



BRITISH MILERS' CLUB NEWS - Spring 1974

EDITORIAL

Here is the Spring Issue. The next one will come out in the Autumn, and we plan to maintain that pattern in the future, with the issues being named "SPRING" and "AUTUMN" and not by the name of the month in which they happen to come out. This should be helpful to members, who will be able to check that they have received all issues without having to refer to the number of the issue.

As a result of a recent advertisement in AN a number of members have written to the Editor complaining that they have not received the last issue. It is felt therefore that the method of sending bulk supplies to the Area Secretaries does not seem to be working. Also, it increases the postage charges. This issue will go direct to all members from the Membership Secretary, which should also help to speed things up.

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Vests & Ties

The following are available from the Equipment Secretary, who is:

Bill Bennett,
6 John Tapping Close,
Walmer, Deal, Kent

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

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

Extra Track Badges may be obtained for 15p. from the Membership Secretary, Frank Horwill, 201 Sumatra Road, London, NW5

A.G.M. Report

Minutes of the A.G.M. to be confirmed at the next A.G.M. in October, 1974

PRESENT: 82 members

APOLOGIES: None

1. MINUTES OF LAST MEETING

These had been circulated in the B.M.C. Magazine and were accepted by all present.

2. MATTERS ARISING

None.

3. NATIONAL SECRETARY'S REPORT

4. REGIONAL REPORTS

South. Submitted

South-West. Submitted

North-East. Submitted

North-West. Submitted

No other reports received.

(Note: These reports appear elsewhere in this issue of B.M.C. News).

5. MEMBERSHIP SECRETARY'S REPORT

Submitted. The report showed a considerable increase in the year, and the Chairman thanked Frank Horwill for the work he had done as Membership Secretary. There are now 600 members, which makes the B.M.C. the biggest athletic club in the country.

6. TREASURER'S REPORT

Submitted.

7. ELECTION OF OFFICERS

President: Andy Carter
Vice-Presidents: Tony Ward, Barry Wilson, Tony Elder, Denis Watts, Maureen Smith, Martin Wales, Roger Banister, Derek Ibbotson, Sydney Wooderson, Rita Ridley, Wilf Peish, Brian Boulton, Frank Horwill, Eddie Powell, Alf Wilkins, Ron Holman, Brendan Foster.

Chairman: Harry Wilson

Vice-Chairman: Charles Booth

Hon. Secretary: Brian Boulton

Membership Secretary: Frank Horwill

Hon. Treasurer: Pending

Minutes Secretary: Mrs. Tims

Area Secretaries:

South: Frank Horwill Ron Holman

East: Charles Booth. Suggest interested members in this area might form a special committee.

North-East: George Surtees

Midlands: Alec Thompson

South-West: Brian Davis

Scotland: Harry Bennett

N. Ireland: Neil Morton

The chairman thanked all the area secretaries for the excellent work they had done in their regions.

Hon. Auditor: Mr. Smith

National Committee: All the above plus Ray Williams, Bill Spratt, Dave Cooksedge, Andy

8. PROPOSAL TO AMEND CONSTITUTION - QUALIFYING TIMES.

The meeting agreed to the following:

Senior Men 1500 to be 3:54

Intermediate Ladies 1500 to be 4:55

Junior Girls 1400 to be 9 mins

Subscriptions to be increased to .75p.

alter Rule 2 (d). Associate Members.

Add sentence:- "Membership of this class is subject to annual review by the Committee".

9. ANY OTHER BUSINESS

Several members raised the question of re-naming the club, but after discussion it was agreed to continue with BMC as before.

The meeting closed at 9 p.m. with a vote of thanks to the chair.

Southern Report By Frank Horwill

Mr. Chairman, Ladies and Gentlemen,

The policy of the Secretaries has been to affirm the objects of the Club, which are to raise the standard of British middle-distance running and to increase the knowledge of coaches and others interested in M.D.

This has been carried out by staging good competition for all branches of our membership. The draw system or "bare" system has ensured first-class times. Improving knowledge of the event has been approached by:

a) Our lecturing on county, area and national courses.

b) Starting an information service with a series of pamphlets of which over 500 people avail themselves.

c) Organising MD conferences

d) Presenting papers to be read at such conferences.

e) Answering letters on MD problems from members, about 30 a week.

f) Holding training days.

The highlight of races we have organised were the invitation mile at Loughborough, 7th. June, the fastest of the year at that time; the Brigg mile, 18th. July, the second fastest mile of the year at that time, 3:57; the City mile, the second fastest mile of the year.

Other notable racing achievements of the year were the organising of PUR races on one day 200 miles apart in Bristol and Hayes on 23rd. September. The Bristol mile was won by Jim Douglas and the 800 by Christine Tranter (WV), the Hayes mile was won by Ron McDonald (Scotland) and the 800 by Thelwyn Bateman (Midlands). The National BMC Junior Girls' 1500 was won by Anne Duncilliffe (Midlands) in 4:42, the cost of this race to the Southern BMC funds was £45. The Southern BMC 5000 metres championship staged at Erith was won by Keith Ferry in a grand record of 14:11. Over sixty athletes attended the Southern BMC 800 trials at Crystal Palace on 15th. May. The day before at Hendon Police track an invitation women's 800 was staged and won by Anne Kirkham (Midlands). Other races staged were 800 metres for men and women on 21st. March at the Crystal Palace, 5000 metres men and 3000 metres women at Crystal Palace, 18th; April; 800 metres youths Hendon, 28th. April, won by Eastern Counties' Van Rees. 1500 metres for men and women on 7th. May won by John Boggie (Midlands) and Joyce Smith (Eastern). 800 metres Senior men, Hendon,

9th. June, won by Ron Bell. 5000 metres for women, 5000 metres men, 4 x 800 at Copthall Stadium, Hendon, 16th. June. 800 metres women, Crawley, 24th. June. Dave Prior Mile, 7th. July, Hendon, won by Tony Simmons (Guest); 800 metres men and women, 11th. July, Crystal Palace; 3000 metres men, Basildon, 21st. July. Men's mile, Crawley, 5th. August, same day as women's 1500 at Crystal Palace. The total number of races organised by the Southern Secretaries since the last A.G.M. is thirty-nine, the postage involved in staging these races was just under £30. Races sponsored from Southern funds were: City Mile £45; Crawley Mile £25, Crawley 800 £12, Hendon 800 £25; Hendon 5000, 3000, 4 x 800 £45. Total including £45 for Junior 1500 was £197. Grand total of expenses for all races, which includes postage, photocopying invites and sponsorship from Southern B.M.C. funds was £266. It is to be regretted that this expenditure will be severely curtailed in 1974 and all invites from the Southern Secretaries will, in future, request an entry fee of .25p., payable in stamps or P.O. All races will be subject to this fee, sponsored or otherwise. By this means the Southern B.M.C. will recoup about £117 towards its expenditure of £266 per annum.

Outstanding performances by Southern members include: Steve Overt's European Junior Games Gold Medal for 800 and his 4 minute mile; Wayne Tarquini winning the National Youth 800; Van Rees winning the Southern Junior 400 in record time and his European Games 4 x 400 Bronze Medal and his third ranking 1:51.7 800; Paul Williams' 3:55 1500 and 1:52.8 800 both ranked 4th. in U.K. Gloria O'Leary's indoor 800 metres international debut and 2:05.8 800; Keith Ferry's 8:43 2 miles; Margaret Coomber's 2:01 800; Shirley Somerville's 4:25 and Phil Banning's 4:00.4 mile. Messrs. Moorcroft, Cadman, Vic Smith and Chris Stewart, 4 x 1500 metres U.K. Native Record, organised by Andy Norman.

