

BRITISH  
MILERS  
CLUB

8  
No 7

R  
NEWS

S  
U  
L  
T  
S

:summer:  
(69)

Contents:

*Importance of Nutrition*  
*Reassessment of Fartlek*  
*That Third Lap!*

## EDITORIAL

The Editor wishes to make it quite clear that the views expressed in this journal do not necessarily represent the views of the National B.M.C. Committee.

oOo

A recent coaching incident reported to the Chairman would indicate all B.M.C. coaches should be reminded of standard coaching etiquette. If an athlete comes to you for coaching you should ascertain quite clearly from that athlete, preferably in writing, that he is no longer being coached by anyone else. It is advisable to contact the previous coach before issuing schedules.

oOo

The year has started in true B.M.C. fashion. The fastest male and female mile was staged by the Club up to the time of going to Press (late May). In addition to this, the fastest  $\frac{3}{4}$  mile races in the country 2,59.8 (South); 3,00.1 (North West) have also been registered.

oOo

Early season personal bests have been recorded by Phil Bonning, 4:06.8 in the mile; Peter Francis and Ivor Seabrook in the  $\frac{3}{4}$  mile 3:04; Mike Baxter (N.W.) in the 5,000 14.01.

oOo

THE MILE OF THE CENTURY FOR LADIES sponsored by Leicester Sports Centre and organised by the B.M.C. will be a fantastic race or should we say races? For the 1,500 metres world record could go and so could the mile one. We may well see some athletes going for the shorter record only and ease up, while others may hang on grimly to the end. It is anyone's race, Pignl with 4:41 is the current fastest, Rita Ridley comes next. The fastest of them all is an unknown quantity, her Olympic 800 metres time is superior to all the others, her 1,500 metres time of 4mins. 15.6, but she has not run the latter distance for two years.

oOo

A word about rest times. Some athletes could definitely improve their performances by altering rest times. In spite of findings by Dr. Travers at Mexico that once a week there should be a session of fast running with short rest, e.g. 12 x 220 in 26 secs. with 30 secs. rest, there are still athletes clinging to old fashioned "musn't hurt myself" philosophies.

HERE ARE OUR RECOMMENDATIONS:-

- Training sessions at MILE pace, jog half the distance run.
- Training sessions at HALF MILE pace, jog the actual distance run.
- Training sessions at QUARTER MILE pace, jog double the distance run.
- Training sessions at FULL EFFORT pace, jog treble the distance run.
- Training sessions at TWO MILE pace, jog a quarter the distance run.
- Training sessions at THREE MILE pace, jog one third the distance run.

N.B. WHERE A SEVERE OXYGEN DEBT SESSION IS SCHEDULED ONCE A WEEK THE ABOVE REST TIMES SHOULD BE HALVED OR EVEN FURTHER REDUCED. Specimen jogs are 1- 110 (30-45 secs); 220 (60-90 secs); 440 (2-3 mins). The coach should state the time of the jog beforehand. Where this is exceeded THE DISTANCE JOGGED MUST BE REDUCED SO THAT THE TIME IS NOT EXCEEDED.

Further information about the physiology of rest times and their relation to performance should be obtained from A.A.A. Staff Coach Harry Wilson.

oOo

## Frank Horwill

AAA HON SENIOR COACH

"How much of your success is due to coaching?" said the ATHLETICS WEEKLY questionnaire. Back came the reply, "Since May 1968, all of it." The newly acquired coach sprang into being at the Font Romeu altitude camp. So, in six months he transformed the athlete concerned into a world-beater. WHAT UTTER ROT! What about the half-a-dozen Olympic possible courses the athlete attended under such coaches as Harry Wilson and Tony Elder? Didn't these help? They certainly helped my athletes, why the exception? What about the old man in a local club whom this athlete used to go "to cry on his shoulders when things went wrong"? Didn't he help?

Let us get things right. Any athlete who trains intelligently and regularly will improve each year from the age of sixteen until he is twenty-four, THIS IS FACT. To try and make out that in six months a certain coach has transformed an athlete without regard to the formative years that have gone before is pure coaching snobbery, for the implication is that a National A.A.A. Coach has done what others have failed to do.

I tell all my athletes who answer the A.W. questionnaire to give acknowledgement to all who have helped them and not just to the one who is with them at the moment of success at the top.

I also question the usefulness of these questionnaires. What is the point of writing down "Tuesday 30 x 220"? In what time and what rest? Is it a state secret? We have no secrets in the British Milers' Club, if we find a method which improves the performances for British runners we will pass it on.

My old friend Bill McKim is a man of extremes. On two occasions he has helped British milers to records. In 1965 he helped Alan Simpson break the British record of Derek Ibbotson and now indoors he helped Walter Wilkinson to a new U.K. Allcomers record for the mile. Make no mistake about it, this was a B.M.C. team performance. Robin Barrett was asked to take the field through in 2 minutes 4 secs. by a Midland A.A.A. official, Robin replied, "That's no good, it must be 2 minutes and under." Robin did his share of the pacework and Bill took over to set the scene for a fine display by Walter. However, I wish Bill would turn up to races when he writes to say he is running. I am going to forgive him in view of his services to British miling! But, others please note that B.M.C. Secretaries throughout the U.K. have been sent a blacklist of athletes who have let us down in the past, these athletes will get no races for TWO YEARS. Also, while I am on this subject, members in arrears with their subs. will not be permitted to run in our races. We banned a North East athlete from one of our promotions there because of this and the little whiner went running to the Press with the story. Just imagine it, too mean to pay 10d a month to remain a member and then expecting to run in a race which we organised. There is the cost of postage, race invitation forms and envelopes to meet in all race promotions. Does this athlete think we are a charity with unlimited resources?

Who pays for our advertising in the A.W.? We are fortunate in having an advertisement sponsor and the money given can only be used for this purpose. We have found that advertising saves us a lot of time. For instance, we used to send out one hundred training day invitations by post at a cost of just over £2, then to this we have to add the cost of the invite forms and the envelopes which brought the cost up to £3. We now feel that a £3 advert in A.W. is a more economic way of notifying members. When our sponsor dries up be prepared for a big increase in subs. of about 50% or possibly 100%, this will be 15/- or £1 per annum.

