

AUTUMN 1975

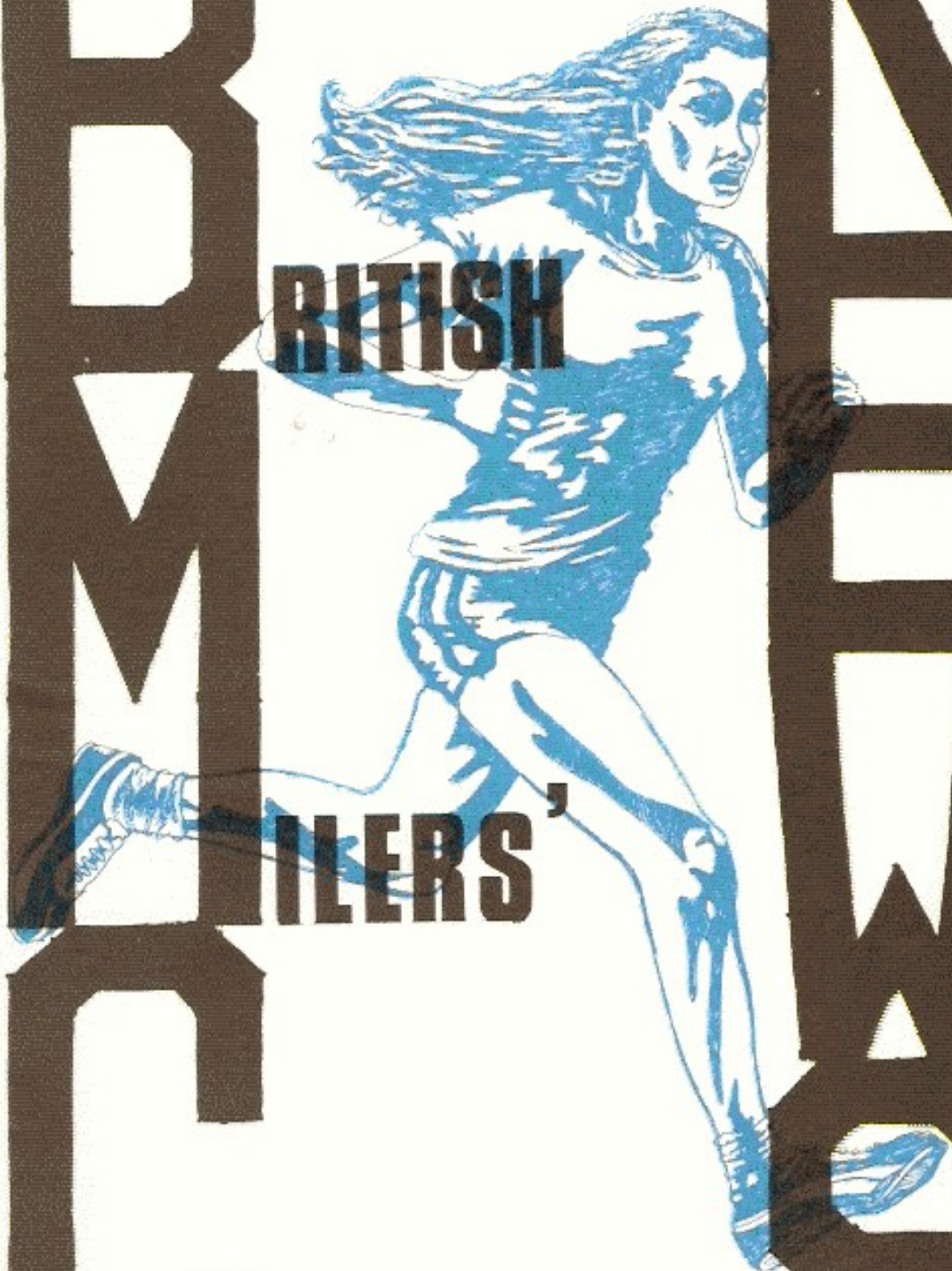
No. 21

# B M C CLUB

# N E W S

**BRITISH**

**MILERS'**



# Number 21

## BRITISH MILERS' CLUB

### NEWS — Autumn 1975

#### EDITORIAL

Here is the Autumn issue of the B.M.C. News. I hope that members will find it as interesting and helpful as previous ones. There is quite a lot more we would have liked to include, but space always seems to be limited and to include another four pages puts up the cost to more than we can pay and would also increase the postage charges.

It would have been nice to have had a report on the Dudley week-end, where the food was so excellent that members suffered from over-eating rather than starvation! However, we must thank Roy Bateman for all his hard work that made it possible.

We must thank our new President, Steve Overtt, for his message, of which I hope all members will take heed. There are some controversial statements in this issue, and it would be a good start if members were to write to the Editor and let him have some comments to be included in the next issue.

#### From our President

It was a great surprise (especially after the Coca-Cola meeting!) that I heard the news that I had been voted the President of the B.M.C. in this Olympic year. So what better time than now to ask ourselves the much asked question as to how do we improve the standard of British miling.

The answer, I feel, is not how do we improve a standard, but how do we improve ourselves as athletes. To do this we must become more active, not only in our training, but in our involvement in our sport. So this year lets have a few more of you shy young lads asking questions, arguing, writing, attending courses, etc., etc. Doing more of everything this coming year than you did in the last.

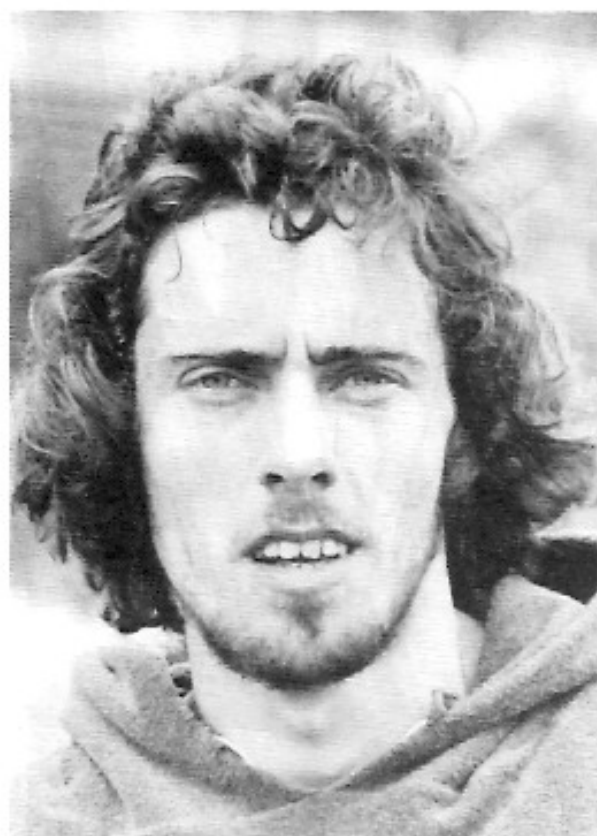
If all this active participation takes place, the word will spread that the B.M.C. is a club to be respected and one strong enough to do something substantial in the promotion of middle distance running in this country.

Spread the word!

*Steve Overtt*

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Steve Overtt

#### EQUIPMENT

All equipment should be obtained from the Equipment Secretary:- Bill Bennett, 6 John Tapping Close, Walmer, Deal, KENT.

The following items are available:

B.M.C. Ties	£1.00
B.M.C. Men's Vests	1.20
B.M.C. Ladies' Vests	2.00
B.M.C. Badges	.20p.

Payment should be by cheque or P.O. payable to Bill Bennett and an stamped, addressed envelope large enough to hold your purchases should be enclosed.

When ordering badges, please indicate category (e.g. Boy, Senior, Coach Etc.).

# Olympic Prospect

## Profile of

### Janet Lawrence

Name in Full: Janet Lawrence  
 Date of Birth: 9th. December, 1958  
 Place of Birth: St. Helens, Lancs  
 Height: 5'5" Weight: 8st.4lb.  
 Clubs: Pilkington H.& A.C., B.M.C.  
 Occupation: Student  
 When did you take up running seriously?  
 Summer, 1970

Personal bests year by year:

	800m.	1500m.
1970	2:26.7	-
1971	2:14.8	4:48.7
1972	2:14.4	4:43.2
1973	2:12.0	4:38.2
1974	2:11.0	4:35.0
1975	2:07.9	4:31.9

Best competitive achievements and placings:

1971	3rd. English Schools Junior 800m. 3rd. W.A.A.A. Junior 800m.
1972	1st. English Schools Junior 800m.
1973	2nd. W.A.A.A. Junior 800m. 3rd. English schools Junior 800m.
1974	1st. W.A.A.A. Inter: 800m. 6th. English Schools Inter: 800m.
1975	4th. W.A.A.A. Inter: 800m. 2nd. English Schools Inter: 800m. 1st. Schools International 800m. 3rd. Junior International 800m.

