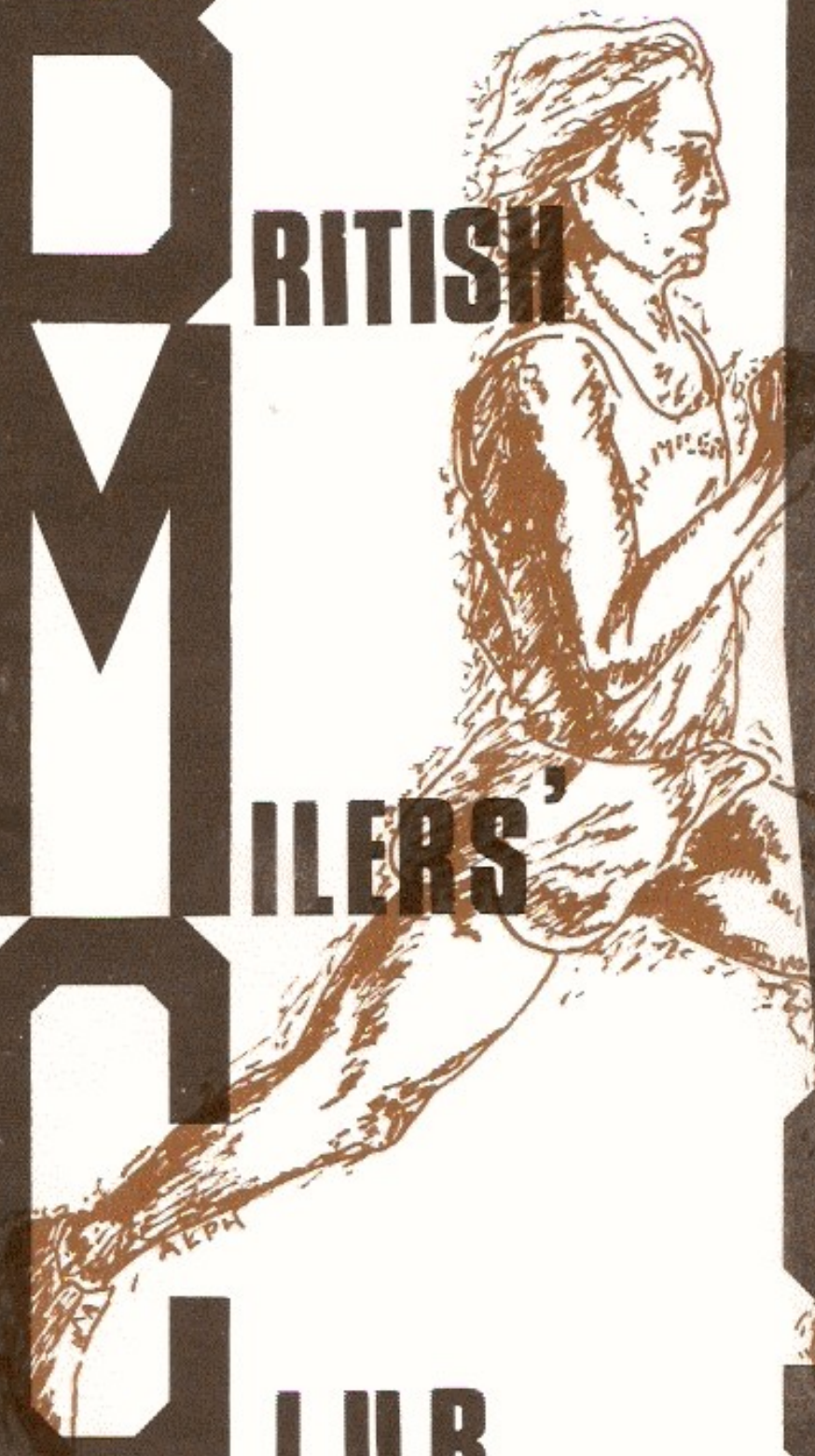


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BRITISH MILERS' CLUB NEWS — Spring 1976

EDITORIAL

Once again the Spring Issue of the B.M.C. NEWS is rather later in coming out than we would have wished. A number of reasons or excuses can be put forward. The Editor has throwing off another of his activities, which resulted in considerable sorting out of papers and tidying up at just the time when the work on this issue should have been starting. Fortunately all that has been completed and cannot happen again. Then Frank's contribution got lost in the post - and an issue without his caustic comments seemed quite out of the question - what would the B.M.C. be without the views of its founder? At any rate we are assured that there is no truth in the allegation that Frank's mail is being censored by the B.A.A.B., however much they might like to do so.

During the last few months we have been getting further proof of overseas interest in the B.M.C. NEWS, particularly from the States. Accordingly, we have decided to place American friends on our mailing list at a cost of three American Dollars a year. Already we have had our first subscribers, one of whom writes: "I am quite anxious to receive your publication. After coaching for 23 years, it is always great to find new areas of interest. I have been a strong supporter of the British philosophy of athletics and have a deep admiration for the British people in general."

In these days when the trend seems to be to decry Britain and anything British, it is good to know what others think of us.

Interest in the B.M.C. during the winter months tends to be a surprise to many. During April alone the Membership Secretary received 22 enquiries for membership forms. Some of them will have found that they have not yet qualified, but we hope that receiving the form will encourage them to improve and qualify for the B.M.C. as soon as possible. Since the A.G.M. 57 new members have joined, amongst whom are quite a number of distinguished athletes and coaches.

The question of payment, or should we say "non-payment" of subscriptions is always one that concerns the National Committee.

Many members get crossed off at the end of each year just because they have not bothered to pay - putting it off till it is too late. This results in their having to pay penalty if they want to be re-instated, and with a little forethought, considerable work and irritation could have been avoided. By now, all subscriptions should have been paid. However, that will not be the case and those who are outstanding now have to pay the increased surcharge of .75p., making a total of £1.50. If you have not paid, get your money off at once to the Hon. Treasurer, Ray Williams, 39 Nursery Avenue, Boxleybeath, Kent.

Recently the National Committee has been giving considerable thought to races. Are there too many? Are they in the right places? At times, when there has been a good sponsor, expecting to have something for his money, well over one hundred invitations have to be sent out to get a reasonable field of between ten and fifteen runners. Even after this there are entrants who fail to turn up. The cost of doing this is becoming prohibitive and a careful re-consideration of the position is becoming necessary. It seems only right that people who do not reply to invitations should not be considered for future races. Comments of members are always helpful and this is something that could be discussed with advantage at the A.G.M.

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Olympic Prospect

Profile of

Dave Moorcroft

Name in Full: David Robert Moorcroft
 Date of Birth: 10th. April, 1953
 Place of Birth: Coventry
 Height: 5'11" Weight: 145 lbs.
 Clubs: Loughborough Students A.C.
 Coventry Godiva Harriers

Occupation: Student teacher
 When did you first take up running seriously? With any real purpose, 1970

Personal bests year by year:
 1,500 metres
 1969 - 4:04.6 1973 - 3:43.0
 1970 - 3:55.7 1974 - 3:44.0
 1971 - 3:46.1 1975 - 3:40.5
 1972 - 3:45.7

Best competitive achievements and placings:
 A.A.A. Junior 1,500m. champion - 1971
 Midland Senior 1,500m. champion - 1973
 A.A.A. Indoor champion, 1,500m. - 1976
 Second National Cross Country - 1976
 P.B.Mile - 1st. G.M.C. Mile - Stretford
 3:58.8 - 1975
 P.B.1,500 - 1st. A.A.A. heat - Crystal
 Palace - 3:40.5 - 1975

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

	A.M.	P.M.
Sunday	14 miles	4 miles
Monday	7 steady	4 x 600, 6 x 150m.
Tuesday	7 steady	30 x 200m.
Wed'day	7 steady	8 steady
Thursday	7 steady	6 x 1,000m
Friday	7 steady	9 steady
Saturday	7 steady	30 x 200m.