## FRANK SPEAKING

I have been asked to mention the case of a Senior A.A.A. Coach who was asked to conduct coaching examinations on behalf of an Area Association. In other words, he was being asked to carry out the duties of a National A.A.A. Coach whom we know gets £2,000 per annum. This Senior Coach deduced that if his services were considered equal to that of a professional he should be compensated likewise. He sent in his account. This caused a furore and he was not paid. Was he wrong? Was the right decision made by the Area committee?

In the Thames Valley Harrier magazine THE INTERVAL, expertly edited by marathon runner John Offley, I wrote in my column of the very mean attitude taken by a A.A.A. official at the Olympic Team versus the Rest match at Portsmouth. Alan Cowen ran for the Rest in the 800 and we all know why he was picked, he is noted throughout the United Kingdom for his pacemaking. Asked after the race for his expenses he declined to charge them saying that it was his contribution to the Olympic fund. However, he had one small favour to ask, "Could he have a spare ticket for the chap who drove me down?" Certainly not was the official's answer. Well, it could have cost the A.A.A. £2 in expenses, instead he wanted an extra 2/6d tea ticket. WHAT INGRATITUDE!

My EQUIVALENT TABLE has been published in Germany and America and is now accepted as 90% accurate. Many people wrote in to say they disagreed with me mainly because it didn't FIT THEM. However, I repeat that these times were arrived at after examining the times of over a hundred top milers and the formula is now a very good indication of things to come when competing at other distances. I have done some research into lady half-milers and this is what I predict:-

HALF MILE TIME	EQUIVALENT 440 TIME	EQUIVALENT MILE TIME
2mins. 10 secs.	57secs.	4mins. 55 secs.
2mins. 15 secs.	58.5 secs.	5mins. 5secs. 2 + 35
2mins. 20 secs.	62 secs.	5mins. 15 secs.

Have you mathematicians found the formula? Here is more food for thought:-

2mins. 2 secs. is equal to 53 secs. for 440 which is equal to a mile in 4mins. 39 secs. The world record holder for the mile, Anne Smith has a mile time of 4mins. 37 secs. this is worth 2mins. 1 sec. for 880 and a 440 in 52.5 secs. It will be seen from these figures that Anne is a better miler than she is an half or quarter miler.

HOW CAN WE USE THESE FIGURES? Given the basic time of one distance it is easy to adapt the training to meet the needs of the other events. In my experience as a coach of four record-breaking 800 and one mile female runners, it is easier for the 440 type to convert to 880 and mile running training than it is for the mile type to convert to 440 work. However, by including in their weekly training a specific sprint session with full rest and one with short rest (tempo) results have been encouraging in the shorter distances. I recommend some of the following sessions:-

16 x 60 from blocks (DON'T EXPECT TO RACE WELL THE FIRST FEW TIMES YOU TRY THIS! )  
 Turn about 60s in sets of eight with a 60yd walk in between sets.  
 THIS IS TOUGH BUT A GREAT CONDITIONER.  
 3 x 150 full out with 70yds walk rest, then double rest and repeat.  
 The same again with 70yds JOG.  
 2 x 330 in 42-45 with 110 walk. Same again with 110 JOG.

In case some clown misreads the above, and they do, the above sessions are not done on the SAME DAY! Each new sentence denotes a different day.

## FRANK SPEAKING

I have been asked to clarify some aspects of nutrition for athletes. Let me make it quite clear that my views are based on Professor Selye's papers 1936-1952, Messrs F. Bicknell and Prescott - (1945) THE VITAMINS IN MEDICINE and THE NUTRITION OF ATHLETES, a Symposium, The British Journal of Nutrition 1938, plus my own personal experience of coaching athletes with and without vitamin supplements.

IRON is of vital importance in human nutrition and iron deficiency in female middle-distance runners is prevalent and not uncommon in male athletes. The healthy athlete contains 5 grams of iron in his body and this is distributed as follows:

1. Haemoglobin. This is the pigment that gives blood its colour. It is responsible for combining with oxygen as it passes through the spongy structure of the lungs which is pumped throughout the body. HAEMOGLOBIN CONVEYS OXYGEN. On its journey around the body the haemoglobin picks up carbon dioxide gas which it discharges into expired breath. About two-thirds of the total iron in the body is combined with haemoglobin. IF THE DIET CONTAINS INSUFFICIENT IRON the amount of circulating haemoglobin is reduced and ANAEMIA results.

It should be noted that every six weeks the red blood corpuscles break down and iron is released of which very little is lost, most of it is used again for the formation of fresh corpuscles.

2. Tissue iron. About one-fifth of the total iron in the body occurs in the tissues combined with proteins where it forms part of the enzyme system whereby food is converted into energy. LACK OF DIETARY IRON DOES NOT AFFECT PROTEIN IRON COMPOUNDS.

3. Storage iron. A complex protein compound called FERRITIN constitutes one seventh of the total iron in the body. This is virtually an emergency store upon which the body draws in short periods of deficiency.

Foods which supply iron in the diet are blood (black pudding), liver and meat. The best of these being LIVER. Curry powder has an exceptionally high iron content because the powder is made in iron cooking equipment of which large amounts are diffused away. It should be noted that milk, butter, cheese and eggs are VERY LOW IN IRON.

Iron absorption in the body is of great interest and has only recently been fully understood. For instance, beef iron is absorbed more fully than the iron of a mixed diet, the rest being passed out in the faeces. Iron absorption is governed by the following:-

1. If you already lack iron the body will absorb it at a very high rate when given medicinally. Healthier people reject iron in the gut. However, iron present in some foods IS NOT ABSORBED BY ANAEMIC SUFFERERS, such foods as eggs and liver fall into this category. It will be seen from this that DIET ALTERATION cannot bring about speedy treatment of anaemia.

2. Iron forms haemoglobin and this is conveyed, but foods which already have the iron combined in blood ARE NOT A GOOD SOURCE OF ABSORPTION, thus blood sausage, although high in iron content is non absorbed.

3. The presence of phytic acid in food prevents iron absorption, e.g. whole meal bread.

4. The presence of VITAMIN C in meals providing IRON assist the body in iron absorption.

5. Iron is absorbed if plenty of protein is available in general with all meals, e.g. meat, poultry, game, peas, beans, cereals, potatoes and dried egg.