A joint Southern B.M.C. and U.K. Junior Commission Course was held at the Crystal Palace in January 1973, which proved the most successful course ever staged for youths, juniors and intermediates. The course was visited by the U.K. Junior Commission Team Manager, Bill Sykes. Bryan Smith did a series of tests on the athletes and useful data was obtained. Tony Elder took the top junior squad of a dozen, Ron Holman the top



Filbert Bayi

youths group and myself the girls group. Athletes who showed great potential were S.W. athlete, Martin Wilson, Northern Ireland athlete, Paul Lawther, Southern athlete, Paul Williams. It is good to see that these athletes went on to great things later in the season. The fares of athletes attending this were met by the Southern B.M.C. and amounted to just under £90. Training days were held at Basildon and Harlow the latter end of 1972 in conjunction with Cecil Smith, and with Derby A.C. in July 1973. It was my pleasure to be invited to the Easter Young Athletes Course in Northern Ireland where B.M.C. members were attending. It was my pleasure to take part in the inaugural Cup Final races at Wembley organised and obtained by Cecil Smith, now in Canada.

The Southern Secretaries are greatly indebted to the following for their unselfish and continuous help throughout the year:- The S.W.A.A.A. Permit Secretary, Miss Turner; Andrew Norman, Secretary of the Metropolitan Police Athletic Club, who arranged innumerable races for members at the S.C.A.A.A. open meetings and Southern League Meetings held at Hendon; George Stratford, Wigmore Ladies' A.C., for permitting us to stage our 800 trials in his meeting; Don Taylor, Hillingdon A.C., for placing two invitation races at our disposal; Ray Williams, who frequently stood in for the Southern Secretaries when they were otherwise engaged and to the B.M.C. Chairman, Harry Wilson, for his frequent advice and guidance. We also wish to thank the following organisations for placing invitation races at our disposal; Loughborough College A.C.; Stanley Brigg of Southgate; Upjohn Ltd. of Crawley; Crawley A.C.; City Charity Committee; Bristol City Corporation; Basildon A.C.; Barnet Sports Council; the Metropolitan Police Athletic Club; Erith A.C. and Urban District of Erith. The S.C.A.A.A. warrant a special mention, as does their Secretary, Arthur Kendall.

Southern Membership totals 182. New members since the last A.G.M. number 27.

Plans for the future include a mile in the City of Westminster in January 1974 in conjunction with the Road Runners' Club and the British Sprint Club; An inter-region cross-country invitation race and a conference in February 1974.

Area Secretaries

North-west Secretary

E. H. Arnold, 5 Farbailey Close, Lache Lane, Chester, CH4 7QH

Scottish Secretary

Harry Bennett, 45 Bridgend Street, Dundee, DD4 8LZ

Eastern Secretary

Charles Booth, 34 Quarry Lane, Swaffham Bulbeck, Cambridge, CB5 0LU

South-West Secretary

Brian Davis, Nic Nac Noo, Redland Road, St. Ives, Cornwall

Southern Secretaries

Frank Horwill, 201 Sunetra Road, London, NW6
Ron Holman, 94 the Drive, Blendon, Bexley, Kent.

N. Ireland Secretary

Neil Norton, 24 Beechgrove Gardens, Belfast.

West Midlands Coaching Secretary

Tony Saunders, 2 Parkdale, Tattenhall Road, Wolverhampton, Staffs, WV1 4TS

East Midlands Coaching Secretary

George Gandy, No 5 Staff Residences, Loughborough College of Education, Ashby Road, Loughborough.

Membership Report

By Frank Horwill

The total number of new members since the last A.G.M. is 112.

The categories were:-

Seniors	26	(4 women)
Juniors	40	(11 girls)
Youths	35	(11 girls)
Coaches	8	
Associate	5	

The approximate total number of members is just under 600, of which 70 are coaches and a further 50 retired, non-active or Associate members. Deletions for non-payment of subs have not been calculated at the time of writing this report, but well over 100 members are ten months in arrears with their subs and past experience shows that following a final reminder letter, half will remain members. The Southern Region has the best record in this respect, only twenty members in arrears out of 182, whereas some regions have a 25% plus arrears figure.

It should be stressed that if non-paying members are permitted to run in our races the point of being a member is nullified. The greatest attraction to being a member is to obtain good class competition in our promotions. It is most unfair that defaulters should have the same privileges as those who respect their obligations.

Some concern has been expressed by some members over the small number of Seniors joining the club annually. This worry is groundless because each year ten or more Juniors move up into the Senior rankings and my experience of athletes is that those who have stayed with us from youth days are better competitors, e.g. Ray Smedley, Nick Ross, Phil Banning, Chris Stewart etc. Here lies the strength of the British Milers' Club, keeping youngsters on the right path.



Jill Poyner leads
Margaret Morgan

North-East Report

By George Surtees

For many years the North East has been jokingly referred to as the "Forgotten Area". Many consider the region to be the last outpost before the Scottish border.

During 1973 however, the performances of athletes from the North East, especially in the middle distance events, have done much to put the area on the map and establish it as a foremost power.

The achievement of Brendan Foster in creating a world record at 2 miles, winning a fascinating Europa Cup Final 5000 metres and lifting the A.A.A. 5000 metres title indicates his tremendous versatility, but Brendan also found time to help his club win both the National Cross Country Championship and the Northern Road Relay title. He also recorded the first sub-four minute mile on his native Tyneside.

Much of the North East success is due to a genial character called Stan Long, who in addition to piloting Brendan to the top, had the pleasure of seeing other B.M.C. members under his wing record personal best times during the season. Charles Spedding, 3:45.2 (1500m.), 4:04.0 (mile) 8:35.0 (2 miles). David Lowe Junior Cross Country International and 3:43.6 (1500m.). Alex Anos (Junior) also recorded good times at 800m. and 1500m.

To prove that the region possesses other promising performers outside of Gateshead, Walter Wilkinson ran 3:41.0 (1500m.), Dave Gibbon 4:1.8 (mile), Dave Wright 4:2.1 (mile), Dennis Coates and Phil Dunn 3:45.5 and 3:45.6 for 1500m. respectively. Mike Kearns has also enjoyed a highly successful season and established himself as a leading U.K. Junior. As a fitting climax to what has been, in many ways, a long and arduous season, John Kirkbride overcame illness to win the 1500 metres in the Commonwealth Games Trials.

The North East Secretary would like to take this opportunity to thank the National Committee for their help during the year with special reference to Brian Boulton and my Northern colleague, Eddie Powell.

South-West Report

By Brian Davis

Membership has increased considerably over the past 12 months and with 9 races held in the area, one could say that the South West has had a successful year. But with transport coming to a virtual standstill on the roads at weekends during the summer months and the exorbitant cost of travel by British Rail, the region is becoming more difficult to cope with. The new Tartan Track at Bristol has been a shot in the arm, but really is more of a benefit to S.W. Midlands than to the South West, as Bristol is 200 miles from the most remote part of the area.

Three races were held at Bristol with six in Cornwall and Devon which were mostly supported by up and coming athletes and it would appear that the majority of senior athletes prefer to run on Tartan at Crystal Palace, and are not interested in supporting local races on cinder. Over 200 race invitations have been sent out over the year and I would estimate that approximately one fifth only bothered to reply. This with the cost of sending out the B.M.C. news and prizes that were provided for races, make one aware of the basic cost to run the region. Thanks to the National Committee for the regional grant of £10. The interest shown by S.W. Soccer Clubs to stage races has waned, as they do not seem prepared to sponsor a race in that way.

The most successful members in the area have been Rees Ward who won the Southern 1500m. title and gained an international vest in Athens. Martin Wilson from Torquay has been very successful again, and a significant newcomer has been Jeremy Lothian from Penzance.

Efforts were made to put on a training day, but this has been shelved for the time being due to fixture congestion and the coverage given by the South West Coaching Programme.

My thanks to everybody who has contributed to the organisation and running of the region over the past year.