Quality has improved substantially this year compared to previous years.

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

	A.M.	P.M.
Sunday	12 miles	—
Monday	6 miles	4 x 600, 6 x 150m.
Tuesday	6 miles	6 mile fartlek
Wednesday	6 miles	8 x 300m.
Thursday	7 steady	7 steady
Friday	6 steady	30 x 200m.
Saturday	6 steady	4 x 600, 6 x 150m.

Every week is different, depending on my racing programme.

Please give details of any training other than running.

I do weights 2 or 3 times per week.

All upper body work.

What is your attitude towards training?

Training needs to be thorough in terms of the reason behind doing a particular schedule and in terms of the actual physical effort.

Do you train alone?

I do a large proportion of my training with college runners, particularly Dave Driver (also a B.M.C. Member) both on the track and in the steady runs.

Are you well endowed with training facilities?

I have to travel 20 miles to a Tartan track, but for steady running and in the summer, the Loughborough area is ideal.

How important is your athletic success?

Very important as a personal aim in life and as a form of self fulfilment in an area where you can be free to express yourself.

Please describe how you warm up.
 20 minutes steady running, 10 minutes strides.

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



Dave Moorcroft

The mental approach is all important, it is probably the deciding factor between those who want to win and those who do win. The mind is a great barrier to overcome and therefore there is a necessity for knowing yourself and your capabilities.

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

I have never had any really serious setback, but I think I have had my fair share of niggling illness and injury.

How interested are your parents in athletics and your athletic progress?

Very interested. In the early days it was their backing that encouraged me to continue and now I am still indebted to them for their continued interest.

How interested is your wife in athletics and your athletic progress?

As all married athletes will know, without the interest of your wife, things would be virtually impossible. Linda is willing to sacrifice certain comforts for my athletics and her interest in me has allowed me to develop along the right sort of lines.

Have you any athletic heroes on whom you model yourself?

The sort of athletes who stand out in my mind are those with uncompromising competitive attitudes. The approach of this sort of athlete is something worth modeling yourself on.

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

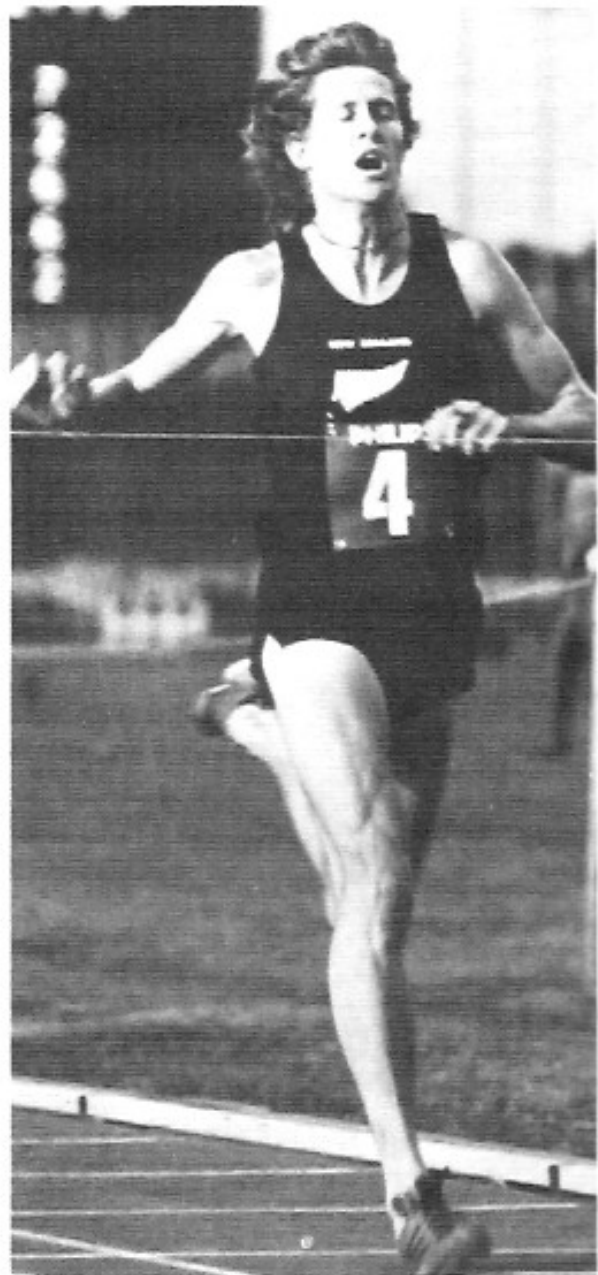
For me coaching has been all important. John Anderson has been working with me for seven years and we have built up a strong coach/friend relationship. I think some athletes tend to underestimate the value of coaching, but I guess it's a personal thing.

What are your targets?

To continue improving and to aim to win the races that I run in. There is a great deal to be gained from this sport not only in terms of personal success, but in respect to friendship and helping others. If athletics helps to make my life an all round happier one, then I will be very content.

terms of quantity) was 109 miles; though he may well have bettered that since. I am indebted to American Mark Kennedy for this interesting information on one of the greatest men ever to don a pair of spikes and run a mile. His 3:49.4 in Gothenburg on August 17th. last year is a pretty powerful argument supporting that contention. Note his lap times in that race: 55.8, 59.3, 57.9 and 56.4. You'll notice that Mr. Walker does not believe in any of this going to sleep in the third lap routine! His 1,500 m. time en route was 3:54.3.

Walker's triumphant European tour is worth recounting: (June 21st, Saarijarvi, Finland) 1500m. in 3:43.5; (June 26th, Helsinki) 1500 m. in 3:36.3 ahead of Dixon, Kivori and Honejov; (June 30th, Stockholm) Mile in 3:52.2 leading eight others in under 4 minutes; (July 4th, Crystal Palace) 2000 m. in 5:00.6 for Commonwealth



John Walker

Looking at People by Dave Cocksedge

It seems time to correct a few errors about 1975's Athlete of the Year, John Walker. The blond New Zealander is 1.84/6'0" tall and weighs 74 kg./164 lbs; not the 1.88/6'2" and 83.9 kg./185 lbs. that has been touted. When he was tested at California State's Northridge Physiology Laboratory in 1974 he was found to have a bodyfat percentage of 2% and a lung size of 5.5 litres. His maximum oxygen uptake at that time was 80 millilitres of oxygen per kilo of bodyweight. His weekly training average was 80 miles and not over 100. In fact his best ever week up till then (in

record ahead of Dixon, Garderud, Pattenans, Foster and Stewart; (July 9th, Aarhus) 800 m. in 1:48.1; (July 20th, Stockholm) 2 miles in 8:20.6 behind Liquori's 8:17.2; (July 26th, Gateshead) Mile in 3:57.6 with last lap in under 54 sec.; (July 30th, Oslo) 1500 m. in 3:52.4 after passing 1200 in 2:50.2; (August 8th, Helsinki) 800 m. in 1:46.5 for third place behind Roit and Wolhuter; (August 12th, Gothenburg) Mile in world record 3:49.4; (August 19th, Stockholm) 1500 m. in 3:35.7 winning easily; (August 20th, Zurich) 1500 m. in 3:40.4 behind Dixon's 3:40.0; (August 23rd, Edinburgh) mile in 3:59.9 with last lap in 52.0; (August 29th, Crystal Palace) Mile in 3:53.6 kicking past Roit, Dixon and Liquori with last lap of 54.4; (August 30th, Gothenburg) 2000 m in Commonwealth record of 4:56.8 to miss world record by 0.4 sec. That's quite some season, isn't it?