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

The mileage has been increased from year to year and also stepped up during the winter so that a peak mileage is reached



Janet Lawrence

round February. Last winter on Sundays the mileage mounted to 20 miles. Also during the week we try to fit in two track sessions and one weights session. An increase in mileage has also occurred due to four mile morning runs before school. Denis Watts now coaches me and this winter my programme will be:

Monday: A.M. 3 miles steady, P.M. 2 miles  
 Tuesday: Track - 3 x 600 (95s.), 8m. recov:  
 Wednesday: One hour fartlek  
 Thursday: Track - 4 differential 400ms.  
 (34 - 28s.), 5 mins. recovery  
 Friday: A.M. 3 miles, P.M. 5 miles steady  
 Saturday: Cross Country or grass hill work  
 Sunday: Track - 10 x 300m. (46s.), 90s.  
 recovery, 3 miles fast

Please describe your summer training and outline how it has developed over the past three years:

Training during the summer consists of one road run weekly of about 6 miles. Track sessions are used to try to strengthen weaknesses and strong points are improved whenever possible. Repetition work is done about once a fortnight and on the build-up to a main race a short, sharp session is repeated each week, but increasing the work load, i.e. faster runs, shorter recovery. Please give details of any training other than running:

Last winter we worked circuit training in the programme and also we are lucky in having a weight hut on the club grounds, which we can use.

What is your attitude towards training?

I enjoy training, mainly, I think, because of the friendly atmosphere amongst the athletes in the club. I enjoy training with others, but find I push myself more when I'm on my own.

Do you train alone?

Occasionally, but I'm lucky really in having three or four lads of the same age who will help to pull me around training and time trials. I very rarely train with other girls as the girls in the group are mainly sprinters.

Are you well endowed with training facilities?

Yes, we are fairly close to two tartan tracks, Kirkby and Stretford. Also the club has its own cinder track. There are good weight facilities in the club and also nearby at Skemerdale. Occasionally we travel to Southport to train on the sand dunes.

How important is your athletic success?

It is very important to me, but even if I wasn't successful I would still be as enthusiastic towards running and training as I am now.

Please describe how you warm up:

I do about 10 to 15 minutes jogging, then stretching and suppling exercises and then about three fast strides. Before a race I continue to do exercises till the start.

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

I think that the "mental" approach to athletics is very important. To improve it we do most of our mileage on long straight roads and also along quiet country lanes which seem never-ending.



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

The only setback, which is not serious, is trouble with tonsillitis. I have often missed training and races with it.

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

My parents have helped me a great deal, keeping me going when I am not racing and training too well. Also they have adapted to the time changes i.e. meals, due to my training. They are interested in my progress and travel with me to almost every race. They also follow my training programmes with great interest.

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

My friends are interested in athletics and always follow my progress in the papers. They realise how much time I spend on athletics and try to arrange outings and other meetings to suit me.

Have you any athletic heroes on whom you model yourself?

No. It is impossible to model yourself on any one person, but there are many athletes whom I admire greatly.

Outline your feelings on being coached and describe briefly some of the ways you have been helped by your own coach:

I think that a coach is very important, especially to girls, because lads soon become capable enough to do their training without the eager eye of a coach, but girls always need a coach there. Luckily I have had a coach who devotes all his time, energy and money to coaching and athletics. What are your targets?

I suppose my main aim is to run in the Olympics, as with many other athletes, but I really just want to continue my athletics career and enjoy every minute of it while it lasts.

N. E. ENGLAND (with Cumberland & Roxburgh, but not Yorks, W. Riding) - pending permanent appointment - Jim Douglas, 98 St. Davids Close, Spennymoor, County Durham

MIDLANDS - Roy Bateman, 56 Epsom Road, Rugby, Warwickshire  
Coaching Secretaries - George Gandy, 30 Pantain Rd., Loughborough  
Tony Saunders, 2 Parkdale, Tattenhall Road, Wolverhampton, WV1 4TE

SOUTH WEST - Paul Rozier, 42 Parkside Rd., Pinhoe, Exeter

WALES - Colin Daley, 12 Plane St., Rhydyfelin, Pontypridd, Mid Glamorgan

SOUTHERN - N. of Thames - Frank Horwill, 201 Sumatra Road, London, NW 6

SOUTHERN - S. of Thames - Ray Williams, 39 Nursery Avenue, Bexley Heath, Kent

EASTERN - Brendan Byrne, 1 Moree Close, Lenwade, Norwich, NR6 6GX

EQUIPMENT SECRETARY - Bill Bennett, 6 John Tapping Close, Walmer, Deal, Kent

MINUTES SECRETARY - Mrs. R. Williams

STATISTICS & PUBLIC RELATIONS - Dave Cockledge, 4 Approach Road, London, SW2 2LB

MEMBERSHIP SECRETARY - Charles Booth, 3a Quarry Lane, Swaffham Bulbeck, Cambridge, CB5 0LU

COMMITTEE MEMBERS - R. Holeman, J. Harris, M. Dunphy, W. Potter, Miss M. Morgan, A. Wilkins, M. Coomber

## B.M.C. Officers

The following is a list of those elected at the A.G.M. together with subsequent appointments:

PRESIDENT - Steve Overt

VICE-PRESIDENTS - Tony Ward, Harry Wilson, Tony Sider, Denis Watts, Maureen Smith, Martin Wales, Roger Bannister, Derek Ibbotson, Sydney Wooderson, Rita Ridley, Wilf Paish, Brian Boulton, Frank Horwill, Eddie Powell, Alf Wilkind, Ron Holman, Brendan Foster, Charles Booth and Gordon Surtees.

CHAIRMAN - Harry Wilson

VICE CHAIRMAN - Dave Hall

NATIONAL SECRETARY - Frank Horwill

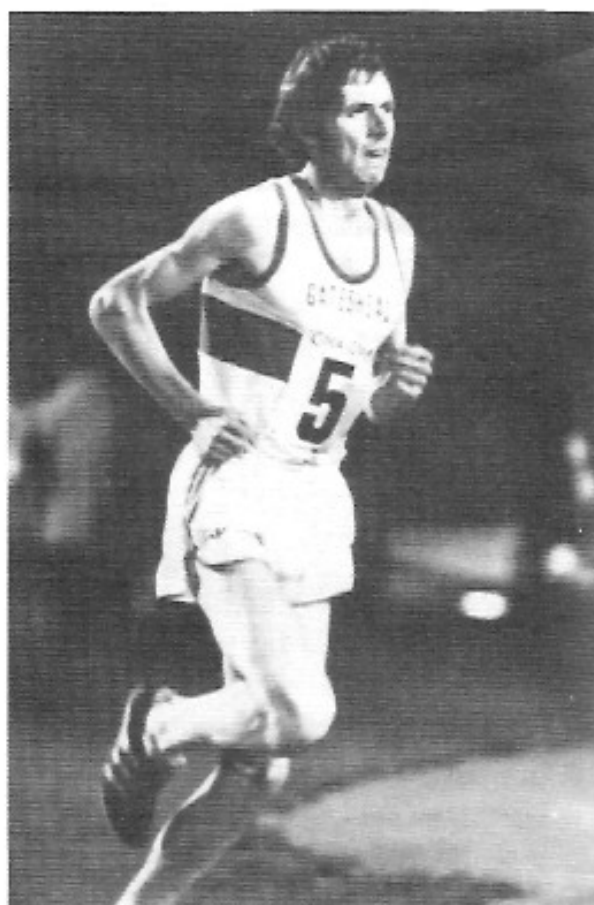
HON. TREASURER - Ray Williams (from 1/1/76)

SCOTTISH SECRETARY - Harry Bennett, 43 Bridgend St., Dundee, DD4 8LZ

NORTHERN IRELAND - John Glover, 8 Stormont St., Belfast, BT5 4NX

N. W. ENGLAND (excluding Cumberland) -

Andrew Carter, 182 Upper Chorlton Rd., Manchester 16. Peter Shaw, 9 Cringle Rd., Burnage, Manchester, M19 2HL



BRENDAN FOSTER



# Looking back at 1975 by Dave Cocksedge

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One of the most significant performances to me personally passed almost unnoticed amidst the excitement of the Coca Cola meeting on August 29th. Miler Ray Smedley ran 10,000 metres in 28:24.2 for tenth place in that classic won by Brendan Foster (27:45.4) from Frank Shorter (27:46.0). That, on Smedley's 'run as you please' training, was a staggering run. Of course it shouldn't be that much of a surprise. Smedley has proved time and again that he can move very comfortably in the more aerobic fields with some sterling cross country placings in the National and International and of course in June he ran 5,000 m. against East Germany in Dresden. I'd be prepared to stick my neck out and say that Ray could challenge the very best men in the world at 5 and 10 km. should he decide to train seriously for them. His miling experience and his relaxed, flowing stride should enable him to follow a fast pace and gun down his opposition on the last lap. He's Britain's equivalent to Rod Dixon in that regard, though while the New Zealander shrugs along the track exhibiting sheer power, Smedley is a floater.