Kirkbride wins Christchurch 800

North-West Report By Eddie Powell

This last year seems to have been somewhat quieter than 1972, and a number of reasons could be said to have accounted for this. Many of our tracks were out of use due to frost till the end of March and virtually no track work had been done, so most were not keen or ready for early races. Our membership has suffered through a number of retirements, illness and injuries and these affected Dave Hogg, Jane Perry, Margaret Hudson, Janice Watts, Liz Connors, Andy Crompton, Peter Drinkwater, Norman Poole, Sandra Dyson, also Ray Haswell gone back to Canada. With Alan Blinston, Ricky Wilde, Mike Baxter not as active on the track as last year, Frank Davies concentrating on road running and doing very well, Tim Gregory, Ross Moughtin not appearing and it is perhaps easy to see that the number and need of our races was less than other years.

Our membership did recover towards the end of the season and new members to date 16, with two or three more to come.

While we had fewer races, there were 27 personal bests and this must be considered very good when you consider the number of races most athletes have each year with Championships, National League Etc. It is said that winning is most important but to win races in fast time you must attempt to run fast, and this is what our races give you the opportunity to try.

The standard of our members is very high, and this season, with Jeff Willsmore 4:02, Mike Peake 4:04.7, Gordon Whittleston 4:05.2, Jimmy Carroll 4:05.2, Mike Batman (now N.S.) 4:05.1, plus Andy Carter, Ricky Wilde, Dave Brennan, Colin Cussick, Peter Shaw, Chris Mason and Geoff Plant all top class milers, compensates for our lack of numbers. In the 800 Pete Lewis still improving and sub 1:50 next year with John Gerrard, Bob Jackson doing well, but here I feel we could do with some new members so that we could do more for our 800 runners.

What of our prospects with youngsters coming through like Steve Lawrence with great runs from 1500 to 5000, S. Coe who had a terrific season 800 to 3000, Hale Plant, Paul Mylrea, Mick Tillotson, Mick Holliday, McDonald, Hitchen Etc. we should be assured for some time to come.

Our ladies have done remarkably well, with Jean Lockhead, Marion Hepworth, Jill Fogner, and the two Christines, Baskett and Tranter, with Janet Lawrence and Debby Coward, again few in numbers, but strong in ability. With Liz Connors, Sandra Dyson plus Janice Watts available we could, next year, have some good races. This area is very strong in junior girls and it could be that next year our numbers in the Ladies' section will improve.

To Roger Colson our sincere thanks for his help and assistance at all times and in particular his Stratford Track and Field League promotions. Certainly there are no better meetings than these in the country. It is worth saying here that personal bests done at Stratford are well earned, for with as many as five split second Omega's and Jack Parker, Chief Timekeeper, you cannot doubt the performances. Thanks also to Stratford A.C. and Blackburn S. & A.C. for their help in races, and my thanks to all our members for the help and support they have given me.

What an asset to be able to run very fast and have a good finish, and who better for me to close this report with than ANDY CARTER. A great athlete who does not receive the publicity his

lised 800 records. His European Cup win when he was injured, A.A.A. win in 1:45.1 and in every race, bold aggressive running, a delight to watch. A 1:46.1 at one of our Stratford races, August 16th., showed that under 1:45 is well within his capabilities. He has now nearly as many runs under 1:47 as all other U.K. athletes combined.

I am not standing for re-election for I feel that I should make way for a younger and more energetic person. I would like to say how much I have enjoyed my nine years as North Western Region Secretary and would like to thank all our members and those others who have helped to make the area so successful.



Ben Jipcho & Brendan Foster

Have you paid your Subs

Members are reminded that they will not be permitted to compete in B.M.C. Races unless they have paid their subscription for the current year.

The subscription rate is now .75p., and those who have not already paid, will have to add on the penalty levy of .50p., so that the

ACCOUNTS

BRITISH MILERS' CLUB

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31st. DECEMBER, 1972

1971 EXPENDITURE			
78	To Advertising		£23.87
85	Printing, Stationary, Duplicating Etc.		39.85
80	Postages and Telephone		68.48
3	Donations		2.00
50	Race Expenses (after deducting Race promotion fees, Etc.)		-
3	Regional Secretaries' Conference (1970)		-
8	Sundry Expenses		11.00
3	Badges		-
21	Medals - Stock at cost 31-12-71	21.00	
	Stock at cost 31-12-72	9.24	
			11.76
-	B.M.C. News		90.95
-	Balance - Excess of Income over Expenditure		99.60
£551			£407.51
INCOME			
205	By Subscriptions received		237.38
56	Donations		51.86
21	Football Match (1970)		-
2	Bags - Stock at cost 31-12-71	10.00	
	Less Sales	12.00	
			2.00
7	Vests - Stock at cost 31-12-71	7.90	
	Purchased	71.32	
		79.22	
	Less Sales	70.70	
	Stock at cost 31-12-72	16.72	
		87.42	8.20
-	Ties - Purchased	125.69	
	Less Sales	111.39	
	Stock at cost 31-12-72	62.42	
		173.88	48.19
-	Badges - Stock at cost 31-12-71	4.20	
	Purchased	10.76	
		14.96	
	Less Sales	11.57	
	Stock at cost 31-12-72	8.48	
		20.05	5.09
15	Profit on Training Days		15.58
-	Profit on Races		39.21
27	Balance - Excess of Expenditure over Income		-
£551			£407.51

BALANCE SHEET - 31st. DECEMBER, 1972

INCOME AND EXPENDITURE ACCOUNT			
	Balance as at 31st. December 1971	74.49	
74	Add Surplus - Year ended 31st. December, 1972	99.60	174.09
D. PRIOR MEMORIAL RACE FUND			
	Balance as at 31st. December 1971	1.21	
1	Less cost of 1972 Race	.72	49
-	Sundry Creditors		67.77
£75			£242.35
STOCKS at cost:-			
10	Bags	-	
8	Vests	16.72	
-	Ties	62.49	
4	Badges	8.48	
21	Medals	9.24	96.93
CASH:-			
32	at Bank	145.42	
-	in Hand	-	145.42
£75			£242.35

AUDITOR'S REPORT TO THE MEMBERS

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

MSW House, 119 Broadway,
London, NW2 3JG

ALFRED P. WILKINS, P.C.A.,
Sen. Auditor

Olympic Prospect

Profile of Paul Lawther

Name in Full: Paul Lawther
Date of Birth: 22nd. December, 1955
Place of Birth: Belfast
Height: 6'0½" Weight: 141 lbs.
Clubs: Annadale - B.K.C.
Annadale Grammar School

Occupation: Student

When did you take up running seriously?

When I started running, September 1968, but it becomes more serious every year.

Personal bests, year by year:

I did not run on track till 1970.
1970 - age 14 - 800m. 2:10.0
1971 - age 15 - 800m. 2:02.4
1500m. 4:10.6
3000m. 10:02.6
1972 - age 16 - 800m. 1:54.0
1500m. 3:57.8
1000m. S/C. 2:57.1
2000m. S/C. 3:45.8
1973 - age 17 - 800m. 1:51.8
1500m. 3:45.8
Mile 4:03.6
1974 - age 18 - 1500m. 3:43.1

Best competitive achievements and placings:

1973: - 1st. British Junior 1500 metres
3rd. Junior Indoors 800 metres
1st. Schools International 1500 metres
1st. Irish Schools 800 metres
1st. Interprovincial 800 metres
1st. Interprovincial 1500 metres
1st. Interprovincial 5000 metres
1st. Ulster Schools 800 metres
1st. Ulster Schools 1500 metres
2nd. Scottish Senior 1500 metres
5th. in heat European Junior Championships (qualified for final, but could not run as badly spiked - Ed.)
1974: - 5th. in heat - Commonwealth Games (and a U.K. Junior record - Ed.)