Most depressing quote of 1975 came from Joyce Smith, quoted in ATHLETICS WEEKLY on April 26th.: "Obviously I have views on different things in athletics. However there is always someone who thinks you are getting at them, so it is best to keep quiet as much as possible....." On reflection, I suppose the current state of U.K. women's athletics is best summed up by Joyce's timidity. This is in no way a reflection on her prowess on the track, where she is indeed a fine example of mature ability. I'd rate her as one of the finest ever female runners; but what a contrast is her attitude to that



Liz Barnes

of 24 year old Liz Barnes:.. "I don't know what goes on behind the scenes, but from the outside it appears that new blood is needed in administration. I often get the feeling that the individual's needs and problems are not taken into consideration and it becomes a matter of looking after yourself because noone else will..." (AW, November 8th, 1975). Liz is quite right. The administration on the girls' side is not interested in helping talented individuals, unless they happen to be sycophants as well. Whilst I admire girls who have the guts to get deals for themselves towards the furtherance of their careers; I realise that a free-for-all climate is not an improvement on the present system. More deplorable than the totally apathetic girls who abound in our sport, are the ones who constantly moan that nothing is done for them; and yet do nothing for themselves either. Hopefully, things will change when the AAA and WAAA merge and the sport becomes united on the domestic side. This could lead to a better international side, eventually.

I stand by my contention that Hazel Oakes can one day run 800 metres in 1:56 or faster. A lithe, supple 19 year old who weighs in at 56 kg/123 lbs, and stands 1.67/5'6"; this girl has all the credentials. One of two talented sisters (Judith, 17, is pushing 15 metres in the shot) she is fast enough to run 24.0 for 200 and versatile enough to clock 14.2 for 100 m, hurdles, high jump 1.74/5'8½" and long jump 6.04/19'9½". In only two open 400 races, she has run 56.9 and 56.7. Remember Ann Packer-Brightwell? With the right training, Hazel Oakes could go the same way.

Four minute miles are no longer a big deal internationally, but here are some interesting statistics to mull around when out on lonely training runs. 45 Britons have beaten the once magic 'four' a total of 119 times outdoors as at January 1st, 1976. Fastest winning mile by a U.K. runner is Peter Stewart's 3:55.5 in 1972 and when Frank Clement broke the U.K. record last summer in Stockholm, he finished an almost unnoticed 7th. Steve Gvett, the U.K.'s youngest ever 4 minute man (he ran that time exactly at the age of 17 in 1973) ran 3:57.0 in that race, which happens to be the 10th. on the U.K. all time list. Yes, ten Britons have now surpassed Derek Ibbotson's famous 3:57.2 of 1957 and on that score, 23 of them have bettered Roger Bannister's 3:58.8 in the 1954 Commonwealth Games at Vancouver. Taking 4:03.5 as a cut off line, 110 British athletes have run that time or faster a total of 524 times and 253 men have run 4:07.5 or faster in the history of British athletics.

I realise, of course, that it's wrong nowadays to say this openly, with the passing of the Equal Opportunities Bill, but women's athletics rarely turns me on to a great degree. Watching a load of women running around can be a bore unless they happen to be friends and I can get involved

in their successes and failures. An exception to this was the Munich 1500 final for girls, won by Lyudmila Dragina (USSR) in a stately 4:01.4. It was the greatest ever achievement by a female runner, to my mind. The slimly built Soviet, then 29 years old and 1.65/5'5"; 53 kg./117 lbs., passed 400 m. in 62.5, 800 in 2:10 and the real running was only just starting! That third lap was covered in a searing 64.6 (one kilometre flashed by in 2:42.5) and the last 800 in an unprecedented 2:06.1! At the finish, Gunhild Hoffmeister (GDR) was 1.4 seconds back, a tenth ahead of Paola Cacchi-Pigni (Italy) whilst Karin Burneleit (GDR) was staving off challenges from Sheila Carey. Sixth place was clocked in at 4:05.1 and the last girl home ran 4:13.1. Anyone thinking realistically about the 1976 Olympic Women's final should study those statistics closely and absorb the certainty that this year's race is going to be hotter still!

With the Montreal Games looming larger and larger in the calendar, many pressmen who cover the sport once in every four years are sharpening their pencils and starting to air their 'expert' views. We can expect some real garbage to appear in the next few months; so it's handy to be armed with a sense of humour in dealing with it.

The pathetic attitude of these eagles of the media was best summed up in a nutshell by a comment made to me by a much respected journalist in a taxi recently. We were returning to Fleet Street after one of those weird and wonderful press conferences chaired by Arthur Gold and much of his tortuous terminology was still ringing in our ears ("Tanered's omission from the GDR match was not a

case of non-selection; it was a case of non-inclusion....") I had remarked that it was a pity that Norine Braithwaite had been preferred over Lynne Harvey for the Montreal indoor match, as Harvey is the younger improving athlete whilst Braithwaite is not going to set the world alight at this stage of her career. "Ah, but Norine makes better copy for us," replied my colleague (and he was being serious!) "After all, she is the daughter of Bob Braithwaite, the clay-pidgeon shooting chappie..." So now you know. We select the relatives of Olympic gold medalists because that makes a better intro line for the press; and we leave our talented youngsters at home.

HOW TO IMPROVE British Middle Distance Running

Members' Views

Greater incentives for junior athletes, sponsorship and more publicity. More institutions like Lilleshall.

Tim Hopkirk - Ryfleet

I think that with more support from authorities to subsidise young athletes' courses, such as the B.M.C. under 20 course, British mile running is sure to improve because of the increased chance of finding youngsters with world class potential. I also think that we should be allowed to get outside support, sponsorship etc. more freely.

Gareth Jones - Abingdon



Paula Yeoman, Joyce Smith & Ann Ford

- 1) Sponsorship of top athletes in Scotland, England, Ireland and Wales.
- 2) Find the physiological limits of top athletes.
- 3) Mediocre clubs (e.g. Aberdeen) having a full time middle distance coach.
- 4) Getting more athletes training together as a group.
- 5) More athletic clinics for injuries caused by road, track, etc.
- 6) More specialised training camps for up and coming athletes (age 16 to 20).
- 7) Grants from local government for specialist clubs.

Graham Laing - Aberdeen

Middle distance running could be improved by increasing the amount of training facilities. Winter and spring training camps at various places. More middle distance meetings. Far more group work for the middle distance athlete (this is what the B.M.C. does offer on occasions). Improving competition for the 10 to 13 year old athlete (boy and girl) like in America, where athletics is started at a younger age.

