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No. 19



**BRITISH**

**MILERS'**

**CLUB**

## EDITORIAL

This is being written immediately after returning from what was undoubtedly the best ever training week-end at Grange Farm, with more than 100 athletes and coaches attending. Everyone must have left there inspired to do better than ever during the coming year, even though their first thoughts on getting home may have been to get a decent meal!

We were particularly pleased to meet those stalwarts from the North-East, Gordon Surtees and Stan Long, who contributed some good, down to earth, north country common sense to our discussions. Stan was elected President for the year at the A.G.M. and we are pleased to be able to include a message from him in this issue.

It was interesting to hear the views of the star athletes who were interviewed by Harry Wilson. Jim Douglas, Phil Banning, Steve Overt and Lesley Kiernan all had much to contribute. Lesley's views can be seen in our profile. To many, the most inspiring thing was the way in which Steve Overt had got over glandular fever and went on to his silver medal in Rome, in a race with which he was far from satisfied. As he said, he got boxed in and did many things wrong during the race! Here is an athlete with ambition, who is prepared to learn, and who showed us what can be done by self discipline and determination.

In various discussions and talks, one thing that was brought out again and again, was the need of middle distance runners to be able to sprint. Of too many youngsters it is said that they have to be in front at the bell, or they have no chance, and the same thing is still said of them ten years later when they are mature athletes. If you are to reach the top, sprinting ability is just as important as stamina, as is shown by Brendan Foster, whose name came up time and time again during the week-end.

Members seem to be quite incapable of sending their criticisms of the BMC News to the Editor, but by keeping our ear to the ground we do manage to get some comments and suggestions. As a result in this issue the type is slightly larger, so that we hope that members will be able to read it without having to use magnifying glasses in addition to their usual reading glasses. In the last issue we used an ordinary typewriter ribbon in place of the carbon ribbon used previously, which we hope also was of help.

We are sure that there must be some article in this issue with which you do not agree. If that is so, please write

and let us know. We will be happy to publish your comments, which we hope will lead to some discussion from which all will benefit.

## From our President

Dear Members,

I am very honoured to have been chosen as your President for the ensuing season. I would like to take the opportunity of wishing all aspiring middle distance runners the best of luck in the future. At no other period in British athletic history has the opening been better for young athletes to break through into the British team. So once again, the best of luck for the future.

Stan Long

## B.M.C. Equipment

All club equipment is now available from the Equipment Secretary, who is:

Bill Bennett,  
6 John Tapping Close,  
Walmer,  
SEAL, Kent.

The following items are available:

B.M.C. Ties	£1.00
B.M.C. Ladies' Vests	1.50
B.M.C. Men's Vests	1.20
B.M.C. Badges	20

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

Members who have not got the above, get them now and be proud to wear them.

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Olympic Prospect  
Profile of  
Lesley Kiernan

Name in Full: Lesley Kiernan  
Date of Birth: 9th August, 1957  
Place of Birth: East London  
Height: 5'5" Weight: 8st. 2lb.  
Club: Havering A.C.  
Occupation: Typist

When did you take up running seriously?

Cross country season 1969/70

Personal bests year by year:

Year	400	800
1969	2:35.2	
1970	2:19.6	
1971	60.1	2:10.1
1972	59.1	2:11.0
1973	57.0	2:03.7
1974	56.5	2:02.8

Best competitive achievements and placings:

English Schools 1971 - 1st. 2:10.1  
European Jun: 1973 - 2nd. 2:03.7  
W.A.A.A. 1974 - 1st. 2:05.1  
European Champs: 1974 - 4th. heat  
2:02.8  
Coke IAC Meet: 1974 - 1st. 1000m.  
2:40.2

Please describe in some detail your winter training and how it has developed over the last three years.

A typical week's training in January:

Monday: 5 mile fartlek to gym - weights  
Tuesday: 3 mile fast, 1 mile jog, 2 mile fast

Wednesday: 7 mile run

Thursday: 2 x 2 mile - fast

Friday: Rest

Saturday: A.M. 6 x 600 (Av. 105 sec)

4 x 100 strides

P.M. 6 mile run - weights

Sunday: 10 mile run

Weight sessions were done once a week at Crystal Palace and twice if I could fit it in.

Over the last two years I have stepped up my mileage from 25 miles to 40 miles a week, which was to my advantage during the last track season, as we had to run three rounds in 18 hours in the W.A.A.A. Also the speed of my runs have been altered, e.g. 3 x 2 mile fast instead of 6 mile steady run.

This was probably one of the hardest weeks I ever did with the maximum of 40 miles - this week was built up to from the beginning of the season.

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

This year my summer training has been run in five stages.

Stage 1. - for 7 weeks, endurance and heart work. Mainly long easy runs and long slow intervals. Including two long road races.

Stage 2. - for 5 weeks, emphasis on heart/endurance/speed. Long runs, long and short intervals and speed work. Including 1 x 800, 2 x 1500, 1 x 400m.

Stage 3. - for 4 weeks, emphasis on heart/speed/endurance. Long run, 4 different types interval sessions. Including 1 x 800 race, one race over distance and one under.

Stage 4. - for 4 weeks, emphasis speed/race technique/endurance. Individual programmes. 2 x 800 races, 1 x 400 race.

Stage 5. - for 6 weeks build up to European championships. 1 week long intervals and fairly fast 4 mile runs.

2 weeks on stage 3.

1 week short fast intervals, race pace work.

1 week sprinting - easy runs - including 2 x 800 races, 1 under and 1 over distance race.

A typical summer week's training in July when all the hard training had been done would be as follows:



Lesley Kiernan and  
Lilyana Tomova

Monday: 3 sets 300/200, 30 secs. recovery between 300 and 200 in 45/29 secs. 1 lap 10 secs. fast - 10 sec. slow

Tuesday: 8 x 200, average 27 sec. 200 jog recovery.

Wednesday: 2 x 400m. splits over 34/27sec. Thursday: 6 x 100m. emphasis on leg drive.

During the summer Harry (Wilson) and I have spent a lot of time trying to get as much drive from the back leg as possible.

Please give details of training other than running.

During the winter I do weight training twice a week.

What is your attitude towards training?

I love training and treat it almost as seriously as racing and am quite conscientious about it. To shirk training would not really matter to anyone else, I would be the one to suffer. Do you train alone?

Mainly.

Are you well endowed with training facilities?

Yes, I live fairly near to the Crystal Palace and two other Tartan tracks.

How important is your athletic success?

It is important because success means progress and this is what all athletes are striving for.

Please describe how you warm up?

Three quarters to one mile jog. Stretching exercises and 3 to 4 fast strides.

What importance do you attach to 'mental' training and how would you go about to improve your 'mental' approach?

All training is 'mental' training. If my training is going well, I am 'mentally' prepared.

Describe any serious illness or physical set-backs you have suffered and say how they have affected your progress and attitude?

I have had 5 or 6 injuries, lasting 7 to 8 weeks at a time. Also glandular fever for four months in 1972. I still have trouble with anaemia at various times. How interested are your parents in your athletics and athletic progress?