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

My training has progressed in both quantity and quality not only from one winter to the next, but also within the space of one winter, so that the work-load that I am undertaking by the beginning of spring is not only greater than the previous year's work load, but also greater than the work undertaken two or three months earlier that same year.

In all my year's preparations are split into four distinct phases:

1. Competitive (summer) with training depending on the sort of competition in which I will be participating and the timing.
2. Stabilising (from October/November) usually concentrating on mileage with an increase on the previous winter's/spring's work.
3. Build-up (commencing February/March) during which I introduce hills and repetition work into the schedule, aiming at an improvement in both quality and intensity as the next phase approaches.
4. Competitive build-up (leading to competitive phase proper) in which I concentrate more on the shorter units and on acceleration and basic speed it would be of no advantage if I were to give a typical winter schedule - even if it were possible.

Please give details of training other than running.

I have started to use weights for the first time this winter, but dealing only with arms and upper part of body.

What is your attitude towards training?

First it is essential for improvement. It should be enjoyed and should be progressive each year.

do you train alone?

Most of the time I prefer running alone, although I do go out running with school runners during the week and club runners at weekends.

Are you well endowed with training facilities?

I am very lucky. I have country roads to run on, a track which is three miles from my house and a forest next to my school where most of my training is done.



Paul Lawther

How important is your athletic success?

Very important. If it wasn't important, I wouldn't train. I don't put so much time into training to loose races, if I can help it. Please describe how you warm up:

Jog for about ten minutes, do a few stretching exercises, then 2 x 100 m. strides, then a few more stretching exercises.

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

My mental approach towards running increases each year with harder training, knowing exactly what I want out of running and success. Self-control is probably the key.

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

I haven't had anything too serious, but I have had a string of minor injuries like a stress fracture and pulled muscles. Things which have kept me from running for only a week or two. Injuries always make me determined to do better when I get back to running.

How interested are your parents in (a) athletics (b) your athletic progress?

My parents take a great interest in my athletics. In a way they have to as my younger brother Michael has started running and athletics is talked about most of the time at home. How interested are your friends in (a) athletics (b) your athletic progress?

Most of my friends are associated with athletics. I find that as running becomes more serious my friends outside athletics have dwindled away as I spend less time with them, although most of my friends outside athletics are interested in my running and progress. Have you any athletic heroes on whom you model yourself?

I don't model myself on any other athletes, although I admire Jim Ryan and, after being to the Commonwealth Games, Filbert Bayi. Outline your feelings on being coached and describe briefly some of the ways in which you have been helped by your own coach:

Coaching to me is very important. Without my coach, Neil Morton, I don't believe I would ever have reached the standard I have. He hasn't just set out my training schedules, he has taught me to relax, be patient and believe in myself, which are equally important in athletic success. Neil has coached me since I started running, his help and time spent on me has been invaluable.

What are your targets?
I never like saying what targets I am aiming for. So many things can happen and teenagers are always being criticised for disappointing everybody when they get older.

Have YOU paid your SUBS?

See Page ----- 6

Have you a B.M.C. Vest and Tie?

See Page ----- 2

Review of Middle Distance Events at Christchurch** By Dave Cockledge

Before analysing the details and results of those stupendous races at the 10th. Commonwealth Games at Christchurch, let me acknowledge the excellent games coverage provided by the 'quality' papers, particularly THE TIMES and THE GUARDIAN. The reports from New Zealand by Neil Allen and John Rodda, both professional colleagues of mine, were first class in their lack of bias and impartiality. These knowledgeable and intelligent men were certainly not slow to recognise and analyse the growing East African challenge these events embodied.

Europeans everywhere must have whistled in amazement on seeing some of those Christchurch results. How will they be able to meet and beat these hustling Kenyans and this amazing Tanzanian on their own terms? Frankly, they will have to re-think their events in some aspects. Men like Mike Beit, John Kipkurgat and Filbert Bayi have ushered in a new era in middle distance running; and in the process, some basic racing concepts that Europeans have held most dear have gone overboard.

800 Metres. Kipkurgat made this almost a boring race with his classically simple racing tactic. In front from when they broke from their lanes at 300 metres, he towed them past the bell in 50.7, and never looked back at his straining pursuers, just as he had done in the semis. As John Rodda noted, it was like watching an Indian file as the world class field strung out behind him like a pack of schoolboys in a novice's handicap race. Kipkurgat gunned that third 200 in a searing 29.3 and the event was won and lost right there. This was where he gained eight metres, and even though he slowed to 27.9 for the final quarter of the distance, it was more than enough to give him a sensational victory in 1:43.9 - just 0.2 outside Marcello Piasconaro's world record. Kipkurgat is no chicken. He's aged 29 and so is not exactly a youngster coming up, though he's new to the 800 distance. He ran 400 hurdles for several years and only switched seriously to the two laps in 1973 - with immediate success. Personally, I can't see him being beaten if he maintains his form, but my good friend Dick Bank, the world's leading track expert, recently wrote to me in a letter: "If Kipkurgat came by 600 in 76.0, he didn't exactly go pouring it on, because 27.9 for the last 200 is not fast. Wohlhuter ran 26.1 for the last 200 yards in a race that was worth 1:43.9 for 800 metres last year. If a Wohlhuter or a Piasconaro, mainly the latter, was in a race like the Christchurch final, we'll see 1:43.0!" Maybe so, Dick, but I think John Kipkurgat showed he can still keep driving the last 80 m. even after such a fearsome pace, and I don't see him tying up easily with men like that on his tail. One wonders if the Kenyan will be tempted to turn professional now, as Keino and Jipcho have done. His age seems to be against him staying at the top much longer, and the lure of big money must be very tempting.

Beit, short on conditioning and a little tired from travelling from the U.S.A., did very well to nab the silver in 1:44.4, ahead of John Walker, who, it is alleged, was watching Andy Carter too closely and didn't begin his kick until it was too late. He gained on everyone

in the stretch but only managed to account for Bayi with his last desperate spurt. As for Carter; well, let's not forget that only in October was he barely able to walk from a severe foot injury, and indeed his recovery was a tribute to his determination and recuperative powers. With no racing behind him at all, he managed 1:45.6 in the semi and 1:46.0 in the final, and at a time of year when he would normally be in winter build-up training. But, like most Europeans, perhaps Andy is used to relaxing the third 200 of a fast 800 just a little too much, and consequently was metres adrift and out of touch when he began his finishing drive. True, he pushed that part of the race hard in the Europa Cup race - 26.2 - but then he relaxed on the final bend, allowed Arshonov to get by, and came back in the last 60 m. This man Kipkurgat goes through in under 51, sprints the next 200 and continues to pour it on until the tape comes up. There is simply no chance to relax if you want to get anywhere near him by the finish. I still feel that Mike Boit is the most underrated of the Kenyans, too. Look at his records: He beat Carter and Foster in Munich with a third and fourth in the 800 and 1500, and did the same thing again in entirely differently run races over the same distances in Christchurch, with a second and sixth place. Of the home runners, Phil Lewis performed beyond expectations even noting his 1:49.1 Coxford run last December. Pete Browne was very disappointing (his coach, Charlie Elliott was predicting great things of him) and Colin Campbell was injured once again. With Steve Overt down with glandular fever, it looks very much as if Andy Carter will be rather on his own domestically this summer. I note that he did not, after all, take Phil Benning's place in the 1500 heats - three hard 800 races on that hard chevron track surface took more out of him than perhaps even he realised at first. With the training he lost this winter, he was wise to pull out and concentrate on the 4 x 400 (where he gained a silver). Now he can plan for Rose this September.



Bayi wins the 1.500 M.