Paula Newham - Oxford

By having physiological testing easily available. By area camps (such as Southern Counties) extended to include more athletes. By realising that British runners (especially women) have got to train as hard as their European rivals. By sponsored trips abroad in winter for promising athletes.

Caroline Palla - Swanage

By providing better training facilities for athletes all over the country and by providing a specialist middle distance coach for all athletes.

Kevin Glastonbury - Cardiff

By bringing together large groups of athletes and coaches for intensive training sessions. By making some finance available to achieve this end. By setting up elite squads to train together free of financial burdens. By the staging of top class races round the country in an attempt to interest even more people in running

and by giving the average man in the street a kick in the rear to wake him up to the current situation.

Kevin Wilcox - Maldon, Essex

By giving extra encouragement and top-class competition with senior international athletes for junior athletes like myself, who have just become seniors. (Last season I was frustrated in not having done a reasonably fast time in the early part of the season).

Stephen Unson - W. Bromwich

I feel that too much glamour is centred on the track athletes, not enough incentive or publicity is concentrated on cross-country. The same glory of obtaining international on the country rather than on the track is not present. More encouragement is needed, possibly from school days and certainly from employers.

Susan Hassan - Birmingham

By widening the knowledge of training methods to uncoached athletes. Many runners of ability that I know never do fartlek, never do any interval session geared to their requirements, simply because they cannot judge (from lack of knowledge) what speed and what recovery interval sessions should be done in.

John Cain - Basingstoke

I think that the major improvement is to encourage youngsters to take a greater interest in athletics at an early age, and then to 'poach' those who obviously have a natural ability for middle distance running, training them for the future, without their realising that this is happening, so that they still enjoy their sport, which is a very important aspect of the problem. There are too many young people being told to run, which they do grudgingly, as opposed to voluntarily.

Howard Davis - Penzance

More well-distributed indoor tracks to help winter training.

Michael Wingfield - Harrow



A.A.A. Junior 3,000 Metres-1975
John Treacy(34) eventual winner

I would like to see more opportunities for middle distance coaches to get together so that ideas could be shared, which I am sure would benefit the middle distance athletes. Also I would like to see the ordinary club middle distance athlete given more opportunities and encouragement as if the base is improved, the pinnacle would obviously improve as well.

Alexander Gunn - Caithness

In the present economic climate, it makes sense to concentrate on improvements which are relatively inexpensive, rather than costly capital intensive ones. Coaching is one such aspect which ought to receive greater emphasis particularly with a view to making proper coaching more widely available. I speak from experience as a poor unfortunate who has never been coached.

Alan Meekings - Plymouth

Get more people of younger age groups interested in athletics and more important, keep their interest after they leave school.

Nicholas Chesworth - Norfolk

By encouragement and coaching of middle distance running within secondary schools.

Michael Weston - Lincoln

By having more all weather tracks and indoor centres to allow athletic competition to continue throughout the year. By having regular visits of qualified coaches to local clubs to help the younger members who are not coached.

Mark Hillyer - Portsmouth

1. By continuing the education and training programme of coaching personnel. The variance of views with regard to the training and coaching of middle distance athletes prompts me to suggest that there would be long-term benefits arising from the more frequent meeting together of coaches engaged in the preparation of athletes for middle-distance events. The stimulation of discussion and the exchange of ideas which would invariably result from regular seminars and training courses would, I feel, have a progressive and positive effect upon the performance of middle distance athletes. The B.M.C. is unique, inasmuch as its organisation is one through which the middle distance coach can meet fellow coaches at regional, district or national level. An extension of the club's already successful work at this level to other regions would, I feel, continue to improve the level of middle-distance running.

2. By developing research into the value of mental preparation of the middle distance athlete. Further research into the importance of mental preparation in middle-distance athletes as opposed to general mental set in all athletes could be valuable in the training of the former and eventually improve performance.

In addition, the continued research into the physiological development and performance of the athlete, should be maintained, providing a valuable basis for future training and coaching programmes.

Gordon Gluyas - Stockport

Middle-distance running in Britain could be improved by having the necessary facilities within easy reach of every major town to enable athletes to train when they wanted. Also by having the best competition wherever possible to guide their progress by.

Katharine Tabor - Eastleigh

I think British middle-distance running could be improved with better medical facilities and with more week-end training sessions with top coaches, especially more in the south-west, as there are hardly any.

Lorraine Lavercombe - Exeter

By more international class athletes being sponsored to run against more of the other world-class athletes from abroad, in their own countries, not just once a year, but several times per season.

Anthony Blackwell - Shotton

British middle-distance running can be improved by the athletes acknowledging his sport, with discipline, determination and the will to win.

Noel Murphy - Stevenage

A. Improved coaching standards, with more courses for coaches to attend, either day or week-end.

B. More training week-ends or days within areas

Robert Sexton - Norfolk



James McGuinness

While physiology and other science related studies have been of immense value to British middle-distance running, I would like to see greater emphasis put on our own British traditions which have brought so much success in the past and present. Sometimes I feel that we tend to imitate training methods of other nations, following rather than leading, and failing to make adequate use of the knowledge and experience which British coaches have acquired through practice.

Derek Parker - Renfrew

I think senior athletes could help younger runners much more than they do. By this I mean, take more interest and advise them on certain aspects of athletics.

Peter Hudd - Bristol

1. More organised races at regional level (graded by ability)
2. The more effective use of experienced and successful coaches.
3. A wider change of experience between coaches at conferences.
4. More constructive criticism of conservative Establishment attitudes.
5. Better liaison between B.M.C. and Club and County officials.
6. Expand and extend the excellent work of the B.M.C.

Cy Knibb - Avon

The Government should give the B.M.C. a grant that would improve coaching facilities and thus help to produce more middle distance talent in the British Isles.

Gary Nurse - Leicester

Through the Looking Glass (Ron in Wonderland)

by Ron Holman

Like most British coaches I do tend to get bored with athletes and journalists who continually extoll the virtues of such and such a system, or so and so a coach. I tend to believe that in this country we have a remarkable ability to select those parts of such systems that are particularly applicable to us and our environment.

Earlier this year, as Southern Staff Coach, I was privileged to escort a party of athletes to southern Spain for a weeks training in the sun. Before we left the U.K. we were aware that we would be close to the Finnish training camp, so to my mind it was top priority for several visits to perhaps unravel some "Finnish Running Secrets".

Undoubtedly one of their "secrets" is the fact that many of their top athletes are able to spend the majority of each winter at the camp at Los Pacos. Admittedly Finnish winters are severe and 25 degrees of frost is commonplace, but even arriving from a comparatively mild British winter, we felt a tremendous uplift from being able to train in the sun in mid-January.

As an example, all of the athletes that I coach were able to increase their weekly mileage by 10 to 25% as well as improving the quality and intensity of their training. Barry Smith, for instance, had no problems running a set of 8 x 300 metres repetitions in an average of 40 seconds. And yet at the same time his mileage increased from about 60 to well over 80 miles in the week. Keith Penny, who at home was struggling to top a weekly average of 90 miles, easily ran over 100, including three track sessions, a set of mixed 300 and 200 metres runs at 60 sec. lap pace, 4 x 800s in 2m.7s. and 30 x 80m. on a fast turn round basis.