What of Foster's chance over 10,000 m. now? I'd say very good indeed, except that he is still sold on winning an Olympic 5 km. gold, and quite rightly feels that the 10 km. (heats and final) scheduled first in the Olympic programme, will be a big problem. Viren proved that it is still possible to carry off the double in modern times, but those four races present a daunting task. Foster's confidence seems to ebb when someone follows him once he commits himself to making his break. Dixon simply sat on him until 500 to go in Gateshead in July, and in the Coca Cola 10 km., his 62 sec. lap with four to go only succeeded in killing off Knut Boro and Tony Simmons. Joe Hermans covered the break all the way and Shorter and Black regained contact a lap later. True, Brendan was discovering the 10 km. distance for himself then, and in Gateshead he was not fully fit, but his method of racing is very demanding physically and mentally. Instead of hurting himself only over the last lap or so, he makes it hurt hard from five or six laps out, and keeps up the pressure. As Shorter stated, the Olympic 10 km. final will feature a faster last kilometre than the 2:44 they ran in the IAC meeting, and a quicker last lap than Foster's 59.9 in that race. Also, he can't afford to ease up and wave to the crowd as he did then over the last 50 metres. Shorter also said something I found highly interesting: "Before the race I was convinced that Foster is faster than me over the last 200, but now I feel that might not be true." One can only wonder what Eniel Puttemans would have done had he been there 100% fit and in at the death. Here is a man who tacks a 55 last lap onto a hard pace and someone who would want to go one better than his silver medal

in the '10' of the 1972 games. I'd like to see his reaction to a Foster breakaway lap some day. My sentimental favourite is Dave Black. Wouldn't it be great to see this modest, likeable young man win a big race? His only road to success at that level is to push it hard over the final 2 km., running the last one in under 2:40 as he did in the A.A.A. championships, but it seems there will always be men who will cover the gradual acceleration in major championship races. In a slowish race leading up to a very fast final circuit, I'd say Tony Simmons is as good as almost anyone.

Full marks to Sebastian Coe for his bronze medal in the European Junior 1500m. That must have effectively silenced his critics who said he had no business being in the U.K. team. A courageous runner on the Foster mould, Coe was in the silver medal position until 20 metres from the finish, when Soviet Dimitriev edged past him (3:45.1 to 3:45.2). Sure, I'd have liked to have seen more than 20 boys and girls sent to Athens, too, but there can be no doubt that Coe earned his ticket, regardless of the medal he gained. At the beginning of the year, the B.A.A.B. told us they'd send 30 to Athens, but the final selections saw this figure cut by a third without any explanation. Finance is the big problem, we are con-



Luciano Susarjo

tinually told, but surely this is becoming a problem of the past. If not, where is all that gate money going? The crowds have flocked back, publicity for the sport is good and the money is there. Why are the Board reluctant to spend more of it on our top youngsters? I'd say a healthy investment in sending 50 juniors to Athens would have been of far greater long-term benefit than spending £25,000 on the U.K./U.S.S.R. match. What happens to youngsters like Coe, Mick Morris, Aston Moore and Peter Hoffman now? Will they be carefully looked after and groomed for stardom in 1980? Of course not! We just don't work that way in this country. The B.A.A.R. seem incapable of such long-term planning, and though the men of the Junior Commission are doing a good job, the odds are against them higher up in officialdom. It seems they will always be crippled by lack of finance and the cramped imagination of their superiors.

I have deliberately avoided mentioning the female set-up again, because the situation in that department is so pathetic and hopeless that dwelling on it very quickly becomes intensely depressing.

It was good to see Frank Clement running more aggressively this past summer, and he earned his U.K. mile record of 3:55.0 to add to his 3:37.4 1500 m. of 1974. Many people were deluded into the myth that he was a big kicker last year, probably because of his 52.5 last lap to beat Tony Waldrop in a slow-run World Student Games 1500 in 1973. I believe Frank now believes his best chance lies in carrying a punishing tempo from soon after the first 500 m., and he's probably right. It's a great pity he missed the Commonwealth Games, because, fully fit and in the right frame of 'attack', he can survive a 2:50.0 pace at 1200 m. better than most. While men with better acceleration will wilt and die under such pressure, Clement can use his strength to keep his stride going. But he needs the experience of that sort of pace. At the moment John Walker looks almost unbeatable, but Filbert Bayi will not surrender easily and I'd not be surprised to see the Tanzanian win in Montreal. Whilst the New Zealander has developed an explosive last 200 m., he can also run from the front when it suits him, although Bayi is perhaps better at controlling a race from that position. This is something Clement must learn to do. Front running is an art; an exact science, not a running scared situation.

British 800 m. depth is not good at the moment. Beyond Overt, we really don't have much to enthuse over. Pete Brown had one of the best races of his career to give Steve some anxious moments in the A.A.A. Championships, but that seemed to be an isolated performance for he very soon reverted back to his usual 1:48 level afterwards. Steve ran under 1:47.0 three times and only he and Brown were under that mark in the year! Tony Settle still has problems committing himself over the third 200 and will not reach world class until he rethinks his attitude, and Andy Carter seems beset by chronic injury. Can he return next year? I sincerely hope so, for he,

Overt and Settle can be very good for each other. Steve had a good season on the whole; he travelled and learned and fashioned a very effective burst at 600 that won him the Europa Cup semi and final races. He ran 3:39.5 for 1500 and 3:57.0 for a mile, but never looked the part in big races over those distances though he will, never fear! The big three: Rick Wohlhuter, Luciano Susanj and Mike Boit are formidable opposition for Montreal but this is just the sort of challenge Overt responds to. Of course he is quite right to dismiss the Nice race as not being very important, but every title helps one's reputation. Boit is still a grossly underrated runner and who knows what a healthy Fiascanaro might do in 1976? It could be the greatest year yet for two lap running.

Let's give the last word to that master of articulate thought, the perceptive and intelligent Frank Shorter. One of my colleagues in the Press (you know the type of paper I mean) tried to get his usual chauvinistic angle in by asking the famed loaded question: "Wouldn't you prefer Foster not to run the 10,000 in the Olympics, Frank?" our pot-bellied, chain smoking friend asked. Shorter did not rise to the bait: "It really doesn't matter," he asserted, "I figure the Olympics is the place where all the best guys in the World come together to race; they shoot the gun, and the best guy crosses the line....."



Dave Moorcroft

## SUBSCRIPTIONS

ON 4th. NOVEMBER THERE WERE STILL 68 MEMBERS WHO HAD NOT PAID THEIR 1975 SUBS. ARE YOU ONE OF THEM? IF YOU ARE, SEND OFF £1.25 TO RAY WILLIAMS AT ONCE SO AS NOT TO BE CROSSED OFF THE MEMBERSHIP LIST.

# A.G.M. Report

The Annual General Meeting of the B.M.C. was held at Dudley College of Education on Friday, 12th. September at 8.0 p.m. with B.M.C. Chairman, Harry Wilson, in the chair.

There were some 70 members present and apologies were received from Stan Long and Brian Boulton.

After the minutes of the 1976 A.G.M. had been accepted, the following reports were received:

**National Secretary.** Frank Horwill started by listing some of the most important matters discussed at committee meetings during the year. He then pointed out that of the 60 odd races organised by the B.M.C. during the past year, all but four of them had been organised from London by one man. He felt that most regional secretaries were not pulling their weight, but leaving more jobs to be done from London.

He pointed out the cost of sending out the Coaching Newsletter to the 96 member coaches, which had amounted to £50. It would be necessary to reduce the number of issues, or to ask that coaches who wish to receive it should send instamped addressed envelopes.

There had been too many race defaulters. An Essex girl had been banned for two years and a Roxburgh athlete for 1976.

A record number of races had been staged, but even in races where expenses were paid, standards had often been poor.

He referred to the pending retirement of Brian Boulton, a founder member, from the post of Treasurer. Brian had given sterling service to the club in a number of capacities over the years.

He also expressed gratitude to the following active committee members: Charles Booth, B.M.C. News & Eastern Counties; Ray Williams, Sub. secretary and race records secretary; Bill Bennett, equipment secretary; Paul Rozier, South-west; Dave Hall and Harry Wilson for still having time to be an active chairman.

The following outstanding performances were noted: Steve Ovett winning A.A.A. 800 and Europa Cup; Brendan Foster, Europa Cup 5,000; Jim Douglas, Southern 1,500; Sebastian Coe, U.K. under 20 1,500 metres winner and European under 20 bronze medalist; Martin Wilson, schools 1,500 winner; Phil Banning, indoor 1,500 winner in record time; Dave Moorcroft beating U.K. mile record holder in 3:58.5 mile; Glen Grant for front running and hare work; Wayne Tarquini, U.K. Junior vest; Cherry Hanson, fifth ranking 4:18.5 in W.A.A.A. championships; Chris Tranter, first English girl in English C.C. championships and a good 3,000 metres time; Janet Lawrence and Jane Colebrook, both under 2:08 for 800 as youngsters.