6. If you lack Vitamin B6 (pyridoxin) in your diet THIS CAUSES A TOO RAPID ABSORPTION OF IRON WITH HARMFUL SIDE EFFECTS.

N.B. TEN YEARS AGO I STRESSED THE IMPORTANCE OF TAKING IRON, VITAMIN C AND VITAMIN B SUPPLEMENTS TOGETHER, IT WILL BE SEEN FROM MY REASONS WHY THIS IS LOGICAL.

Can you have too much iron? You certainly can but this is so rare that it need not worry you. The condition is called SIDEROSIS and means the body is absorbing too much iron. It is found in men over 45-years-old and people subject to lack of phosphorous in their food. The Bantu natives of South Africa cook solely in iron pots but lack phosphorous in their diet, this means that there is a build up of iron in the body. Symptoms are diabetes, skin discolouration and whiskey drinker's liver.

SYMPTOMS OF IRON DEFICIENCY IN THE BODY ARE :-

- a) EXTREME FATIGUE AFTER TRAINING NORMALLY DONE WITH EASE.
- b) BREATHLESSNESS.
- c) HEADACHE.
- d) INSOMNIA.
- e) DYSPEPSIA (stomach upsets).
- f) PINS AND NEEDLES IN THE FEET AND HANDS.

WARNING A certain nationally advertised brand of iron tablets is NOT RECOMMENDED. These contain ferrous sulphate which is an irritant to the stomach. You are advised to ask the chemist for FERROUS GLUCINATE tablets, these are cheaper, less have to be taken and are non irritant. ALWAYS TAKE IRON TABLETS AFTER A MEAL WITH WATER.

VITAMIN B group of nutrients are so essential to human life that lack of it may cause serious mental aberrations. I prescribe extra doses of it to athletes who appear to be doing idiotic things in their racing programme! I will deal with each member of the group.

VITAMIN B1 this enzyme is very easily destroyed by heat and is responsible for releasing energy from carbohydrates in our diet. Because it is easily lost it cannot be stored for long in the body. Regular daily doses are therefore very necessary. Athletes who show unaccountable tiredness, pains in the legs and arms, irregular heart-beat, loss of appetite and apathy should be suspected of this vitamin deficiency. In the Far East a condition known as beri-beri occurs in extreme cases. The best sources of this vitamin are peas, beans, nuts and brewers yeast tablets. Foods low in Vitamin B1 are sugar, rice and milled white flour.

RIBOFLAVIN is soluble in water and does the same sort of job as the above vitamin, but symptoms of deficiency are different and are manifest by sore tongue and lips, the characteristic sign being cracks at the corners of the mouth. The eyes become bloodshot. Good sources are found in milk, liver, heart and kidneys. But our old friend brewers' yeast tablets are the soundest source.

NIACIN deficiency only becomes apparent if the athlete has a protein lacking diet as well, when symptoms do appear they are serious and speedy action must be taken if the athlete is not to lose his reason. First symptoms are a reddening of the skin with roughness on areas exposed to light (face, arms, legs, chest and neck). Diarrhoea and stomach upsets occur and finally the athlete becomes deranged. The best source is brewers yeast.

VITAMIN B6 there is some doubt about the job this does, but it is known to cause muscular twitching and seizures if absent. One athlete I had responded well to this vitamin and lost an involuntary wink of the left eye which got him in a lot of trouble. I have also successfully used it on animals suffering from fits. Best sources are meat, liver, vegetables and whole-grain cereals.

FOLIC ACID is still a mystery to nutritionists, however it is used in medicine for the treatment of ANAEMIA. The best sources being liver, beans, lentils, broccoli, spinach and all green leaves. This vitamin is specially important in the formation of new blood cells.

VITAMIN B12 was found to be the specific treatment of the incurable disease pernicious anaemia in 1926. It was discovered by accident. Sufferers were fed with liver on a hit or miss basis, they responded. Why? It took 22 years to find out that liver contained COBALT and was named Vitamin B12. It has also been discovered that athletes suffering with unknown spinal complaints should take this vitamin in large doses. Best sources are liver, kidney, milk, fish and eggs. (THE LINCOLN TWINS PLEASE NOTE).

PANTOTHENIC ACID AND BIOTIN are known biochemically but not much is known about them in the diet except that liver and eggs are the best source, but raw eggs prevent the work of biotin.

To sum up, unhealthy skin, highly nervous disposition, lethargy and unexplainable pains in the arms, legs and back are indications that VITAMIN B COMPLEX SHOULD BE INCREASED. It is my experience that thinner than usual milers require EXTRA Vitamin B Complex.

VITAMIN C is found only in two classes of food, fresh vegetables and fruit but these sources can largely be nullified by cooking or processing, hence the importance of taking this vitamin in medicinal form. The advanced symptoms of deficiency are SCURVY (thickening and scaling of the skin); easily bleeding gums; minor bleeding at the base of hairs on the leg; fractures and wounds take an undue time to heal and general susceptibility to infection.

It is known that certain infectious diseases deplete the Vitamin C in the body and since the vitamin is not stored in the body as is vitamin B it should be supplied daily in the form of rose hips (the richest source), blackcurrant, orange and green walnuts.

IT HAS BEEN SHOWN BY PROFESSOR SELYE AND MY OWN COACHING EXPERIENCE THAT ATHLETES ARE LESS SUSCEPTIBLE TO STRESS IN TRAINING IF THEY PROGRESSIVELY INCREASE THE INTAKE OF IRON, VITAMINS B AND C AS TRAINING INCREASES IN QUALITY AND QUANTITY. HERE IS MY GUIDE:-

Month	Take	200mg	Vit. C;	5 grains	Vit. B;	Iron	15mg	PER DAY.
October	"	400mg	"	"	10	"	"	30mg
December	"	600mg	"	"	15	"	"	45mg
February	"	600mg	"	"	20	"	"	100mg
April	"	400mg	"	"	30	"	"	200mg
June	"	300mg	"	"	40	"	"	200mg
August	"							

It will be noticed that there is a build up of Vitamins B and C until June, then due to the prevalence of green food in the diet Vitamin C is decreased but because of greater nervous strain and more oxygen debt running Vitamin B and the mineral Iron are increased

I WISH TO STRESS THAT THERE ARE VITAMIN AND IRON IDIOSYNCRASIES IN EACH INDIVIDUAL ATHLETE. FOR INSTANCE, HIGHLY NEUROTIC ATHLETES REQUIRE MORE VITAMIN B THAN OTHERS. ATHLETES WHO HAVE HAD GLANDULAR FEVER SHOULD ALWAYS KEEP THEIR VITAMIN C INTAKE VERY HIGH. ATHLETES HAVING SANDWICH LUNCHES SHOULD KEEP THEIR IRON LEVEL HIGH.

