

# Number 20

## BRITISH MILERS' CLUB

### NEWS - Spring 1975

#### EDITORIAL

Here is the Spring issue. We have been able to get it out a little sooner than in past years, but it is still a bit later than we had planned. It always seems to take longer to put together than had been allowed for, particularly as it has to be fitted in between other jobs.

Once again we are indebted to the coaches and other members who have contributed articles to this issue, and which I hope will be read with interest. At the same time, I am sure that there are many others who have views that they would like to air and which would be of interest to other members. Therefore, if you have anything worth while, please send it along to the Editor, and see it in the next issue.

One of the more interesting jobs of the Editor, is to read all the views of new members as to how British Middle Distance running could be improved. We like to include as many as possible in all issues and I am sure that others read them with interest. At the same time, it is good for new members to see that their comments are publicized and not just filed away and never even read.

Recently many have complained about the lack of money being contributed to sport from government and other official sources. In that connection, one cannot but comment on the different attitudes in different areas, with the result that in some parts of the country athletes have a choice of all-weather tracks on which to train, whilst in others the young athlete will have to travel a hundred or more miles to get to such facilities. And yet, it is from many of these 'Black Spots' that some of our best athletes come, whereas it might have been expected that all the stars came from places with the best facilities.

Often, it is those for whom things do not come easily who get furthest, since they have had to make do with what they have, and so appreciate all the more the better facilities when they get to them, and have therefore developed a toughness not always met among their better placed brothers. It is that determination to win through despite the disadvantages that can do more to improve middle distance running than anything else.

This does not mean that we should stop pushing for better facilities. Compared with the continent as a whole, the position here is pathetic, and better facilities must encourage more athletes and make training more rewarding. But first and most important is a positive and not a defeatist attitude by all, athletes and coaches.

#### B.M.C. Equipment

All equipment should be obtained from the Equipment Secretary, who is:

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	1.30
B.M.C. Badges	20

Payment should be made by cheque or Postal Order, payable to Bill Bennett and a stamped, addressed envelope should be enclosed.

When ordering a badge, please indicate clearly which category is required (e.g. Boy, Senior, Coach etc.).

Past delays in getting Ladies' vests is very much regretted, but there has been considerable difficulty in obtaining supplies.

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## LOOKING AT PEOPLE

by  
Dave Cocksedge

Unlike readers of "AW", I just can't see how Rick Wohlhuter can be kept from being voted the 1974 athlete of the year. Perhaps it is because the American ace is comparatively unknown to British athletic followers. The only time he ran in the U.K. was in a nondescript 4 x 800 relay at the I.A.C. meeting in 1972, just a couple of weeks after having had the misfortune to fall heavily in his heat of the Olympics and fail to qualify for the finals by inches after losing some 40 metres on the first lap. Last summer, however, he carried all before him, although he did not race here.

Consider this record for a moment: He didn't lose a race throughout the year and beat most of the world's best; he twice ran 800 metres in 1:43.9, history's equal second fastest time; plus a 1:44.0 against the Soviets; he improved his 880 yards standard to 1:44.1, and surely broke Marcello Fiasconoro's 1973 world 800 metre record, but will never get credit for it, because the meeting organisers neglected to time him officially at the 800 metre watchpoint; he set another world record at One kilometre, covering the 2½ laps in a super-sensational 2:13.9 in Oslo after passing 800 in 1:47.1, behind Kenyan Mike Roit (1:46.8).

If that is not enough, Wohlhuter proved his mettle over a mile. He led every step in winning the U.S.T.F.P. title in 3:55.1 on 1st June and in Helsinki two months later, blew New Zealanders John Walker and Rod Dixon off the track with a last 120 yards in 13.7 for a 3:54.0 victory. Admittedly, Rick did not win any gold medals, but not being a European or a Commonwealth athlete, he did not have the opportunity to do so. No, I think "AW" readers short-changed this likeable and quiet man from Chicago because they were unaware of his record. Being human, they only believe what they see. Let's hope we will indeed see the worth of this man for ourselves in 1975.

It is interesting to compare statistics on Wohlhuter with Britain's brightest middle distance star, Steve Ovett. The American, born on 23rd December, 1948, stands 1.75/5'9" and is a lightweight 59kg./130 lbs. He has run 400m. in 47.3 and a mile in 3:54.4. Ovett, born 9th October, 1955, compares thus: 1.83/5'11½" and 68.9kg/152 lbs. 400 speed, 47.5; mile best 3:59.4. Both would seem to have ideal builds for middle distance running, though Ovett is rangier and longer of stride. Both are 'floaters' with Wohlhuter having the advantage of being lighter and more experienced, though to be fair, Steve hasn't really developed yet. By 1975 -

Another man who combines these vital qualities for runners - a strong engine driving a light body - must be that ever-green BMC man from Bournemouth, Chris Stewart (28). Probably the most travelled international athlete in the U.K. thanks to his business (he's a Philatelist), Chris recently stunned everyone speechless with his 2:23:12 marathon last December. In finishing fifth behind Frank Shorter, Eckhard Lessa, Pekka Praitariata and Terry Manners in the Fukuoka classic in Japan, he established himself as a real threat for the British Olympic team next year. When you consider his range of marks, you'll see just what a realistic threat he in fact is. How many other marathon men in the world, let alone the U.K., can boast an 880 yards time of 1:49.2? Chris continues the range through marks of 4:00.5 (mile), 8:31.6 (2 miles), 7:57.8 (3000m), 13:38.4 (5000m) and 28:27.0 (10,000). Possessed of a healthy kick finish, Chris would have accounted for the Finn and the New Zealander in Japan (they all three finished within 3 seconds of each other) had not his arches given him trouble over the closing couple of miles, reducing him from close to five minute pace to a scuttling shuffle.



Rick Wohlhuter

With the acute disappointment of Rome behind him (the humidity and the food took their toll, as Dave Black and Ray Smedley will tell you) Chris is very much back in business. Mr. Stewart has come a long way since his 4:08.7 win over Mike Tagg in the 1965 English Schools mile final. 1.73/5'8" tall, he weighs a mere 56.6kg/125 lbs. Not much luggage for a man to carry with tremendous aerobic capacity.

