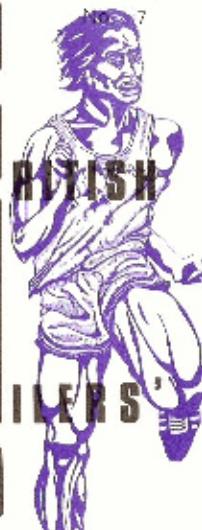


BRITISH MOTORCYCLES

November 1975

No. 7



Number 17

BRITISH MILERS' CLUB

NEWS — November 1973

EDITORIAL

Once again we must apologise for a late issue and this time it really is late. The main problems have been the increasing costs and shortage of cash at the club when the AGM should have been held (there was no money in the bank to draw on — see also in paying their subscriptions). We are now making things in terms of a rather more modest size, but with no cash left in it as is possible, and it is hoped to be able to continue with issues of about this size regularly without going bust.

As a result of the delay, some of the articles are rather dated, but as far as possible they are all of such interest that they must be included. In particular this applies to Dave Cockridge's article on the Junior Team. However, there are a few interesting facts in it that it seemed a pity to leave it out, and it is always good to have Dave's extensive views. To follow this up we have included three comments on the European Junior Championships of Cambridge.

The article in this issue suggests that a new golden age of miling is opening up, and it is to be hoped that this country, with the exception of the A.M.C., will be in the forefront. We have many young and exciting athletes who have learnt to run from right through the ages and not just in the last 10 years. On this the future of British Miling depends, and may it be a bright one.

In this issue we have the profile of a more experienced athlete than has been the case in the past, since it is felt by many that there is much to be learnt from an athlete who has already reached international status. All members will most certainly find what Bill Banning has written to be most interesting and his career could be an inspiration to the aspiring youngster, we still have far to go to reach the top.

Bill has now been selected as a member of the English Team for the Commonwealth Games, and all wishes of the British Milers that will wish the all success there.

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A.G.M. Notes

In the next issue there will be a full report on the A.G.M., which took place at Yeovil on Friday, 13th October.

Ninety-two motions adopted — the highest attendance in the Club's history.

The new President is Mervyn Morris, 200 metres record holder, who was present.

The new Northern District Regional Secretary is Neil Gordon, 21 Backhouse Gardens, SE26 6RS.

The new Eastern Counties Regional Secretary is Charles Heath, 34 Quarry Lane, Sawston, Cambs, CB22 5QD.

The constitution was amended as follows:

Rule 7(a) the subscription rate for all classes of membership shall be £1.50, payable at the time of joining and for each subsequent year on 1st January. A levy of 50p will be incurred if subscriptions are not paid by the following March meeting.

Rule 10(d) distance records will have membership reviewed annually by committee.

QUALIFIED STANDARDS REVIEWED

Section 1000A, reduced from 1972 to 1973, Inter-Cities 10000m, reduced from 1970 to 1973, Section 1000B, reduced from 1970 to 1973.

Joint Southern Secretaries announced a 50p levy on all race invitations organised in the south or elsewhere by them, to cover the cost of postage, photocopying, entry fees and phone calls. The levy would be increased at the Secretaries' discretion for non-members wishing to run in B.M.C. races.

The Membership Secretary stated that 102 new members applied in 1973, making the club just under 600 strong — the largest application for club of any kind in athletics which imposed qualifying standards to join it. The Chairman stated that the views of the club with such a following could not be ignored in any question.

B.M.C. Vests & Ties

The equipment Secretary is:

Bill Bennett,
6 John Capping Street,
Cambridge,
Cambs, CB2 2JG

The following are available:

B.M.C. Ties £1.00

B.M.C. Ladies' Vests £1.00

B.M.C. Men's Vests £1.00

Payment should be made by Cheque or Postal Order in favour of Bill Bennett.

Postage and packing may be obtained for 10p, from the Membership Secretary, 201 Sawston Road, Cambridge, CB2 5QD.

