deal with the measurement of oxygen uptake, food and oxygen being the sources of energy required by middle and long distance runners. An interesting point is that at the age of 13 the maximum oxygen uptake of boys and girls is the same. Then boys shoot ahead. After the early 20s there is a slow but steady decline by both sexes.

ALTITUDE TRAINING was next discussed by Ray Watson. He had many interesting comments to make on the pre-Olympic training at St. Moritz. Those who planned their training in consultation with experts did best. You should build up slowly, not doing too much at the start, but also must not be frightened of doing hard work. Effect was cumulative, so that regular visits are a good thing. Pre-Munich they were advised that the effect was of very short duration, possibly only 2 to 4 days. At Munich some of the best performances were after 7 days, and performances of some athletes after returning home suggested that the effects lasted three weeks or so. The performances of Andy Holden and Joyce Smith were cited in this connection.

Medical problems will arise and stomach complaints prevented where possible. When an athlete is ill, prompt and correct treatment must be given. Expert massage is also needed. A careful check was made of the effect of altitude on the athletes while they were at St. Moritz, but much of the value was lost since further checks were not allowed to be taken in Munich. Athletes who go independently to train at altitude and who have not the testing facilities can get very valuable information from pulse rate and regular urine checks from test strips.

RON BELMAN came next - his subject, members will not be surprised to know, was a survey of blood comparisons in distance runners. Some interesting facts came out. Though it seems to be getting well understood how necessary it is for athletes to have a high haemoglobin count, the pre-Olympic tests for the British Team showed that 62% of the men and 79% of the women were normal or above normal. This shows a surprisingly large number of athletes below normal - people who should have found out and taken action to remedy the position.

Figures for the tests that Ron had made at Grange Farm in 1971 and 1972 were interesting:-

Mean for men in 1971 was 14.3 - in 1972 it was 14.9. For ladies in 1971 it was 13.0 and in 1972 was 13.6. In 1971, 7.2% of the men were anaemic so were 28% of the women. In 1972 these had been reduced to 3% and 8% respectively.

Does this mean that Milners' Club members at any rate have learnt the lesson? Corrective action includes diet, taking iron and not over training. It was pointed out that athletes lose more iron through their exertions than do athletes. Ron was emphatic that he knew of no cases where harm had been done through taking too much iron, but there was no point in continuing to take iron once the correct level had been reached and maintained.

HARRY WILSON, B.M.C. Chairman, and **GEOFF WARR**, coach to the Stewart Brothers, were interviewed by Tony Ward with his usual penetrating skill. Here are a few of the words of wisdom that were drawn from them. Harry Wilson: Long distances in training must improve performance, but too often it is the runner that lacks talent but enjoys running that does the big distances. Character is all important in an athlete. D.S.D. is rubbish; long distances, yes, but fast.

Geoff Warr: Are we too content to follow, training methods tried out in other countries and not think out our own? Partlek is a break in routine, not basic training.

Don't forget that training is practice. Weaknesses must be worked on, not ignored. Ron paid tribute to Ian Stewart, whose final training Harry had supervised at St. Moritz. His whole approach was disciplined and conscientious, working to a very tough programme.

Next followed three short lectures. **BRIAN MITCHELL** suggested that training programmes should be split as follows: 90% steady training, 1% just above racing speed and 9% speed work. Steady running to be at a speed that required exertion. He suggested 12 sessions per week; 6 in the morning or midday, consisting of steady running and 6 working sessions in the evening. **JACK HARRIS** came next to give us the benefit of his 48 years as an active athlete. He is a great believer in distance running in training, which he claims has a more lasting effect than other methods. He also stressed that this should not be slow running. In addition he advocated running 1/2 distance at racing speed for interval work.

MARLEN SHYMAN came third, speaking on carbohydrates in diet and the role of glycogen in endurance. Interesting tests have been carried out in Sweden to measure the glycogen stored in the muscles and the results of increasing it for long distance runners. After being starved of carbohydrates for two days, the athletes were then given 3 days of carbohydrate diet. This can produce remarkable improvements during the latter parts of long distance races, but it is not really suited to middle distance running.

Next more interviews by Tony Ward. **BILL ADDOCK** and **ANDY CARTER** were the victims this time. Again we give some quotes. Andy Carter regards his 800m. in 1:46.6 in a League Match at Stretford as one of his best, as it made him appreciate his potential as an 800m. runner. (It seems that League Matches have their points at times!) He felt that he would have done better at Munich if he had had more top class races before going there, giving experience against continental and other runners. He regarded coaches as essential.

Bill Addock didn't believe that big distances necessarily brought success. He had never done more than 120 miles per week. Big blocks probably needed more distance than little ones. He felt that too much emphasis was given to youngsters, who thus have little to go for later, often dropping out when they leave school.

The Conference ended with a number of discussion groups, when some interesting views were expressed.

The re-emergence of the Finn was felt to be largely due to the inspiration derived from Lidiate's visit, combined with tradition, national pride and public interest.

Senior Coaches. It was felt that now that coaching knowledge had become much more technical the exemption of international athletes from the theoretical examination was outdated.

Middle distance standards. Doubt had been expressed as to whether these had improved in the U.K. Should the top runners, or the first fifty be used as a measure? In the latter improvement was minimal and it was felt that there should be more graded races and possibly more attention should be given to the top 50, with some form of motivation.

Interval training must be progressive. For shorter distance runners the stress should be on speeding up, while for longer distance men increase in the number of reps should be the first priority.

The British Milers' Club, has it a lot to answer for in setting out to persuade athletes to run a fast time, which may have persuaded them that this is all the sport has to offer? (Quote from "Today's Athlete" page 64). This split the group 50:50. Those who disagreed (dare we say that they probably were those who had the greater knowledge of the Club's activities?) made the good point that such races could provide the athlete with an opportunity to run a fast time in a less important race and thereby realize his potential.