Coming events reported included a Top 20 Under 20 week-end for B.M.C. members at the Crystal Palace in December. It is hoped that training days will be organised around the country, if necessary from London.

**South-West Report** from Paul Rozier was tabled. He reported that the area was buzzing with enthusiastic athletes, and there have been eleven new members since Paul took over. He referred to the Phillips Trophy Meeting in Exeter, reported elsewhere, and hopes for an international race at the Plymouth Argyle Football ground, with good sponsorship.

Reference was made to the good performances of Jeremy Lothian, Martin Wilson and Angela Mason. Three S.W. athletes had done remarkably well in the States, namely Nick Rose, Tony Stainings and Chris Ridler. Another promising young athlete is Simon Kidd.

He thanked the B.M.C. and in particular Frank Horwill for the help he had received.

**Southern Report.** Once again Frank Horwill reported, again stressing the number of races held in this area, and the number of athletes training regularly with him at the Crystal Palace.

**North-East Report.** Gordon Surtees reported on difficulties that he had faced during the past year. The economic position in the north-east has prevented more than one race being staged, but members seem happy with the situation.

Reference was made to the fine performances of the following athletes from the area: Brendan Foster, Dennis Coates, David Lowe, Ray Wetherburn and Andrew Lawrence.

For a number of reasons, Gordon had decided to resign from the position of N.E. Secretary. This was accepted with regret and Gordon was thanked for the work he had done for the club over many years.



Jeremy Lothian



**Eastern Report.** Charles Booth thanked Frank Horwill for organising races in the region and for eastern members. He felt that someone else should take over the region as he was not really doing the job.

**Midland Region** Roy Bateman stressed the difficulty experienced in getting members to acknowledge invitations. As areas only have a limited field on which to draw, he felt that it would be best for all race invitations to stem from the National Committee, with organising help from the area secretary.

**Scottish Region.** Harry Bennett reported an increase of 13 members. He stressed how much Scottish members appreciated invitations to run in the south.

**Membership Secretary.** Frank Horwill, with yet another hat on, reported 95 new members during the year. Deletions for non payment of subs were about 50, and the total membership is 544, of which 96 are coaches and 27 retired life members.

**Treasurer's Statement** was read by Ray Williams, in the absence of Brian Boulton.

The position as at 10th. September, 1975, and receipts and payments for year 1975 to date:

<u>Receipts:</u>		
Subscriptions		£395.50
Sale of stock		25.50
<u>Race Fees:</u>		
Individuals	25.25	
Promoters	24.00	49.25
Race expenses		225.00
<u>Donations:</u>		
To Magazine	35.00	
To Midlands	50.00	85.00
Miscellaneous		0.20
		<u>£780.25</u>
<u>Payments:</u>		
Postages, copying, stationary		178.88
Insurance		5.00
Purchase of stock		35.00
Magazine		101.69
Race Expenses		225.00
Midlands Region		50.00
		<u>£595.57</u>

Excess of receipts over payments:  
£184.68

<u>Current Assets:</u>		
Cash in hand: Treasurer	4.65	
Subs Etc.	63.25	
Bank	256.21	324.11
Stock at cost - Ties	50.57	
Badges	125.91	
Vests	56.66	215.14

In addition the clubs holds David Prior Challenge Cup, Heart-rate telemeter to the insured value of £66 and £250 respectively and Photo-Copier valued at cost at £86.

He pointed out that little income was expected to come in till the end of the year, when the Bank balance will probably be down to £100. He would like to see 25p. per member carried forward to the new year.

The investment in stock of vests etc. has been good policy, but the club must watch carefully the effect of inflation during the coming months. Though the committee would propose a 25p. increase in the levy paid on subscriptions not paid by

the end of March, he regarded this as an interim measure, and an increase in the basic subscription would probably be necessary next year.

The effect of the increased postage charges can be largely offset if members will send stamped addressed envelopes for replies.

He thanked Alf Wilkins, Frank Horwill and Ray Williams for the help that they had given him, and expressed his regret that personal commitments made it impossible for him to carry on as treasurer.

A vote of thanks to Brian for the work he had done for the club over many years was passed with acclaim.

**Appointment of Officers.** Officers and Committee members were appointed and a full list will be found on another page.

**Amendments to the Constitution.** The following were approved:

1) The following new qualifying times were approved:

3000 metres - Junior	- 8m.30s.
Youths	- 8m.50s.
Boys u/15	- 9m.10s.

2) Hugh Barrow, member No. 1, was elected a life member.

3) The levy for payment of subscription after the end of March was raised to .75p.

**Other Business.** It was agreed that the committee should look into the possibility of payment of subscriptions by Banker's standing order.

The meeting closed with a vote of thanks to the chairman.



John Greatrex

# The Anaemia Problem

## Re-visited

by Ron Holman

9

Anaemia freely translated means "lack of blood". Since Haemoglobin (in the red cells or erythrocytes) constitutes by far the major transport factor in oxygen metabolism, a lack of this factor will seriously affect oxygen uptake and thus is of particular importance in middle distance running.

Generally speaking athletes tend to have haemoglobin levels at the upper end of the normal range, and this is both a well-documented training effect, and one which the writer has observed in two previously reported surveys (Athletica Weekly).

A small proportion of athletes do have a tendency to develop iron-deficiency anaemia however, and coaches would do well to bear this in mind. Remembering that this condition is a symptom rather than a disease entity, what are the causes, and how does it manifest itself?

Several writers have reported an increased destruction of red cells in exercise by purely mechanical effect, e.g. in the soles of the feet. I have within the past six months seen just such a case leading to the classic symptoms of March haemoglobinuria, in which the broken-down red cell pigment is excreted in the urine following training. Should this condition be allowed to persist it could quite obviously lead to a sub-clinical anaemia.

It would seem advisable therefore not to:

- (a) do the major proportion of ones training on the road or similar hard surface.
- (b) train in shoes which offer inadequate protection to the feet.

Thinking back 20 years to Geof Dyson's interpretative account of the Swedes' Partlek system, one remembers their principle of "soft muscle"... plus ga change!

Common symptoms of iron-deficiency anaemia are breathlessness (particularly on exertion), pallor, difficulty in sleeping and "pins and needles" in the extremities. If your athlete exhibits any of these symptoms, together with an inexplicable loss of training and racing form, a visit to the G.P. is indicated and a request for the ruling-out of the possibility of anaemia by a blood count. Of course this must be done diplomatically, the medical profession like any other does not like "amateur interference".

If the haemoglobin level is below 14.0 gms/100 ml (96%) for a male and 12.5 (86%) for a female, I think it would be fair to regard it as sub-maximal. It should be noted that this figure represents a concentration and not a total content. That is to say, it is expressed per 100 ml blood and the total blood volume is obviously important. There is some evidence that certain athletes are able to compensate for an apparently moderate haemoglobin level by increasing their total blood volume and thus their total haemoglobin. It must also be remembered that each individual has their own normal level and it is a drop in this particular level of more than 1.5 gms that

must be considered significant. Unwittingly, perhaps I have been building a case for annual medical check-ups (including blood investigations) for athletes..... an idealist view of a Utopian state perhaps! Haemoglobin should preferably be estimated in the morning before training, when they are at their natural highest without possibility of haemoconcentration following training.

If iron-deficiency is treated therapeutically, there should be no recurrence of the condition, but I think it worthwhile to check that dedication to training is not interfering with the food-intake necessary to carry out that training.... 3 sessions a day and a job of work leave little time for adequate rest periods and meal-times. I do not entirely agree with prophylactic taking of iron in large doses or for prolonged periods of time, partly on what are probably rather indefensible aesthetic grounds, but also because there could be a slight danger of liver damage. Attention to diet, plenty of lean meat, green vegetables and salads, liver, etc. Do not forget fresh fruit ..... vitamin C is an important factor in iron absorption.

I have also in the past advised cutting down interval training until this condition was cleared up. I must make the terrible confession for a scientist that this was done on purely instinctive grounds but recently Frank Dick writing in "Athletica Weekly" stated that during this form of training (intensive interval runs) "the erythrocyte count and haemoglobin count drops" so confirming my instinct. Since the same article practically spelled out the preparation that enabled David Roberts to reduce his 800 metres time from 1:54.5 to 1:50.8, I have great faith in both Frank and my instinct.

I must emphasize that any anaemia is strictly a medical problem and in the case of any possibility of undetected blood loss (my interest stems both from a professional and personal standpoint, because some 20 years ago my form suffered for just such a reason which necessitated a year off) or menstrual irregularities, medical advice must be sought post-haste.