My parents are interested in both and have travelled with me to every race in G.B. since I started in 1969. How interested are your friends in athletics and your athletic progress?

Most of my friends are in athletics as this takes up most of my time, although my friends outside are very interested in my progress.

Have you any athletic heroes on whom you model yourself?

No. There are athletes I admire, but no athlete can be modelled on another. Everyone is an individual.

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

Yes, I feel it is important for me, at least, to be coached. I don't think I could train and run without a coach. If I have someone who believes in me, I will try to move heaven and earth to

fulfil that belief. I have been fortunate in finding an excellent coach.

Harry (Wilson) gives me a tremendous amount of confidence, explains and advises but will always listen to my point of view. Even when things seem to be going wrong and the world seems against you, he never worries or wavers from his belief in me in the first instance and this is so important. I respect him and he respects me.

I was coached by Dave Naylor of Havering until the middle of 1973 and the initial ground work has been invaluable. I was never overtrained and now I need to train more, it works well.

What are your targets?

To be as happy as I am now in athletics and do as well as I can.

## Try, Try, Try Again! By Conrad Milton Staff Coach

The title of this article implies perseverance and certainly most great athletes have found this attribute essential. But what if each try - each attempt - contains an element of difference; is not there more to be learnt if a degree of experiment is included?

I have on occasions suggested to members of my own squad, particularly in the early part of the season, that some less important races be used to enable them to find out more about themselves. 'Run the first 400 of a half flat out and see how much you can hang on' or 'stay at the back until the bell no matter how slow the pace, then cut loose' might be the suggestion. The body has a tendency always to over-react or over-compensate and faced with a new situation, the reaction is often too extreme. Faced with the same situation later on - perhaps in a race - the body recalls the earlier demands and appreciates that it wasn't really as bad as it imagined at first. Or put simply, a thing is never as hard the second time as it appeared the first.

Experiments are, of course, of little use if the results are not evaluated and analysed and the lessons put into practice. Only a positive approach, particularly in the thought process, will be beneficial. You can find good in any situation with positive thinking. As you lie on the track watching others win the race after you had tripped, you might well swear and wonder how that might be turned to advantage. Careful analysis of the events leading up to that fall could mean a different reaction on another occasion with a victory replacing the fall.

Experiment and positive thinking help to create confidence and this is something so often lacking in athletes of every class. Only when confidence is present will mature athletes be prepared to commit themselves early enough in a race to ensure a fast time. At International level in this country at present, apart from a few notable exceptions such as Brendan Foster, there is often every indication that the athlete is not prepared to tackle a fast early pace and allows the gap to be opened which cannot subsequently be fully closed. This has been particularly true of our women athletes and we must hope that their thoughts and plans for the next track season include an awareness of this deficiency and a firm resolve to try a different approach.

Most athletes maintain training diaries, but I am tempted to ask for what purpose? To most they seem to be merely a historical record and once an entry has been made, it is never again read by the author. Surely the diary can be so much more, for each individual entry goes to make up the overall picture of the athlete's work. In trying something new this winter, why not re-read your own log to see what valuable lessons

can be learnt. The mistakes of previous years are probably all there staring at you as if to say 'make sure this doesn't happen again'; the preparation for your previous best ever spell of running could give added emphasis to what is going to be best this winter.

Recently I had the opportunity to read the training diaries of three mature athletes whose coaching I was about to take over and who, until then, had been basically self-coached. The diaries all showed significant factors - lack of a specific plan to previous work; insufficient preparation for the interval or quality session; lack of progression; and far too many sessions done at one pace to the point where mental staleness must have been present. The evidence was clear, the conclusion not difficult to make. Within weeks of commencing a balanced programme real progress was being seen.

Most athletes give a major part of their life to the sport so make sure this is time well spent as your efforts are rewarded. Try, try again - try something new, try to think more positively and try to obtain a balanced progressing schedule; but most of all, try that little bit harder to succeed.



Steve Ovett second- 800 Metres - Rome



## Review of Middle Distance Events at Rome by Dave Cocksedge

**800 Metres.** We all knew Luciano Susanjki was good - a man can't run a string of times between 1:44.7 and 1:45.6 without being good - but who suspected that he was that good? What impressed me about that lightning and wicked acceleration of his that ended the race for first place with all of 180 metres to go was its smoothness and beauty. Snell jumped the 1964 Olympic field in a similar manner, but he showed raw chunky power, whilst this Yugoslav with the silken stride was all grace and relaxation as he ripped off the last 200 metres in 22.5, unprecedented pace off a 50.1 first lap. Just how do you reply to that? One recalls Wade Bell (USA) adopting this same tactic during his 1967 European tour, but with Bell we are talking about an overall pace some two seconds slower than Susanjki's 1:44.7. Such blazing acceleration whilst racing all out must be very demanding both physically and mentally, but this man showed no signs of distress and did not indulge in any dramatic arm-waving routines after crossing the finish line. Details of his training would be enlightening.

Modest and quiet, Luciano, who speaks fluent Italian (he lives just off the border with Yugoslavia) stated afterwards that he had been running to win and was not interested in fast times particularly. "Maybe I can run 0.4 seconds faster", he added, underestimating himself wildly, I would have thought. Previously a top flight 400 m. runner (he won the 1973 European indoor title in 46.6), Susanjki has now firmly established himself as one of the World's greatest two lap men. Perhaps only Rick Wohlhuter (USA) can handle him - the American's battery of fast times this year has been unequalled, and none has bested him. His 1:44.0 against the Russians was eye-boggling, and his 3:55.0 and 3:54.9 mile times significant. Don't forget, too, that Mike Bolt, the Christchurch silver medalist, beat Susanjki when the Yugoslav ran 1:44.7 before the championships. Imagine this line up: Wohlhuter, Susanjki, Bolt, Kipkurgat, John Walker, Fiascanoro, Ovett plus both Andy Carter and Arshanov 100% fit. What a race it would be.

Marcello Fiascanoro ran 1:46.1 just before the championships opened, but had lost too much time and conditioning to be a medal factor - he showed this in the qualifying rounds. Realising that the Italian crowd would be unmerciful if he didn't appear to try in the final, he de-

sided to go down fighting, and was responsible for that fine overall time. He hared off at 24.4 and 50.1, though the third 200 dropped to 27.5 (1:17.6 at 600) allowing Susanjki to relax and begin his fearsome finishing drive. A gallant loser, Marcello was still second with only 60 m. left, but as the field poured past him like ravaging wolves, he turned into an arm-flailing, head-bobbing mess, a heart-rending sight to the crowd. Actually Fiascanoro, who ran his World Record 1:43.7 in a four man race, has very little experience of racing with people around him, a problem new 800 men coming up from the 400 encounter inevitably.

Steve Ovett really has the world before him. An European silver to add to his Junior gold last year as a fantastic achievement for an 18 year old, but Steve is such a perfectionist and has such fighting spirit that he actually was disappointed! Though Steve is a good friend, I simply can't agree with him when he says he could have won had he got a clear run at Susanjki. Significantly, he thought the winning time was 1:44.9 and that he was gaining at the finish. He was surprised to learn that it was 1:44.1, and I thought he was gaining on everyone except Susanjki in the last 800 metres.