There can be no doubt that British Women's athletics is in a depressed state. Whilst a cause for concern among coaches, there is very little evidence that this concern is shared by the governing bodies who seem steeped in a terrible, slumbering complacency. Just how far will we have to descend before they start to care about it? Recently, whilst in Edinburgh, I spoke to a girl who could be part of the salvation of women's middle distance running here. Her name is Anne Clarkson and at the age of 15 last year, she ran 2:08.8 for 800m. in her second ever attempt at the distance. What is encouraging about her is that she is a converted sprinter - having run 25.4 and 55.4 (U.K. age best). With this turn of speed, Anne is not afraid of having a good hard bash over the country every week-end, and has made the Scottish Intermediate cross country team. That's a good combination. Weighing only 49.8kg/110 lbs. and 1.62/5'4" tall, she could be the girl to force Lesley Kiernan (400 best: 56.5) up to the 1500. When girls can be persuaded to move out of the sprints and use their speed to advantage over longer distances, the U.K. could get back with nations like East Germany, Rumania and Finland (yes, Finland!) again. In 1969 the Finns couldn't even raise a women's team against the U.K.; last October their powerful distaff squad, bristling with talent and optimism, gave our girls' team a rude awakening. It might not hurt to look into how they discovered Riitta Salin (50.1 for 400) and Nina Holman (8:52.8 for 3000). Surely we have girls like this in school playgrounds somewhere in the British Isles.



## Are YOU getting enough? The facts about Vitamin C by Conrad Milton

### What is it?

Vitamin C (Ascorbic Acid) was only discovered in 1932. It is a water soluble substance used by the adrenal glands in the chemical synthesis of their hormones - including adrenalin, which thus enables much greater neuro-muscular effort in challenging situations. Most animals make their own Vitamin C, but man cannot. Vitamins are essential as co-factors for enzyme activity.

### What does it do?

- Aids the absorption of iron.
- Decreases the risk of such as T.B., pneumonia, throat/lung infections.
- Aids the release into the blood of glucose of glycogen reserves held in the liver.
- Governs tissue strength since it binds tissue cells.
- Helps prevent stress fractures and brittle bone conditions.
- Aids healing and clotting of blood after a cut since it repairs capillary blood vessels.
- Tests with Russian spacemen - carried out by Finnish nutritionist, R. Patiala - have shown not only that stress symptoms can be reduced but also that confidence is increased by intake of Vitamin C.

### Where do you find it?

Vitamin C is chiefly found in green vegetables and fruit - particularly oranges, grapefruit, lemons, blackcurrants, strawberries, tomatoes, green peppers, potatoes, sprouts and cabbage - but it should be noted that:

- cooking and food processing can destroy Vitamin C in fruit and vegetables.
- fruit kept at room temperature for one week loses most of its Vitamin C.

It can be taken in tablet form and some examples giving Vitamin C content and cost (but without any recommendation as to which is best) are listed below:

Haliborange	25mg.	30 tablets	29p. A/D
Boots Vitocese	25mg.	120 "	64p.

(contains 4000 units Vitamin A + 550 units Vitamin D also)

Sertin	250mg.	32 tablets	
Boots High Dose	1000mg.	24 "	79p.
Boots	50mg.	200 "	41p.

Human milk (but not cow milk) is another good source of Vitamin C - but this could lead to problems!

### How much do I need?

Well, that depends. The body cannot store much Vitamin C and therefore a daily intake is required. Smoking and drinking can lower the level of C in the blood and similarly the Vitamin C content of the body drops when infection occurs. Larger doses are accordingly required at that time and the normal daily intake for an athlete of between 250 and 1000 milligrams can safely be increased

The effervescent 13 tablets are pleasant to take and most useful at this time. It takes 6 to 7 large oranges to get 250 mg. and eating that much fruit might really make you run!

Finally, please don't rush out and buy lots of tablets. Consult your coach and in any case try to correct your diet to give extra intake. The average British diet gives ample Vitapin C for the average person however and athletes are not average people. They are special and have special requirements and if you decide that a high intake is required for any period, you are unlikely to find these levels in normal food and tablet form is the answer.

## Got your Club Vest? See Page 2

## FARTLEK BY FRANK HORWILL

Fartlek is a Swedish word meaning "speed play" popularised by the coach Gosta Holmér. The common belief is that you run fast when you feel like it and if you don't feel like it you just jog along for 45 to 60 minutes. This type of fartlek is referred to as Purist. However, the arch disciples of this work, Arne Anderson and Gunder Haegg, who broke the world 1500m/mile record no fewer than four times between them, did not have this Purist approach. They had a 5,000 metres circuit which went through forest paths, along a river and a lake, it went uphill gradually and uphill steeply, it plunged downhill frequently. It had an area of marshland where running was very difficult, the runner had to endure about 600 metres of this. All hills were worked hard, the flat area was about 2,000 metres long and half of it was worked hard, the rest was worked in bursts of sprinting about 60 metres at a time.

In winter, when the snow was thick, the same training plan took place. The area was divided into sections and each section marked the beginning of a change of running speed or action or both. This can be described as a complex fartlek, since the surface changed frequently and with the change the running was altered to work the athlete harder.

In 1972, Frank Horwill named certain types of running after some of the world's leading physiologists and used their names to describe types of training which were originally fixed for the track but which could be adapted to running in natural surroundings.

Gerschler believed that a fast way of getting stamina was to run 200 metres five seconds off one's best 200 and then to allow the pulse to return to 120 beats per minute within 90 seconds. This

its effect is minimal. To practise Gerschler fartlek, one sprints strides for 30 seconds and jogs for 90 seconds as many times as one can in a period of 30 to 60 minutes. After a month of this, the athlete can make it harder by reducing the jogging time to 75 seconds and so on until only 30 seconds jog time is left.

Salin believed that the best way of improving the oxygen uptake (the amount of oxygen diffused through the lungs' air sacs into the blood - 5+ litres in the top class male athlete per minute) was to get him to run at 90% effort for three minutes at a time. An approximate guide for this is one second per 100 metres slower than the athlete's best time for 1500 metres, e.g. best 1500 - 3:42, 90% would be 16 seconds per 100 for 3 minutes. The fartlek equivalent is fast striding for three minutes with three minutes rest after each effort.

Watson confirmed Salin's views but thought that four minutes was more efficient than at 90% effort, thus our 3:42 1500 runner would be doing repetition 1500s in 4 minutes (16 secs. per 100) with the same jog rest. As a fartlek the athlete would stride a 1500 metres section of his fartlek in four minutes and jog a further half mile before repeating the run.

Astrand is intensely interested in the 500 metres race. He found out that no other middle distance race produced so much lactic acid in the blood as the 500. He stressed that all middle distance runners from the marathon down to the 1500 runner should race 800 to improve their tolerance to lactic acid. He advocated 60 to 75 seconds of running at 100% effort. An estimate of this for a 1:52 runner would be 13.5 seconds per 100 metres of 500 metres at 13.5 seconds per 100. As a fartlek it is flat out running for 60 seconds with 2-4 minutes jog rest.