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## FRANK SPEAKING

There is a Biblical saying, "an eye for an eye and a tooth for a tooth." It is a saying which I have always embraced, particularly as regards non payment of subs and subsequent re-application and non attendance at races after written acceptance. We are all aware that in some parts of the country the B.M.C. can be greatly improved, not by the injection of money but by an increase in effort by all the members in that area. Let us take the case of the Scottish miler who applied to join the B.M.C. five years ago when subs were at the enormous sum of 50p. After a year, this youth was struck off for non payment of subs. A few years later he applied to join as a new member. However, our records are quite comprehensive

and we noted that he had not resigned but had been deleted for arrears. His new interest in the B.M.C. was purely selfish, there were a couple of invitation miles in Scotland being run by us and he was anxious to get in them now that the B.M.C. could serve his purpose. On the other hand, another Scottish miler from Midlothian, who joined us at the same time, didn't expect his 50p. to work miracles. He got his two issues of the B.M.C. NEWS each year, he wore his B.M.C. badge with pride and he was rewarded two years later by two all expenses paid good mile races in London, subsequently he has run for the B.M.C. some six times in the south. So for his patience, the Midlothian miler got his 50p. subs back FIFTY TIMES. What of our defaulter? He was asked to pay his arrears off. He refused. He didn't leave it at that. When he was racing at Gateshead, he went crawling to our then President, Stan Long; "I can't get any good races in Scotland and Frank Horwill won't let me join the B.M.C." Stan, unaware of the position, wrote and asked me to help the man. Not only did I tell Stan that I couldn't, but I also told the miler that if he was accepted back without payment of arrears, what about all other members, who had paid their subs religiously each year? Isn't it unfair on them?

YOU DO NOT STRENGTHEN A WRAK B.M.C. REGION BY RESIGNING FROM IT, YOU MAKE IT WORSE. STAY AND GET OTHERS TO JOIN, UNTIL YOU HAVE A HUNDRED OR SO, THEN OUT OF THAT HUNDRED WILL EMERGE A MAN OF ACTION, A MAN WHO WANTS TO DO SOMETHING TO IMPROVE LOCAL AND NATIONAL MIDDLE DISTANCE RUNNING AND IS PREPARED TO WORK AND WORK ALONE IF NEED BE.

We hear of unfortunate Northern Ireland as an athletics desert where competition is poor, etc. I AM BEGINNING TO DOUBT THIS. I THINK THERE IS SOMETHING FUNDAMENTALLY WRONG WITH THE ATHLETICS MIND OF THE OFFICIALS AND ATHLETES.

I know quite a bit about Northern Ireland, I went there with Harry Wilson four years ago to lead a revival about middle distance running. We were well received and an article in A.W. almost described us as middle distance Messiahs. Here endeth the lesson. Northern Ireland cannot agree on the appointment of Staff Coaches. The N.I.W.A.A.A. cannot agree on anything, it didn't even like Harry Wilson and me going over there in the first place and opposed subsequent visits. One N.I.W.A.A.A. coaching official thinks it bad for coaches to have any "glory". Well, I ask you! What the hell else do we coaches get out of coaching? We don't get money, we lose it! We coach because we like it, because we want others not to make the mistakes we did, because we want to make our contribution to world running performances. So, if we get a little "glory" such as a name in the papers or a mention on television, please, N.I.W.A.A.A. don't begrudge us this small crumb of recognition.

What about competition in Northern Ireland? Well, it seems that Northern Irish athletes don't want it over here, as distinct from 1964, when Derek Grahame accepted our invites with pleasure. Northern Ireland's number one miler has been sent a dozen invites to race in England in 1975. He doesn't even have the courtesy to reply. WE MUST ASSUME THAT HE DOESN'T WANT TO RACE IN B.M.C. RACES HERE, AND SO, WE WON'T SEND HIM ANY MORE TILL HE WRITES OR BEGS FOR SOME. The only boy in Northern Ireland who has shown any B.M.C. spirit is PAUL LAWTHOR, who attended our Top 20 under 20 course as a youth and it didn't seem to do him any harm. He also attended our under 20 B.M.C. championships at Cambridge, which were held in bad conditions. I am pleased to be a contributor to Paul's home club of a mile trophy presented each year. I am also pleased to accept the Vice-Presidency which they bestowed on me two years ago.

The new Coaching and Development Officer in Northern Ireland should be paid £10,000 a year, double that of any other U.K. coach, for he will surely earn it. Harry and I couldn't get the Northern Ireland A.A.A. and W.A.A.A. to agree on holding training days for runners. We couldn't get them to agree on holding their own week-end courses for runners. WE COULDN'T EVEN GET A B.M.C. SECRETARY TO DO A SIMPLE JOB OF WORK, SUCH AS ORGANISE AN INVITATION RACE AND HOLD A COACHING WEEK-END. Let's hope that new man John Glover will get things cracking for the B.M.C. if others allow him to do so.

I have nothing but praise for one character in Northern Ireland, Dusty Miller of the Belfast Sports Council. Hand over Northern Ireland athletics to him and he'll do a better job than the lot put together.

Now let's get this race attendance business clear. In 1964 we staged a race in South Shields, where, on paper, there were twelve athletes to run. On the day four appeared. So started the B.M.C. race rule. Who got the blame for the South Shields fiasco? The athletes? NO! IT WAS THE B.M.C. WHO FAILED TO PROVIDE THE FIELD, SO THEY SAID. When we send an invite to you - READ IT - READ IT CAREFULLY. IT IS A CONTRACT AND ONCE YOU ACCEPT THE CONDITIONS THEREIN YOU COME UNDER B.M.C. JURISDICTION. YOU CAN WITHDRAW FROM THE RACE IF:-

- 1) YOU ARE PICKED TO RUN FOR GREAT BRITAIN, ENGLAND, ETC.
- 2) YOU ARE PICKED TO RUN FOR THE SOUTH, MIDLANDS, ETC. BUT NOT IF YOU ARE PICKED TO RUN FOR YOUR COUNTY, UNLESS IT IS YOUR FIRST COUNTY VEST.
- 3) YOU ARE INJURED AND ABLE TO PRODUCE MEDICAL EVIDENCE TO THIS EFFECT.
- 4) YOU HAVE COMPASSIONATE REASONS.

Being picked to run in League races, local, area or national, does not wash with us. Nor do invites sent from the British Amateur Athletic Board to compete in invitation races at the Crystal Palace. HARRY WILSON, THE B.M.C. CHAIRMAN, WAS QUITE ADAMANT ON THIS LAST CLAUSE. A GIRL TRIED TO WITHDRAW FROM A 3,000 METRES RACE AT HARLOW BECAUSE THE B.A.A.B. HAD INVITED



HER TO RUN IN THE MORE GLAMOROUS 3,000 AT THE CRYSTAL PALACE ON THE SAME DAY. HARRY RULED TOTALLY AGAINST SUCH ACTION.

If you cannot run in a B.M.C. race, LET US KNOW WELL BEFOREHAND BY FIRST CLASS POST OR TELEGRAM, DO NOT RELY ON THE TELEPHONE.

B.M.C. Coaches should be a cut above others, they should avoid using hackneyed expressions, such as "burnt out", "too fast too soon", "overtrained" etc. They should refrain from commenting on other coaches and their methods, because quite often the information they get is totally distorted and far from the facts. One big mistake is to watch an athlete or athletes doing a session and judge from that session what all the others are like. It might just be that the particular work-out was scheduled to be very severe or very easy, it might be part of a severe or easy week, who can tell and why should we bother. Avoid making sneaky remarks, but when you hear them said about you, chase them up, DONT LET THEM GET AWAY WITH IT. I have written to two coaches this year who have made unwarranted remarks about my coaching methods. One had the decency to apologise, but the other, an official of the Essex Federation of Athletic Coaches, did not reply. The simple answer is that IT IS RESULTS THAT COUNT, and coaches who can say this with their heads held high are: Harry Wilson, Ron Lolman, Conrad Milton, Paul Rozier, Paul Blisset, Frank Horwill, Stan Long, Eddie Powell and Wilf Paish.



European Junior 1,500 Final  
Sebastian Coe (104)

The National Committee discussed a blanket increase on the subs to £1. I strongly opposed it and won the day. My argument was not that £1 was too much, but that some members in outlandish places did not get race invites because of the laziness of their Regional Secretaries or because distance and cost was too great to bring them south at present. Why should they have to pay more and receive less than other more fortunately near at hand members?

We are not well off and we need an increase in contributions to pay the high cost of postage. I proposed the levy of 50p. to be increased to 75p. for non-payment of subs by the end of March. This simply means that you pay double subs if you pay late. Make NEW YEAR'S DAY your B.M.C. day, and post off your subs straight away. By the way, if you have just joined the B.M.C. in October, November or December 1975, you don't have to pay again till 1st. January, 1977. Sending out race invites costs money, postage alone in 1975 amounted to £190. To counteract this cost we impose a race levy of 25p. This helps pay the post, helps pay entry fees to clubs and organisations that hold open meetings, helps pay the photocopying of some 2,000 race invite forms. Non-members who wish to run in our races pay double. In fact, being a non-member and wanting to make use of our projects is a costly business. It costs more to come on our courses, it costs more to buy our coaching newsletter, etc. The simple thing to do is to get the qualifying time and join! Its cheaper.