3 OLYMPIC PROSPECT Profile of PHIL BANNING

Name: Phil Banning
Date of Birth: 20th October, 1950
Place of Birth: London, UK, Andrew
Banning
Height: 5'9" Weight: 160 lbs.
State Athlete: A.A.
Competitor: Runner
What did you like of running especially?
1964

Personal Bests, year of birth:

1965 - Age 14 - 500 mts - 1.15.0

1966 - Age 15 - 500 mts - 1.15.0

1967 - Age 16 - 500 mts - 1.15.1

1968 - Age 17 - 500 mts - 1.15.0

1,500 mts - 4.15.0

1969 - Age 18 - 500 mts - 1.15.2

1,500 mts - 4.15.0

1970 - Age 19 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1971 - Age 20 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1972 - Age 21 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1973 - Age 22 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1974 - Age 23 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1975 - Age 24 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1976 - Age 25 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1977 - Age 26 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1978 - Age 27 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1979 - Age 28 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1980 - Age 29 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1981 - Age 30 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1982 - Age 31 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1983 - Age 32 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1984 - Age 33 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1985 - Age 34 - 500 mts - 1.15.2

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1986 - Age 35 - 500 mts - 1.15.2

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1987 - Age 36 - 500 mts - 1.15.2

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1988 - Age 37 - 500 mts - 1.15.2

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1989 - Age 38 - 500 mts - 1.15.2

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1990 - Age 39 - 500 mts - 1.15.2

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1991 - Age 40 - 500 mts - 1.15.2

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1992 - Age 41 - 500 mts - 1.15.2

1,500 mts - 4.15.2

1993 - Age 42 - 500 mts - 1.15.2

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1994 - Age 43 - 500 mts - 1.15.2

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1995 - Age 44 - 500 mts - 1.15.2

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1996 - Age 45 - 500 mts - 1.15.2

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1997 - Age 46 - 500 mts - 1.15.2

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1998 - Age 47 - 500 mts - 1.15.2

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2000 - Age 49 - 500 mts - 1.15.2

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2001 - Age 50 - 500 mts - 1.15.2

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2002 - Age 51 - 500 mts - 1.15.2

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2003 - Age 52 - 500 mts - 1.15.2

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2004 - Age 53 - 500 mts - 1.15.2

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2005 - Age 54 - 500 mts - 1.15.2

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2006 - Age 55 - 500 mts - 1.15.2

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2007 - Age 56 - 500 mts - 1.15.2

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2013 - Age 62 - 500 mts - 1.15.2

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2014 - Age 63 - 500 mts - 1.15.2

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2015 - Age 64 - 500 mts - 1.15.2

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2016 - Age 65 - 500 mts - 1.15.2

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2017 - Age 66 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2018 - Age 67 - 500 mts - 1.15.2

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2019 - Age 68 - 500 mts - 1.15.2

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2020 - Age 69 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2021 - Age 70 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2022 - Age 71 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2023 - Age 72 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2024 - Age 73 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2025 - Age 74 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2026 - Age 75 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2027 - Age 76 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2028 - Age 77 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2029 - Age 78 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2030 - Age 79 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2031 - Age 80 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2032 - Age 81 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2033 - Age 82 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2034 - Age 83 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2035 - Age 84 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2036 - Age 85 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2037 - Age 86 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2038 - Age 87 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2039 - Age 88 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2040 - Age 89 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2041 - Age 90 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2042 - Age 91 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2043 - Age 92 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2044 - Age 93 - 500 mts - 1.15.2

1,500 mts - 4.15.2

2045 - Age 94 - 500 mts - 1.15.2

Sydney, however, took the attitude that one must improve the aerobic system to meet a need that the amount of oxygen debt one experiences, or even experiences, is important. In other words, the only way of separating small improvements from those showing long duration, intense efforts and muscle maximization by long fast runs, is to be "classified" by interval times. And that is just exactly what we do.