He made two vital mistakes - getting left in the first 300 at a fast pace, and then trying to come through on the inside. Wisely he worked his way through slowly, but got himself badly boxed on the back straight and then again on the final bend. Steve showed however that he can push and shove with the best Europeans - nothing wrong with that, these boys do not go out there to play tiddly-winks after all - and he still had something left as he positively eased over the line in an European Junior record of 1:45.8 (1:45.77 on the electrical). American expert Bob Hersh of TRACK & FIELD NEWS told me before the final "What impresses me about Ovett in the quotes of his that I have seen, is his incredible confidence, and his relaxed attitude to it all. It's hard to believe he is only 18. He must get a medal here." I had to agree 100% with him. No need to feel disappointed, Steve, except that you'd have run 1:55.5 if you'd kept driving through at the finish.

Whoever had heard of Markku Taskinen before this year? He came to the Championships with a best of 1:47.2 and left with a bronze medal in 1:45.9 thanks to a desperate spurt in the last 20 metres that only barely scraped him into the final in the first place. Tall and leggy like all the Fins, he showed himself to be a real racer and is man to watch with interest from now on.

The winner pronounces his name: Soo-san-ye, by the way. **1,500 Metres.** What a pathetic, sad little race this was! Is this Europe's answer to that fantastic Commonwealth Games 1,500 final? "They should all be shipped home on the first available plane!" Dick Bark barked to me in the press tribune, and he had a point in his

disgust, I must say. Poor Pekka Vasala was a shadow of the man who dominated Kip Keino in 1972, and though he tried to brighten it up by taking the first lap in 58.3, the others were unwilling to help out, preferring to try out their sprinting prowess in the last 200, and the pace slumped depressingly. The only man who had any occasion to be satisfied with the result was young Klaus Peter Justus, 1.73/5'8" tall, the European Junior champion of 1970, and East Germany's best for three years now. Never rated a medalist, he found himself accelerating past then all in the last 50 metres and nudged ahead just before the tape, covering his last lap in 53.2 for a 3:40.6 victory. Tom B. Hansen should have won it, as he ran a canny race, tucked away nicely till the final straight, but as they fanned out across the track in the last sprint, he ran out of gas with 10 metres left and ended up with a silver medal.

I have always suspected that Frank Clement is no good in the sort of race he got involved with in his heat - one of those kick-off-the-last-bend affairs - as he has poor acceleration, and I think I'm right. Had he gone at the bell, he could have used his abundant strength and would have been O.K. But I hear he had injury problems after the Oslo race (3:37.4), so perhaps I'm being too harsh. I don't think that push affected him too much, as he was a dead dog by that stage anyway, with people surging past him on both sides like computers in the rush hour at Oxford Street. Even if the Swede had carried him across the line, I don't think he'd have made it.



Brendan Foster leads  
Lasse Viren

Ray Snedley looked good until he folded like a pricked balloon in the finishing stretch of his heat, and surely was over-raced this year. He was running 3:57.2 for a mile in early May in the U.S.A., while these continentals were still deep in stamina training in order to peak for the Championships. Ray is just one of those people who love racing - indoors, outdoors, track, road and country, but he must learn to ration himself for major efforts. He has plenty of talent to burn, and must someday run close to 3:34.0, though perhaps 5,000 m. may prove to be his best event. Okay, 'nuff said already on a bun race.

**5,000 Metres.** It's safe to say that Brendan Foster had the rest of the field terrified. They knew he'd throw in a killing lap somewhere along the line, and they knew none of them would be able to stay with him. Just in case there was any doubt, he injected a 59.1 lap to break right away in his heat. Manfred Kuschmann reportedly told him in the athletes' village: "You will win the 5,000 metres," intimating that he himself was out for the silver medal - as he was, indeed. Pity superfit Brendan was not able to tackle the 1,500 as well, as he'd have made them work hard in that race. (A pity, too, that Steve Ovett didn't have the qualifying time, as I'm sure he'd have cleaned up that field the way the race was run).

What the others couldn't have known was that Brendan was going to lead all the way as he did. When he broke, approaching 3 km., he threw in a 60.5, which only Lasse Viren tried to stay with. Even the Olympic champion, not half the man he was in 1972, dropped back within another half lap, and then it was a case of Foster churning away on his own. He lost interest in a fast time after that, and could afford to relax around his last lap in 62.8, after passing the bell 1 1/2 seconds up - has there ever been such a margin in a major championship race? - he won easily in 13:17.2; great running in 86% humidity. What was Brendan aiming for before the start? 13:10.0? He refused to reveal the time in the interview room afterwards, stating that he fell a few seconds short, "but you can surely work it out yourselves." It will take more than "Rosa's tummy" to stop Brendan Foster. What can this man do over 10,000 metres? Perhaps we will know some day. The only European capable of beating him was not there. I refer to Eiel Puttemans, who is down with a mysterious blood deficiency, which makes one wonder if he will ever be 100 per cent again.

Kuschmann used his powerful kick to salvage second spot and is surely East Germany's successor to Jurgen Haase. I saw him run 28:10.0 solo in the U.K. v G.D.R. 10 km. at the Crystal Palace in June, and marked him out as a potential medalist in Rome; he has what it takes



as he showed during the Europa Cup last year. The Kvalheim brothers were disappointing, and the great deeds predicted for Knut Boro just did not come to pass. Nice to see Viren hold on for the bronze, even if the Finns generally were right out of it this time. Maybe they prepare only for the Olympics, though their women were superb. From having done nothing at all in major competition, they suddenly produce Salin and Holmen! I suspect most of the Scandinavians were over raced, as there is big money to be made between June and September there; and they lacked sharpness for Rome. Who can tell for sure?

Dave Black suffered, as Pekka Paivarinta did, with the stifling humidity. Black was in a bad way after the 10,000, and did not want to race again, but he gave all gamely enough in his heat and only failed to qualify by 0.4 sec. thanks to a sudden burst from Willy Polleunis of Belgium. Chris Stewart was sunk without trace as he ran a listless 14:17.2, the victim of nerves.

In summing up, a few words about the championships generally. The crowd were a disgrace; their disgusting behaviour during the women's high jump was inexcusable. They do not deserve a like occasion to be held there ever again. I thought Adrian Fauler's closing speech was sickening in its grovelling undertones, when he had every chance to slate the Italians roundly for their general turdiness. They were ignorant, but he knew better, and should have told them so.

The alarming state of British women's athletics was clearly and painfully revealed here, bearing out the



Holmen leads Bragina, Smith and Andrei - 3.000M.

indications that observant experts have been predicting for the past few years. Who, apart from Lynch, Golden, Smith and Kierman, did we have to shout about? As usual, the women's team management is steeped in complacency, and as long as we continue with this "Well, we all had a good time, though, and that's all that really matters, isn't it, girls?" attitude, we will continue to sink. U.K. women's athletics is a European joke nowadays, and its this gin-swilling, jolly-good-fun-girls image that we have to blame. The time for change is over-ripe, but it will never happen, because the girls themselves are either too gutless to bring it about, or just don't care enough.