During the winter when mileage is the order of the day calories should be kept high, foods such as oats, bread, roast beef, kippers, and some beer should be part of the daily diet. In the summer body heat becomes important and plenty of water and salt should be taken before meals.

It is known that severe training depletes the carbohydrates in the body which are responsible for producing energy for this reason

severe training should cease 48 hours before an important race and in the case of athletes who have suffered from glandular fever training should be light for a week before a major race, this means that past sufferers of the fever should race infrequently.

VITAMINS D AND A should present no concern for the athlete in the track season since the former is provided by sunlight and the latter in the green foods available at the time. Both vitamins can be taken in small doses medicinally in the winter, the more important one being Vitamin A.

\*\*\*\*\*

There are two types of writer. One writes with his brain, the other with his heart. The former chooses his words carefully and is careful to avoid controversy. The latter writes neither to please people nor displease them, he writes what his heart tells him to write and damn the consequences.

In my last column I criticised certain National A.A.A. Coaches. I did it because my heart told me that they WERE UTTERLY WRONG over the issue I was discussing. I was speaking up for an international athlete and a Senior A.A.A. Coach who could not defend themselves. Now, you may be interested to know that far from being condemned for their mistakes a certain high ranking coaching official described my comments as "bad taste". What is even more scandalous is that a B.M.C. Committee member who applied for a job with the A.A.A. was asked if he sympathised with my remarks. WHAT THE HELL HAS THIS TO DO WITH THE APPOINTMENT OF A MAN WHO IS TO COACH AND ADMINISTER ATHLETICS? I would respectfully ask the interviewers of this appointment TO INVESTIGATE THE FACTS STATED IN MY LAST COLUMN AND NOT GLOSS OVER THEM. The issues are crystal clear:- 1) Should a National A.A.A. Coach tell an athlete under the supervision of a Senior A.A.A. Coach that his training is "all wrong"? 2) Should a National A.A.A. Coach extract the urine from a A.A.A. Champion who has just failed to qualify for his final? If the answer to the former is "YES", then scrap the Senior A.A.A. Coaching Examination. If the same answer applies to the latter issue remind me to extract the urine from this National A.A.A. Coach when next we meet.

\*\*\*\*\*

Now I come to another controversial topic of my last column. An Honorary A.A.A. Coach whom I criticised for urine extracting over a new B.M.C. badge saying "what is it going to be? the backside of a foreigner disappearing in the distance" fits the Shakespearean quotation, "He thinks the man protesteth too much." He implied that I coached by column only, well, well, he bases his observations on the fact that I do not visit the same track as he uses nor do I coach only club athletes (Thames Valley). I am at present coaching athletes from Blackheath Harriers, Poly Harriers, Thames Valley Harriers, Birchfield Harriers, Barnet A.C. (ladies and colts) and Bristol A.C. I am not a one club man. This is the way to non progress. I took great pleasure in watching a so-called "scrubber" frequently ridiculed by his squad, gradually catching up the cynics and then thrashing them. I congratulate this coach on having the sportsmanship to say to this athlete, "You are running brilliantly." He is learning.

\*\*\*\*\*

When the MILE OF THE CENTURY FOR LADIES is over I shall reveal how helpful a certain Midlands A.A.A. official was. I shall also reveal the transcript of a phone conversation he had with an athlete whom he did not know was a B.M.C. member (there are 300 of us, mate). It is quite clear that this official wants to keep the B.M.C. out of the Midlands. However, the membership in the region has doubled since Secretary George Gandy has taken over, so this official must either live with us or GET OUT.



# OLYMPIC PROSPECT

////////////////////////////////////  
SPOTLIGHT ON B.M.C. YOUTH by George Sandy  
////////////////////////////////////

To assist its talented, highly-selective athletes towards middle-distance "greatness" in every way possible is, as I see it, the fundamental purpose of the British Milers' Club. It is the function of other organisations perhaps to increase numbers of competitive athletes, or maybe to improve the public image of our sport, and so on. As it is catering basically for very capable athletes who are highly motivated and find their greatest reward in personal achievement, however, the B.M.C. has no such problems. In the last analysis our organisation will be judged not on the size of its membership, nor amounts of enjoyment or work done at our training days, but rather upon a mixture of objective and subjective impressions of our members' successes at the highest levels.

Complex indeed are the factors which determine eventual success or failure. Champions have come in all shapes and sizes, have employed many differing training methods and have differed widely too in personality and background. Efforts to select or forecast future champions are thus largely works of sheer futility. Nevertheless, among the very fine young athletes of the B.M.C. there may be (in fact have got to be!) some who will eventually achieve the "greatness" to which they aspire. Commencing a series on some of our club's most promising youngsters is particularly exciting for this reason. Any one of the boys who are spotlighted could be "the number one" of tomorrow - or it could be that limits of time and space cause someone better to be overlooked. All the youngsters included, however, have been extremely successful to date - at their own level - and for this reason on its own it is worthwhile to consider their training schedules, personality, background and motivations. Perhaps the "spotlight" may help to motivate them further. If so, then so much the better.

I have been asked to start the series with an athlete for whose coaching I myself am responsible, and I make no apology for doing so. He is a youngster exceptionally dedicated towards athletic success. I firmly believe that almost all young middle distance runners could and should work a lot harder. Also, however, I am concerned that schedules should be carefully geared to suit individual needs. It is, therefore, no mean compliment to Terry Colton's character and ability that he is becoming increasingly successful on a schedule which has been built up over several years to its present comparative severity. I would like it clearly understood that the schedule is HIS and aimed at HIS NEEDS - and I would not necessarily suggest it as suitable for anyone else!