The Finns run Los Pacos as a "Health farm com joggers centre" for tourists, as well as an athletic training camp. Such diversities as table tennis, a heated swimming pool, a bar and club room with adjacent sauna exist in close proximity



Ian Stewart and
Nick Rose

to an 80 metres synthetic all-weather strip with pole-vault, long and high jump facilities with a volley ball court and nearby tennis courts. There are "Jogging" trails of about 4 kilometres length over the hills along dirt paths and quite a few holiday makers can be seen taking their exercise here most mornings. So, between twice daily sessions, there are still plenty of mental and physical diversions. I do feel, though, that there would be a grave danger of boredom and cannot help thinking that perhaps if one has everything "on the plate" so to speak, there is a distinct possibility of losing some of the iron will so necessary for international competitions.

Keith Penny and Glen Grant frequently met up with Toivola, the Finn's top marathon runner, at the end of their steady runs. Toivola trained twice daily, in the morning and again in late afternoon, covering about 25km. in the morning and 13km. in the second session. On Sunday, his morning run is extended to about 35 km. All of his running was done in full track-suit on the roads around Los Pacos and Puengirola at an estimated $6\frac{1}{2}$ to 7 minute mile pace.

Nina Holman was also at the training camp, but opined that it was too hilly for her and the following week she moved to Marbella, where she trained on a golf course twice a day (before 8 a.m. and after 6 p.m.). We were told that she would remain in Marbella until the end of March (remember this was mid-January!) Rita Sallin, the 400 m. runner was at Los Pacos with her husband who is a 49.6 400m. hurdler. Rita seemed to spend most mornings doing easy stride outs over 60 m., and considerable numbers of mobility exercises. Part of her routine was a frightening series of leaps over closely placed hurdles. This she accomplished with both feet together as "Bouncing jumps" and as "hops" on alternate feet.

Most of the Finnish middle distance runners spent a lot of time on flexibility work and also running up hill for about 50 m. at a time with an exaggerated "bounding" action. Apart from that they all seemed to be involved in conventional steady running (aerobic build up). Another advantage that the Finns have which is not really appreciated is their lack of depth. For instance, Dave Roberts, one of our athletes, ran 1:50.9 for 800 metres last year and did not even top the Junior rankings. The same performance in 1974 in Finland would have ranked him 6th. in their Senior list. This enables the Finns to concentrate their resources on less numbers than we have to in the U.K. To illustrate this point further, while in Spain one of the girls at Los Pacos was a 2m13s. 800m. runner who was staying for the minimum period of one month. Yet with our group was Glynis Penny whose performance over this distance (2m.8.2s) does not even give her a place in our National "B" squad! The Finns also have a resident doctor at Los Pacos, a nurse, a children's nurse, four physiotherapists and two small gyms, one equipped with a bicycle ergometer and E.C.G. machine.

To those who still doubt the value of running in the sun, I can only point to the performances of some of those who went, after they returned. Keith Penny ran 3rd. in the Southern Cross-country over a course he hates (P.B.) on the same day that his wife, Glynis, ran 3rd. in the Women's National (P.B.). Glen Grant ran a series of fine runs indoors with a 24th. in the Inter-Counties cross-country sandwiched between and Barry Smith posted similar indoor marks which culminated in a superb 3:43.2 to win the Italian championship.

The resident director at Los Pacos is Tapani Ilkka, coach to Rita Sallin, and while I was there I also met Lasse Viren's coach and Antti Lansmaki, the chief coach of Finland. Can anyone really doubt the benefits that an athlete obtains from such a system?



Nigel Martin

CITY OF LONDON RACES

Once again a goodly number of B.M.C. members were up early on New Years Day to help organise or take part in the City of London Mile Road Races. This year there were five races, one more than last year, with a total of 92 runners completing the course, compared with 57 the previous year.

The races started with the Junior Women's Mile, which was won by Lindsey Payne with Lorraine Lavercombe second. Then came the Intermediate Women's race, which was won by Paula Newnham from Christine Brace. The Boys/Youths Mile followed, which was won by Nicholas Brooks in a close race from Kevin Glastonbury, who had travelled from Cardiff for the race. The Senior/Junior Mile, which was seen by many on television, provided an outstanding win for Glen Grant from Kevin Steere, while the final race was the Senior Ladies' three miles, which was a win for Joyce Smith from Glynis Penny.

Though the weather conditions were not perfect, the B.M.C. runners were lucky in comparison with the three mile road walkers, who were caught in a downpour soon after the start, when our members were safely back in the changing rooms.

Later, some rather sour remarks appeared in a well known weekly, complaining at the poor coverage the media gave to the outstanding road walk with the much better publicity received by the runners. It is true that the Veterans' Ten Mile Race could hardly be regarded as a "spectacular", but undoubtedly the B.M.C. races provided thrills and interest in good races, so that we have nothing of which we can be ashamed.

One comment made was that it is a pity that these races are run in an area that is practically deserted by the general public on Bank Holidays, which means that there are few spectators and so detracts from the atmosphere.

Leading results:

Senior/Junior Mile

1. G. Grant	4:02.9
2. K. Steere	4:07.4
3. A. Ainslie	4:08.6
4. P. Lewis	4:09.6
5. G. Jackson (J)	4:11.8
6. P. Griffey	4:12.3
7. G. Jarvis	4:13.4
8. P. Chimes	4:14.2
9. J. Eley	4:14.4
10. P. Rafferty	4:15.6
11. I. Davison	4:15.8
12. M. Harmer (J)	4:16.4

Youths/Boys Mile

1. N. Brooks	4:19.3
2. E. Glastonbury	4:20.4
3. J. Espir	4:22.3
4. N. Martin	4:25.3
5. T. Hutchings	4:27.1
6. A. Constable	4:29.3
7. D. Cameron	4:30.7
8. S. Jones (B)	4:41.5

Junior Ladies Mile

1. L. Payne	5:18.3
2. L. Lavercombe	5:20.3
3. Shirley Bunyan	5:20.8
4. J. Baker	5:21.2
5. Susan Bunyan	5:22.8
6. D. Miles	5:24.1

Intermediate Ladies Mile

1. P. Newnham	4:58.9
2. C. Brace	5:02.5
3. C. Emerson	5:13.6
4. R. Smeeth	5:16.8
5. C. Monaghan	5:18.3

Senior Ladies Three Miles

1. J. Smith	15:37.0
2. C. Penny	15:41.0
3. A. Roberts	15:41.8
4. H. Fielon	16:06.0
5. C. Curthoys	16:15.4
6. K. Fielon	16:15.6
7. C. Gould	16:22.4
8. S. Hudd	16:36.8
9. B. Price	16:46.6
10. G. Adams	16:50.2

A great deal of hard work and planning goes into these races, and members are appreciative of all who give up so much of their time to make New Years Day in the City of London such a good event. Plans are already going ahead for next year, when it is to be hoped that there will be even more support with well over 100 runners taking part.



Kevin Steere

Frank Speaking

I once wrote, "Even if you accept that the United Kingdom Coaching Committee Scheme is a good idea and you support it and even become an integral part of it, sooner or later you will either have to surrender your soul to it or rebel at the injustices and stupidity of its higher officers..." I was branded as a rebel, trouble maker, and a crier of "Wolf, wolf," too many times. Now, regretfully, I must report that not only are my words well-founded, they are mild by comparison to the acts of idiocy that emanate from the committee.