## A Review of Distance Running Research by Ron Holman Staff Coach

Many of the training methods in use to-day have been arrived at by empirical rather than by a scientific approach. Yet a remarkable number of facets of these methods have been confirmed by a physiological research in the ensuing years since their adoption. The purpose of this paper is to further widen the knowledge of these facts, which by and large have been confined to the pages of scientific journals.

To begin on an objective note, it should be remembered that "the effects of training can be studied only by consecutive measurement, each subject acting as his own control". This in essence is the situation between coach and athlete and I would submit that all the time that performances improve then the effects of training are as desired.

It is now almost universally accepted that runners in the endurance events need an adequate amount of haemoglobin in their blood, and any deficiency will result in a lowering of performance standards. Much has been done in this area and in 1964 some scientists in the U.S.A. demonstrated a 4% reduction in maximum oxygen uptake following phlebotomies (blood collection) over 5 days. The haemoglobin concentration in this case had fallen from 15.7 g/100ml. to 15.5 g/100ml. and the packed cell volume from 46.6% to 38.9%. These figures resulted from the removal of a total of approximately 700ml. of blood.

Every athlete has at some time received the exhortation to "get up and jog...you'll feel better". Nothing could be further from one's intentions at this moment. Work in the U.S.A. in 1966 provided a physiological basis for the practice of those athletes who have learnt

therapy (in the form of drinks) should take this into account.

Pugh and his co-workers have helped greatly in the field of climate and acclimatisation and dehydration. Resulting from his researches is the now almost universal string vest to permit more body-heat loss. The wearing of a hat during a marathon can no longer be recommended since it cuts down heat loss from the head. This may also explain why most marathon runners have not joined the fashion ranks where hair length is concerned.

Hopefully it has been shown that there is research into important aspects of distance running, the results of which have been far-reaching in their application. "Runner's World" and our own Road Runners' Club Bulletin have gone a long way to publicising some of this work, but further dissemination is necessary.

## The B.M.C. Spirit by Frank Horwill (Club Founder)

Wearing the club badge should mean something to you. It doesn't just mean that you've done a certain time to qualify, it also means that you are a member of a group dedicated to improving British middle-distance running, a believer in all that we do, a crusader who encourages youngsters to join our club and who asks his club to find a place in their fixture list for a B.M.C. race, remembering that we cater for junior and intermediate girls, youths and juniors, senior men and women, as well as boys. We are a club that is interested in races from 800 to 5,000 metres. Wearing the badge means that you'll not be afraid to take the pace if it is a disgraceful lope, it means that when your turn comes in a race draw, you will play your part and not hang back for personal glory.

The motto of a B.M.C. member should be 'SERVICE BEFORE SELF', this means keeping your end of the bargain. If you write from the north of England and complain that you don't get any invites to the south and then when you get one and accept it and fail to turn up, you don't expect any mercy from us. If your reason for non-appearance is not valid, forget about any more races from us for two years. In fact, forget about paying your subs next time round, so that we can chuck you out. The B.M.C. is not for your kind.

If you are a member who thinks that your 75p. entitles you to £75 worth of race invites and a letter every month from your Regional Secretary, asking how he can be your servant, forget it. The B.M.C. is not for you. If, when your

From experience that if they exercise intermittently at moderate rates (i.e. jog, walk etc.) following an exhausting competitive event, they will recover more quickly (and perform better in later events) than if they rest throughout the recovery period. The results obtained during a comparison between both methods included a reduction of from 1 to 2 litres of oxygen debt and a substantial increase in the rate of lactate removal when aerobic work was performed during recovery following exhausting work, as compared with values observed when subjects rested during recovery.

At about this time it was also found that training for competitive distance running in addition to elevating the aerobic capacity appears to permit a greater fraction of that capacity to be utilised without the accumulation of blood lactate. At least 2 years previously coaches such as Arthur Lydiard had been propounding this theory, and indeed applying it in practice.

The results of some Swedish research showed that there is a range of high speeds with the same maximum oxygen uptake but a great difference in lactic acid production. The researchers were in favour of a somewhat reduced speed for training the oxygen transport system (aerobic work) because this implied less fatigue and thus made it more possible to increase the volume of training. These facts help us to understand those runners who rarely travel at faster than 6 minute mile pace in training yet have no difficulty in switching to nearer 5 minute pace in the race. They may also go a long way to explaining the L.S.D. phenomenon.

In addition to maximum oxygen uptake a number of other factors are of importance to distance running including the supply of fuel for muscular contraction, and the degree of dehydration of the athlete. In Sweden it was found that it was possible to exhaust runners using only 75% of their maximum oxygen uptake. Their condition, obviously not due to the accumulation of lactic acid, resulted from the depletion of normal glycogen stores. This work resulted in the now famous diet in which glycogen levels can be increased to levels around 35 g/kg. wet muscle from those obtained on a normal mixed diet of 17 g/kg.

Other researches resulted in some interesting facts following the 1970 Boston Marathon, when electrolyte changes were monitored in the competitors. These demonstrated a rise in sodium and potassium levels and no change in calcium or chloride. However those runners who complained of the dual symptoms of nausea and muscle cramps, all were shown to be in possession of decreased magnesium levels, which coupled with the usual weight loss of 145.23 kg. which Pugh and others have observed, would explain these symptoms. Obviously any replacement

Regional Secretary goes to the bother of staging a training day, you carry on doing the same old thing with your training group, then you are in the wrong club. If you cannot support your secretary once a year, it is a sad thing.

If, on the other hand, you pay your 75p. and appreciate our two magazines a year, like to know that there is always someone you can write to for advice, attend our residential week-end and realise that races will come your way eventually and you are prepared to let your 75p. do its work for some members somewhere, YOU ARE THE TYPE WE WANT.

If you feel a sense of pride that your club, the British Milers' Club, was the first to stage races at football matches, was the first to stage a race at the Wembley Cup Final, was the first to stage a race at a County cricket match, was the first to popularise physiological tests for runners, was the first to break records by a team spirit, was the first to popularise all-club training days, then you are a true member. How many other specialist clubs fly their members from Northern Ireland, pay part fares from Scotland and the North, to compete in their National Junior Youths and Boys' championships? How many other specialist clubs have paid the fares of selected



Martin Wilson  
Wins 1973 Schools 1500

athletes to top under twenty courses at the Crystal Palace, Bisham Abbey and Sheffield? And yet, there are those who echo the hollow words: "What do I get out of the B.M.C.P?." Our income from subs each year is £375, three hundred.. NOT THREE THOUSAND POUNDS. We spend every penny we get on you, we have no fancy bank balance, we don't give banquets for our officials after race meetings. Our motto is SERVICE BEFORE SELF, make it yours and we'll march brother to brother to the Olympic rostrum.