\_\_\_\_\_oO\_\_\_\_\_

B.M.C. PROFILE

Name in full Terence Colton  
Birthplace and date Worksop, Notts. 25.3.53.  
Height and Weight 5ft.10 $\frac{1}{2}$ ins. 9 stones.  
Clubs Worksop A.C. and B.M.C.  
Occupation 5th form pupil at Worksop Cavendish School.  
When did you take up running seriously? 1967.  
Coach George Gandy.

Personal bests (year by year).

	<u>1964</u>	<u>1965</u>	<u>1966</u>	<u>1967</u>	<u>1968</u>	<u>1969</u>
220			29.9	27.1	26.8	
440			61.0	57.2	55.2	
880			2m 20s	2m 6.6s	2m 2.2s	
Mile			5m 18s	4m 38.1s	4m 22.4s	
2 Miles			11m 5s	10m 15s	9m 28s	
3 Miles			-	16m 5s (in 6mils T.T.)	14m 42.2s	
1000 mts S'chase					2m 49.6s (one & only attempt)	
1500 mts					4m 2.0s (indoors)	3m 58.9s (indoor)

Best Competitive Achievements and Placings.

1965-66 Cross-Country  
 8th in Notts Schools Junior Cross-Country.  
 231st in English Schools Junior Cross-Country.

Track  
 3rd in Area Schools 880 yds.

1966-67 Cross-Country  
 1st in Notts Schools Junior Cross-Country.  
 77th in English Schools Junior Cross-Country.

Track  
 1st in Notts Schools Junior Mile (4m 51secs)  
 3rd in English Schools Junior Mile (4m 38.1 secs)

1967-68 Cross-Country  
 1st in Notts Schools Intermediate Cross-Country.  
 5th in English Schools Intermediate Cross-Country.

Track  
 1st Notts Schools Intermediate Mile (4m 32 secs).  
 3rd Midland A.A.A. Youths Mile (4m 31 secs).  
 3rd Midland A.A.A. Youths 880 yds. (2m 2.3 secs).  
 6th E,S,S,A, Intermediate Mile (4m 25.2 secs).

1968-69 Cross-Country

Track

PLEASE DESCRIBE IN SOME DETAIL YOUR WINTER TRAINING AND GIVE SOME INDICATION HOW IT HAS PROGRESSED OVER THE LAST THREE YEARS.

The main idea is to gradually build up mileage (while still retaining some quality) until Christmas and then gradually decreasing mileage and increasing quality in preparation for major race(s).

A typical week might be :-

Sunday a) 20-25 mls steady (morning) b) 6 x 440 (1 min rest). (evening)

Monday 12 miles fartlek on road plus 6 x 330 on track.

Tuesday a) 6 mls steady in morning b) 12 x 880 yds in evening.

Wednesday 1½ hrs on hills (hard up/easy down).

Thursday a) 6 mls acceleration in morning b) 3 x 6 x 440 (fast).

Friday 3 sets of 4 x 220 or 5 miles steady run.

Saturday Race.

The main development over the last 3 years has been progressive increase in both quantity and quality of work. Prior to this season also, I only did one session each day.

PLEASE DESCRIBE YOUR SUMMER TRAINING AND OUTLINE HOW IT HAS DEVELOPED OVER THE LAST THREE YEARS.

Summer mileage is much less than in winter, and of greater quality. The Sunday long run is retained but reduced. Hard conditioning on hills is also dispensed with after the pre-season period. More easy running and perhaps even a rest day would be included in the phase of the season preceding an important race. Quantity of work has increased and more sheer speed work is included than in early days.

Typical week early in competitive season :-

Sunday Long steady run - 10 miles.

Monday 12 x 440 (1 min 30 secs rest)

Tuesday 2 x 4 x 220 flat out (660 yds jog)

Wednesday 3 x 440 flat out and timed (10 mins jog)

Thursday 6 x 660 timed (1 min 30 secs rest)

Friday 20 x 100 yds (walk back rest)

Saturday Race or Time Trial.

PLEASE GIVE DETAILS OF ANY TRAINING OTHER THAN RUNNING.

Weight Training Two sessions per week. On 3 week basis: (1) 3,2,1 lifts (2) 3 sets of 10 secs reps (3) 2,4,2 lifts (4) 3 sets of 6 lifts (5) 3 sets of 3 lifts (6) Max lifts. Circuit of 6 exercises used.

Circuit Training once per week. Other strengthening exercises occasionally.

WHAT IS YOUR ATTITUDE TOWARDS TRAINING?

I tell myself that if you want to be the best then you've got to train accordingly. I usually do a bit more than I am told to do.

DO YOU TRAIN ALONE?

Sometimes.

ARE YOU WELL ENDOWED WITH TRAINING FACILITIES?

Very well.

HOW IMPORTANT TO YOU IS ATHLETIC SUCCESS? At the moment success is not all that important, as long as I keep improving. My aims are for the future when I'm in senior competition.

PLEASE DESCRIBE YOUR WARM UP.

1 mile to 2 miles jog including a few easy "strides". Stretching and mobility exercises for 5 mins. A little more jogging.

WHAT IMPORTANCE DO YOU ATTACH TO "MENTAL" TRAINING AND HOW DO YOU GO ABOUT IMPROVING YOUR "MENTAL" APPROACH (IF AT ALL)?

Myself, I don't do any conscious mental training. My mental approach is one of going out to win and nothing else, or if I can't win at least to run better than ever before.

DESCRIBE ANY SERIOUS ILLNESSES OR PHYSICAL SETBACKS YOU HAVE HAD AND SAY HOW THEY HAVE AFFECTED YOUR PROGRESS AND ATTITUDE.

I have not had any serious setbacks since taking up running. My only lay offs have been a month off for a twisted knee in 1967 and 2½ weeks off recently following an injury to the same knee at Gosford. Of course, I do get the usual minor injuries which afflict every athlete.

HOW INTERESTED ARE YOUR PARENTS IN a) ATHLETICS b) YOUR ATHLETIC PROGRESS?

My parents are very interested in athletics and my athletics progress. They help me as much as they can, and take me wherever I wish to go. I know and they know that strong competition is very important and they want to give me the best opportunity possible.

HAVE YOU ANY INTERESTS WHICH CONFLICT WITH ATHLETICS?

At the moment I have no other interests which actually conflict with my athletics.

HOW INTERESTED ARE YOUR FRIENDS IN a) ATHLETICS b) YOUR ATHLETIC PROGRESS?