Some of the performances by members in invitation races have been little short of disgraceful. I am introducing into my invitation races with expenses paid some simple rules to raise standards:-

1) Any athlete who fails to achieve the actual B.M.C. qualifying time for his age group, i.e. Senior 3:54, Junior 4:05, Youth 4:10, forfeits his right to take expenses. This will be left to the discretion of the B.M.C. official overseeing the race, who will decide whether the track or weather is conducive to reaching those times.

or

2) Sub 4 minute milers to run within eight seconds of their best time and all those outside 4 minutes for the mile to run within six seconds of their best time.

These conditions apply only to men's invitation mile and 1,500 races and does not affect other distances. YOUR VIEWS ARE INVITED. This is not an attempt to save money, but an attempt to get better performances from the back markers.

DID YOU KNOW THAT:-

1) Whether you run the first 100 metres of your 800/1500 race at 13 or 15 secs./15 or 16 secs., the oxygen debt incurred is the same. SO YOU MIGHT AS WELL RUN THE FIRST 100 METRES FAST ANYWAY, WHILE YOU ARE FRESH. Do not get carried away and carry on to the 200 mark at the same speed, the expenditure starts going against you then. GET THE FIRST 100 METRES OF YOUR RACE COVERED FAST.

- 2) If you don't start competing or training within five minutes of your warm-up ending, the advantage of raised blood temperature to carry more oxygen is lost, so time your warm up to end five minutes before the start of your race. Some American physiologists state eight minutes and the Russians twelve minutes, but the latest work from America shows that after 15 minutes of running warm-up, the benefits of such a limber up were lost within five minutes.
- 3) If you get injured and stop running for just over 48 hours, your quadriceps muscles degenerate rapidly (muscles over the knee in the thigh). This muscle is coarse fibre and needs regular exercise. This is why many athletes who return after an injury lay-off, injure their quadriceps. Quadriceps drill should be done every day while injured: Sit over the end of a table or high chair, slowly raise the leg from the perpendicular to the horizontal and hold it there while you count aloud slowly, one to five seconds, then slowly lower the leg. Do this ten times every day for a week. Then place a hold-all over the foot with a telephone directory in it and repeat the exercise every day for a week. Keep doing this till you are lifting really heavy weights.
- 4) Four miles of cycling is worth one mile of running and one mile of swimming is worth four miles of running, so there is no need to lose condition while you are injured.
- 5) Periodisation is a fact, but very bad psychology for the runner to know too much about it! What happens if his "low point" occurs in the Olympic final? This is what makes the champion above other mere mortal souls, the ability to allow his mind to dictate to his body and not vice versa.
- 6) If you are training and racing really hard, you need Ferrograd C; Vitamin B1 (8mg.); Vitamin B2 (4mg.); Niacin (40mg.); Vitamin E (50mg.). Don't think your normal diet provides this, it doesn't. We've done some work on the average iron intake of athletes via their normal diet; **THEY WERE GETTING ONLY ONE HALF OF THE TOTAL IRON AND VITAMINS FROM THEIR NORMAL DIET.** Ferrograd C provides you with Vitamin C (500mg.) and iron (100mg.).
- 7) American milers are still the greatest miling fraternity in the world, ten of them ran faster than Frank Clements' British mile record of 5:55. The American season is interesting:- Two months cross-country; two months indoor; two months track relays; two months track competition, two months build up. Compared to the boring six months cross country in Britain and six months track, perhaps the reason why American milers are so much superior to us is because they spend more time racing at world class speeds in WINTER as well as summer.
- 8) The recognition of STRESS in athletes is so important a subject that every coach, no matter what his event, should be examined in it. It is fully discussed in **THE COMPLETE MIDDLE DISTANCE RUNNER** by Denis Watts, Harry Wilson and Frank Horwill, published by Stanley Paul at £2-2½p. Ask for it in your library and ask for the SECOND edition. Quite simply we are all subject to stress, the stress of living, the stress of everyday existence. We learn to adapt to this by building up resistance so that we can carry on in a state of equilibrium. As soon as that state of equilibrium is disturbed by an additional stress which the body has difficulty in absorbing, then you are said to be in a STATE OF STRESS and this gives rise to very definite physical disorders:- **LOSS OF RACING FORM, POOR TRAINING, SLEEPLESSNESS, LOSS OF WEIGHT, SKIN TROUBLE, IRRITABLENESS, HEADACHE, SWOLLEN LYMPH GLANDS, SORE THROAT, RAISED PULSE RATE.** The athlete must be rested for at least 48 hours and should resume at half training load every other day. Iron and vitamin intake should be checked as should his whole way of life. The main stress should tackled with zeal, this can be girl friend or wife trouble, money or study problems, etc.
- We have a member whom we have nicknamed the MIDLAND MOANER, he is the worst racing moaner we have had in the B.M.C.'s history. Let me tell you about this self-important grasper who bores us with his tedious neurotic letters:-
- 1) He wrote to say, "I'm very dissatisfied with the expenses I got for XYZ races, I am entitled to full train fare plus two meals, etc."
- ANSWER.** You are quite right, Midland Moaner, you are entitled to a MAXIMUM of second class train fare and two meals. Unfortunately we do not always have the maximum to pay out, so we write on the race invite forms that "2½p. per mile will be paid..." If you accept this offer you accept the contract. The other day I sent out invites marked "air fare and all meals and accommodation paid for..." We had the maximum on that occasion and so we passed it on.
- 2) He then wrote to say that we didn't even keep to our contract because our mileage readings didn't agree with his.
- ANSWER.** We pay 2½p. per mile based on the A.A. Handbook, which shows the mileage from the major cities to London. Where the race is not in London, we measure the distance on a straight line on a large wall map and add 20 miles to the total.
- 3) He then wrote and said Midland athletes didn't get as much as Southern athletes, SO HE HAD HEARD.
- ANSWER.** Jealousy won't get you anywhere, Midland Moaner. Southern athletes get no preferential treatment at all, quite often they are invited to races without any expenses being paid at all because they live within 50 miles of the race, whereas Midland and Northern athletes are getting expenses for being in the same race. IT IS A FALLACY TO THINK THAT EVERY RACE THE B.M.C. STAGES IS A SPONSORED RACE, ONLY SEVENTEEN OF SIXTY SEVEN RACES THE B.M.C. STAGES IN 1975 WERE SPONSORED.
- 4) He wrote to say he was very angry over the Harlow Town races on August Bank Holiday.
- ANSWER.** Dear me, Mr. Midland Moaner, you must see your psychiatrist for either your

sex life is bad or you are suffering from stress. The B.M.C. puts on races for times, races for exhibition and races for goodwill. The Harlow races on a grass "track", eight times to the mile, were for goodwill, you got paid, you had a chance to win a good prize.

Make a note in your diary for New Year's Day, write SUBS - B.M.C. and CITY OF LONDON RACES. Any good mile time recorded in these races will be held as qualifying times for the Olympics, the course is measured by the Borough Engineer's Department and they can't make mistakes. The races start in London Wall from 12.30 p.m. till 4.00 p.m. They will be filmed by B.B.C. T.V., who will show the film later in the day or week. Sub four minutes on New Year's Day is a good way to start Olympic year.

Why not treat your B.M.C. friend to a nice Christmas present by buying him a new tie (£1.00), new badge (20p.), new man's vest (£1.20) or woman's vest (£2.20). Write to Bill Bennett, 6 John Tapping Close, Walmer, Deal, Kent and make your cheque out to BILL BENNETT and not the B.M.C. Don't forget to enclose a LARGE stamped addressed envelope to contain all the goods you order.

Remember that the crippling cost of postage will greatly affect the B.M.C. in 1976. Play your part by always enclosing a stamped addressed envelope if you want a reply.

IN CASE I DON'T SEE YOU OR HEAR FROM YOU BEFORE CHRISTMAS, HAVE A GOOD TIME, BUT SAVE SOME STRENGTH FOR NEW YEAR'S DAY, WHEN I'LL SEE YOU AT THE CITY OF LONDON RACES. TO MIDLAND MOANER, I HAVE A SPECIAL MESSAGE, "TRY AND MAKE 1976 A YEAR OF SERVICE TO OTHERS BEFORE SELF."

## HOW TO IMPROVE British Middle Distance Running

It could be improved by encouraging more young people like myself to take up athletics and then train themselves to the standard required by the British Milers' Club.