## BMC RESULTS

### CRYSTAL PALACE - 17th. April

1,500 Metres - Men - "A"	
1. J. Willshire (S)	3:53.8
2. J. Aldridge (SW)	3:54.2
3. K. Steere (S)	3:54.5

1,500 Metres - Men - "B"	
1. P. Williams (S)	4:00.4
2. S. Jacob (S)	4:04.1
3. T. Marsden (S)	4:05.5

### CRYSTAL PALACE - 28th. April

#### B.M.C. 800 Metres Championships

Junior Girls	
1. S. Noble	2:16.4
2. C. Brace	2:16.5

Intermediate Girls	
1. L. Parnment	2:15.2
2. K. Fielon	2:15.1

Sen/Inter Girls	
1. M. Sadler	2:18.0
2. N. Eisenberg	2:19.1

Senior Women	
1. P. Yule	2:12.4
2. M. Townsend	2:16.1

Boys/Youths	
1. P. Fitzsimmons	1:58.6
2. C. Pascoe	1:59.5

Junior Men	
1. P. Jerrum	1:55.7
2. W. Bellew	1:56.1

Senior Men	
1. J. Greatrex	1:51.2
2. C. Van Rees	1:52.5

Sen/Jun Men "A"	
1. M. Winkenzeld (Guest)	1:51.2
2. G. Cook	1:55.8

Sen/Jun Men "B"	
1. J. Govans	1:58.8
2. J. Corbett	1:59.8

### CRYSTAL PALACE - 12th. May

Women's 500 Metres	
1. J. Colebrook	1:32.2
2. L. Parnment	1:32.8
3. M. Barrett	1:34.5

### F.A. CUP FINAL, WEMBLEY - 4th. May

1,000 Metres - Men	
1. B. Foster	8:05.0
2. J. Vaastainen	8:13.0
3. A. Simmons	8:13.6

### BRACKNELL - 19th. May

Women's 800 Metres	
1. K. Colebrook	2:10.5
2. P. Yule	2:10.8
3. C. McLoughlin	2:11.2

### CAMBRIDGE - 25th. May

Men's (under 18) 1,900 Metres	
1. G. Jackson	4:04.3
2. D. Purcell	4:04.6

### LIRENFORD - 21st. May

Men's Mile	
1. K. Rasmussen	4:06.8
2. D. Nicholl	4:06.5

### LOUGHBOROUGH COLLEGE - 6th. June

Men's 1,500 Metres	
1. C. Barber	3:48.5
2. M. Knowles	3:48.5
3. D. Wright	3:49.7

Ladies' 800 Metres	
1. J. Colebrook	2:09.0
2. C. Tranter	2:09.7
3. J. Lawrence	2:12.0

### COATBRIDGE (Scotland) - 8th. June

Men's Mile	
1. R. Smedley	4:12.6
2. R. MacDonald	4:12.8
3. D. Gibbon	4:14.9

### BEARDSDEN HIGHLAND GAMES, GLASGOW

Men's 1,500 Metres - 15th. June	
1. D. McMeekin	3:51.7
2. M. Knowles	3:52.6
3. D. Lowe	3:53.6

### Men's 800 Metres

1. M. Bissell	1:55.0
2. M. Edwards	1:55.2
3. A. Chadburn	1:55.9

### SURREY v. MIDDLESEX - OVAL - 6th. July

Men's 1,000 Metres	
1. C. Stewart	8:14.8
2. C. Thomas	8:15.2
3. K. Penny	8:17.0

### CRYSTAL PALACE - 10th. July

Ladies' 1,000 Metres	
1. M. Coomber	2:47.5
2. M. Beacham	2:49.6
3. R. Ridley	2:51.5

### HARINGEY - 14th. July

Men's 800 Metres	
1. D. Ainsley	1:57.7
2. W. Bellew	1:58.4
3. D. Wolfe	1:58.4

### HARLEY - 14th. July

Men's 800 Metres	
1. M. Bissell	1:53.3
2. J. Dagman	1:57.3

### HARINGEY - 17th. July

Bridg Mile	
1. S. Overt	3:59.4
2. C. Barber	4:02.0
3. C. Stewart	4:02.2

### HONDISPER PARK - 24th. July

Great City Mile	
1. C. Barber	4:00.9
2. C. Stewart	4:01.0
3. C. Thomas	4:01.7
4. D. Nicholl	4:02.3

### WOODFORD GREEN - 31st. July

Intermediate Women's 800 Metres	
1. C. Hanson	2:12.8
2. B. Price	2:14.6
3. K. Fielon	2:14.9

### Men's 800 Metres "A"

1. J. Craig (Canada)	1:50.8
2. P. Browne	1:51.2
3. J. Greatrex	1:51.3

### Men's 800 Metres "B"

1. R. Green	1:56.4
2. T. Hammond	1:56.2

### WOODFORD GREEN - 10th. August

Men's 1,000 Metres (Under 20)	
1. K. Steere	8:28.2
2. K. Dumbleton	8:41.8
3. G. Jackson	8:43.8

### CHALILY - 4th. August

Ulugh Mile	
1. T. Staynings	4:05.0
2. J. Douglas	4:05.7
3. T. Colton	4:05.7

### CRYSTAL PALACE - 4th. August

Ladies' 800 Metres	
1. M. Coomber	2:06.0
2. J. Allison	2:06.2
3. M. Sonner	2:07.1

### Ladies' 1500 Metres

1. C. Gould	4:24.8
2. A. Roberts	4:28.0
3. M. Beacham	4:28.5

### ASHBURN - 17th. August

Men's 800 Metres	
1. W. Wilkinson	4:01.7
2. K. Peake	4:03.1
3. D. Wright	4:06.2

### ASHBURN - 17th. August

Men's 1500 Metres	
1. W. Wilkinson	4:01.7
2. K. Peake	4:03.1
3. D. Wright	4:06.2

### Women's 1500 Metres

1. B. Najandar	4:55.8
2. S. Holmes	4:59.9

### GR. RD - 24th. August

Women's 1500 Metres	
1. C. McLoughlin	4:37.9
2. A. Roberts	4:39.3
3. A. Blake	4:39.5

### KEITH TROPHY MEETING - 26th. August

Men's 5,000 Metres	
1. K. Penny	14:13.0
2. K. Steere	14:21.6
3. M. Hanahoe	14:52.6

### CAMBRIDGE - 31st. August

B.M.C. Mile Championships Juniors	
1. F. Lawther (N.I.)	4:15.4
2. A. Amos (N.E.)	4:20.0
3. M. Prince (N.E.)	4:21.0
4. M. Wilson (S.W.)	4:22.9

### Youths

1. J. Lothian (S.W.)	4:24.9
2. G. Jackson (S.)	4:25.4
3. M. Martin (S.)	4:27.1

### Boys

1. T. Young (Scot.)	4:30.1
2. R. Wood (E.)	4:30.8

## HAYES - 22nd. September

Gemar Mile	
1. P. Williams	4:12.7
2. S. Lawrence	4:18.6

## Ladies' 800 Metres

1. K. Pielon	2:15.6
2. A. Mason	2:16.9

We are indebted to Ray Williams for providing us with the following results of B.N.C. races held during the summer. He has done a wonderful job right through the season in gathering this information, but there must be a number of races of which he was not advised and which he has not spotted in A.W.

Please therefore let him have information regarding any races that you may know of and which have not been included, so that his records may be complete.