The views of National Event Coaches and Staff Coaches are but ripples of sense on an ocean of imbecility which surrounds the British Amateur Athletic Board and its subservant the United Kingdom Coaching Committee. **THERE IS A RAY OF LIGHT.** At last the straw of injustice was too much for the Scottish Coaching Committee and the Southern Coaching Committee and they dared to challenge the ruling of the B.A.A.B. I refer to the insult bestowed on Harry Wilson, National Event Coach for Long Distance. Instead of being picked to accompany the British Team to Montreal, they kick four years of his work as supreme of long distance thought into obscurity by appointing one of his deputies, Staff Coach Stan Long, as head of the long distance runners at Montreal and at the Colorado altitude camp prior to the Games. It does not really matter to the B.A.A.B. that Harry Wilson is the National Event Coach, that he is the part author of **THE COMPLETE MIDDLE DISTANCE RUNNER**, that he is the major contributor to the B.A.A.B. handbook **MIDDLE AND LONG DISTANCE, MARATHON AND STEEPCHASE**, that his athletes, Tony Simmons and Steve Ovett, gained silver medals in the European Games in Rome, that his girl 800 runner is the best in Britain. None of these things matter, no matter how good you are as a coach, official or athlete, **IF YOU HAVE OPINIONS OF YOUR OWN YOU ARE NOT WANTED, IF YOU ARE ALSO SUCCESSFUL IN YOUR FIELD, YOU CAN BE CLASSED AS DANGEROUS**". Harry Wilson fills this description, he is successful and has a mind of his own. Let me tell you about it.

In the Rome Championships of 1974, Brendan Foster, Steve Ovett, Dave Jenkins and David Black complained to Harry that they could not sleep four or five in a room. Subsequently, Harry contacted Team Manager Biddle (note the title Team Manager), he agreed and accepted Harry's idea of moving some athletes into a Hotel opposite which was going to be sponsored privately, (later the Board agreed to pay the cost). **THIS ACTION WAS LATER DESCRIBED BY THE B.A.A.B. AS "DIVISIVE"**, even though the TEAM MANAGER, Mr. Biddle, had agreed. (It should be noted that Mr. Biddle has never again been asked to manage a British Team). **HARRY WILSON WAS DOING HIS JOB, LOOKING AFTER THE WELFARE OF ATHLETES BEFORE MAJOR COMPETITION**, this was one of the reasons why he was not picked to accompany the Olympic Team - he was **DOING HIS JOB!**

The term National Event Coach means what it says, in charge of an event throughout the U.K. and all its intricacies, financial, coaching, competition, etc. So, when a rich man came to Harry Wilson and offered his event help, he took it and dispensed help to athletes whom he thought wanted it. "You mustn't do this," said the B.A.A.B., "such money must go into the central committee and we will decide where it goes." Harry Wilson had committed his second "crime". He acted for his event, for the athletes in that event. He used his initiative.

So there you have it, Harry Wilson's two terrible misdeeds that have led to him being dropped from the British Olympic coaching team.

What of the man who is standing in for Harry Wilson? How many coaches would have accepted the role in such circumstances? Would refusal have meant that he would not have gone to Montreal? I very much doubt it. Such is the aura of Stan Long in the North East, few people would have turned a deaf ear to a request from him for his fare to be paid to Montreal to keep an eye on his number one star, Brendan Foster. Strangely enough, it is reported that Foster does not want to go to Colorado with the British team, instead he prefers St. Moritz, a strange choice, since his coach will be in Colorado, three thousand miles away.

The Board administered its final insult to Harry by not inviting him to the Olympic Possibles week-end sponsored by Kraft at Crystal Palace on March 26th. to 28th. It must be expected that Harry will resign from such treatment. **MY ADVICE TO HARRY IS, DON'T.** Let them try to get rid of you and a holocaust reaction will result and every coach and athlete who has ever had an axe to grind with the hierarchy will be asked to form an alliance which will make the old British Athletics Union look like a women's guild garden party.

Physiology of running, a subject not liked by some coaches and athletes who neither have the intelligence nor the desire to understand it, has always fascinated me. I am intrigued by the feats of Bannister, Chataway and Brasher twenty two years ago (World mile record, three miles world record and Olympic gold medal in steeplechase) done on a mileage of 30 a week consisting of three or four track sessions a week and runners like Snell, Byun and Walker, whose mileage is double that of their predecessors. Some who do the mileage of the latter group have failed to do the times of the former, so the panacea of success is not mileage alone, otherwise all marathon runners, with their big mileage throughout the year, would only have to take a week or two off to win the A.A.A. middle distance titles.

Here are some observations of the world's leading physiologists:-
1) Steady running, increasing 25% in distance every four weeks, will lower the pulse rate four beats a month until a maximum of 40 is reached in male athletes and 50 beats in women, provided a

training threshold is reached during the majority of the run, i.e. Karvonen's table, see THE COMPLETE MIDDLE DISTANCE RUNNER by Watts, Wilson and Horwill, page 56. A minimum of three runs a week is required and not less than 15 minutes each run to start with. More frequent runs will increase the rate of pulse reduction but also increase the possibility of stress and/or injury. A low pulse rate does not guarantee racing success in the 800, 1500 or 5,000 events. Reference:- A.V.Hill, Ernst Van Aaken and Y.Y.Urgenstein.

2) Running at 90% effort for four minutes is the best way of improving the oxygen capacity. World class runners can diffuse six litres of oxygen into their blood stream every minute, women four litres. The average man two to three litres. What is 90% of a 1500 best time? If you have a best time of 3:50 for 1500, 90% is about 4:10 for 1500, or 17 seconds per 100 metres. So a session of 4 x 4 minutes at 90% of your best 1500 time is a sensible work out. Reference:- Dr. R.Wilson.

3) Running at 95% for three minutes is also a good way of training the body to cope with more oxygen. If you have a 1500 time of four minutes, 95% of that is 4:15 or 17 seconds per 100 metres and in the case of the 3:50 man, it would be 16 seconds per 100. Thus a session of 5 x 3 minutes at 95% of your best 1500 time would be an intelligent session. Reference:- Saltin.

4) The 800 metres event produces more lactic acid in the muscles than any other M.D. event. For this reason alone, all M.D. runners should include a number of 800 metres races in their racing programme. Runs of 100% effort lasting from 60 to 75 seconds are the best way of acclimatising the body to excessive lactic acid. An 800 metre runner with a time of 1:48 would have to run half a second faster per 100 than his best 800 time for 75 seconds max. It is suggested that 2 x 75 seconds at 100% effort with short rest makes a "set" and that a long rest be taken before repeating the set. If a 60 second effort is preferred, the time per 100 should be three quarters of a second faster per 100 than the best 800 pace. Reference:- O.Astrand.

5) Running up and down a hill one in fifteen has numerous advantages. These are (a) Running up and down hill for a set period of time, i.e. 15 minutes, during which time the number of ascents are noted. Attempting to increase the number of ascents within the time until 25% improvement is registered, then increasing the duration by 50% and repeating the operation.

(b) Timed repetitions of 200 metres with jog down recovery. (c) Pull out sprint sessions with complete rest. (d) Pull out sprint sessions downhill to increase rate of stride. Method (a) proved to be the best method of increasing endurance, (b) proved to be a good leg strengthener and caused high lactic acid readings, (c) gave sprinters leg power and stamina and (d) increased rate of stride. Reference:- A.A.Viru, Y.U.Urgenstein, A.P. Pisuke and Jim Bush.