Andrew Black - Dumbarton

More attention could be paid to the minor clubs and counties in which untapped resources in running will remain unless the greater effort on the part of the individual overcomes apathy, improvements will only result from miracles or efforts from such as the British Milers' Club.

Ian Paige - Shropshire

I would like to create opportunities for local coaches of middle distance to meet and discuss coaching and training schedules - in order to unify aims and objectives of the B.M.C., as I believe that only by following the B.M.C. policies can Britain ever hope to produce runners of Olympic standards at middle distance.

Christine Lahan - Stockport

More hard work and less fear of speed work! I feel British middle distance runners have plenty of opportunities (more than Americans), but the true desire to succeed has got to come from within. Lets get it out in the open. I know I have.

Edwin Hartell - Bristol

By giving more attention to cross country and middle distance running in secondary schools. Plus more liaison between schools and local clubs.

Judith Croasdale - Blackburn

I feel that the B.M.C. does a good job and I think that some of the top 1,500 runners are beginning to set their sights higher. This has been the problem in the past. Too many British milers would appear to regard 4 minutes as a target, instead of 3:55 or below. I know its easy for me to say this, but I'm sure its part, if not all, of the truth.

John Theophilus - Swansea

By increasing the status of athletics at schools where, generally, it is thought of as an irritant, interrupting the normal course of team games.

Tim Redman - Kenilworth

By better coaching, particularly at school level. With better coaching and traveling facilities and by having better financial support, especially for school athletes.

Colin Boylan - Co. Intrim

Less talking, more positive coaching and more work.

Dave Everett - Norfolk

I believe that British Middle Distance running could be improved by improving the RACING KNOWLEDGE of both athletes and coaches. The coaching week-ends/days to be organised by Stockport Harriers will include discussions on RACING TECHNIQUE - CORRECT MENTAL ATTITUDE towards racing and training and developing the WILL TO WIN. I also believe that coaches should meet frequently to pool the ever increasing knowledge that THEY SHOULD ACQUIRE if they are working properly.

Many runners step on the track and merely go through the paces of racing, without putting up a real 100% fight. We can find this WRONG MENTAL ATTITUDE at both Club and International level.

Walter Heaketh - Stockport

It seems that many potentially top class M/D runners leave the sport in the middle teens due to the counter attraction of night-life Etc., also many are lost after leaving school. If this talent could be harnessed into B.M.C. squads, interest would be engaged and therefore less talent lost. Also a lot of athletic potential is lost through injury. Better advice and practical help is needed here.

David Palmer - Peterborough

With regard to women, it would probably benefit middle distance standards if the athletes do not specialise too young. Instead they should compete at all distances, especially sprints.

Debbie Bain - Worthing



I think British Middle Distance runners need many more top quality races both at home and abroad, meeting the best in our own country and the best in the world. This would then give us the background which is set by runners on the "European Circuit" and "American Season". It is also necessary to keep up with the latest training methods and diets. Better training facilities are also needed.

Malcolm Martin - Maidstone

Athletes, particularly girls, should think for themselves more. The athlete who is prepared to devote some serious thought to their training and is not afraid to experiment a little, is far more likely to succeed than the one who blindly accepts everything she is told or what she reads and refuses to consider anything else.

Lindaey Payne - Uxbridge

I believe our weakness stems from school leaving. So many athletes give it up when they start work, unless they are encouraged. More contact should be made with young athletes and kept right through to adulthood. A similar scheme to the B.M.C., but on a local basis.

Jim Wise - Bracknell

By all competitors running to break time records, which creates public interest and more support at meetings which in turn encourages athletes to go faster still.

Julian Spooner - Kent

This cannot be answered simply, unless Filbert Bayi and John Walker took out British citizenship!

David Moorcroft - Coventry

By providing regular top class graded races, but more important, by looking at training/racing patterns, analysing them and putting the best pieces together for ones own benefit. Also more attention paid to physiological, dietary and psychological problems at a basic level.

K. D. Roberts - Basingstoke

Making sure a pace maker is in the field to help ensure fast times. Why not have a B.M.C. National championship for all age groups with area heats and a grand finals day at the Crystal Palace or some other fast track?

Dave Cameron - Exeter

## Race Results

WEST LONDON - 2nd. April - v. cold and windy

<u>1,500 - Metres - Ladies</u>	
1. C. Tranter	4:30.8
2. B. Price	4:33.9
<u>600 Metres - Ladies</u>	
1. S. Howell	1:52.6
2. H. Page	1:55.7

CRYSTAL PALACE - 16th. April - cool, slight breeze -

<u>Invitation 1,200 Metres - Men</u>	
"A" 1. J. Douglas	2:57.8
2. G. Grant	2:58.2 PB
"B" 1. S. Durnall	3:05.5
"C" 1. W. Tarquini	3:04.2 PB
"D" 1. P. Winton	3:05.0 PB

WOODFORD GREEN - 26th. April - calm & warm

<u>800 Metres - Ladies</u>	
1. V. Weston	2:14.4

OXFORD - 19th. April - very windy

<u>Invitation Mile - Men</u>	
1. T. Jefferies	4:16.8

LUTON - 27th. April - very windy

<u>Invitation 1,000 Metres</u>	
1. J. Cadman	2:29.4

CRYSTAL PALACE - 11th. May - fair, breeze

<u>800 Metres Trials</u>	
<u>Junior Girls</u>	
1. D. Goode	2:15.9
2. J. Clark	2:18.3
<u>Senior &amp; Intermediate Ladies</u>	
"A" 1. G. Heath	2:14.0
2. J. Dunt	2:18.3
"B" 1. C. Brace	2:17.0
2. C. Brannon	2:18.3
<u>Senior Ladies</u>	
1. L. Pament	2:09.6 PB
2. M. Barrett	2:10.9
3. A. Roberts	2:10.9
<u>Boys/Youths</u>	
1. D. Palmer	1:59.7 PB
2. S. Berridge	2:02.1 PB
3. R. Wood	2:02.2 PB
<u>Junior/Senior Men</u>	
1. G. Jackson	1:57.2 PB
2. M. Harner	1:57.5 PB
<u>Senior Men</u>	
1. C. Van Rees	1:51.8
2. W. Tarquini	1:52.2

CRYSTAL PALACE - 14th. May - cool and calm

<u>Harry Wilson Miles</u>	
"A" 1. G. Grant	4:05.2
2. J. Douglas	4:09.4
3. P. Lewis	4:12.6
"B" 1. M. Harner	4:18.8
2. G. Jackson	4:19.9

RAWTENSTALL - 30th. April

<u>Rochdale 1,500 Metres</u>	
1. S. Coe	3:52.0

WINDSOR - 3rd. May - fair

<u>Invitation 1,500 Metres - Ladies</u>	
1. T. Bateman	4:56.2
2. C. Stenhouse	4:38.3

EXETER - 1st. June - Warm, breezy

<u>Phillips Trophy 800 Metres - Ladies</u>	
1. A. Mason	2:17.0
2. G. Emerson	2:19.3 PB
<u>1,500 Metres - Men - "A"</u>	
1. M. Wilson	3:51.3 PB
2. C. Cytiau	3:52.0 PB
3. J. Lothian	4:00.1
<u>1,500 Metres - Men - "B"</u>	
1. A. Smith	4:03.5 PB
2. P. Gaden	4:04.4 PB
<u>1,500 Metres - Men - "C"</u>	
1. R. Blackmore	4:20.3 PB
2. P. Cameron	4:24.7 PB

LOUGHBOROUGH - 5th. June - Calm, soft track

<u>Invitation 1,500 Metres - Men</u>	
1. D. Moorcroft	3:43.0
2. B. Smith	3:43.7 PB
3. P. Williams	3:43.9 PB
<u>Invitation 800 Metres - Ladies</u>	
1. C. Hanson	2:09.4
2. C. Haskett	2:11.5
3. K. Colebrook	2:11.9

BRACKNELL - 18th. May - Soft track, heavy rain

<u>3,000 Metres - Men</u>	
1. T. Jefferies	8:15.6
2. M. East	8:23.0

OXFORD - 12th. June - Calm and warm

<u>Bannister Mile - "A"</u>	
1. B. Smith	4:06.0
2. J. Coater	4:06.0
3. M. Downes	4:09.4
<u>Bannister Mile - "B"</u>	
1. P. Lewis	4:11.5
2. Eley	4:12.0

HENDON - 15th. June - Torrential rain

<u>Barnet Sports Gala</u>	
<u>4 x 800 Metres - Men</u>	
1. Lee - Jones - Leach - Douglas	7:50.0
2. Colton - Spencer - Jackson - Williams	7:51.0
<u>3 x 800 Metres - Ladies</u>	
1. Weston - Emerson - Morgan	6:56.0
2. Bateman - Eisenberg - Brown	6:58.0
<u>1,500 Metres - Boys</u>	
1. N. Martin	4:13.5
2. I. Adams	4:18.0
3. S. Moule	4:20.7 PB