As most of my friends are athletes they are interested in athletics and my athletics progress. Even my other friends still ask me how I'm going on.

HAVE YOU ANY ATHLETICS HEROES ON WHOM YOU MODEL YOURSELF?

I do not model myself on any athlete although I would like to be liked and admired as much as Ron Clarke is.

OUTLINE YOUR FEELINGS ON BEING COACHED AND DESCRIBE BRIEFLY SOME OF THE WAYS IN WHICH YOU HAVE BEEN HELPED BY YOUR OWN COACH.

(not answered by mutual agreement of coach and athlete - for personal reasons.)

WHAT ARE YOUR TARGETS?

Near future: To win an English Schools Cross-Country and Track title. Also to win the National A.A.A. Youths Mile. To hold a world age-group record over any distance from 1 - 6 mls.

Future: To be a world record holder and win an Olympic gold medal.

//////  
 QUOTES FROM THE GREAT  
 //////

J.G.P. WILLIAMS M.B., MEDICAL ASPECTS OF SPORT AND PHYSICAL FITNESS...In the case of the physically very active there is evidence that there is an increased requirement for certain vitamins, particularly C and B1 and B2, so that food rich in these vitamins, or the vitamins in a pure form, may be added to the diet. This latter is particularly applicable in the case of vitamin C since it is readily destroyed by the overcooking of vegetables.

...The following recipe produces a suitable drink for any athlete or sportsman engaged in an endurance event, and should be taken in doses of not more than 4fl oz every 10 min or more although in conditions of high temperature or humidity when sweating is profuse up to double the stated amount may be taken. This solution provides in a readily assimilable and palatable form all the fluid mineral and energy requirements of the individual engaged in prolonged physical activity and has the great advantage that all the erstwhile solids are present in solution and are therefore more rapidly absorbed. It can be safely taken immediately prior to competition and its use transgresses none of the rules regarding doping.

RECIPE

1 pt	Tinned orange juice
2 pt	Drinking water
1 level dessertspoonful	Common salt
1 level teaspoonful	Bicarbonate of soda
5 grains	Soluble aspirin
1 level tablespoonful	Powdered glucose

HERBERT SCHADE...I am firmly convinced that the greatest mistake of my own career was too much fast interval training...it would be wrong to believe that the same training method can be used by several runners without change or variation. A training programme can, of course, be established on purely scientific foundations, knowledge and calculations, but in practice the person himself stands at the focus, the individual with all his strengths and weaknesses...PERFORMANCE TRAINING FROM JUNE...In contrast to the training work during the main preparation period (November to March) we are now in favour of more short distances. However, here it seems advisable to change over slowly since many runners judge this transition to be difficult...

1st day: 25 x 200 metres in 30-31 seconds, recovery jog of 100 metres between each in 50-54 seconds.  
 2nd day: 10 x 300 metres in 43-44 seconds or 20 x 300 metres in 46-47 seconds, recovery jog of 200 metres between each in 1:40.0  
 3rd day: 20 x 400 metres in 65-67 seconds, recovery jog of 200 metres between each in 69-70 seconds.  
 4th day: 10 x 600 metres in 1:35 - 1:38 recovery jog of 300 metres between each in 2:30.  
 5th day: 5 x 1,200 metres in 3:18 - 3:20 recovery jog of 400 metres between each in 3:0 - 3:10.  
 6th day: forest: 1.5 kilometers, 3 kilometers, 1.5 kilometers, 3 kilometers in a free and easy style.  
 7th day: one hour of speed play.  
 8th day: 1. 5 x 100 metres in 15-16 secs., recovery jog of 100 metres between each then 400 metres jog. 2. 5 x 200 metres in 30-32 secs., recovery jog of 100 metres between each then 400 metres jog. 3. 5 x 300 metres in 45-48 secs., recovery jog of 200 metres between each then 400 metres jog. 4. 5 x 400 metres in 67-68 secs., recovery jog of 200 metres between each then 400 metres jog. 5. 5 x 300 metres as in 3. 6. 5 x 200 metres as in 2. 7. 5 x 100 metres as in 1.

**TONY VARD - MODERN DISTANCE RUNNING...** Perhaps the greatest problem in interval training concerns the rest period or the interval jog between the fast runs. How long, in terms of both time and distance, should this be? The biggest factor here is post-exercise heart rate, and a constant check on this can decide when the next "effort" should be made and when the training session should cease. Gerschler, in Germany, and Stampf, in Australia, have used this method to keep check on their athletes. From their work, and the work of certain physiologists, a definite pattern in pulse rate seems to emerge. After a major effort the pulse can rise to somewhat near 180 beats per minute and after 2 minutes will return to a plateau of 120 beats per minute. Thus the number of repetitions an athlete should run and the length of the rest period can be determined in athletes by using this method.

**ERIC BROOM, DOWNHILL RUNNING...** In a normal sprinting stride the supporting foot contacts the ground directly beneath the body, and the driving or propulsive phase takes place behind the body. In other words, sprinting is a pushing event. We know that in sprinting it is possible to achieve a near maximum stride frequency of about 4 1/2 strides per second, and the object of downhill running is to raise this level, and thus bring about an increase in performance. Although downhill running gives the impression that the legs attain a speedier movement, this is not so. Because of the greater body lean encouraged by gravity the driving foot can apply contact to the ground further under the body than it would normally do, thus reducing the length of stride, and also reducing the time in which the foot can apply force against the track. Thus although the feet contact the track more frequently the duration and efficiency of their drive is reduced, because the enforced "pattering" brought about by downhill running. It is clear therefore that attempts to increase leg speed by such means will not be effective.

**MURRAY HALBERG...A CLEAN PAIR OF HEELS...** If, young fellow, you have chosen running as a sport or a recreation you have become a member of a worldwide brotherhood. You have chosen a sport that is elemental and, apart from boxing and wrestling, the most basic contest ever devised between men. Apart from trying to beat another man's brains out or tear him limb from limb, nothing is so fundamental as beating him in a footrace.