It must be stressed to the new aspirant in middle distance running that running without repeated bursts of speed varying in distance is not fartlek; speed varying, no matter how much the pill is sugared involves fast running, recovery running and fast running again.

### THE COMPLETE MIDDLE DISTANCE NUMBER

by Denis Watts, Harry Wilson and Frank Horwill, published by Stanley Paul, price £1.95 per copy, is now on the market in a revised form with new pictures and new material. All coaches and athletes who wish to keep abreast on their subject should order a copy from their public library, or better still, buy a copy for themselves.





## Olympic Prospect Profile of Paul Williams

Name in Full: Paul Stewart Williams  
Date of Birth: 8th. October, 1955  
Place of Birth: Bexleyheath, Kent  
Height: 5'0" Weight: 10 St. 7 lbs.  
Clubs: Cambridge Harriers, Loughborough Colleges A.C., B.M.C.  
Occupation: Student  
When did you take up running seriously?  
Winter 1970

### Personal bests year by year:

	1970	1971	1972	1973	1974
400	57.0	56.0	51.9	51.5	50.9
800	2:05.0	1:59.3	1:55.7	1:52.5	1:54.2
1000	2:54.0	2:34.4	2:32.1	-	2:30.0
1200	3:19.0	3:18.6	3:10.8	3:07.4	3:03.0
1500	4:11.4	3:59.9	3:59.8	3:53.6	3:47.4
2000	5:54.0	5:52.8	5:40.0	-	5:26.0
3000	8:19.0	8:53.4	8:44.4	8:38.6	8:27.2
5000	16:02.0	14:46.8	14:27.2	-	-

### Best competitive achievements and placings:

1970 - 6th. English Schools 1500  
1971 - 2nd. S.C.A.A.A. Youths 1500  
1st. Inter-County match 1500 (3:59.9)  
U.K. Age 16, 5000 record (just been beaten)  
1972 - 1st. LAC Schools 1500  
5th. English Schools 3000 (lost shoe!)  
1st. G.L.C. 800  
1st. Youth National 1500  
1973 3rd. Indoor National under 20 3000  
2nd. Southern Counties Jun. 1500  
1st. Inter area match 800. (1:52.5)  
1974 - 3rd. English Schools 1500  
1st. Junior National 1500  
1st. G.B. v. Spain v. Portugal 1500  
1st. G.B. v. W.Germany 1500  
3rd. Nat. u/20 v. S.C.A.A.A. (3:47.4)  
Also Kent 1500 champion 7 times and 3000 champion 3 times.

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

The training schedule is on a monthly basis and repeated twice, then progression takes place and the cycle repeated again.  
Monday: 8/10 mile run or hill work  
Tuesday: Track session  
Wednesday: 10/12 mile run and weights  
Thursday: Fartlek for 1 hour  
Friday: 5/8 mile run or rest if race next day  
Saturday: RACE or fartlek for 1 hour  
Sunday: Track session and weights

My sessions have progressed over the past three years in both quality and quantity. Speed has improved drastically due to increased weights and increased work loads. As I am now at Loughborough College, there is all sorts of different training, which helps to build up basic strength. However, mileage has hardly increased at all, due to numerous

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

Monday: Fartlek for 1 hour  
Tuesday: Track session  
Wednesday: Fartlek for 1 hour  
Thursday: Track session  
Friday: Easy run or fartlek for 1 hour or rest if race next day  
Saturday: RACE or fartlek for 30 minutes  
Sunday: Track session

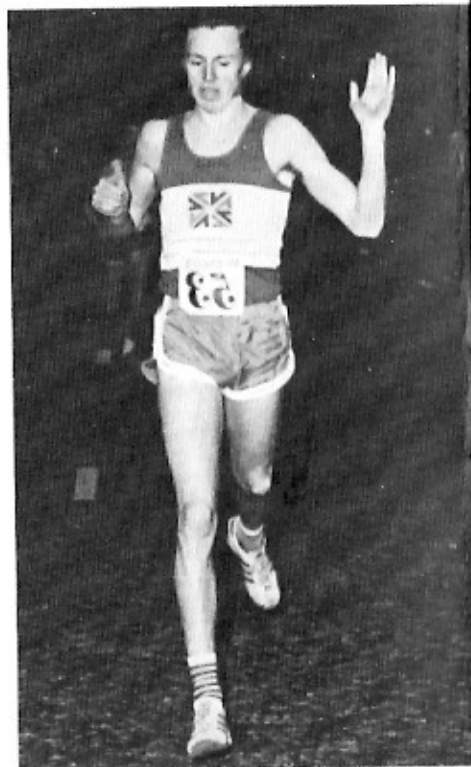
Progression during the summer schedule is same as mentioned above, i.e. improvement in quality and quantity Etc.

Every session supplies a specific psychological need. All track sessions are carried out over varying distances and at varying speeds. The same also applies to fartlek, where different types are used throughout the week. Please give details of any training other than running:

Weights and the activities at Loughborough, e.g. gymnastics, basketball, swimming, rugby and athletics, plus a special warm up before every track session. The training must have progression.

What is your attitude towards training?

Obviously training should be geared to the races on which one wishes to concentrate during the season. I only use the cross-



Paul Williams

country season to build up my strength and endurance for the track season. The training must have progression and throughout the training schedule all weaknesses must be ironed out, e.g. for the first three years of my running career I was unable to raise a sprint at the end of a race, so it was obvious that much work had to be done on my speed. Its no good saying "Oh, it will be all right when it comes to the race."

No stone must be left unturned. Of course I believe that training should be enjoyed and that the coach should discuss with the athlete why he is doing a specific session. (This is certainly the case with my coach, Frank Horwill, who ensures that I know why I am doing a certain session). Do you train alone?

Before I went to Loughborough College, I did much of my training alone and two or three times a week I trained with the 'Horwill Squad' at Crystal Palace. Now in nearly all my training I am accompanied by someone, for I am fortunate in having so many people who are better or as good as I am to train with. Personally I like to do at least one session alone per week.

Are you well endowed with training facilities?

Yes I am. As already mentioned I train at Loughborough, where the facilities are good also at Crystal Palace.

How important is your athletic success?

My athletic success is of the utmost importance to me. My training is geared to winning races and if I do not, then I'm really annoyed, unless I personally feel that I've raced well. I feel that training requires success and success requires training.

If I were not successful at all, I would probably take up another sport, because I just hate losing or doing rotten times. I know that may sound big-headed, but I really feel that way.

Please describe how you warm up?

Before a race - jog for 10/15 minutes, then 10 mins. suppling and stretching exercises followed by some strides, depending on how I feel. Usually I lie down just before the race and watch everybody else striding up and down. I find I need to relax completely for a few minutes just before the start.