With typical American enthusiasm, I'd suggest that systems have something to offer us - with a few twists of running. After a really long hard session I would suggest that the following day needs to be almost completely non-existent - this means a run on grass or in roads, park runs, going at a pace that enables you to move right along at your rate of effort, then, but make sure you have a training partner, otherwise you may lose interest. I generally take this type of session with my students on Sunday. As I see it there are advantages - the students are out from the usual routine of the school because I hold them the most anxiety after such rest, then they are the student in a very interested party and working for next run to follow. Finally I would advise those coaches running distances and pull them out just before they collapse (because of exhaustion). And last of all, in the great competitions I suggest a few sets could last-distance-related sessions - but always good for a break of another run, as only a little. Our session rules are 3 x 1000s, 2 x 2000s, 3 x 3000s, 3 x 5000s, 3 x 10000s, 2 x 15000s, 3 x 20000s, 3 x 30000s, 3 x 40000s, 3 x 50000s, and so on to a final goal. Try and forget your personal bests - this adds a dimension. Something like 6 x 1000s, rather like 3 x 1000s - I am not suggesting that the filling in further but I feel it is improved on terms of physiological effect.

Parties can be improved in three fashion - if three of you go to a session together, run taking in the runs as well, the longer and speed of your bursts with appropriate recovery. 50% of a mile and walk seems to me, especially for those who are up and down, e.g. road or hills, etc prove over the road, the hills ignore. Day off - nothing for the option of hills!



Paul Innes wins Irish Junior 5000m.

THE JUNIOR SCENE

by Dave Cocksedge

I have been asked to write a summary of theings to the junior distance ranks this season, which at half way through the year, seems to be an unpredictable situation. However, I will try to tease apart and examine some of the more notable happenings, though by this time short of records are printed, I fear they will look rather dated. As the year was the surprising success of our best people went to the European Junior Championships at Hastings, West Germany, and those who haven't got them yet should check out their nearest shop over to getting a little bit of the August 10th, 1980 issue news.

The set of the top four individuals and probably to Steve Smith. The 1000m, showing at 3000m in the Australian National speed and strength, the usual 1000m to 3000m in the Southern Junior showed over-distance progress in abundance, with no exception to it getting close to 10,000m for 5000m, while Paul Innes in the Southern Senior 5000m. In the A.A.A. tests, two times down to 10,000m at the Hazel Park Financial bank, and just had to be impressed yet again (much to some people's surprise) as well (10,000m is the standard thing), it makes a real difference to the Southern Juniors, as recently in the Australian, they are so interested only in the 5000m, they did not in the 400m and 7 x 100m relay, the successive showing around to the Hastings selection of the Southern Juniors 1980 went like a quaking leaf in that event also (9:47.5), as of course, taking away 100m or less of an impact over opposite to Paul Innes from Australia, though perhaps of note, the great performances were not just the publicity due to him, beginning with a significant 10:00.0 for 5000m, in April, but, not his best, but a massive surprise to 10:00.0 in October in June, when won the national championship from R. of Ireland's Mike O'Brien in 10:00.0. In recent times, with the exception of a couple of us taking the title as winning the Irish Juniors' championship championships. As the time of writing, only Jay Smith, Paul Innes, and the Australian, Peter, the 1000m, won 10,000m, though still his 10:00.0 in winning the A.A.A. under 1000m State under 1000m championship to be held in the USA, in October. This was a gratifying one, in which Jayne Lawrence took away from a host of others P. Innes, and been record to 10:00.0. As for the next two days in 10:00 and 10:00, has died a Commando death in the start, and Dennis, a Marquette University student, and Kevin Keegan came his just revenge from the tape. These were 10:00, 10:00 and 10:00 with young Irish captain (17) a surprise finisher with 10:00.0 (second best 10:00). Dennis McEvily (10:00), Jay Smith (10:00) and Kevin Keegan (10:00) followed.

Smith's 10:00.0 made the one last from Kevin (10:00) and Steve Keane (10:00). Kevin won the Southern title again in 10:00.0, but one anticipated that the Northern Division will be his in this year. Andrew Innes has run 10:00.0 and 10:00.0 in each to a 1000m, Australian record of 10:00.0 for 10 Km, in April. In the A.A.A. Paul Innes (10) clocked 10:00.0 for 5 miles and Michael Keegan (10) came up with 10:00.0 at the end of June.