1500 Metres. Filbert Bayi spelled out the warning to the rest of the world's milers clearly last summer, but some people may have misunderstood it. Cliff Temple writing in the SUNDAY TIMES, made an uncharacteristically inaccurate statement when he indicated that Bayi became known in 1973 as the man who hared off in races at an incredible tempo and was usually caught in the end. Let's study the man's record for a moment: In Europe last year he won nine races and lost two - both times to Ben Jipcho. He ran the world's fastest of 3:34.6 for 1500 and finished 0.6 behind Jipcho's winning 3:34.6 mile in Stockholm in August. His win-loss record to "Big Ben" was 2 - 1 to the Kenyan; but he beat everyone else pretty convincingly. So, it is clear that Bayi made the practice of front running pay, right from the start. Nor can I agree with Cliff's assertion that this man, who lives and trains near Dar-es-Salaam, the capital of Tanzania, runs from the front out of pure fear and ignorance of pace. I feel Neil Allen's contention that "unlike the simplistic Dave Bedford, he (Bayi) is rapidly bringing front running to an exact science," is nearer the truth. Filbert knew exactly what he was doing, how much faster he needed to go at the end, and he still finished with something in reserve in spite of clipping 0.9 off Ryan's world record of 1967. Witness his swift glances behind at the others as he reeled off that fearsome 54.6, 1.51.8, 2.50.5 pace. He knew a couple of seconds faster earlier on would have been too much, but that sub 1.52 was just enough, though very fast. Last December he lost to John Kipkurgat (3:40.6 to 3:43.7) after racing through 800 in 1:50.0 (!) but this little man, 1.80/5'11" tall and weighing only 61kg./134lbs., learns from every race. He knows that before very long, he will be able to go through in under 1:50 without incurring excessive oxygen debt. This is the pace he envisaged for his next world record 1500: 53.0, 1:49.8 (56.8), 2.50.2 (60.4), and 3.51.5 (41.1 last 300).

Is world supremacy at these distances now to shift towards those altitude-bred, rather than altitude-trained runners? This was Cliff Temple's further point, and its difficult to argue with it. Bayi is reputed to train roughly 12 miles a day under his coach, Erasto Sambi, in an oxygen-starved 6,000 ft. training base near the foothills of Mount Kilimanjaro. How, apart from sending youngsters to live at high altitude bases from the age of 15 or so, can sea-level nations hope to keep up? Quite simply altitude-bred athletes are now training as scientifically and at the same volume as their European counterparts, and the balance of power has inevitable shifted.

There was some great running behind Bayi. John Walker, disqualified from the A.A.A. championships after some vicious barging in the 1500 heats there last July, went through 1200 seven seconds faster than ever before and still found he had a kick left in him off the final bend, though 35,000 countrymen roaring for you must help somewhat. Walker had the incredible experience of running 1:44.9 and 3:32.5 during these games and losing both times! Certainly with such men as Rod Dixon, Dick Quax and Tony Folhill around also, New Zealanders will not lag behind the world in middle distance running. One is forced to wonder how much Jipcho's earlier efforts took out of him - he had to fight very, very hard to edge Brendan Foster in the 5000 final; but such are his recuperative powers that I'm sure this made little difference in the 1500. He was helped somewhat by the fact that the steepchase heats were dropped in favour of a straight final, but he won so easily in 8:20.8 that he appeared to be strolling and conserving energy for the other races to come.

The way Bayi sauntered a 3:56.2 heat clearly showed that he was the man to beat and I personally would have backed him against Jipcho in almost any circumstances. Don't forget too, that Bayi had earlier run three hard 800 races and placed fourth in the two lap final, so he had had some racing under his belt before the 1500, too. So hardy are these amazing East Africans that I'm sure they can easily accommodate a number of world class races over a period of several days, and adequate rest was provided by the Games programme for everyone except the poor 400 runners. The winning time in that race was a mere 46.0 due to tough qualifying rounds scheduled close together.

As for Dixon, his was another overlooked performance. How does a man run 3:33.9 and not even get a medal to show for it? Ask this modest New Zealander, who ran away from Dave Bedford over 9 muddy miles at Parliament Hill last March in our National cross country championship. A few weeks before the Games he was a doubtful starter through a stress injury, yet came back to run 3:55.3 for a mile at Vungarini (grass track) that showed him he was as ready as he could be with the remaining time available to him. The tall Olympic bronze medallist did a lot of chasing in the last 800, but was unable to accelerate with Walker and Jipcho in the final stretch. Fine running from little Crouch of Australia too. He broke Herb Elliott's historic former world mark of 3:35.6 which has stood as the Australian record for almost 14 years.

If Brendan Foster had any remaining doubts that he is now emphatically a 5000 m. man, this race must have erased them. True, he broke the U.K. record, but the pace was so fearsome that he was barely in the race. When you consider that he went by the 800 in 1:54.7 - just 3.4 outside his personal best for that distance, you can see how little he had in reserve at this tempo. Foster is a strong man though, and he

held on well to clock 3:37.6, but in this company it was only good enough for seventh place. He will probably continue to beat British milers at their own distance and hold his own in Europe, but it is at 5000 and 10,000 metres that Brendan will realise true greatness.

After running 3:39.6 to qualify behind Bayi, John Kirkbride was left hopelessly adrift in the final. His usual wait-until-the-last 80 metres-and-kick tactic belongs to another era. Note that young Randall Markey (17) made the final. Great experience for this highly promising youngster. The British Junior record (3:45.6) by Paul Lowther from Belfast in the heats should not go unnoticed in this regard, either. The Arnsdale boy does not turn 19 until November this year.

Women's Events

500 Metres. Nice to see Charlene Rendina make up for her disappointing run in the 400 by taking the gold. She produced a powerful, prolonged run for home which the others were unable to answer. The bell time was a healthy 56.7, but still the Australian was unable to better 2 minutes. This is one area where the Commonwealth lags behind Europe, but perhaps those amazing East African girls will change that before long. The bronze medal gained by 15 year old Sabina Chetkic must not be dismissed lightly. It's the first medal by a Kenyan female athlete in any major championship event and heralds a break through. The structure of Kenyan society makes it tougher for these girls taking up sport, but "the times they are a-changin'". With coaching and more encouragement, they will some day produce an altitude-bred woman who will stun the track world speechless as she belts past the bell in 56 and finishes in 1:54! That bronze medal is a significant beginning.

I remember that in 1971 we were gasping at three junior girls clocking under 2:11.0 in the English Schools Championships. Now we have the spectacle of a 13 year old Tanzanian, Mwinda Mwarjala, coming up with a superb 2:06.4 in the heats. She was towed through by faster company than ever before and by the excitement of the great occasion. Who doubts that we have not seen the last word yet from uninhibited teenagers such as this, running world class times? With their excellent strength/weight ratios and given the opportunity to train specifically for such occasions, they have much to show us still. It's worth pointing out that under U.A.A.A. rules, these girls would not be allowed to race against seniors, were they English! Some seniors would be relieved at that.

The holder from Edinburgh, Rosemary Wright, was soundly outpaced over the last 150 of her semi by another of these girls, Rose Tata (14) of Kenya (2:05.6) and has reached the end of her time as a leading light in the U.K. Girls like Lesley Kiernan (16), Christine and Evelyn McNeekin (17), Katrina Colebrook (17) and Christina Boxer (17) are ready to take over. Pat Cropper, injured, had no business in the team. She did not run in the trials last October and therefore the onus was on her to justify selection. Pat has been a great boon to the U.K. team in the past (Silver medals in Helsinki and Edinburgh) but she is approaching 29 now; her speed is diminishing and it comes harder to recover from injuries by then. Good, sound work from Joan Allison to get fourth place. She did a lot of her hard racing out there in Christchurch and showed up well under the pressure and strain of it all, though I thought her run in the 1500 final lacked confidence - her usual falling.