WOOD GREEN - 9th. July - Breezy

<u>Brigg Mile - "A"</u>	
1. J. Douglas	4:00.6
2. G. Grant	4:01.2
3. D. Quar	4:01.7
<u>Brigg Mile - "B"</u>	
1. K. Steere	4:04.7
2. C. Spedding	4:06.5

WEST LONDON - 16th. July

<u>City Mile</u>	
1. N. Rose	4:00.0
2. E. Hartel	4:01.3
3. D. McMeekin	4:01.6

STRETFORD - 6th. August - Calm

<u>Invitation 800 Metres - Men</u>	
1. R. Weatherburn	1:50.7
2. S. Markley	1:51.0 PB
3. M. Downes	1:52.3 PB

DERBY - 12th. July - Calm

<u>Invitation 1,500 Metres - Ladies</u>	
1. G. Heath	4:31.1
2. C. Hanson	4:31.2

WEST LONDON - 6th. August - Calm

<u>Invitation 1,500 Metres - Ladies "A"</u>	
1. G. Penny	4:24.8
2. A. Mason	4:26.3
<u>Invitation 1,500 Metres - Ladies "B"</u>	
1. G. Emerson	4:47.3

WOODFORD GREEN - 23rd. August - Strong wind

<u>Invitation 800 Metres - Men</u>	
1. G. Grant	1:52.5
2. P. Rafferty	1:53.4
3. S. Markley	1:53.6

HAYES - 23rd. August - Strong wind

<u>Hayes Trophy 800 Metres - Ladies "A"</u>	
1. A. Roberts	2:11.3
2. S. Ludlam	2:11.6
<u>Hayes Trophy 800 Metres - Ladies "B"</u>	
1. K. Colebrook	2:08.0
2. P. Reece	2:17.0
<u>Osman Mile</u>	
1. K. Steere	4:09.2
2. J. Cadman	4:09.3

STRETFORD - 25th. August - Calm

<u>Invitation 1,500 Metres - Men</u>	
1. A. Mottershead	3:46.5
2. M. Knowles	3:46.6
3. M. Downes	3:48.8

ERITH - 25th. August - Hot and still

<u>Erith Trophy 5,000 Metres</u>	
1. Mullett	14:11.2
2. M. Brameld	14:22.6

WATFORD - 23rd. August - Warm

<u>Invitation 3,000 Metres - Men</u>	
1. J. Cadman	8:22.3
2. P. Lee	8:29.0

WEST LONDON - 3rd. September

<u>800 Metres - Ladies</u>	
1. P. Newham	2:12.0
2. L. Pamment	2:13.3
3. B. Price	2:14.5

OVAL - 13th. September

<u>Invitation 3,000 Metres</u>	
1. G. Grant	8:15.8
2. K. Penny	8:18.6
3. M. Brameld	8:26.8

HARLOW - 23rd. August - rough grass

<u>Invitation Mile</u>	
1. B. Smith	4:22.0
2. P. Rafferty	4:22.8
3. C. Barber	4:23.3
<u>Invitation 3,000 Metres - Ladies</u>	
1. V. Rowe	10:10.4
2. G. Simpson	10:28.8

## National Squads

### Report on Conference of National & Staff Coaches by Conrad Milton

Perhaps the most immediately important matter that came out of the Conference was the selection of the National Squads in all Middle and Long Distance events. I am sure that when you read the names of those who have been invited to join the "A" and "B" squads, you will not agree with every one; the National Event and Staff Coaches had a long hard look at each event and the relative ranking lists and made their assessments based on a number of interwoven criteria in democratic manner. Can the athlete perform with credit at world levels? has he or she long term potential? - these were the type of question we asked and attempted to answer. In some events, particularly women's, where U.K. standards are far below world levels, a greater degree of emphasis was given to younger athletes of exceptional potential.

Further names will, of course, be added from time to time in the light of performance.

What assistance can be given? Well, this must in part be dictated by finance, though it is hoped that sponsorship will be obtained. For the "A" squad, assistance might be given in finding right competition at the time they require it, abroad if necessary; a winter training

camp in a warm climate perhaps, physiological testing, dietary supplements, these are only examples. The athlete at last can say what he or she ideally wants and an effort will be made to provide it.

The "B" squad are generally those who will benefit from organised camps such as that planned at Merthyr Mawr in March. Those southern athletes in the squad will additionally be invited to the Southern Camps. Again other help will be given where it is requested and for which finance can be found.

Speaking personally, I regard this as a major step forward and an honest endeavour to provide what the athlete wants. Many B.M.C. members are included in the National Squads and the B.M.C. can be proud of helping them to get there. It can also help further in the ideal preparation that is being sought. Many of the coaches involved in the selection were B.M.C. coaches and as such you can rest assured that our avowed aim is to improve the quality of British Middle Distance runners and, right or wrong, we feel that the squad athletes are those most likely to do so.

NATIONAL SQUAD - Middle Distance,  
Long Distance and Steeplechase

<u>800m. Men</u>		<u>1,500m. Men</u>	
"A" S. Overt	"A" F. Clement		
A. Carter	F. Banning		
P. Browne	"B" J. McGuinness		
D. McKeekin	D. Moorcroft		
"B" J. Edwards	B. Smith		
P. Lewis	R. MacDonald		
K. Chivers	G. Grant		
A. Settle	P. Lawther		
G. Cook	D. Gibbon		
C. Van Rees	S. Coe		
P. Forbes	A. Mottershead		
D. Roberts	A. Anco		
<u>5,000m. Men</u>	<u>10,000m. Men</u>		
"A" I. Stewart	"A" B. Foster		
D. Black	D. Black		
B. Foster	A. Simmons		
N. Rose	J. Brown		
"B" D. Lowe	B. Ford		
J. Coater	"B" J. Nigley		
C. Thomas	K. Penny		
R. Smedley	G. Tuck		
<u>Steeplechase</u>	<u>800m. Women</u>		
"A" J. Davies	"A" E. McKeekin		
"B" D. Coates	L. Kiernan		
A. Staynings	"B" E. Barnes		
I. Gilnour	M. Coomber		
M. Morris	A. Creaner		
N. Morris	J. Colebrook		
D. Warren	J. Lawrence		
S. Evans	C. Falla		
J. Wild	L. Pannett		
J. Ricourt	S. Ludlam		
<u>1,500m. Women</u>	M. Barratt		
"A" K. Stewart	P. Byrne		
"B" L. Hollick	A. Roberts		
C. Tranter	<u>5,000m. Women</u>		
C. Hanson	"A" J. Smith		
A.M. Robinson	A. Ford		
M. Joyce	J. Allison		
V. Rowe	"B" P. Yule		
A. Mason	C. Haskett		
R. Wright	P. Yeoman		

## Montreal Training Facilities by Denis Watts

1. Kent Park (10.3 km. from village) Mondo rubber (Italian) 10cm. thickness, the same for jumps and javelin, except the main track is khaki coloured and the field event facilities are a Tartan red but, in fact, are of the same material. No reason could be given for the difference in colour. Although the jumpers recorded good performances in the competitions and two high jumpers said they were obtaining good results, it was in a bad state at the jump take-offs after three days of competition. The javelin throwers found it almost impossible to use after a heavy shower of rain. However there are runways in both directions for wind and I see no reason why we should not use this for the training of jumpers, vaulters and hurdlers, provided the surface has been repaired.

2. Warm-up Track (200m. from Stadium) This has not yet been started, but I was shown the position where it will be. This will be done in Tartan.

3. Training Track in Village (800m. from Stadium) There is no evidence as yet of the track being prepared but I was told that it will be laid with a synthetic surface. The village is 800m. from the Stadium so I hardly think transport will be necessary. There will be a tunnel going from the village as far as the viaduct (bridge).

4. Etienne Desmarreau (3.4 km. from village) A first class Tartan facility with 12 throwing cages, shot, discus and hammer in reverse directions. There are also 3 javelin approaches and throwing areas done in Tartan alongside in the next field. I suggest this will be the best area for the throwers to train.

5. Claude Robillard Centre (8km. from village) I went to see this and it had only just been commenced. There will be an 8 lane track and 200m. indoor track done with a synthetic surface. I asked if weight training equipment would be available in the indoor centre. I am assuming that there will be and, therefore, this would be the ideal place for weight training sessions. At the moment it is hardly started.

23rd. to 29th. July, 1975.

### LATE RESULTS

RAVENSTALL - 30th. April - wet, windy

1,500 Metres - Men

1. S. Coe	3:54.0
2. M. Bateman	3:57.0

COATBRIDGE - 20th. September - cold, windy  
Nonkland Mile

1. R. MacDonald	4:10.2
2. C. Garforth	4:12.4

CRYSTAL PALACE - 5th. October - calm  
800 metres - Men

1. C. Van Rees	1:52.6
2. G. Grant	1:52.8
3. W. Tarquini	1:53.1