Unfortunately we don't seem to have full information of all the personal best performances recorded in these races, but there were a large number. Also, to evaluate the times, fuller information regarding the conditions of the track and weather would be necessary. I know that at Cambridge on 11st. August and at Hayes on 22nd. September, howling gales were blowing on these very exposed tracks, and from my memory of last summer, I feel that the same thing must have applied on a number of other occasions.

Ray Williams' address is:

39 Nursery Avenue, Bexleyheath, SE17

## Thoughts on 3,000 Metres Running for Women by Frank Horwill and Brian Smith

Brian Smith coaches the U.K. 3,000 metres record holder, Joyce Smith. Frank Horwill coached the former world indoor record holder, Liz Connors, and also the fastest 3,000 metre runner in the U.K. in 1970, Bridget Oushen.

**PHYSIOLOGY.** The oxygen requirements for this race appear to be a total of 45 litres, of which the athlete can breathe in sixty per cent to possibly seventy per cent while running, or about 30 litres +. This indicates up to 70% aerobic running, that is at race pace or slower, and 30% anaerobic, which is race pace with very short rest, or faster than race pace with incomplete recovery and some sessions with complete recovery, e.g. flat out sprinting with complete rest.

The body build ideal for this event is one that carries very low body fat percentage, since any body fat would be detrimental to oxygen utilisation. There are three schools of thought on the ideal weight for this event and how it can be calculated. Dr. Cooper, writing in

RUNNERS' WORLD, gives a formula for this which has been computed by the BRITISH MILERS' CLUB. This indicates that a runner of 66 inches should ideally weigh 113 lbs., 67 inches to weigh 118 lbs., and 68 inches 123 lbs.

Dr. Stillman of the U.S.A. seems to have a more reasoned approach to weight and performance. To calculate average weight in women, he starts at 100 lbs. and five feet. For every extra inch you add five pounds. Compared to Cooper's table we see that by Stillman's "average" weight method a 66 inch tall woman weighs 130 lbs., 67 inches - 135 lbs., and 68 inches - 140 lbs. To get Stillman's ideal distance running weight, you subtract 10% from the average weight, so 66 inches at 130 lbs. now reads 117 lbs., 67 inches at 135 lbs. reads 122 lbs., and 68 inches at 140 lbs. now reads 126 lbs., which is very close to Cooper's findings.

However, Armet Van Aaken, the advocate of long slow distance running as a means of obtaining endurance and speed, likes his runners well and truly shed of flesh and plugs for 20% below average weight. So, 66 inches - 130 lbs. = 104 lbs., 67 inches - 135 lbs. = 109 lbs., 68 inches - 140 lbs. = 112 lbs.

The latest information on weights of distance running athletes in the U.S.A. favour 15% below average weight for height. Certainly, some spectacular results have occurred in the marathon when athletes followed the Van Aaken school have fasted for 24 hours once a week and have shed up to 4lbs per fast and have subsequently knocked off 30 minutes from their 26 mile time! During these fasts fruit juices were drunk and in some cases milk.

**REFERENCES.** At the time of writing, Joyce Smith, U.K. record-holder for 3,000 metres, is ranked second in the world with her 8 mins 55.6 secs. Her 1,500 metres time of 4:09.4 ranks her 17th. at that distance. Here is a table showing times at both distances, where known:-

1. L. Bragina (USSR)	8:53.0	4:01.4	(1)
2. J. Smith (U.K.)	8:55.6	4:09.4	(17)
3. P. Caschi (Italy)	8:58.6	4:02.9	(3)
4. I. Knutsson (Sweden)	8:58.6	4:07.5	(10)
5. N. Holmen (Finland)	9:00.6	?	
6. P. Vihonen (Finland)	9:09.4	?	

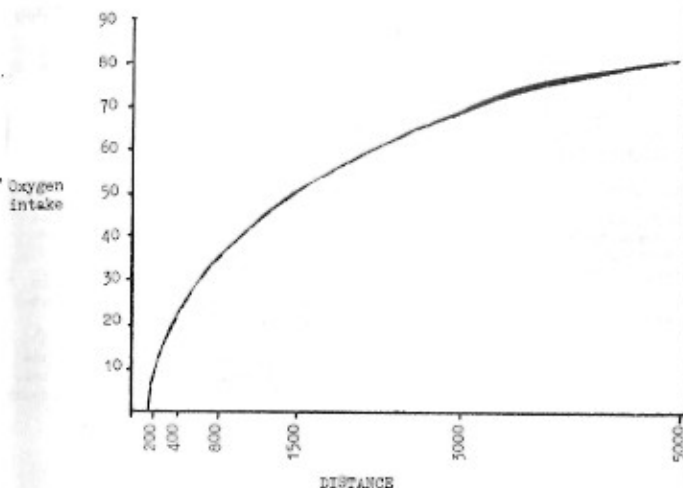
The above rankings are world all-time to date (before European Games). The current world times for 3,000 metres do not compare favourably with the 1,500 metres times. A simple and accurate conversion of ones 1,500 metres time into a potential 3,000 one is to double ones 1,500 metre time and add 40 seconds (for other conversions see the book THE COMPLETE MIDDLE DISTANCE RUNNER by Messrs. Watts, Wilson and Horwill, published by Stanley Paul). From this it will be seen that the world record of 8 mins 40 secs. is near at hand. This demands a pace of 70 seconds per 400, at present it is 72 secs world class and 74 secs. U.K. standard for the top ten. This means that our 3,000 metre girls must

first of all get used to fast 1,500 metre races, which means sub 4:20, since this will be the time at 1,500 in the Rome 3,000. (Actually it was only 4:29.9. Ed.) At present we have only three girls in Britain capable of registering such times.

**TRAINING.** Taking a ten day training cycle, this can be divided into seven sessions of aerobic work and three sessions of anaerobic work. An example of this for a 4 mins. 20 secs. 1,500 metre runner wanting to train for world class performance would be:-  
 Session 1: Aerobic. Ten mile run in 60 minutes.  
 Session 2: Aerobic. Five miles in 20 minutes.  
 Session 3: Anaerobic. 16 x 200 in 34 sec. with 30 secs. rest.  
 Session 4: Aerobic. Ten miles run in 60 minutes.  
 Session 5: Aerobic. 16 x 400 in 70 secs. with 60 secs. rest.  
 Session 6: Anaerobic. 10 x 300 in 45 sec. with 60 secs. rest.  
 Session 7: Aerobic. 1 hour fartlek (3 mins. stride, 3mins. jog rest throughout.)  
 Session 8: Aerobic. 4 x 1600 in 5 mins. with 2 mins rest.  
 Session 9: Anaerobic. 1 hour Astrand fartlek (60-75 secs. full out running with four minutes jog rest throughout.)  
 Session 10: Aerobic. 5 miles in 28 minutes.

Aerobic running is basically where the runner can breathe in the requirements of the run. This is the case with the long runs and repetitions at 3,000 metre pace. Anaerobic running is where the athlete cannot breathe in the needs of the run and is not recovered fully before the next repetition is started, consequently going deeper and deeper into oxygen debt.