I still can't figure why Margaret Coomber isn't winning 2:00.0 and sub 4:30.0. She has abundant strength and the scheduling of the semi-finals in Christchurch should have worked in her favour, but she went under after qualifying in the first round with a listless run. Even when she runs personal best times, though, they seem to come in lousy races for her.

1500 Metres. Glenda Reiser shocked us all in Munich when she smashed the World Junior record down to 4:05.7 in her heat, and though she ran slower in Christchurch, she never looked seriously troubled. As I mentioned earlier, Joan Allison hung back for too long and when she attempted to give chase on the final lap it was too late after the Canadian in the long white socks had chucked out the first two laps in 65 and 66 to build up a handsome lead. Joan finished behind Reiser last September over a mile at Crystal Palace and was gaining hand over fist then in the stretch after under-estimating herself once again. She knows she can run with this girl, but when will she do it. Her 4:10.8 was a personal best, but is still a lot slower than she is capable of.

Marvellous running by gritty Mary Stewart. She cut the N.K. Junior record to 4:15.3 in the heats and then lowered it to 4:14.7 in the final, picking off Chetichi in the last 200 m. for fourth place. Mary's improvement has been relentless and steady, if unpectacular - and that's the sort of improvement that indicates progressive training behind it. I have my doubts about her ability to accelerate, but she is not another Norine Braithwaite, and will eventually get strong enough to punish her rivals with sustained bursts in the manner of Bragina. Is this the end of the line for Sheila Carey? Somehow I don't think we'll ever see her run anything like 4:04.8 again. Interesting to note that Thelma Wright (she was Thelma "Fishy" Finn then) and Allison finished in the same positions (3rd. and 2nd.) as in Edinburgh four years ago. But in 1974 they were some 40 to 60 metres faster.



Nick Ross

Coach-Athlete Relationship

By Frank Horwill

It has been said by a B.A.A.B. National Coach, "Middle-distance running is the most coached event in Britain and the worst coached event." Having examined a number of prospective coaches on behalf of the Southern Coaching Committee, I must confess that his observations are valid. There exists a peculiar idea among those who take up coaching that it is a subject that requires little or no study, they rely largely on their practical experience as runners. The findings of physiologists seem to be an alien subject to be treated with considerable scepticism.

An athlete goes to a coach because he wants to improve. It is the coach's duty to fulfil this obligation in attractive and logical ways. He must ask himself these questions:

- 1) Do I possess the necessary knowledge for this event?
- 2) Have I the necessary time to do this job adequately?
- 3) Have I the patience to suffer setbacks with fortitude?
- 4) Have I the health?
- 5) Have I sufficient income to spare for the extras that coaching demands?
- 6) Above all else, do I love the event with an absorbing fervour?

How does one acquire the necessary knowledge? There are certain books to read which I call the basic minimum, the A.A.A. Handbook, MIDDLE DISTANCE RUNNING by Tony Ward; CIRCUIT TRAINING by Adamson and Morgan; THE COMPLETE MIDDLE DISTANCE RUNNER by Watts, Wilson and Horwill. I consider any middle-distance coach who hasn't got these on his shelf is missing out a lot. In addition to this, he should be in touch with recent trends in his event, which can be read in RUNNER'S WORLD and TRACK TECHNIQUE from the United States. However the coach should aspire to obtain the following books as time allows, RUN, RUN, RUN edited by Fred Wilt; MODERN TRAINING FOR RUNNING by K. Doherty; PHYSIOLOGY OF EXERCISE by H. de Vries; RUN TO THE TOP by Arthur Lydiard; MIDDLE DISTANCE RUNNING by Percy Cerutti; NO BUGLES, NO DRUMS by Peter Snell; THE JIM RYUN STORY by C.N. Neilson; TRACK ATHLETICS by Watts and Marlow.

It helps greatly if the coach has been a runner himself. He has a sympathy with the athlete when he suffers in some training sessions, for suffer he must. "No gain without pain" is a truism of distance training. He has a sympathy with the athlete when he is going through a bad patch. He can share his triumphs with an inner warmth which can only be appreciated if he has been through the same experience.

Coaching is time consuming. During the summer he will probably be at the track three days a week for something like 2-3 hours at a time, a total of 9 hours a week. He will have to find time to travel to watch his proteges race; from his athletes' performances he can spot weaknesses in their condition and their execution of the race. A nagging wife who resents her husband coach being away from home several hours a week is a liability and sooner or later this will manifest itself in the coach's attitude to his charges. Divorce

or giving up coaching is the only remedy!

"Patience is a virtue," and in coaching this saying will be very applicable. When an athlete trains well and looks set for a great time and fails, there is a temptation for the coach to lose patience and despair. He must, however, examine HIMSELF for the athlete's failure, "Is there something I've left undone?" must be answered frankly. It should also be remembered that a statistical study of world-class performances showed that on average, the athletes had been competing for EIGHT YEARS, thus a boy of 17 years who had been running since he was 14 has another 5 years before he reaches his prime. The age when a mile is most likely to break 4 minutes for a mile is 24, so the statisticians tell us.

Not only must the coach be of good health, he must also set a good example in this respect. Unless the coach has some serious physical setback, he should at least limber up with his athletes and do the suppling, stretching and strengthening exercises with them. His athletes' warm up will be his work-out in many cases! There is something too aloof about the coach who does not change into a track-suit for track sessions. The coach who conducts a training session with a cigarette or cigar drooping from his mouth must be condemned wholeheartedly. So also, must the coach who sits in the stands while it rains and proceeds to yell times and instructions from comparative comfort. Athletes like to feel the coach is there with them in body and soul. Some coaches manage to compete as well as coach. My own view is that if coaching is done properly, the coach will have little time to train fully with his charges and also race.

Coaching is expensive. The books listed will set him back the better part of £20 and the magazines something like £12 a year in subscriptions. Then there is the cost of travel to and from the track and races; cost of stop-watches, track-suit and hold-all. Some coaches have succeeded in getting local education authorities to look upon training sessions as a night-school type activity, the coach getting a fee for his services. This practice should be encouraged. When a coach gets well known his postage costs can be quite horrific, one M.D. coach in the south gets an average of 60 letters a week, most of which require a reply. The public should be encouraged to enclose a stamped addressed envelope when the mail reaches these proportions.

This raises the question of postal coaching. Obviously it has disadvantages, the athlete's technique at sprinting, for instance, might be grossly wasteful and only observation and supervision can correct the fault. Athletes being coached by post should be encouraged to make monthly, quarterly or six monthly visits to their mentors for a reassessment of their technique, etc. If an athlete has no faith in local coaches or hasn't got any coaches available at all, then the next best thing is postal coaching backed up with telephone calls.

The successful coach must love his event and never tire of talking and writing about it. I once heard a Senior M.D. coach say, "I'm getting bored coaching M.D." What an admission! There is so much interest in coaching middle distance runners that he should never have time to be bored. Here are some things that he can check over with his athletes:-

- a) Their morning and midday pulse rates. On rising the pulse is at its slowest and at mid-day it is at its normal fastest. The athlete

should be told to keep a record of this in his diary. When he loses form his diary should be checked for any irregularities of the rate. His rate should be checked back after he has done a personal best time. It is good to know, for instance, that on rising his rate was 30 beats and at midday was 40 beats. This indicates peak condition.

- b) Weekly weight. An athlete loses weight rapidly if he is unfit and new to training, after a while a plateau weight emerges. If the athlete loses form, his weight for the two previous weeks should be checked. If it has gone down progressively, he is in a state of STRESS, training must be reduced or stopped, and an investigation made into his way of life. Worry over exams often causes loss of weight as does anything which puts his emotions under strain. Until the emotional problem is solved it is useless trying to get him fit. See chapter on WHEN THINGS GO WRONG in the book THE COMPLETE MIDDLE DISTANCE RUNNER. Athletes must learn what their best racing weight is.
- c) Sleep. When an athlete complains about insomnia it is a stress symptom and an enquiry should be made about his general health. Usually one stress symptom is accompanied by another, sore throat, stomach disorders, irritability, etc.