Before a track session - jog for 10/20 minutes, then 20/30 minutes exercises, especially strength exercises, followed by strides.

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

My mental approach to training and racing increases all the time. The mental approach should be so strong that you can get up off the ground after a few bad races and achieve greater success later on. The mental approach should be such that the athlete believes in himself and also in his coach. It is where there is a loss of faith that things really start to go wrong.

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

The only illness I have really suffered was sinus trouble in May/June 1974. However, I have been plagued with injury after injury for the last three years. I've suffered a left knee injury which started in February 1973 and has continued nearly all the time. Last season (1974), I had 7 different injuries in all and in fact only got in one solid training period of six weeks. This has meant that I've been unable to get a complete winter's training for the following track season.

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

My parents are very interested in athletics and my father has travelled to nearly every race I have run in. It is often their interest that keeps me going through bad patches. Obviously they are keen to see me progress as my coach is. I was very glad that I finally got a G.B. Junior vest, because I knew how much my parents helped.

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

As the majority of my friends are in athletics, they are always interested in my athletic progress, which obviously results in much close rivalry.

Have you any athletic heroes on whom you model yourself?

I never model myself on any athlete, because I believe it is impossible to copy, as everybody is an individual. However, I admire and respect the running of D. Bedford, B. Foster, P. Bayi, H. Elliott and E. Clarke. You notice that they are mainly front-runners. I feel that in a few races per season, an athlete should try to lead all the way or at least help take some of the pace. This is why I like the idea of the B.M.C. races, the result being that many obtain P.B.s. I dislike runners who just sit in till the final straight in every race they run and then try to sprint past. To me, that often shows just lack of guts.

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

I feel that coaching is of great importance and I think that my training would probably deteriorate unless I was being coached. When you are winning and training is going well, then you feel fine. But when things start going wrong, it is when you need a coach. As time goes on, the coach and athlete should merge into one unit and the athlete should begin to see the coach not just as an advisor or instructor, but also as a friend. In this respect I have an admirable coach in Frank Horwill, who has peaked me at the right time for every track season and has become a great partner to work with. Frank helps me believe in myself and also helps me to relax under pressure. However, I must not forget to mention my first school coach, Garth Pinkney, who laid down the invaluable foundations which Frank has been able to build upon. What are your targets?

When stating your targets, it is very dangerous, because you never know what may happen as far as injuries, illness are



concerned. However, if one hopes these will be all right, then my targets are as follows: For 1975 - to reach the final of the National A.A.A. 1500 and to gain a G.B. vest. I am also hoping to go to the Montreal Olympics in 1976.

However, my main target is the Moscow Olympics in 1980, together with a World record, which wouldn't be bad!! At the moment, I feel that too many athletes just raise their sights to a British record and do not strive hard enough for that world record. Above all, I want to keep enjoying my athletics and continue to meet new people.

## Budapest Coaching Congress by Stan Long

Five delegates were sent by the British Board of Control to the European Coaches Conference, which was held in Budapest, Hungary, from 5th. to 9th. January. During the conference I gave a paper describing Brendan Foster's training methods, while Dennis Watts spoke on

Andy Carter's training and the British methods. Both papers aroused considerable interest.

An interesting paper was given by K. Kegal of East Germany on marathon running. In view of the part of the marathon runners of to-day, in East Germany they concentrated on young 5,000 M. runners who had done between 13:50 and 14:10 for that distance and gave them hard/easy training. One athlete so produced was Eckhard Lesser.

One of the other interesting talks was given by Kari Sinkkonen, the Finnish National Coach, during the course of which he described the 'bounding' method used by Finnish middle distance runners. He showed a film of Vasala bounding up a slight incline, and really lifting his knees up. For this they wore very strong training shoes and I was told that a massager is always at hand. Later I talked about it to a Turkish Orthopaedic Surgeon and he stated that it could be very dangerous to come straight to 'bounding' from distance work. A gradual approach was essential.

The trip to Hungary was certainly most successful and worth while and we were very well received there.



Jeremy Lothian, John Mills and Nick Lees

## City of London Races

This year, the afternoon of New Year's Day saw a number of races in the City of London, the outstanding events being the series of mile races organised by the B.M.C.

In addition, there were a number of sprints up and down London Wall, the support for which was very poor indeed. Also there was a ten miles race, with a large number of competitors, but the mixed standard was such that the last runners took over 25 minutes longer than the joint winners, P. Flavel of Oxford City and J. Jones of Windsor, Slough and Eton, who covered the distance in 50:03. Then there was a three mile race with only five runners, but all of a very high standard, with Tony Simmons winning in 13:46 from Ray Crabb and Keith Penny.

This year the Club staged four different races - with a total field of 27 ladies and 30 men. As the race is run over a single circuit, it is hard for the public to know what is happening from the moment the field leaves London Wall till they get back for the final straight. The races were good, and the organisation this year was a lot better than a year ago, the thanks of all being due to Wimpey International who sponsored the races at very short notice.

Below are the results of the four races:

### ANNE SMITH MILE - Intermediate Ladies

1. Anne Morris	5:08.8
2. Christine Brace	5:10.9
3. Kerry Fielon	5:14.0
4. Helen Fielon	5:19.8
5. Sally Ludlam	5:27.8
6. Anita Bettinson	5:33.3
7. Maxine Sadler	5:43.0

### STANLEY FIELD MILE - Senior Ladies

1. Joyce Smith	4:42.6
2. Margaret Beacham	4:50.2
3. Glynis Penny	4:52.5
4. Chris Tranter	4:56.7
5. Annette Roberts	4:57.8
6. Christine Roy	5:02.6
7. Shiree Hines	5:02.7
8. Carol McLoughlin	5:03.4
9. Betty Price	5:05.4
10. Margaret Morgan	5:07.0
11. Margaret Cosmber	5:08.0
12. Pat Winter	5:09.0
13. H. Ennis (Guest)	5:10.0
14. Caroline Simpson	5:10.0
15. Thelwyn Bateman	5:11.0
16. Gloria Dourass	5:12.0
17. Cherry Butler	5:24.0
18. Helen Page	5:25.0
19. Pam Jones	5:34.0
20. Jenny Farr	5:39.0

### FRANK MORWILL MILE - Senior Men

1. Chris Barber	4:06.7
2. W. Fulford (Guest)	4:07.5
3. Kevin Steere	4:09.5
4. Tony Simmons (Guest)	4:10.3
5. John Cadman	4:11.5

8. Ken Rasmussen	4:12.6
9. John Eley	4:13.5
10. Clive Ridley	4:15.0
11. Keith Wainer	4:16.0
12. Patrick Griffay	4:18.0
13. A. Falconer	4:19.0
14. Patrick Chinese	4:20.0
15. John Convery	4:21.0