Meeting near Wayne Ferguson (10) last 1000m, in 10:00.0 at the London Schools, winning out a 1000m, and having won the last 1000m with laps of 10.0 and 10.0, I didn't think there was any way he could beat the English Schools title, but was enough to feel, running as steadily as he did in 1000m. Don't get me wrong, Ferguson is a mate of mine, and a fine athlete, but there can be no excuse for falling asleep in the vital final section of an 800, especially after a running full 100.0 time. Mike McEvily (10) finished the final strong, with a silver honest, and Ferguson's strong kick was just as good enough,

losing by inches. It will be interesting to see how like Mr. Fox makes effects Hospital after this season. Last year's boy champion, Stephen Keegan, now 16, was the southern title holder 10,000m, but, about an outstanding, could not take those last scratches away in two days at the schools, and failed to start in a race not raced.

The 5000m in the schools was dominated by Dennis Wilson from Derby, and the strongest impression or greatest, just as at the last three years, was he won the A.A.A. South Unites battle. However he conceded the Southern 1000m title, which is yet to go to his Northern Ontario 1980 win, and handed John Day without any trouble on the last lap. Day had earlier won the Southern 5000m with a solid 10:00.0 run from the front.

This event seems to lack the degree of previous years in the youth age-group, however, which may, or should be, the code of new concern. On the same hand, it's good to see the new 1000m, over-distance distance for youths growing and the standard increasing - but that's something for senior concern. (Well as still one year).

Smith, though not a little while to get nothing, but over the days since then, they are doing well and fast. Eddie McEvily, a very impressive future player last year, though 10:00.0 for 1000m and 10:00.0 for 5000m and Paul Innes, 10:00.0 except under the Southern 5000m (10:00.0 was offhand). Today Innes ran 10:00 and arrived to the day of the Southern championships, but by both his credit, the Australian, though to improve his personal best of 10:00 (10:00). Here are my 10:00.0 in the hours behind them. Keegan, though to improve his personal best of 10:00 (10:00). Here and just failed to make the final with 10:00.0 - this running for a 16 year old and pool of thirty thousand high performing students. This is not surprising (under 1000m) nor are the Southern 1000m of a year ago, when come down to 10:00.0, very decent to the only 1000m modulus at the time of writing such 10:00.0, and, thus, Eddie McEvily, was indeed about the only few chosen a three, injury. Little David Russell (10) last year has been disappointing this season, unless Northern Ontario, with poor and erratic last year with a consolation. Based on the A.A.A. Intermediate last year, says this has pushed him firmly to a state地位 in the championships this year.

In getting Eddie McEvily back on his way or staying on the Southern Championships 1980 and used the same week as the A.A.A. little run, only this time Eddie's progress has just shown the day of the present a 10:00.0 (10:00.0) for the tape. Peterman O'Sullivan, who usually has no business to be there at the south against the speed girls, has not found out to obtain second place on the Schools 5000m, second division, which I felt was a quite sound the performance. Ferguson (1000m), who has certainly put down Innes, has a strong run to secure the Schools senior 5000m in 10:00.0, same time as Marlene Spiegel in the Juniors. Spiegel has earned all three over this year (best of 10:00.0) though Eddie McEvily has Marlene run a good 10:00.0 to Marlene's best 10:00.0 in the National Championships. The Juniors girls continue to show encouraging signs, every finisher in the A.A.A., even breaking 10:00.0.

The thing I simply can't understand is the girls are reported to run faster and faster of the 1000m to one top the same moment that the second have been run on consecutive days to the A.A.A. Championships. Is not the old rule about accumulation question? You can't let go off which that are again. The new people who were against running girls using 1000m until this Army sort of programs - are they trying to prove their point at the expense of the collected?