Jerry Odlin

6) Striding 200 metres not slower than five seconds off your best 200 and jogging 200 metres within 90 seconds is the most efficient way of lowering your pulse rate in terms of time and effort. In a series of 24 x 200s, the pulse should be checked after every eight runs at the end of the jog. If the pulse rate has fallen below 20 beats per minute within the 90 seconds, the jog should be shortened to 100 metres and if necessary to 50 metres. The same procedure can be followed with 100 metres not slower than two seconds off your best time. Reference:- W.Gerschler and Reindall.

7) The ideal way of running 1500 metres or a mile is to win it and get the best time? This problem was put to the Oxford University Computer Centre and the answer was TO RUN EVERY LAP FASTER THAN THE PREVIOUS ONE, STARTING AT LEVEL PACE, e.g. 60-59-58-57 equals a mile in 3:53, 1:59 to 1:55. This way the fast last lappers have their sting drawn, level pace is a difficult thing to do without INCREASED EFFORT PER LAP. Acceleration sessions in training are well worth their effort.

8) World class 800 metre runners have above average leg strength, sarjent jumps in excess of 24 inches, standing broad jumps equal to their own height plus 25%, seven hops to cover 25 metres. This leg strength is related to the fact that world class 800 men can sub 47 for 400. Eight hundred metre runners who neglect leg

strength exercises are neglecting an essential part of their preparation. Reference:- V.F. Popof.

9) If a runner has done 1500 in 3:42 (60-60-60-42) he is wasting time doing 8x400 in 60 with 90 seconds rest, since he can do 4 x 400 in that time with no rest. It should be 8 x 400 in 58 seconds with 100 metres jog (30-45 secs.).

Can all these be fitted into a training schedule? It certainly can and it is a very varied schedule. Here is how I would distribute the ideas in the summer:-

- Day 1 Steady run with Karvonen check.
- Day 2 Oxygen uptake session, 4 minutes of 90% running x 4.
- Day 3 Steady run.
- Day 4 Oxygen uptake session, 3 minutes of 95% running x 5.
- Day 5 Steady run
- Day 6 Astrand 75 seconds 100% effort, x 2, x 2.
- Day 7 Steady run.
- Day 8 Hill running repetitions.
- Day 9 Steady run.
- Day 10 Hill running endurance session.
- Day 11 Steady run.
- Day 12 Hill run, sprinting up and down.
- Day 13 Steady run.
- Day 14 Rest.
- Day 15 RACE.
- Day 16 Steady run.
- Day 17 Acceleration session at 2,000 metres, 2 x 1,000 metres.
- Day 18 Steady run.
- Day 19 Gerschler session 200s.
- Day 20 Steady run.
- Day 21 Gerschler session 100s.
- Day 22 Steady run.
- Day 23 1500 pace session, short rest.
- Day 24 Steady run
- Day 25 Astrand 60 seconds 100% effort x 4. Start with Day 1 again.

from Tony Saunders

Dear Charles,

In the Autumn 1975 edition of B.M.C. NEWS, there is reference to Periodisation, which (it is stated) "is a fact, but very bad psychology for the runner to know too much about it!" The article then goes on to ask what happens if the runner's "low point" occurs in the Olympic final?

Periodisation is all about "peaking" and unless something has gone catastrophically wrong with the programme, there should certainly not be a low point in the major race of the runner's career.

The confusion arises I think because "Periodisation" is not what the author of the article means. Surely he is referring to the principle of "Bio-rhythms", a concept whereby it is stated that training and competition "highs" and "lows" can be calculated on a cyclic basis, working from the runner's birth-date.

Whilst agreeing with "periodisation" (haven't we all been doing it for years, under different titles?), I would question whether "bio-rhythms" have much validity.

I have checked extremely carefully the training and racing performances of three of my squad (without their knowledge) over the past two years and can find no proof at all in the concept. There just appears to be no constant pattern. In many cases most of the best results came during so-called "low-points".

In the same article, mention is made of the difference between the American season and the British, with particular reference to the winter racing programme. The point about the "boring six months cross-country in Britain" compared with the American idea of two months cross-country and two months indoor is not, I feel, totally valid.

One assumes that those British milers who run on the country do it because they want to, i.e. to them it is not boring. Those who want to run indoors have the opportunity - there are plenty of races, albeit primarily in one centre. One has to be particularly careful about peaking for indoor competitions, otherwise one could enter the realms of "triple periodisation", which, as Kruger has pointed out in TRACK TECHNIQUE, may be the reason for the comparative failure of American track men at Munich in 1972. My experience shows that one can safely and with distinct value tackle an indoor season of two or three months on a purely overdistance background, thereby racing at a high level of competition but without the danger of reaching a mid-winter peak.

Yours truly,

TONY SAUNDERS,
Midland Area Staff Coach for MD and S/chase
2 Parkdale,
Tettenhall Road,
Wolverhampton, WV1 4TR

RACE RESULTS

compiled by Ray Williams

WEST LONDON - 22nd. October - very windy

<u>1,000 Metres - Men</u>	
1. C. Van Rees	2:32.7
2. H. Harmer	2:33.9

<u>2,000 Metres - Men</u>	
1. P. Williams	5:28.2
2. G. Jackson	5:30.0

DERBY - 4th. September - calm

<u>Derbyshire Sporting Club Mile - Men</u>	
1. D. McMeekin	4:01.0
2. J. Cadman	4:04.5
3. W. Wilkinson	4:05.0

CRYSTAL PALACE - 10th. December - cold but

<u>2,000 Metres - Men</u> calm	
1. G. Jackson	5:25.6
2. J. Odlin	5:26.0
3. P. Griffey	5:26.6

WEST LONDON - 5th. November - cold but calm

<u>600 Metres - Women "A"</u>	
1. S. Sales	1:34.7
2. H. Page	1:35.7
3. J. Dunt	1:35.7

<u>600 Metres - Women "B"</u>	
1. T. Walsh	1:39.5
2. M. Eisenberg	1:40.8

3,000 Metres - Women

1. A. Roberts	9:34.6
2. L. Harvey	9:34.8
3. B. Price	9:51.2
4. C. Stenhouse	9:59.6

CRYSTAL PALACE - 12th. November - cold and windy

<u>1,200 Metres - Men "A"</u>	
1. G. Jackson	3:05.6
2. C. Van Rees	3:07.9
3. M. Harmer	3:09.0

1,200 Metres - Men "B"

1. J. Bristow	3:13.7
2. J. Corbett	3:15.3

WEST LONDON - 7th. January - cold and breezy

<u>1,200 Metres - Women "A"</u>	
1. M. Barrett	3:36.2
2. C. Gurthoys	3:37.2
3. M. Eisenberg	3:52.1

1,200 Metres - Women "B"

1. R. Ennis	3:41.4
2. S. Buryan	3:43.7
3. C. Roy	3:43.7

CRYSTAL PALACE - 14th. January - cool

<u>1,200 Metres - Men "A"</u>	
1. P. Chines	3:01.2
2. G. Jackson	3:01.6
3. S. Trew	3:02.2
4. K. Spencer	3:04.8

1,200 Metres - Men "B"

1. J. Hutchings	3:09.1
2. J. Bristow	3:11.4
3. D. Piltness	3:13.1

WEST LONDON - 8th. February - very cold

<u>600 Metres - Women "A"</u>	and windy
1. M. Coomber	1:33.4
2. M. Barrett	1:34.1
3. R. Page	1:35.1