### HAROLD LEE MILE - Men under 20

1. Paul Williams	4:14.0
2. Mike Harner	4:15.6
3. Garry Jarvis	4:17.2
4. Paul Lee	4:18.1
5. Robert Charleston	4:21.3
6. Paul Winton	4:23.0
7. Richard Green	4:24.0
8. Kirk Dimpleton	4:25.2
9. Richard Bolan	4:25.8
10. Nigel Brooks	4:27.0
11. Martin Cadwallader	4:28.0
12. Aidan Conestable	4:29.0
13. Stephen Payne	4:30.0
14. Tim Butt	4:31.0
15. Kevin Chinese	4:38.0

## Something Afoot? - by Peter Thompson -

On a recent visit to Canada and the United States, I encountered many interesting places, but one of the most interesting was the 'Athletic Department' in Eugene, Oregon, home of the Nike shoes. The Nike shoe has recently appeared on the British scene and it is interesting to examine their background to obtain a fair assessment of their worth.

To find the origins of Nike shoes we have to go back several years to Eugene and a coach who was dissatisfied with his athletes' footwear. This coach was Bill Bowerman, renowned middle distance coach to Oregon University, and best known recently for his association with Steve Prefontaine. Being a man of action and deciding that athletes needed the best shoes that could be produced, he set about designing shoes for Onitsuka ('Tiger') of Japan, now a very well known name. After some years, however, Bill Bowerman was frustrated by what he believed to be too long an interval between research and changes to the shoe in the shops. The outcome, in 1971, was the establishment of Nike shoes by Bill Bowerman, who took with him from Onitsuka much of his research and model names. The present 'family' resemblance between Onitsuka and Nike is now easily understood, especially as both are made in Japan. Onitsuka were going to suffer from the loss of Bill Bowerman, and filed a lawsuit against Nike, claiming that patents had been taken. My latest information, if correct, is that courts have rejected Onitsuka's claims, leaving

In the 'Athletic Department' at Eugene there is a continuous development programme and implementation of new ideas. Added to this some of the World's leading runners write to Bill Bowerman for help with special problems. A sports doctor analyses the problem and usually 'one off' shoes are prepared for the athlete. It is unnecessary to describe the whole range of Nike shoes here, but two models are definitely unique, and bear close examination.

1. The 'Oregon Waffle'. This is a shoe primarily designed for use over the country (especially Continental type courses), but may be used on the roads and is very comfortable for track training. It is a very lightweight shoe, made on a spike last and made with nylon with suede at the heel and toe. Its advantage over spikes is that the whole of the sole is covered with square protuberances that rise some  $\frac{1}{2}$  inch above the level of the sole, affording a better grip, especially when you drop onto the heel. Being made of nylon, there is no appreciable weight increase when wet, and they are much lighter and more comfortable than studs. The makers state that they can be used on the roads without noticeable wear to the sole, but as they are built on a spike last, they would probably only be really of use up to a  $\frac{5}{8}$  mile race.

2. 'Unnamed'. This model (yet to be named) has just been developed for road racing/training and marks a new trend in road shoes. It should be in the shops in a few months time. Over the past few years we have seen with the Adidas SL72 and other shoes, a reduction in the contact area of the foot with the ground, coupled with a raising of the heel. The latest idea from Nike looks strange at first sight, but this is because it works on the principle of distributing the bodyweight over as wide an area as possible (see Fig. 1).

heel areas hollowed out and filled with lightweight soft material

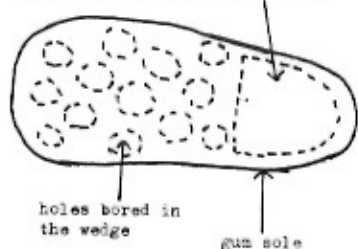


Fig. 1 The sole of the new shoe

The wedge of softer material that lies between the gum sole and the inside of the shoe is bored out as illustrated and in the site of the heel is filled with a very lightweight soft material. This makes what appears a very heavy, bulky shoe, as light, if not lighter than present day road running shoes. Runners who are 'heavy' on their feet will obviously benefit from

this new design. The wide base at the heel is achieved by splaying out the sole (see Fig. 2), an idea which Adidas currently utilise in their 'Country' model to provide greater ankle stability.



Fig. 2 Rear view

The splaying of the sole is not exaggerated, and is much more than the Adidas Country

Nike shoes are distributed in England by Ron Hill and any enquiries should be addressed to him - C/o Ron Hill Sports, 24 Highcroft, Geecroos, Hyde, Cheshire. If anyone has difficulty in obtaining 'Oregon Waffles', I can obtain a limited number and may be contacted - Peter Thompson, C/o 77 Nutley Crescent, Worthing, Sussex (Phone 44106).

STOP PRESS NEWS from Eugene, Oregon - The unnamed shoe above is to be called the 'Boston' and will replace the present 'Boston '73' model. The Athletic Department's ability to help athletes with orthopaedic problems is more developed than I first realised. They have a Footcare Centre staffed by orthopaedic specialists that will only produce special shoes if the request is accompanied by the treating physician's diagnosis or a prescription. Geoff Hollister, manager of research and development writes about this, the new 'Boston' - "The end result is a product of the Athletic Department Footcare Centre staff in conjunction with Orthopaedist Stan James of Eugene ... the Footcare Centre and Dr. James become the backbone of future developments and improvements in the Nike line".

## Comments from Gordon Surtees

The new season is rapidly approaching and whether we meet with triumph or disaster, satisfaction or frustration will depend not only on the training undertaken but also on our mental attitude.

It is of prime importance to channel our thoughts along correct lines so that every action, physical or mental is of a Positive nature. Many excuses have been offered for the poor state of British Athletics or disappointing individual performances, but the main reason is inability to produce consistent Positive thought and action.

Some years ago when Brendan Foster joined the B.A.C. he wrote on his application form that British Milling would be improved when athletes realised that a mile race was a Mile Race and not a race over the final 220 yards. Those were Positive thoughts which we know were supplemented with Positive action.

When I watched Foster, Thompson and Pascoe win their gold medals in Rome I felt the urge to go out and run. When I watched Conteh win the world title my enthusiasm ran high and my son discreetly kept out of punching range for days.

These aspirations as super athlete and boxer were the result of Inspiration and Motivation but a third factor was involved, Fantasy. We are all motivated to differing degrees by different things and we all have dreams and hopes but to arrive at Reality we must add to Inspiration and Motivation some Positive action. If we want our dreams to come true we must wake up.