- d) Way of living. Athletes require 4,000 calories a day and it is useful to ask them once in a while to record their every meal and the time it was taken. Recent dietary work shows that meals taken little and often lead to a better work-load and better acclimatisation in extremes of hot and cold. Watch out for the athlete who has a cup of tea and a bun for lunch, sooner or later he will develop anaemia without adequate meat each day. This means the haemoglobin in his blood which is responsible for carrying oxygen will be inadequate. The athlete only has to be one gramme under average and his blood will carry 1.34 cc. of oxygen LESS.

The coach should have an understanding with his athlete over his way of living. Young athletes in their teens are feeling their feet, especially with regard to parties, drinking and sex. The old ideas that these must be banished from the athletes' lives and that they must lead 'monastic' existence is no longer valid. Parties, drinking and sex in moderation never did any athlete any harm and probably does him a lot of good. However, when an athlete turns up at the track on a Sunday morning and fails to train properly and gives as an excuse, "I went on a 'bender' last night," he should refrain from making such sessions repetitive!

The coach must also appreciate the difficulties of the athlete taking "A" levels or his final at college. I have always found it useful to set down the athlete's time as follows:-

- 1) Eight hours work a day. Anyone working more than this in a day is a fool!
- 2) Eight hours sleep a day. Sleep is little snatches of "death" and if we spent more than eight hours a day in bed, in our lifetime we spend something like 23 years in a state of "death". Excessive sleep is simply interval training for death.
- 3) Eight hours free time. It is this part of the daily routine that needs examination; three hours will be required for food; possibly two hours for travel to and from work or school. This leaves something like three hours a day into which training can be done. At the very least, an athlete can find 1 1/2 hours a day to train at any time of his scholastic career.

Much useful running can be done in the morning before breakfast. This has to be worked up to over several months. Going straight out in the morning every day of the week is too much of a shock for the system, one morning a week for a month is a reasonable start, then two mornings the next month and so on. It is quite erroneous to think that repetition running cannot be done before breakfast, it can. Igloi, America's greatest distance coach, frequently gave repetition running in the morning at 6 o'clock and it never did him charges any harm (he produced the highest number of sub 4 minute milers in the world). My own athlete, Jim Douglas, 3:56 miler, does this morning routine:

Sunday: 6 miles steady
Monday: 16 x 200 on grass untimed with 100 metres rest
Tuesday: 6 miles steady
Wednesday: 52 x 100 on grass untimed with 50 metres jog rest
Thursday: 6 miles steady
Friday: as for Monday
Saturday: as for Wednesday if no race

Athletes like to know the ins and outs of their training. It is the coach's job to convince his athletes that what they are doing is physiologically sound. If the athlete asks, "What is the point of this session?" the coach must have a convincing answer. For example, Gerschler, Saltin, Astrand and Watson all have their own views as to how the oxygen uptake in athletes can be best obtained, the coach must decide which one he favours. Astrand has a special way of preparing 800 metre runners for their races and its demands, the coach must know of this and be prepared to use it. The steady run below certain pulse rates is wasteful and inefficient, the athlete should be told of Karvonen's training threshold table.

When the coach sends his charges to the starting line he must have a feeling that NO STONE HAS BEEN LEFT UNTURNED in their preparation, their stamina, speed strength, style and tactics have all been catered for. Here is an example of a race where the athletes weren't suitable prepared. The race was an area Junior 1500 metres championship, the favourite was a 17 year-old boy who had done 1:52 for 800 and 3:49 for 1500. The rest of the field were around the 1:58 800 mark and 4 mins. for 1500. It was decided by one athlete's coach that if the favourite had a weakness, it was his stamina. The plan was to speed up the third lap and draw the sting out of the favourite. The coach knew that his athlete was accustomed to running consecutive laps faster in training. The first lap of the race was 63 seconds; 2nd. lap 64 seconds; then a third lap of 59 secs. by the contender had the favourite hanging on for grim death with the rest of the field well adrift; although the favourite won the race, he was forced to run a personal best and the second favourite recorded a personal best of 3:53, an improvement of six seconds. After the race, the boy who came third said, "I just couldn't accelerate in the third lap." This was a coaching deficiency. Here lies the essence of successful coach-athlete relationship, preparing to meet all circumstances together as a team.

It is my view that a successful coach-athlete relationship must revolve around some detachment of the coach from his charges, undue familiarity is to be frowned upon. This is where, perhaps, the American coach scores, Igloi would have no nonsense from his charges. He explained what they should do and why, if they didn't do it, but they went! If an athlete comes to a coach for training, he should do what he is told, otherwise he should refrain from

being coached if he knows best. It is also grossly unfair to the coach if the athlete goes away and does only bits and pieces of a training schedule for the coach will never really know if it is his work or the athlete's own interpretation which has brought about an improvement or otherwise. Athletes should give coaches two years to bring about the necessary major improvements they seek.

One of the problems the coach will experience with some athletes is nerves before competition, in extreme cases athletes have been known to become very ill before a race and to disintegrate as the race day approaches. My own formula which I put to the athlete is a series of questions, as follows:

- 1) Will your not winning this race affect the future of the country?
- 2) Will your parents or boss throw you out if you don't win?
- 3) Will your life be greatly affected by not winning?
- 4) Has your training gone really well?
- 5) Aren't you really in tip top condition for this race?

Athletes enjoy variety. Occasionally the coach should allow his charges to go off and train on another track or go away for a training week-end. He should also avoid consecutive days of the same training activity, this is why I do not believe in training on the track every day or running along the roads day after day. I like variety in the length of repetitions, if the last track repetition was 200s, I avoid this distance next time round. Schedules are made out over a three weeks cycle, each week differing from the other. The same training repeated each week is a boring pastime.

When coaching the colt or youth, the coach should err on the side of moderation in the training load. The athlete must feel on top of the training, must feel that it is enjoyable. Many colts and youths are lost to the sport because an over-zealous coach has given them heavy work-loads before they could enjoy it. This does not mean that training should not be progressively harder as time goes by, it simply means starting off modestly and increasing the load when the boy or girl is well able to assimilate it. Relays are a good form of training for boys.

Coaches are often confronted with the problem of what rest to give between reps., and what number of reps. Simplicity is advisable and this means altering only one thing: THE REST TIME. I'm in favour of the repetitions being CONSTANT. For example, during the winter on a Sunday morning at the track, athletes are given 52 x 200 in 34 secs. with 90 secs. rest, during which time they jog about. A month later this can be altered to only 75 secs. rest, and every month 15 secs. is taken off the rest time until only 15 secs. rest is left. When this stage is reached the speed of the reps is increased to 32 secs. and the rest starts again at 90 secs.

Race at the Oval

After the Cup Final, County Cricket. Arrangements are in hand for a 5,000n. Men's race to be run during the lunch break at the Oval during the Surrey v. Middlesex match on Saturday, 6th. July.

These races bring live athletics before a public which otherwise would probably never see a race except on the 'telly' and also provide the runners with an opportunity to perform before a much larger crowd than that to which they are accustomed.

Eastern Notes By Charles Booth

As there was no Eastern Secretary at the time, there was no report from that area at the A.S.M. To make up for that, I give below a few notes, which may be of interest to members. The departure of Cecil Smith to Canada, where we all wish him the very best of luck, left a mighty gap in the area, which obviously cannot be filled. Last summer the Southern Area took the East under its wing, and provided members with plenty of races and we all greatly appreciate this help. We will continue to work very closely with the South and it might well be advantageous to return to the position of a sub-area of the South, as was the case some years ago. Meanwhile we will be working in close co-operation as regards races, invitations going to athletes from both areas.