600 Metres - Women "B"

1. L. Ledger	1:40.8
2. M. Eisenberg	1:41.2
3. J. Farr	1:41.2

3,000 Metres - Women

1. P. Yeoman	9:49.8
2. B. Price	10:15.4

STRETFORD - 1st. February - cold and windy

<u>1,200 Metres - Men "A"</u>	
1. K. Newton	3:04.4
2. W. Demoney	3:07.5
3. C. Nurse	3:07.6

1,200 Metres - Men "B"

1. G. Burdett	3:19.5
2. J. Conroy	3:20.8

CRYSTAL PALACE - 11th. February - cold and

<u>2,000 Metres - Men</u>	windy
1. M. Wilson	5:32.8
2. N. Leach	5:35.0
3. S. Durnall	5:44.0

STRETFORD - 29th. February - cold and

<u>1,000 Metres - Men</u>	breezy
1. S. Markley	2:30.6
2. K. Newton	2:32.0
3. S. Cahill	2:33.0

1,000 Metres - Women

1. J. Lawrence	2:51.4
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WEST LONDON - 3rd. March - cold

<u>1,200 Metres - Women</u>	
1. L. Harvey	3:34.1
2. C. Ward	3:36.3
3. B. Price	3:37.6

CRYSTAL PALACE - 10th. March - cold and

<u>1,200 Metres - Men</u>	calm
1. M. Wilson	3:02.4
2. W. Tarquini	3:03.6
3. N. Leach	3:04.7

STRETFORD - 28th. March - fair

<u>1,500 Metres - Men</u>	
1. S. Coe	3:47.4
2. M. Prince	3:48.1
3. K. Newton	3:49.6

1,500 Metres - Women

1. J. Lawrence	4:28.5
2. H. Gallop	4:48.8

WEST LONDON - 7th. April - very cold and

<u>800 Metres - Women "A"</u>	windy
1. M. Coomber	2:07.9
2. C. Falla	2:12.4
3. C. Brace	2:14.0

800 Metres - Women "B"

1. C. Ward	2:14.5
2. C. Gould	2:15.7
3. J. Kimber	2:18.7

800 Metres - Women "C"

1. C. Monaghan	2:19.2
2. B. Clement	2:20.0

CRYSTAL PALACE - 14th. April - heavy rainHARRY WILSON MILES"B" Race

1. D. Black	4:34.0
2. E. Kiddle	4:34.2
3. C. Mault	4:34.7
4. A. Bristow	4:42.6
5. T. Brennan	4:44.3
6. P. Hudd	4:44.7

"D" Race

1. R. Wood	4:25.7
2. R. Blackmoore	4:28.0
3. L. White	4:28.7
4. S. Fox	4:35.3
5. S. Purser	4:36.2
6. R. Wilson	4:36.2

"C" Race

1. K. Glastonbury	4:13.3
2. G. Jackson	4:14.6
3. S. Kidd	4:19.5
4. D. Palmer	4:20.1
5. S. Patterson	4:21.9
6. P. Gronland	4:24.0
7. J. Bristow	4:25.1
8. A. Constable	4:25.7

"E" Race

1. J. Kiernan	4:12.8
2. A. Cotton	4:14.6
3. M. Deegan	4:17.9
4. P. Rafferty	4:20.2
5. K. Spencer	4:21.4
6. P. Cheatle	4:24.5

"A" Race

1. S. Coe	4:07.6
2. K. Steere	4:08.6
3. T. Colton	4:09.3
4. W. Wilkinson	4:09.8
5. J. Douglas	4:10.9
6. P. Lewis	4:11.4
7. P. Murphy	4:11.5
8. T. Jefferies	4:15.8

ALDERSHOT - 7th. April - cold & v. windyArmy Cup Final Mile

1. G. Grant	4:04.1
2. R. Green	4:12.9
3. G. Jackson	4:15.8
4. M. Martin	4:16.4

WOODFORD - 18th. April - cold, gale force

<u>800 Metres - Women</u>	wind
1. A. Creamer	2:10.4
2. M. Coomber	2:12.3
3. P. Yule	2:15.2

16 Who would be a Regional Secretary?

Dear Regional Secretary,

I would like to personally congratulate you on your latest example of literary genius, I presume a by-product of a frenetic burst of latent energy. The speed of delivery of this latest missive supersedes all records, a trait in keeping with your impression of rampant paranoia.

However, it amazes me that despite my obvious insurgence, you still procrastinate, by quoting bits of meaningless garbage from your race invitations. If you mean what you write, then as all professional writers know, you abide by it, but for God's sake do not send me reams of waste paper, to fill my dustbins. Anyway, whatever happened to your inexorable pursuit of the qualities of prudent cupidity and judicious ostentation? Are we therefore to believe that your image as the pragmatic entrepreneur of British athletics is fading, like the sun over the Western Hills? More important which of your brothers on the National Committee is going to inherit your Godly position, and continue your omnivorous tendencies, suppurating over the remains of British Athletics?

Yours affectionately,

An Apology

In our last issue, the photo purporting to be of John Greatrex was actually of John Drake of Basildon. We apologise to all that the wrong half of the photograph had been sent to the printer.

Training Week-end

The Annual Residential Week-end this year is to be held at Loughborough College on 25th and 26th, September. The Annual General Meeting will be held at the same time. The cost will probably be £8.50 per head inclusive. An advertisement will appear in ATHLETICS WEEKLY in due course, so look out for it, and meanwhile book the date in your diary.

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	2.00
B.M.C. Ladies' Vests	2.00
B.M.C. Badges	.20p

Payment should be by cheque of P.O. made payable to Bill Bennett and a stamped, addressed envelope large enough to hold your purchase should be enclosed. When ordering vests please indicate the size required.

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

It is regretted that at the moment stocks of vests for men are exhausted, so that there may be some delay for those men ordering vests.

The New Counties

How do the new County boundaries tie up with the B.M.C. Regions?

Following the county changes, it was felt that this should be re-examined, and below are listed the counties covered by the Regions.

SCOTLAND - Scotland with the exception of Borders.

NORTH EAST - Northumberland, Tyne & Wear, Durham, Cleveland, North Yorkshire, Humberside, South Yorkshire, West Yorkshire and Borders.

NORTH WEST - Cumbria, Lancashire, Merseyside, Greater Manchester, Cheshire, Derbyshire, West Yorkshire, Clwyd and Gwynedd.

MIDLANDS - Staffordshire, Salop, West Midlands, Hereford & Worcester, Warwickshire, Nottinghamshire, Lincoln, Leicestershire and Northants.

EAST - Bedfordshire, Cambridgeshire, Norfolk, Suffolk, Hertfordshire and Essex.

SOUTH (North of Thames) - Greater London (North), Buckinghamshire, Oxfordshire and Berkshire

SOUTH (South of Thames) - Greater London (South), Kent, Sussex, Surrey, Isle of White and Hampshire.

SOUTH WEST - Cornwall, Devonshire, Somerset, Avon, Wiltshire and Dorset.

WALES - Principality except Clwyd and Gwynedd, plus Gloucestershire.

HAVE YOU PAID YOUR SUBS?
If not, DO SO NOW. BUT -
You must now pay £1.50, as it is overdue!
Ray Williams, 39 Nursery Av., Bexleyheath, Kent