When Gordon Banks was the World's No. 1 goalkeeper he claimed that his success was due to Dedication, Concentration and Confidence. This view could no doubt be shared by Mohammed Ali, Olga Korbut, Gary Player, Jackie Stewart, Brendan Foster and other champions irrespective of their sport.

Most athletes are dedicated but few really know how to concentrate. It is interesting to note how many top athletes have enjoyed University or College education, but their success is not due to any superior knowledge of our sport or that they have had better facilities. Rather it is their ability to Concentrate in the true sense of the word.

When Brendan Foster was a young athlete I felt that he would not make the top because he appeared to have too much fun in his training and he was invariably the culprit when a serious session turned lighthearted. In the light of experience I now recognise that fun is an essential element especially for youngsters. This sense of humour is also necessary at top level if the champions are to withstand the ever increasing pressures. Besides the Dedication, Concentration, Confidence, there is also a hint of FUN in the performances of Ali, Korbut, Player, Stewart and Foster.

In that wonderful musical 'Paint Your Wagon', Lee Marvin told his young partner who was always itching to travel: "There are two kinds of people in this world. Those Going Somewhere and those going nowhere." This is so true of athletics where too many appear to be going nowhere in particular.

In many cases athletes resemble Lee Marvin shuffling along singing "Wandering Star", drifting aimlessly from event to event, trying to become tradesmen without serving apprenticeships. They start by avoiding Overt and Carter in the 800m. and in stepping up they encounter Clement, Foster and Bedford before making up the field in a marathon behind Thompson. In one case an athlete embraced events from 200m. to marathon within three months.



Nigel Martin

Some of these drifters claim to be the "Run for Fun" brigade, but in many cases they are athletes who, as youngsters, either ignored or could not obtain good coaching advice. Some may even have followed the advice of the 'experts' and wished they had not. One expert, recognised by BAAB suggests that part of a typical schedule for an 800m. runner in December could be (a.m.) 10 MILE CROSS COUNTRY at 5 MINUTE MILE Pace, (p.m.) Hour Fartlek. Any two lap runner capable of such work would surely win the National Cross Country title by a margin of 500m.

There are few coaches or athletes who are physiologists, yet our sport appears to more and more technical and complicated. The emergence of great African athletes virtually fresh from the jungle should remind us that running is a natural, simple affair and the competitive instinct of man against man the prime factor. To utilise our resources to maximum benefit let us supplement the research of the scientist with Common Sense. Science owes much to imagination, so let us not become too dependant on scientific methods.



In 1964, we had two athletes in the Olympic 1500m. final, yet in 1974 we failed to send one European finalist to the starting line, so we must accept that our miling is currently at a low ebb. The answer is not to fervently hope that Steve Ovett will step up or Brendan Foster and Ian Stewart step down to the event. We must all produce Positive thought and action in all middle and long distance events. Our Character must emerge. We must make our habits and out habits then make us. A continuation of habit builds character which according to gum chewing soccer managers lift you from the brink of defeat to a resounding victory. For once they may be right.

The performances of the future are the responsibilities of coaches and athletes, mainly the latter because ultimate success will take athletes far beyond the knowledge of coaches. Each of you can play your part by achieving your full potential and should this mean that you are still not the best athlete, at least your improved performance should ensure a corresponding improvement by those who beat you. This in turn must raise not only our National Standard but also, we hope, the Union Jack on the Olympic flagpole.



Ray Smedley at Cup Final

## B.M.C. RESULTS

### WEST LONDON - 8th. January

#### 1,000 Metres - Ladies

Windy	
1. C. Roy	9:54.0
2. G. Adams	9:54.0

### CRYSTAL PALACE - 15th. January

#### 1,000 Metres - Ladies

Wet and windy	
1. M. Coomber	2:54.8
2. B. Price	2:55.6
3. S. Hines	2:58.7
4. N. Page	2:59.8

### WOODFORD GREEN - 29th. January

#### 1,000 Metres - Men

- Windy	
1. M. Benn	8:21.4
2. C. Ridley	8:33.0
3. P. Rafferty	8:37.6
4. I. Davison	8:38.0

### WEST LONDON - 5th. February

#### 1,000 Metres - Ladies

1. B. Price	2:53.2
2. C. Curthouys	2:54.0
3. V. Weston	2:57.0
4. C. Hanson	2:59.3

### CRYSTAL PALACE - 12th. February

#### 600 Metres - Ladies

1. M. Coomber	1:33.8
2. G. Dourass	1:34.3
3. H. Page	1:35.1
4. B. Price	1:35.9

### WEST LONDON - 5th. March

#### 1,000 Metres - Ladies

1. C. Tranter	9:29.8
2. M. Beacham	9:43.8
3. C. Gould	9:49.2
4. T. Bateman	9:50.0
5. A. Mason (Age 15)	9:55.8

#### 800 Metres - Ladies "A"

1. M. Barrett	2:13.2
2. A. Roberts	2:13.5
3. B. Price	2:14.0

#### 800 Metres - Ladies "B"

1. L. Ledger	2:19.7
2. J. Brown	2:20.2
3. P. Low	2:21.0

### CRYSTAL PALACE - 12th. March

#### Cold, wet and windy

#### 1,000 Metres - Men "A"

1. B. Smith	2:27.3
2. J. Greatrex	2:28.6
3. M. Bissell	2:29.0
4. S. Grant	2:29.0

#### 1,000 Metres - Men "B"

1. S. Morley	2:30.8
2. I. Davison	2:32.4
3. T. Walsh	2:35.4
4. S. Kidd	2:36.4

We are again indebted to Ray Williams for recording the results of B.M.C. Races. If you know of any races that we have not listed, please send the result to Ray at 39 Nursery Avenue, Bealysheath, Kent

## Northern Ireland Comments from Neil Morton

It is with a certain trepidation that I am writing this article. I can write only about Northern Ireland and the state of its track athletics, in particular middle and long distance running. However, I feel that Northern Ireland is as representative in its parochialism as anywhere and perhaps some of the following statements may bear relevance to other places.

There are three myths which prevail in Northern Ireland when the relatively poor state of middle and long distance running is discussed. The first I will call the 'Statistical Myth': Northern Ireland is weak because Northern Ireland has a smaller population than, say, Birmingham.

This statement presupposes two things: firstly that the good athlete can be discovered statistically, so that out of 'X' number of people, only one will ever be a good athlete, that is, of international status; secondly that in any one place, at any given time, the maximum number of people capable of competing at a good standard are competing and at that standard, and that this number can be readily computed.