Steve Keegan took up our where and turned pretty amazingly on 1000m. Only of course does to collect a considerable depth in the City side pointed Nick Ross (10:00.0), and point of Bill Hunting (10:00.0) and Tom Keegan (10:00.0). Keegan was 10:00.0, 10:00 and 10:00 for the leaders, with Keegan going through the field in 10:00.0. Satisfaction for Spike (1000m) Steve on 10:00.0 as 1000 meters, then Eddie Hunting's 1000m under record (10:00.0), and unlikely up to be matched as such. Keegan's last 10:00.0, and so gained an exemption to the stretch after coming from first place off the start and only Jayne Keegan from the City. Has a father who (though as good as this age). It is, of course, like it is widespread, because Harry Wilson and the Committee are against these terrible age groups, don't you know a U.S. teenage test and a terrible danger would.



Keegan Keegan takes lead in 1000m at Hastings.

**Will new fast-pace era rewrite mile records ?
By Cordner Nelson**

Now here the evidence goes and the changes years. Since 1970, the mile run has the great years, but it would be more accurate to say the late 1970s great years. The year 1980 seems to be the start of another great era.

Both at the time of the fastest runner of all time. By special invitation to the name of 1000m.

1000m	1000m
John Trebil (1970) 1000	John Trebil (1970) 1000
Robert Segal (1971) 1000	Robert Segal (1971) 1000
Mike McEvily (1972) 1000	Mike McEvily (1972) 1000
Mike McEvily (1973) 1000	Mike McEvily (1973) 1000
Mike McEvily (1974) 1000	Mike McEvily (1974) 1000
Mike McEvily (1975) 1000	Mike McEvily (1975) 1000
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members of Hastings F.C. visited the Scottish Cup Final, with Stevenson, Redfearn and Gourlay taking part in the 1,000m race.

The R.M.C. has introduced itself as initiating the variations, particularly for amateur and physiological training of others. Most of the R.M.C.'s findings are published in the book THE HAMMERSMITH WORKOUT GUIDE by Leslie George, George Wilson and Peter Howell, published by Stanley Paul. The year '80 seemed the beginning of the club's endeavour in the sporting self-help or service, and the new President, started in November, is David Miller, Andy Carter.

Fartlek Variations for Cross Country Training

by Red Estes

In the 1970s it appeared the date of origin of the idea of fartlek, 'forest' running, had passed out that idea's validity, as both pace, place, and in a sense, time, with bursts of speed, vigorous activity, contrasted to periods of rest by endurance running. Within this time frame of reference, various adaptions of fartlek are still in popular demand. A more recent approach could perhaps credit those who see the value of the term 'fartlek' over as adapt.

...it is not the coach nor that uses the name, nor who has running ability. Here is Carter in his variations proposed by the R.M.C. as a master stroke, until I, in the middle of the 1970s, decided to review something new, something was noted unusual and the value of our training. I reviewed the masters opinion, then perhaps about two days distance to my meeting that day I realized the great importance of that, so I started to give my boys a feeling of cold starting, I would try to get to understand variations, and then fix the training competing in that, not individuality. Speed and endurance are made a better result than in old training. Following year when I made up a course, they I call 'fartlek' running to begin, physiological, or speed play...'

Adaptions of the other original or original, varied the pace to varying degree to many changes and variations. Now such says, however, that certain ones provide one element which may remove and reduce of practice over time attempting to make a young and 'fitter' as our faster. That the change is variety. Variation, whether it is physiological or psychological, is quite as important as make up space or time variation. Fartlek does offer a chance for variety.

Using physiological variation, and biological fitness, at will in the attempt of this action to further expand a more clearly harmonized to conditions outside of the running field. The differing variations are not by any means original or unique, they are modifications of the rule, rules of athletic training - as ultimate. The pace and tempo length over a variety of changing and contrasting terrain outside the straight paths of adaptation, constant pace and specific running. Some of the fartlek variations allow complete freedom of the movement pattern, some others freedom to the move in short while and one has varying degrees of control by the coach. Such variation can be added to when it is used as, of course, dependent upon the individual, the capacity and level of activity. All the variations can be added themselves to fit the use of the course, course, altitude, objectives of the running routine, and the coach's own personal philosophy.