Last summer there were some very fine performances from athletes in the Area, but unfortunately I have no record of them. However, I must mention the fine performances of three of our members at the European Junior Championships at Duisburg last September. First was Lesley Kiernan with her silver medal in the Ladies' 800, then Chris Van Rees with a Bronze in the 4 x 400 Relay, and finally Kevin Steere, fifth in the 3000 metres.

We look forward to seeing members from the East hitting the headlines again this year.



Garry Jarvis & Wayne Tarquini

HOW TO IMPROVE BRITISH MIDDLE DISTANCE RUNNING Members' Suggestions

By encouraging and retaining promising youngsters in the sport and not allowing them to drift away to other sports. All problems must be solved at the roots and so it is necessary for someone to ensure that all English Schools champions, say, are capable of using the best facilities and receiving the best coaching possible. How many English Schools winners become Olympic Champions?

Mark English, London

A more positive attitude on the part of Britain's milers towards racing. For example, in Britain, if a top class field of milers go through 800 metres in under 1:58 there is excitement and speculation about a probable good time. But this pales when compared with the uninhibited running of Kenya's Silbert Bayi in Stockholm (mile) with splits of 2:00 - 2:3.5, 4:00 - 52.5, 8:00 - 1:51.0 - 1:200 - 2:52.2 as reported in A.W. I am not saying that this is necessarily the best way to run a good time, or that Britain's milers are capable of such fast splits, but this attitude to miling by some of our leading runners would see dramatic improvement in the British record and the confidence of our top runners.

Why not organise one or two B.M.C. Meetings in Scotland as we are needing more races over 800 m. and 1500 m. with a guaranteed fast pace as there are not the same opportunities in Scotland as there are in England for good opposition.

Alastair Hunter, Kilmarnock

By sponsoring the top ten in the country for six months or a year. This in turn allows the athletes more time to give to the sport and they should be given jobs to suit their training.

Glyn Harvey, Cheshire

Having more internationals for the younger age groups.

Jane Devlin, Pife

More races in midland area.

Kenneth Bartlett, Hatten

By providing better facilities and also more competition for the younger runners.

Brigid Wightman, Torquay

In the Lincoln area it is difficult to get into good competition. It is not until one has achieved a reasonable time that you are able to get good competition, but it is the competition that you really need to get good times. Here we have to travel to support meetings in other areas, but generally others will not travel to support meetings here. If this happens in other parts of the country as well, it can't be good for British athletics, let alone for British milers.

John Bett, Louth

By there being more qualified coaches at clubs, encouraging youngsters to take part. Without coaches ones full potential is not used to its full extent and is being wasted. This often leads to people joining other clubs, although they don't want to, but have to for their own good.

Nicholas Holliday, Harrington

By turning it into a professional or open sport.

Raymond Hale, Coventry

By having British Championships and International competition for the younger age groups, just as they do for the girls.

Alex Bryce, Falkirk

Introducing a system whereby you wouldn't have third class runners competing against first class. There is too much difference here and lets face it, if we had more races for the different classes of athletes, everyone would be happier. The football idea of different divisions works well and I feel it could help our M.D. running as well.

John Brakine, Folsom

The formation of a British Milers' Association with lower entry qualifications to encourage more athletes to take up middle distance running and therefore increase competition.

Kevin Chines, Shepperton

More qualified middle distance coaches. Better training facilities and more all weather tracks, not just in London and Birmingham, but spread out all over the country, and also more sports centres providing facilities for weight training, etc.

Graham Jackson, Chichester

More all weather tracks in places outside of London, then a certain amount of training suitable for middle distance work could be done in the winter. More coaching lectures on middle distances for coaches and athletes held in areas outside of London.

William Tabor, Eastleigh

More government and greater push given whilst at school in the direction of athletics as a whole.

Bryan Dillon, Dover

Plenty of track and cross country meetings. More Scottish v. English competition. Athletes should be encouraged to travel south in clubs for inter-club meetings. Special coaching camps should be arranged for training of middle and long distance runners.

Fiona Mackenzie, Rosyth

More good class races being put on at venues of good quality other than the main centres of athletics.

Garry Parsons, Bristol

1. Quality-work should be put to the middle distance more than miles of L.S.D.
2. Good coaches - to good runners - Problem, who are the good coaches.

Philip O'Dell, Bedford

By the Sports Council having a more professional approach to athletics, supporting clubs when they want to buy better equipment, less quantity training and more quality wouldn't come amiss. More athletics in schools would help as well.

Simon Worley, Brighton

First City of London Races

On Sunday, 6th. January, the lethargic routine of the City of London on a day of rest was disturbed, by the arrival of nearly 100 athletes and officials at Guildhall. The runners were given passes to enable them to get into the local Police Station and there was a careful check to ensure that no outsiders with bombs got in.

The officials were taken in a Police car round a mile square that started in London Wall, and the route well marked with arrows.

This marked the start of the first City of London Road Races, and soon the area seemed crowded with athletes in track suits. It was an occasion in which three Specialist Clubs were participating, the Sprint Club and the Road Runners Club being involved as well as the B.N.C.

First the sprinters were on show, with 100 metre sprints being run up London Wall, where one of the carriageways had been closed to traffic. After the sprint heats, the time for the mile had arrived, and a field of over 20 athletes of all ages was seen careering up London Wall and into Alderagate Street. The start was fast, with Wayne Tarquini acting as hare. The field was now well spread out, as they turned down Greenan Street, then into Moorgate and back to the finish in London Wall.

Though times were a little slower than had been hoped, it must be remembered that many of the runners had been taking part in their County Cross Country Championships the previous day, and there was a strong wind blowing. So strong indeed, that it was decided to run the final of the 100 metres in the reverse direction.

Unfortunately, also, publicity was not what one would have liked, and this may have been partly due to a clash with an Open Meeting at the Crystal Palace where a U.K. Shot record was put up.

The mile race resulted in a win for Kenneth Rasmussen of the North, in 4:10.4, with Jef Willeshire second. Full results are given below.

After the mile race, the 10 mile men set off, and while they were on their travels, the semi-finals and final of the 100 metres were run. The sprints were won by Steve Green and Tony Simmons was an easy winner in the 10 miles, in a warm-up for the Commonwealth Games.

Result of Mile Race:

1. K. Rasmussen (N.H.)	4:10.4
2. J. Willeshire (S.)	4:11.5
3. D. Wright (N.H.)	4:13.5
4. J. Cadman (X.)	4:16.8
5. R. Harris (Susst)	4:16.8
6. R. Smedley (M.)	4:18.2
7. K. Walner (S.)	4:19.3
8. M. Knapp (S.)	4:22.6
9. P. Cheatle (E.)	4:24.1
10. D. Purcell (S.)	4:25.4 Jun.
11. P. Horwood (S.)	4:26.0
12. M. Benn (E.)	4:30.0
13. P. Fitzsimmons (S.)	4:31.0 Yth.
14. J. Jenkins (E.)	4:32.0
15. G. Marsden (S.)	4:33.0 Jun.
16. M. Fielding (S.)	4:34.0
17. C. Reed (E.)	4:35.0
18. K. Spender (E.)	4:36.0 Jun.
19. F. Hammond (E.)	4:37.0
20. C. van Reen (S.)	4:44.0 Jun.
21. J. Rocks (S.)	4:47.0 Jun.
22. C. Pascoe (E.)	4:51.0 Yth.
23. A. Constable (E.)	4:58.0 Yth.
24. R. Wood (E.)	5:00.0 Boy

Next year it is planned to hold this race on New Year's Day and there will be a sponsor. There will be a Women's Mile as well as a Men's Mile. Addition attractions will include a Men's High Jump and Shot Put.

It is hoped that this will prove a real draw for those unable to make the long journey to Ros Galan, and that in the end it will rival that event as a popular attraction.