**BERT TIMMONS (JIM RYUN'S COACH)...** During the cross country season of each one of the years in which Jim was in high school, at the end of every practice session, we took our boys to the pool where they would spend 15 minutes in the water doing kicking and bobbing drills. The flutter kicking drills were the same that would be done for the free-style swimmer. We emphasized high body position, straight legs but not stiff, toes pointed but no locked ankles. What we were trying for was flexibility and we would do these kick drills for one minute or two minutes and then intersperse bobbing drills to work on breathing. We thought this was one of the finest phases of our programme because we were able to get our squad of 100 boys in the water doing this flexibility exercise at one time and it served the same purpose as a whirlpool but far more beneficial. Over quite a lengthy period of time, it was our feeling that the kicking drills in the pool prevented or eliminated shin splints. As a matter of fact, we have never found a drill that was more beneficial for tight legs and the so-called shin splints than these aquatic drills.

////////////////////////////////////  
 GOSSIP FROM HERE AND THERE  
 //////////////////////////////////////

They say that a certain coach to a well known ladies cross-country club has earned the name of THE GREAT COLLECTOR. All his star athletes are imports from other clubs and other coaches. The few juniors he started with have now left him because of too much attention to the stars. Such is life.

We hear that Peter Beacham, 4.02.5 for the mile who has been injured three seasons running while nearing his peak with times of 4.04.1 consecutively, decided that as Dave Bedford had just broken the 10,000 metres U.K. record, his coach must be a magician. Without notifying his present coach who brought him down from 4.09.9 in nine months, he started taking sneaky training schedules from Bedford's coach. Such is life.

It is not surprising to hear that the infection of BEACHAMITIS has spread to Mrs. Margaret Beacham, who joined her coach as a 2:18 half miler and within 9 months became a 2:11 performer. Never having run a mile in her life she was coached to 4.58 in the same time. Next year, Mr. Beacham told the coach that the training was too hard for his baby-doll and he was taking over. RESULT? NO IMPROVEMENT. The following year Mrs. Beacham joined forces with her coach and she recorded 2.08.8 for 880 and ran a mile in 4:53 plus getting an International cross-country vest. Her coach rapidly nearing the 50 mark went on road runs with her and even did a 15mile Sunday effort with her. No thanks here. BEACHAMITIS set in and she was advised to go to the GREAT COLLECTOR. Such is life.

Robin Barrett, Poly Harriers, trained last winter as no other athlete has ever trained, out twice a day in all weathers, at the Crystal Palace once a week for speed work, many wondered when he would crack. He notched up a personal best in the Nos Galan Mile with 4.08, ran three personal best indoor miles in 3.51, did a personal best in a B.M.C. 3,000 metres at the Crystal Palace in 8.28 failed badly in the A.A.A. indoor mile because he hadn't recovered from 40 x 440 on the previous Sunday but still said he was glad he did the 40 x 440 as this was all "currency in the bank". His last exploit was to run the fastest  $\frac{1}{4}$  in the U.K. this year in a B.M.C. race at Crystal Palace. However, the Bedfordshire A.A.A. seemed to have missed him for he was not picked for the County mile in the Inter-Counties even though his mile time was six seconds faster than the County A.A.A. choice. Such is life.

Peter Orpin is fast producing the equivalent of the Los Angeles Track Club in Thurrock Harriers. His latest product is world record age breaker 14-year-old STEVEN BARR, whose time of 9mins, 7.5 secs for 3,000 metres places him in a unique class. I can see Iglor Orpin at the track at 6a.m. supervising the morning hour session and back again at 6p.m. for the nightly two hour one! Such is PROGRESS.

George Gandy is setting the trend in the Midlands with his stable of age record hunters, the chief being Terence Colton, whose U.K. indoor 1,500 metres best for a 15-year-old shows promise. There is talk that George is to become Saint George of the Mile. Such is HUMOUR.

Old-timer, Tony Harris, made their eyes open when he did a 1.54 800 at Crystal Palace a month ago then followed it up with a 3mins. dead  $\frac{1}{4}$ . Last year Tony did 4:06 for the mile, this year it could be 4minutes again. Such is the ferocity of the old wounded lion.

Remember the name, GILLIAN TIVEY, Frank Horwill thinks she is going to be good because she has a rare quality in female athletics, GUTS. She has already lowered her mile and 880 time this year.

Brian Boulton has got his hands on Margaret MacSherry, the Scottish International cross-country champion and has already produced a near sub-5minute mile from her. Brian is a former 4.09 miler.

////////////////////////////////////  
 TONY ELDER writes on A REASSESSMENT OF FARTLEK  
 //////////////////////////////////////

Many milers include fartlek as part of their training. Historically we know that this particular method of training originated in Sweden in the 1930s; it was created largely by Gosta Holmer, the Swedish National Coach of the day. Sweden's large and inviting pine forests were the ideal terrain for this speed-play type of running. Athletes would run several miles doing fast runs of varying distances when they felt like it, with periods of jogging, easy running or walking in between. The regimentation of track running was removed, and the runner could run as fast, as hard and as long as his inclination determined. Freedom, enjoyment, self expression - these were the key-notes of fartlek. It also seemed remarkably successful, as Sweden produced a number of world-class middle-distance runners, notably Gundar Hagg and Arne Andersson.

What is the position of fartlek today? As standards continue to rise, and as training methods become more scientifically based, is there still a place for fartlek? I believe that there is, but I would suggest that fartlek can be used more imaginatively by milers, or perhaps it would be fairer to say that more of our male and female milers could make the excellent use of fartlek sessions that some already do.

It must be stressed, of course, that unless the coach is able and willing to go out with his runners, (and who goes with Ryun, Keino and Clarke?!), he will not know exactly what the runner has done in a fartlek session. Indeed this can be said to be one of fartlek's advantages: the runner can escape the stop-watch, the whistle, the urgings of the coach, and enjoy some freedom. But because of this, it is imperative that the runner knows what different running-training techniques will accomplish. Since the heart telemeter has been used - notably on those preparing for Mexico - it has been possible to discover fairly accurately the pulse response (whilst actually running) to different forms of training. If the miler knows what form of running is likely to produce the particular effects he and his coach want, then good use can be made of fartlek sessions.