GRAPH DEMONSTRATING 70% OXYGEN INTAKE, BASED ON A. V. HILL'S WORK



## How to Improve British Middle Distance Running Members' Suggestions

M.D. will continue at a low level (in depth) particularly in women's athletics, until greater emphasis is placed on M.D. in schools. The attitude that it is unladylike - even unhealthy, for children to run more than 200 metres is still strong in schools. Coaching development, officers and staff coaches can perhaps help by going into schools.

John T. Glover, Belfast

By having better training facilities in the more isolated areas such as the south west, and by having several training days each year.

Jayne Wadman, Exeter

If more tartan tracks were built all over the country it would enable a lot more people to train on good surfaces and save them travelling several hundred miles to train. Also a lot more people should be introduced into athletics and the youngsters encouraged.

Nicholas Brooks, W. Wickham

By a general improvement in the standard of coaching and training in the middle distance events. This would be based on a more widespread understanding of the modern views on these events.

By providing the right type of competitive opportunities for athletes.

Edward Coffey, Barking

Starting middle distance running at an earlier age.

Sally Ludlan, Portsmouth



John Walker



Regional B.M.C. champs should be held at the end of July or early August with the winners and runners up qualifying for the final which could be run at the Pye Cup Final for instance. I think this will solve the problem of the season more or less closing championshipwise at the end of June (i.e. Regional Champs.) as very few club athletes get a run either at the A.A.A. or Pye Cup Final.

The A.A.A. championships should either be made an invitation meet and a British Championship organised as well or the acceptance system of entries revised to eradicate the anomalies which appear to crop up every year. I would suggest that the area champs be made qualifying races. The advantage of this would be twofold:-

- 1) Encourage people like Andy Carter and John Kirkbride etc. to compete at this level and thus raise the standard.
- 2) Produce a clearly defined target and means of entry for anyone wishing to run at the A.A.A. championships.

As the standards are not the same in all the areas, I would suggest that the following qualify for the middle distance events, i.e. 800/2500/5000/3000 m/o.

SCAAA - first 5, NCAAA - first 3,  
NCAAA - first 5, Scotland - first 5,  
Wales - first 3, Ireland - first 2.

Malcolm McCausland, St. Helens

Better facilities in rural areas would help. More coaching for the runners who do not at first show much potential but are very keen. Middle distance relay events would develop team spirit and enthusiasm in middle distance events. Groups of youngsters could be taken to a good sports centre for training, e.g. Crystal Palace. More youngsters to be encouraged to take up coaching when older and so help the few coaches at the moment who may have burdens on them.

Gary Marshall, Wymondham

More scientific research into the physiological aspects and techniques of the events. Research has a distinct bias towards the marathon or pure sprinting, i.e. 100m., the 800 - 1500m. range being neglected. Reduction of coach/athlete ratio is to be aimed at, giving individual coaching. Greater opportunity for an individual to run outside club competition in open competition (but not handicap events etc.). This is a distinct lack in Scotland.

Brian Gordon, Aberdeen

From talking to other girl athletes I would think that there needs to be an increase of mileage in training.

Cherry Butler, Bouris Green

I think that the top runners should compete against each other more. I think that the B.M.C. on a very good thing. It has done a lot for people like me.

Ryan Thompson, Arrington

I think that the ability to sprint in top class middle-distance running seems to be essential nowadays. Perhaps youngsters amongst the clubs should be taught to sprint as well as the normal middle-distance running.

Sue Howell, Cottingham

More invitation 400ms. to improve sprinters who have moved up to 800m. More small internationals to help up and coming youngsters.

Helen Page, Northwood

By increased competition and coaching of young athletes specialising in middle distance events, other than in London.

Iain Adams, St. Helens

Discontinue the practice of calling out intermediate times, thus resulting in more uninhibited running.

Ray Barnett, Slough

As far as Scottish athletics is concerned, there are too many handicap events held on poor tracks. The considerable amount of money spent in promoting these events would be far better spent on open scratch meetings. At present the handicapping system offers no inducement for improvement.

Stuart Easton, E. Kilbride

It could be improved a lot in the South West if more older people (coaches) took some interest. Where I live there isn't an active club within 20 miles. My coach and club are 50 miles away. Money, I think, is the thing most needed in Cornwall. If an athlete from here wants to go to a race up country or even if he is selected, he still has to pay all or nearly all his expenses.

Andrew Langdon, Cornwall

Andrew Langdon, Wadebridge

Lots of young athletes like myself, with natural ability, tend to lose interest due to lack of good quality coaching in some areas outside the big towns.

Roy Wood, Stevenage

1. Get towns like Banbury (pop. 40000) a running track.

2. Middle distance running will not improve until we have more coaches, or at least senior athletes with a knowledge of coaching methods. I feel that I have wasted a lot of time doing training that does not benefit me much, with no one available to put me right.

3. Another thing is that a lot of athletes are scared off the track by the high standard of performance. More graded races should be arranged.

Paul Varney, Banbury

More encouragement of young people in schools to take an interest in middle distance running, especially girls who might not otherwise think of taking an interest in it. More top class races. More coaches and more encouragement of young athletes.

Caroline Slingson, Bournemouth

## A.G.M. Report

The Club Annual General Meeting was held at Grange Farm on Friday, 11th. October at 8pm. with B.M.C. Chairman, Harry Wilson, in the chair.

After the minutes of the previous meeting had been approved, National Secretary, Frank Horwill, gave his report.

At the start, he pointed out that this was the worst year in the history of the club for failure to turn up at races by members who had accepted invitations. The worst day was July 14th., when the Pye Gold Cup Committee had asked us to stage races at all four Cup venues, 1500 at Kirkby, 800s at Warley and Harringey and 3000 at Bristol. Four runners failed to turn up at Kirkby, the same at Warley and Bristol, where the local club complained to the Pye Gold Cup Committee.

As a result we will not be invited again to stage races at these meetings and ideal opportunities for good competition on all-weather tracks will be lost.

Seven members who had accepted races and did not turn up without notifying the organiser, and who also did not have the courtesy to reply when asked for an explanation, have been banned for two years from all competition.

He went on to refer to the shortage of area officers, in particular the midlands where there is no Regional Secretary, though George Sanny and Tony Saunders are prepared to answer coaching queries from members, and George provided two valuable invitation races at the Loughborough v. A.A.A. Match.

He reminded members of the areas covered by the various regions. Scotland is a region on its own, except that Roxburghshire is part of the N.E. Region, which also encompasses Northumberland, Cumberland, Durham, Yorkshire (except for W.Riding, which is part of N.W. Region). The N.W. Region is Lancs, Cheshire, Derby, W.Riding and Flint. The Midlands is divided into East, namely Lincoln, Notts, Leicester and Northants, and West with Warwick, Staffs, Shropshire, Worcester, Glos and Hereford. S.W. consists of Bristol, Cornwall, Devon, Somerset, Dorset and Wilts. At present the S.W. Secretary covers Wales. The South is divided into N. of Thames, with Middlesex, Bucks, Oxon and Berks, and the S. of Thames with Kent, Surrey, Sussex and Hants. Eastern region is Beds, Hunts, Norfolk, Suffolk, Essex and Cambs. N. Ireland is a region on its own.