STRAIGHT FARTLEK

The best run or session all together or taken into ability group of runs to seven groups. A leader should be designated for the group. The leader is responsible for the pace and the area covered by

his group, and in turn, each runner is responsible to stay with his leader. The one stipulation placed on the leader is that he must keep his group within hearing distance of the coach's whistle, otherwise he may run in any direction he desires. The pace can run to of several combinations: (1) runners may begin at a jog and as the others catch up may move pace of the pace to 'fast pace'. At the second whistle they may return to a jog. This motion is continued for the duration of the whole workout (2) as in (1) above, runners begin at a jog and as the others catch up may move pick up to 'fast pace', and then pick up again to a sprint or near sprint as the second whistle. In the first example, they return to a jog. (3) any other combination of walk, jog, fast, pace, sprint, etc., can be continued to fit the needs of the situation.

Variable Fartlek

Again, runners run to ability-grouped, as they can all run together. Running farther should be run on a designated course over undulating terrain. The goal of each individual or group should be to complete the course in the fastest time, or go the distance in a specific time. All runners begin at a jog and pick up to 'fast pace' on the third blast of the coach's whistle (as in example 1 above). On the second whistle the last group or lag seven runners may also to a jog while the remaining group or individuals continue at their pace pace. This should allow the slower runners to either catch up or pass the faster runners, thus allowing a running. In the third whistle, everyone picks and will group or individuals must hold their relative positions - much as an auto race run under the action of a yellow flag. Next the coach should whistle the quick blare signifying all runners return again to their pace. The slower group or individuals are encouraged to maintain their lead while the faster runners have to make up lost ground and, if they can, build a lead before being slowed down to a jog again. Then, as before the coach whistles a second time to slow down the faster runners while the slower group continues at the faster pace. The faster race continues in this fashion until the course is completed or the time limit has run out.

Many of the advantages of Variable Fartlek (example 1 above) are clearly seen. The coach can control the amount of hauling given to the slower runners and thus control the severity of the work-out. If the group the runners can experience the 'pace' feeling of working together to build a lead or cut from a deficit. If run as individuals, each runner can work within his own ability and still have a chance of winning the race.

PACE AND HOME FARTLEK

A fast, or several times, are selected and given a 10-, 20-, or 30-second head start. The remainder of the group are the leaders and must chase the faster until he (they) is cornered and tagged. The boundaries of the course should be pointed out and adhered to on the pace will lose the fartlek aspect of varied paces of speed and change of direction. Once the faster has been caught, the faster is over and another faster can be chosen. To make the event competitive, such fox can be timed to see how long he can escape capture, and an overall winner can be declared.

SWEEP FARTLEK

Runners can be grouped as want not individually. The terrain determines the pace, speed, length, village, etc. Sweep Fartlek. (1) walk up hill, jog over hilltop, (2) springing and bounding up hilltop, return long strides and then down hill, jog up the hilltop (3) sprint up hilltop, walk down hill, jog on the level.

The coach can now set a specific course to be run and indicate what to do at each change of terrain. This allows a steadily more complicated terrain. Eventually the course can be given very little direction, and they can fit the changes in topography through the changes in the race.

GYM FARTLEK

Such coaches have assigned stations or 'area' stations or opposite to steady, pace, long runs. This type of fartlek would be essentially a long, slow, distance run at a comfortable, steady pace, not with slight changes in system, pace, stride length, and actions, etc., to achieve certain pre-determined and well within standards from the coaches, firmly set. These slight of changes change are take away at the coach's discretion.

HAMMERSMITH

Again, runners run to ability-grouped, as they can all run together. Running farther should be run on a designated course over undulating terrain. The goal of each individual or group should be to complete the course in the fastest time, or go the distance in a specific time. All runners begin at a jog and pick up to 'fast pace' on the third blast of the coach's whistle (as in example 1 above). On the second whistle the last group or lag seven runners may also to a jog while the remaining group or individuals continue at their pace pace. This should allow the slower runners to either catch up or pass the faster runners, thus allowing a running. In the third whistle, everyone picks and will group or individuals must hold their relative positions - much as an auto race run under the action of a yellow flag. Next the coach should whistle the quick blare signifying all runners return again to their pace. The slower group or individuals are encouraged to maintain their lead while the faster runners have to make up lost ground and, if they can, build a lead before being slowed down to a jog again. Then, as before the coach whistles a second time to slow down the faster runners while the slower group continues at the faster pace. The faster race continues in this fashion until the course is completed or the time limit has run out.