There is no evidence to suggest what percentage of any given population could be involved in track and field athletics, so it seems to be to be a particularly fruitless argument to insist that Northern Irish athletics is weak because its population is small. This is defeatism. To argue instead that N. Irish athletics is weak because the proportion of its population involved in athletics is small seems a much more honest and positive approach; for having accepted this, the way is clear to ask "Why?" and then attempt to remedy the situation.

The second myth concerns competition and facilities: Northern Ireland is weak because the 'proper facilities' are not available, and the 'proper competition' not readily obtainable. The premise for this argument is doubtful and I wonder how the athletes of New Zealand, with its sprawling population and one (newly laid) synthetic track, would react to the N. Ireland situation.

The third myth concerns the national character: Northern Ireland is weak because the athletes are generally and inherently inferior. This is a facet of the sort of national inferiority complex of the type well documented by Franz Fanon. It is the result of a near colonial situation whereby the 'colonists' in respect of their position are regarded as superior and the Superior-Inferior syndrome has become institutionalised over the years. To some extent the 'troubles' with the upsurge of Loyalist-Republican fervour, have tended to lessen the importance of the complex as far as the national psyche is concerned, but unfortunately it lingers on in athletics, seemingly corroborated by

poor competitive results. In a sense it is a vicious circle. Young athletes have seen the province's best runners failing in national competition; coaches - stronger in enthusiasm than in knowledge - have seen their proteges humiliated in major mainland events. The process has been repeated throughout the year until the thought of national competition has sent shivers down the collective and parochial athletic spine. The athlete who does achieve national standing becomes 'the Hero' - the Superman, with those extra God-given attributes which mark him out as the 'man in a million'. No attempt is made to discover why success came to him while eluding all others. He is the Exception - the success has been with him all along and, like facial hair, it has just been waiting for the right time to appear.

Bluntly, it is my belief that Northern Irish athletics - and particularly middle and long distance running - suffers from a narrow-minded (although well-intentioned) approach by both athletes and coaches. The three myths described above are rationalisations of their failure to assimilate new information and to work independently and imaginatively within their own areas.

The great innovators in track and field athletics have tended to be Non-Conformists, men who have worked outside of the coaching schemes and the clutches of Clubs. They have refused to accept early disappointments and have stuck rigidly to their beliefs, no matter how ridiculous they may have appeared to others. Within the Northern Irish situation such men are rare, if they exist at all. The reasons are multivarious, but the results are obvious. It is rare for a Northern Irish coach to work outside a club environment and his perspective usually reflects that of a (non-competing) club committee, with the individual requirements of the coached athlete being invariably subservient to the demands of the team. Thus young athletes of immense promise are trained into obscurity, and older athletes perform at a level which belies their native potential. And behind it all - behind the original waste of talent - behind the disappointments are the three grand myths which shift attention from the real causes and reinforce the parochialism of Northern Irish athletics.

So far I have looked at middle distance in Northern Ireland from a narrow theoretical viewpoint, and have not attempted to look at the practice of the sport. Now I become more tentative for I realise that most of what I have to say on the subject would merely be re-statements of successful principles which are easily discovered by anyone who wishes to use his eyes. Even when I underline the essential fact that these general principles must be tailored to fit the specific requirements of the individual athlete, I am not issuing any new warning. Yet I must repeat the proviso, for even something as basic can be overlooked.

There are two recurring faults in the coaching of N. I. athletes. Firstly, they are over-raced and, secondly, their training is largely unplanned and lacking any principles of progressive conditioning.



It is simply not good enough for an athlete to race seriously every week, repeat the same sessions week after week, and at the same time hope for anything beyond a minute improvement in his racing performances. Nor is it a responsible attitude for a coach or a club to hold by which an athlete is subjected to such a regime. It is especially irresponsible if that athlete is a youth at the formative years of development, both athletically and emotionally. Yet such a situation is prevalent in Northern Ireland.

The coach, like the teacher, has a moral obligation to help the athlete to attain the highest possible level of achievement of which the athlete is capable. Such an obligation requires the coach to look at the athlete's development in a long term perspective. Planning is essential: each year the athlete should increase his work-load and stretch his ambitions; each season's performances should be an improvement on the previous season's. Running must be treated as an open-ended skill; the body must be alert and presented with fresh stimuli. Such stimuli can be as simple as a change in the training environment, or as complex as a major race. To compete frequently, however, dulls not only the body through, among other things, increased deposits of toxics in the blood, but also the mind.

This latter effect occurs through a process known as habituation, whereby attention to a stimulus decreases if that stimulus is repeated at frequent intervals. Hence, for many top-class athletes, a 'rest'



Margaret Coomber &  
Glynis Goodburn

is simply a period of training without competition rather than a major reduction of the training work-load.

In an important sense this is a cry for Periodisation. Even the simple recognition that there is a time to train and a time to race would be effective to begin with. The body holds reserves of stamina amazingly well, and an intensive period of gradually incremental training without the seemingly obligatory races would enable even the novice to progress, and reach his potential.

In the Northern Ireland context what is needed is a sort of Athletic Nationalism, with coach and athlete taking a realistic and independent look at their sport and assess the long-term implications of their present policies honestly and objectively.

## FUTURE RACES South and East - -

- Wednesday, 16th. April - 1200m. - all groups - Crystal Palace  
 Saturday, 19th. April - Mile - under 20 mainly - Oxford  
 Saturday, 26th. April - 800m. - Ladies - Woodford Green  
 Wednesday, 30th. April - 1500m. - Men - Rawtenstall, Lancs  
 Saturday, 3rd. May - 1500m. - Ladies - Windsor  
 Wednesday, 7th. May - 3000m and 800m - Ladies - West London  
 Sunday, 11th. May - B.M.C. 800m. trials - all groups - Crystal Palace  
 Wednesday, 14th. May - Harry Wilson Miles - Sen. - J./Y. - Crystal Palace  
 Sunday, 18th. May - 3000m. - Men - Bracknell Mile - Women - West London  
 Wednesday, 4th. June - 1500m. - Women - West London  
 Thursday, 5th. June - 800m. - Ladies - 1500m. - Men - Loughborough  
 Sunday, 22nd. June - 4 x 800m. - Women - N. v. Mids. v S. v. E. v SW. Hendon  
 Sunday, 6th. July - Race to be fixed - Woodford Green  
 Wednesday, 9th. July - Brigg Mile - Wood Green  
 Wednesday, 16th. July - City Mile - West London  
 Tuesday, 29th. July - Race to be fixed - Woodford Green  
 Saturday, 16th. August - Race to be fixed - Woodford Green  
 Saturday, 23rd. August - Mile - Men - 3000m. - Women - Harlow  
 Saturday, 13th. September - 3000m. - Men Oval - during Test Match

Have YOU paid  
your Subs yet

## Midlands Notes

### RACES FOR 1975

Proposed events in the Midlands area for 1975 will be held at Wolverhampton Stadium (Tartan track).