British Half Mile, is the standard the worst of the M.B. events? Harbig's time of 1:46.6 set 33 years ago has only been beaten by four British athletes. It was pointed out that at the time Harbig's time was fantastic, but that we probably did set our marks too low over this distance. It was also pointed out that 600m. is now really a long sprint and not a short M.B. run.

The conference was closed by Denis Watts, whom we were all delighted to see active again after his recent illness.

Grange Farm - 1972 By Cecil Smith

These yearly camps have now been accepted as THE training camp of the year by most of our members, as well as non-members. What started as an Eastern Project only in 1970, has grown to National importance, under the auspices of the B.M.C. It appears that the biggest drawing power of the camp is the standard of lectures, and types of lectures pertaining to running. I say this simply because of the letters that I receive and verbal requests for this and that lecture. So, if any of you athletes reading this article has any particular subject that you would like aired, then let me know, at the same time, of course, if there is something you dislike, then please feel free to write and inform me with your sug-

gestions. We rely on your judgement to make these camps successful. Another fact of the week end is that it gives athletes and coaches a chance to meet with each other and chat about things in common. Many people would remain nameless only if they did not attend the week end.

This year we had Tony Ward conduct his usual high level question and answer interview on Joyce Smith (Women's Team Captain), Munich, Margaret Cosmer and Colin Campbell. Tony also gave an apt running up of the games, where he used slides to back up his talk. Ray Watson, Physiologist to the B.A.A.B. and Harry Wilson, National Long Distance Event Coach, covered the St. Moritz high altitude training camp, which they both attended. Both felt that these camps must be here to stay and that they learnt a great deal about this type of training. Although no one can argue with the middle distance girls' performances, the men as a whole did not match up to the fairer sex. Harry Wilson pointed out that Britain was the only country to have a finalist in every distance event. A thought by Harry and Ray proved very interesting, they both felt that the St. Moritz camp lost some of its value because once everyone descended to Munich, both of them had no further jurisdiction over the athlete any more! They felt that the time lapse between leaving St. Moritz and the athlete's actual competition in Munich, without able supervision was not conducive to good performance. No one can answer this question now, but it appears pretty certain in future that people like Ray and Harry should be part of the scene, right up until the actual competition, and not dispensed with a week or so before.

Staff Coach Frank Borwill compiled a very interesting question and answer quiz, which provoked humorous argument among some people. For the second year running, Barry Lear (Harlow), a non-member, was the overall winner. As some vag said, "If his brains were in his feet he would be a wild buster."

To my mind, the most hard working person outside of the coaches over the week end was Ron (Vampire) Holman. He undertook literally dozens of Mb counts, and gave each person his or her result in a matter of hours. The service that Ron devoted to all athletes is absolutely magnificent. Thanks to the Hospital where Ron is employed as a technician. He can offer this service to the B.M.C. at next to nothing cost. Many thanks, Ron, and also the Hospital authorities. During the Sunday afternoon he gave a talk on the make-up of blood, its uses and activities etc. He noted that the readings (Hb) this year over a set of athletes, were higher than last year. He felt that this was encouraging and that it appeared as if the message was getting through to everyone about the importance of having a high haemoglobin blood count.

It would not be right for me to finish off this short report without giving an unqualified 'thank you' to all the coaches who participated in squad leadership and discipline. I must also thank all the athletes for coming to Grange Farm this year, thereby making this the largest gathering of one event specialists in the country. You all come to learn something. I sincerely hope that you go away on the Sunday having learnt something.

Cecil Smith

To Improve Miling - More Views

I feel that the standard of British miling could be improved if one could raise the standard of coaches in general, by having club coaches working alongside area coaches with average club athletes. Also I feel it would help if groups of milers could get together for a week-end or longer if possible and train as a group and have lectures and be given advice from national coaches and proven athletes.

MALCOLM FRINCE
Bull

By the continuation of the method already employed, i.e. top class invitation events with top runners, but with younger runners being given the chance to prove themselves.

GLEN GRANT
Bexley Heath

For athletes in Northern Ireland the most immediate problem is regular top-class competition. A truce with B.L.E. (Eire) would go a long way to solving the problems. More contact with British coaches would also help.

JAMES McGUINESS
Belfast

I feel that more sophisticated training facilities should be made available perhaps by greater government grants. Compared with other nations, e.g. Russia, East Germany, U.S.A., we have pitifully few training centres. However, I feel that if a person is destined to succeed at a particular sport he will succeed by harnessing whatever resources are available at the time.

TONY EVANS
Margate

By better training facilities (i.e. running tracks) and far greater communications to enable young athletes to obtain guidance in an official capacity. More 1500m. races and introduction of at least 5000m. for women. Great Britain should become much longer - up to about 5 1/2 miles.

ANNA CHRISTIAN JAMES
Dunlin Hasting

Have milers run solo miles or relay legs so that they don't have to be dragged to fast times, but can actually run the times.

GORDON MINTY
High Wycombe

I think British Miling could be improved with better facilities throughout the country, more knowledgeable coaches, which should make milers a little more consistent, and improving our training methods by thinking out our own, instead of using some foreign coach's ideas.

MICHAEL SIMMONS
Windsor

As far as Northern Ireland is concerned, I think that the formation of a B.M.C. here will go a long way towards this. What we certainly need is increased competition of the right quality, more get-togethers of our athletes and coaches for week-ends or just one day affairs so that we can discuss and question training methods. This would bring back a lot of enthusiasm which is sadly lacking at the moment.

JAMES KENNEDY
Belfast

By the application of strong will to the trained body.

JAMES MORTON
Belfast