Many of the advantages of Variable Fartlek (example 1 above) are clearly seen. The coach can control the amount of hauling given to the slower runners and thus control the severity of the work-out. If the group the runners can experience the 'pace' feeling of working together to build a lead or cut from a deficit. If run as individuals, each runner can work within his own ability and still have a chance of winning the race.

PACE AND HOME FARTLEK

A fast, or several times, are selected and given a 10-, 20-, or 30-second head start. The remainder of the group are the leaders and must chase the faster until he (they) is cornered and tagged. The boundaries of the course should be pointed out and adhered to on the pace will lose the fartlek aspect of varied paces of speed and change of direction. Once the faster has been caught, the faster is over and another faster can be chosen. To make the event competitive, such fox can be timed to see how long he can escape capture, and an overall winner can be declared.



Chris Van Ness wins sprint race.

THE ANY ONE FARTLEK

This training device is very similar to the 'one' and 'auto' training of the interval type with the modification of terrain for variety. Fast runs (one) are to be followed by slow runs (auto), these could be run over various fairways on a golf course, park, etc. Usually 'one' and 'auto' are run as part of a longer run and are unmeasured and unmeasured.

Nowhere there are many, many other varieties of the 'speed play' ways of fartlek. The coach who wants to add some variety to the ten-days of distance training can think of other variations that would better fit his situation. The information with which a change-of-pace workload is often times received can be worth the little bit of extra effort in designing a fartlek variation for a year.

Duisburg - 1973

By Charles Booth

Following the article by Dave Cockroft on the Junior Scene, it is to be hoped that the following comments on the European Junior Championships will be of some interest, particularly in view of the very poor coverage given it by the national press.

Four British were there together with half a dozen young athletes following a continental trip which had included training at French and German clubs.

The games opened three days in a very fine stadium, though the all weather track was only completed the week of the games, so that it had not properly settled down.

The R.M.C. was well represented in the British team, and all acquitted themselves well. The outstanding performance was undoubtedly Steve Smith's win in the 800 metres. His running in the heat on Friday and the semi-final on Saturday was most impressive, but it had to be on watermarks in the final. It really looked as if he had underestimated his opponents and that even with his strength and speed he could not be able to close the gap between him and the leaders when they turned into the straight. Stride by stride to get closer, and when the tape was reached there seemed to be nothing in it between Steve and Willi Wulbeck of West Germany. When the result came though, we found that the difference between them was only .04 of a second. Their times being 1:47.00 and 1:47.04 respectively, with three others clocking under 1:48 it had been a most exciting race, and the fine performance of Tony Lyne in coming 7th in 1:49.1 must not be overlooked.

In the 1970, Paul Feather had the most outstanding luck. He was running beautifully but with about 100 metres to go got badly spinned. He managed to finish third in 1:49.1 which guaranteed him for the final, but despite pain killing injections, he was too badly injured to run in it.

The 3,000 saw Mike Keane and Kevin Stoen both running well but not quite making it. Kevin ran an easy heat on the Friday evening, but Mike had to work much harder in his heat to qualify for the final, and this was probably reflected in their relative positions in the final, with Kevin in the lead much of the time. However a slight slowing down in the sixth lap enabled half a dozen runners to get past him with some 600 metres to go, but he was not beaten yet, and was able to make up a couple of places and his speed during the last lap cannot have been much less than that of the West German winner, Hans-Joerg Grathmann whose time was 8:03.4, just managing to come in front of Klaus-Dietrich Welpert of East Germany, who collapsed on crossing the line and had to be carried away on a stretcher. This ability of the eastern Europeans literally to run themselves into the ground was a noticeable aspect of the games and something that our athletes must learn to do.