Invitations will go out as usual in advance of the events.

Any member particularly requiring a race at one of these events should write to the Area Secretary.

Junior and Intermediate Ladies will be helped to obtain races in other areas for the present, until the area's membership of this age group increases.

### Proposed events:

- Saturday, May 24th. - Men's 1500 metres  
 Wednesday, June 4th. - Men's 800 metres  
 Saturday, July 26th. - Ladies' 1 mile  
 Tuesday, 9th. September - Men's 1500 metres  
 Ladies' 3000 metres

Any further inquiry about Midland area activities should be forwarded to your Area Secretary: R. E. Bateman, 36 Epsom Road, Rugby, CV22 7PF



Keith Penny

## How to Improve British Middle Distance Running

In the South-West in particular I think we need more B.M.C. races - Yeovil, Bournemouth, Weymouth, so that the B.M.C. members of the area would not have to travel to London or Midlands for competition.

At the national level it might be worth while considering holding B.M.C. races at the inter-counties championships and at the A.A.A., for those who don't make the final, but may enjoy a second chance. Above all, miling could be improved by making the athletes aware that our miling standards are beginning to slip a little - i.e. No qualifiers for the final of the Rome 1500 metres.

The B.M.C. weekend at South Molton was excellent and I hope more of these weekends could be staged in the South-West.

Patrick Griffey - Potters Bar

British middle distance running could be improved by getting more and more people interested in it by advertising and going round to the meetings and looking for people. Many people go off running because they do not get any attention - they work hard for nothing.

Miss E. Clement - Hookley

I think middle distance running could be improved by the use of gyms in winter time by both younger and older people. Also more tartan or synthetic tracks should be made all around the country.

John Conroy - Bury

Perhaps by government grants to athletic clubs and specialist clubs in particular (as in W. Germany).

Neil Leach - Crawley

From somewhere a lot more money has to be found to subsidise athletes at school. I was going to finish with athletics last year because I could not afford it and I know several people who finished for that reason.

Alan Kirby - Sandhurst

If B.M.C. could envelop the whole country in depth, even if at graded levels of membership, then surely we would have a truly 'National Club' with one aim, to improve British middle distance running. Under such circumstances, with all speaking with one aim in mind, I feel the results would be all round improvement.

George Turner -

Dalton-in-Furness

By the continuation of specialist races for active athletes. By getting down to the 'grass roots' (i.e. at school level) and promoting coaching cum advisory centres for not only qualified coaches, also for ordinary P.E. teachers.

Ian Hicks - Basingstoke

More of the organised training courses, which are very beneficial. Better facilities for training (indoor, weight facilities, Etc.). More coaches.



I think that British middle distance running can be improved by encouraging more younger athletes. Also, I think the government should help a great deal more in subsidising young athletes and athletic clubs. If there were more places like Crystal Palace, I think there would be more athletes interested because they have all the facilities needed for all sports.

Kim Trumanley - Chadwell Heath

By providing more floodlit tracks, so that during the winter months middle distance runners would not be forced to run on the roads. Also by providing more tartan tracks.

Carole Davis - Romford

By making dedication and enjoyment more compatible.

Anthony Nixon - Eastleigh

Middle distance running in Britain can be improved by a club such as the B.M.C. A wide coaching net in Britain also helps. I think, however, that the B.M.C. qualifying times could be lowered for under 15 age groups in particular, as I feel that some good runners are being missed in this region, and will only qualify later, when they have lost, maybe 2 years of possible B.M.C. coaching.

Stuart Paterson - Tonbridge  
Wells

A major problem to-day is the amount of training required to become a top athlete. Accumulating a high winter mileage by pounding the roads in semi-darkness, winter track work on treacherous surfaces and high speed summer sessions all have side effects - injuries. Athletes need knowledgeable medical advice and treatment quickly and cheaply. It should be available to all athletes and hence must be well publicised. Too much athletic potential is lost by injury.

Tony Edwards - Birmingham

The creation of even more special invitation races at specific distances to bring together the best in the U.K., Europe and possibly the world, for the benefit of British athletics.

Carolyn Boshier - Twickenham

State help for top runners, as in Finland. Small teams of top athletes to tour Europe and U.S.A. in the summer, including juniors. Meetings such as the Commonwealth Games should be used to give experience to promising youngsters with Olympic potential. Better press and T.V. coverage would encourage more public interest, especially if this coverage was not of internationals, but meetings like county and area championships.

Mark Bateman - Colne

Athletes and coaches should create a more positive attitude and forget the four minute mile approach. I feel that Bannister's performance of 1954 has had a bad mental effect on British middle distance running, particularly 1500 and mile.

Neville Taylor - Isleworth

By having increased contact between coaches and athletes - there just don't seem to be enough coaches around.

By increasing facilities, especially in the 'outback' areas such as where I come from.

By giving working men some time to train, so that they can compare more favourably with the training conditions of their 'iron-curtain' counterparts.

David Simons - Plymouth

I think middle distance running could be improved by encouraging others to enter the sport and arousing more interest and more demand for athletics. Also by arranging more high standard races so as to make it more exciting and more competitive.

Guy Dwally - Bracknell

More B.M.C. races to be held, particularly in the more remote areas of the country, like the south-west, along with training days and week-ends. Also more cooperation between schools and clubs in this area would help.

Jane Rice

A guaranteed sponsorship for all athletes above a set standard made by the central or local government, coupled with an increase in pay and allowances to coaches. The quality of British middle distance running depends very much on the quality of coaches. Make it more worth their while by increasing travel allowances, pay, etc.

Andrew Edwards

## Subscriptions

All members should have paid their subscriptions by the time they receive this issue. If you have not already paid, the sum of £1.25 is now due from you, which includes the penalty of 50p. for late payment and should be paid as soon as possible.

Don't forget that only paid-up members are eligible to run in races organised by the B.M.C.

Subscriptions should be sent to Ray Williams, and not to the Treasurer or your Area Secretary.

Ray Williams's address is:  
25 Nursery Avenue, Bexleyheath, KENT

## BACK NUMBERS

The following back numbers may be obtained from the Editor, Charles Booth, 34 Quarry Lane, Baffham Bulbeck, Cambridge, CB5 0LU. The cost is 16p. per issue, and should be sent in the form of three 5p. stamps.

No. 14 - January, 1972

No. 15 - August, 1972

No. 16 - January, 1973

No. 17 - November, 1973

No. 18 - Spring, 1974

No. 19 - Autumn, 1974

In some cases the number available is strictly limited, so place any order as soon as possible.