He appealed to all coaches, life members and retired members to rally to the help of the club in their area, in any capacity, even just addressing envelopes!

One staff coach, Tony Saunders, has kept all his B.M.C. News magazines and loans them to aspiring coaches taking examinations, and Fred Wilt refers to it as a publication worth reading (Track Technique - 1974).

A coaches' news letter has been started and three have been sent out, a worth while undertaking, even if costing the club £25. Subjects covered were:-

- 1) Body fat related to performance
- 2) Strength related to running success
- 3) Thoughts on 3000m. running for women

The following instructional week-ends were listed:-

- 1) National at Chigwell (October)
- 2) Southern at Crystal Palace (February)
- 3) Northern at Sheffield (April)
- 4) S.W. at South Moulton (dates flexible)

The club organised 30 races for members. New venues included City of London races at new year, a county match at the Oval and two races in Scotland.

Thanks were expressed to Andy Norman and Arthur Kendall for permitting us to stage races at SCAAA open meetings and to the SWAAA for granting permits for ladies' races. Others thanked for permitting races to be staged were:- Wigmore Ladies, Crawley AC, Pilkington AC, Woodford Green AC, Pye Gold Cup Committee, Curridge & Coleridge AC and Harringey & Southgate AC (Steve Overt's sub 4 minute mile) who also allowed us to use their privately booked track for training sessions.

He mentioned the outstanding performances of the following athletes:- Brendan Foster, Steve Overt, Lesley Kiernan, Paul Williams, Wayne Tarquini, Paul Lawther, Jane Colebrook and Patrick Chines.

He thanked the chairman and national committee for their support.

Area reports were then received, first from the Southern Region, north of the Thames (Frank Horwill). An impressive list of races held, including southern 800 trials in April by permission of Wigmore Ladies AC, with over 70 athletes taking part.

Training days were listed and the deeds of the following athletes mentioned:- Paul Williams, Wayne Tarquini, Chris Van Lee, Kim McDonald, Nigel Martin, Graham Jackson, Jim Douglas, Lesley Farrant, Paul Winton, Nadine Eisenberg and Andy Edwards.

He advised that the COMPLETE MIDDLE DISTANCE RUNNER is now out of print, but there should be a new and revised edition by Christmas.

Southern Region, south of the Thames (Don Holman) who listed the many courses and other activities he had attended on behalf of the club.

South West (Brian Davis) reported that four races were held during the year and a training day at Plymouth in April with 60 attending. Also a training week-end in September at Braunton Burrows with 50 athletes and 8 coaches.

The outstanding performances of Susan Smith, Christine Stenhouse, Martin Wilson, Jeremy Lothian and Jim Douglas were listed and the increase in membership during the year was commented on. However, organisation is still weak in certain counties.

Eastern Region (Charles Booth) reported seven races during the year thanks to Woodford Green AC and Cambridge & Coleridge AC. The performances in Rome of Joyce Smith and Lesley Kiernan were noted as were the performances of Juniors, Chris Van Rees and Stephen Bolam.

North East (Gordon Surtees) noted the performances of the following athletes:- Bob Patterson, Mike Kearns, Malcolm Prince, Ray Weatherburn, Gillian Garbutt and Dave Gibbon. Special mention was made of Brendan Foster, whose achievements lifted not only the NE, but the whole country. He also attended BMC training days as a young athlete and his coach, Stan Long, has given great support during the year.

North West (Jim Arnold) reported on the training day at Sheffield and five in Delemere Forest. Ten races were arranged for young athletes, but four had to be cancelled through non-appearance. He enabled members to compete in mid-week races at Stretford by making a donation to the league and several members were invited. Five other races were organised for two of which, at Ashbourne, weather conditions were appalling. The following athletes were congratulated on their performances:- Janet Lawrence, Mark Bateman, Sue Parker, Anne Marie Robinson and Susan Holmes. To reduce the work load a committee is being formed.

Scotland (Harry Bennett) reported on the invitation races at Coatbridge and Bearson, both poor tracks, but Coatbridge should be all-weather next year. Athletes from Scotland appreciated the help given by the club to enable them to compete in England.

Northern Ireland (Neil Morton) wrote that despite difficulties progress had been made during the year and he had persuaded John Glover to help in running the region.

The Membership Secretary (Frank Horwill the ever willing once again) stated that 84 new members had been enrolled, consisting of 22 women, 5 coaches, 53 men and 4 associates. The total membership is now 494, of whom 72 are coaches and 25 retired.

Ray Williams reported on the races held during the year, which were listed as follows:

<u>Men</u>	5000m. - 1	<u>Women</u>	1500m. - 3
	3000m. - 3		1000m. - 5
	Mile - 8		800m. - 8
	1500m. - 7		600m. - 1
	800m. - 10		
	TOTAL	29	15

He appealed to organisers of races to send him results of all BMC races.

The Treasurer (Brian Boulton) apologised for not being able to produce a full set of audited accounts, but reported an

income of £417.15 (1972 - £407.51) and expenditure of £505.91 (1972 - £307.91), an apparent deficit of £88.76. Cash balance had gone down from £145.42 to £56.66. However, £150 had been put into stock at the end of the year, which meant that our assets had been put into goods rather than cash, and these would be sold in time to show a profit to the club. Subscriptions were up to the level of the previous year.

Since the end of 1973 the position had improved, and the income to date amounted to £354 against expenditure of £205.28.

The following officers were elected:-

President: Stan Long  
Vice-Presidents: Tony Ward, Harry Wilson, Tony Elder, Denis Watts, Maureen Smith, Martin Wales, Roger Banister, Derek Ibbotson, Sydney Wooderson, Rita Ridley, Wilf Faish, Brian Boulton, Frank Horwill, Eddie Powell, Alf Wilkins, Ron Holman, Brendan Foster and Charles Booth.

Chairman: Harry Wilson  
Vice-Chairman: Charles Booth  
Hon. Secretary: Frank Horwill  
Membership Secretary: Frank Horwill  
Hon. Treasurer: Brian Boulton  
Minutes Secretary: Mrs. Tims  
Area Secretaries:  
South: Frank Horwill & Ray Williams  
East: Charles Booth  
North East: Gordon Surtees  
North West: Jim Arnold  
Midlands: Ron Bateman & Ted Forshaw  
South West: Paul Rozier & Ian Sneddon  
Scotland: Harry Bennett  
N. Ireland: Neil Martin & John Glover  
Hon. Auditor: L. Blackerby

Committee Members: Bill Spratt, Dave Cocksedge, Jack Harris, Dave Hall and Billet Potter.

Qualifying Standards. The following alterations were approved:  
 Junior girls, from 5 min. to 4:55  
 Intermediate girls, from 5:55 to 4:50.

## Back Numbers

The following Back Numbers may be obtained from the Editor, Charles Booth, 34 Quarry Lane, Swaffham Bulbeck, Cambridge, CB5 0LU. The cost is 14p. per issue, and should be sent in the form of four 3pp. stamps.

- No. 14 - January 1972
- No. 15 - August 1972
- No. 16 - January 1973
- No. 17 - November 1973
- No. 18 - Spring 1974