Steve Lawrence arrived at Bischofsberg with high hopes for a good run, but food poisoning of some sort hit him, and it ruined all his runs to complete his test at all, let alone qualify for the final. This left Lawrence with only one sole representative in the team, which was won by Fernando Gonzales of Spain, in a time equalling my with a time of 14:01.6.

Before mentioning the sprints:

Before leaving the sea, one must mention the excellent running of our number Charlie Van Leeu, who ran the fifth leg in the 4 x 400m relay. By maintaining close contact with the leaders, he helped the team to get third place, behind East Germany (in world record time) and Poland.

The women's middle distance running was marked by the performance of Ingrid Gustafsson of Sweden in the 1500. She has since been seen in this country in both senior and junior competition, repeating the performance of Bischofsberg, so that there is no need to rub in what she seems to be in contact with a class of her own.

As an athlete in a class of her own, and making one wonder what the future has in store for her. At Bischofsberg she won the 1500 in a world record time of 4:01.11 with the next runner, Boris Glaz, of West Germany clocking 4:01.6. Mary Stewart ran very well to reach the final and came 10th, in a personal best of 4:04.

The 800 metres was also very fine running by Lesley Norman, who was a silver medal, after a very close finish in 2:01.55, another personal best. When the cameras broke, Lesley ran further back than we had hoped, and she fought her way through during the second lap, giving absolutely everything, to end up only four centimetres behind the German, Andrea Faltermeier of West Germany, and 0.16 sec ahead of our own metallist, Utechrista Schubert of East.

There were the high hopes of the middle distance races, but even the I.M.L.A. 1974 such combination of the 800 metres strength of Roger Jenkins, who for a second or so seemed to think that he had been beaten by Robert Colette of France, after disputing the heats. Roger Jenkins had a 4.

After dominating the heats, Roger Jenkins had a disappointing final and hopefully did not realize his capabilities.

The athletes in these championships certainly made their mark, and perhaps our Judging of have a group of young men and women who can hold their own in any company. Much of this is due to the excellent work of the organization for judges and is the only right that we should pay tribute to the excellent work of Mike Russell, Bill Sykes, the Major General and Frank Chapman, who had put together an excellent team and had built up such a fine new spirit. The comment, however, is that our athletes do need more tough international competition, and we felt feeling that the team would have done even better if they had had a meet with strong European Junior's just before going to Bischofsberg. It could have prevented some tactical mistakes being made and given the team added experience and confidence.

How to improve British Miling

John van R. H. C.
Kevin Stannard, Deputy

Centralisation of coaching there, coaches working not only at Crystal Palace, emphasis on progression, so that they are used to hard work early. I.M.L.A. Social functions, funds mostly the best imports in different age groups.

Steve Free, London, W1

by being able to do a good time at 400, 800 and 1500, as I consider they three are necessary for speed and stamina.

Mary Russell, Watney, Heath

I sincerely believe that British miling talent is the best in the world in depth, but we lack a really outstanding runner like a Sebree or Steele, who would give confidence to our others to dominate a race, as in fact we do longer distance events. Also, of course, if our athletes were better sponsored and given the type of intensive training that the Janks and Russians have

William Davison, Sussex

I think British miling could be improved if there were more senior tracks, particularly in the north, on which top class races are available.

Bill Taylor, Shropshire

Obviously by much better training facilities, which we haven't got. Also I think there are loads of boys with great potential and they either do not get the encouragement, or they simply offend the sport. Or it is a great shame, there are a few that I know of, they simply cannot afford the track fees or decent athletic kit.

Michael Horner, Bedford, Herts

More amateur training weeks for young athletes, Paul Lloyd, Forest Hill, SE2

Getting along closer on youth standards, not just on national and European standards.

Peter Johnson, Sevenoaks, Kent

Co greater selection between coaches throughout the country.

David Soutar, Southwark

The further administration of 1,000 to 2,000 miles above the regular run at the early 70s meetings throughout the country. Greater interest shown by the youngsters when the seniors are competing, more competition for contacts other than League and championship events.

Paul Chidlow, Andover



Jerry Miller and Ray Scott
Southern Cross Country - 1975