An hour of fartlek in November for a miler, will probably be quite different in content from an hour of fartlek in April. Similarly a half-miler's fartlek will differ from that of a 3-miler. The emphasis has to alter, though each man is running for an hour doing "speed-play" terrain in pleasant surroundings. The ideal venue of course being springy forest or grassy heathland, preferably somewhat hilly though a few good open flat stretches of grass are useful too. An expanse of sand, with dunes and grass behind is also ideal. Have you tried striding in the sea? I maintain that in fartlek runs, the miles can - if he wishes, and the coach deems it advisable - include practically every known form of middle distance training. Some steady endurance type running can be done: half mile or three-quarter mile runs at near racing speed can be done - why not slightly downhill or with the wind? A few interval 40s or 80s can be included - untimed and unmeasured of course. If there is a very good surface, very fast runs of about 150 yards can be done with very short recoveries in order to prepare the miler for the oxygen debt that he will incur towards the end of his race, or in the 80s or 40s he will be racing in early summer to improve his speed. Runs in which the first part is very fast, runs which accelerate over a particularly designed distance, relaxation of speed, proper use of the arms; all these can best be practised in fartlek sessions, not necessarily all in the same run, but as the coach advises -



## FARTLEK Contd.

at different times of the season or week. Hill runs too can be included, either long or short, relaxed or intensive, as seems needed.

What therefore is essential is that the miler knows what he is doing. He should know what is useful to him at his particular stage of development. Though fartlek should be a change, it must never be an excuse for an easy session, just because the coach isn't there. Indeed one variation I have introduced and will be using again this spring, is a more intensive form of fartlek, where the runner does a series of fast strides of varying length, all with pretty short recoveries for only ten minutes. Then after five minutes easy running this is repeated. I have found that runners who go out for 50-60 minutes fartlek deliberately - and probably quite sensibly - run the first part very steadily to avoid becoming shattered after a short time.

I know quite a number of milers do a lot of fartlek. By this I assume that they are in fact including such fast running, interval work, etc., as they need in their fartlek runs. Provided they can be trusted to do it properly, and they should be judged on their results in races, milers I believe should be encouraged to do this. Milers who can train in daylight during the week and live or work near a park, heath or forest should take advantage of this and arrange their training around fartlek. At least I would encourage this if I were coaching them. But I recognise that there are some milers who do not like fartlek and who get greater enjoyment and thus presumably for them - greater success from track training.

It would therefore be a useful exercise if next time you do a fartlek session, you write down when you return home precisely what it contained and then ask yourself if you have one, discuss with your coach whether it was all useful or what exactly you gained from each part. Things to note: time spent in warm up running (if any), length of each run, approx speed, amount of recovery, how you felt, how you expected to feel etc. Did you run faster uphill, downhill? Did you remember the words of your coach about use of arms, stride length, body carriage, etc., when did you feel good, when shattered? Should you feel either? Remember it shouldn't all be hard striding easily and relaxed, and did you remember to admire the scenery?

I still believe in fartlek - if used well.

oOo

VITAMIN E tablets were prescribed to the entire United States Olympic team in Mexico following recent scientific findings that they were beneficial to performance. Vitamin E in foods is known to possess the ability to protect natural fats, and Vitamin A in them, from the destructive effect of oxygen. By virtue of this property, it is called an ANTI-OXIDANT. In practice this means that fuel in the muscles is prevented from being burnt up too fast and thus leading to prolonged effort. WHEAT GERM OIL is the best source of this vitamin.

oOo

SALT (sodium chloride) is a nutrient that has great implications where athletes are concerned. An athlete needs about 5 grams per day. If the salt content of the blood falls below 0.9% immediate muscular cramps occur. BE ON THE SAFE SIDE AND TAKE SODIUM CHLORIDE TABLETS 5grams PER DAY ON DAYS WHEN THE TEMPERATURE EXCEEDS 70 DEGREES F.

oOo

## John Waterhouse Slams Halifax Field

### TAGG WINS IN FRANCE

Strong Finish by Malcolm Absolom

At New Barnet, December 7th

ATHLETICS WEEKLY

### Record by Rita Lincoln

At Crystal Palace, December 15th

WOMEN'S ATHLETICS

### BRITISH 3000m BEST FOR RITA LINCOLN

At Crystal Palace, December 15th

In conditions that seemed to rule out any possibility of track records, regardless of the fact that we are in the middle of the cross country season, Rita Lincoln (Essex) splashed her way to a new British Best Performance of 9:59.6 for 3000 metres in an event especially organised by the British Milers' Club.

### World Best By Kendrick

ON January 26th Small Heath's Jim Kendrick completed six miles in 29:50.6, 5.6 seconds inside the world best for a sixteen-year-old set by Gerald King of Windsor & Eton four years ago. Despite being slightly swept up by the occasion and running the initial mile a little fast, Kendrick (born February 3rd, 1952) recovered and settled down to an even pace on the Leicester all-weather track to better King's record. The race was won by John Offord with Kendrick second. (Fuller details given when available).

ATHLETICS WEEKLY

### Simmons Smashes Johnston's Record

At Cambridge, December 7th

January 4th

### Ray Roseman Fastest In Bexhill Relay

### Absolom Fastest Up In 'New Zealand' Trophy C.C. Relay

At Chigwell, November 9th

Greater London Women's League

ATHLETICS WEEKLY

At Aldershot, November 30th

### Comfortable Win For Rita Lincoln

BERYL DAVIES TROPHY RACES

At Bexley, January 4th

### Strong Finish By Iris Lincoln

### Newble and Batty Fight Out Close Finish

At Canterbury, December 14th

ATHLETICS WEEKLY

### Brilliant Relay Leg by Mike Tagg

At Borough Road, December 4th

14 December 14th

ATHLETICS WEEKLY

**SOUTHERN COUNTIES MIDDLE-DISTANCE CONFERENCE****ARE DAYS OF DISTANCE RUNNING OVER?**

Dear Sir,

The logic of Peter Travers' comments (Dec. 14th issue) on the superiority of training at levels of optimum heart rate, i.e., to the point at which atrial filling becomes deficient, seems fairly reasonable at first glance, but one might have reservations in respect of his further statement that "the day of the distance-trained runner is gone". The implication being that once a level of basic physical fitness has been achieved, steady runs at above or below racing speed according to distance travelled, and presumably fartlek or speed-play, are time-consuming and wasteful.

It would be dangerous to assume that a high level of basic physical fitness, even if that desirable state of affairs were the rule rather than the exception, is necessarily maintained in the absence of recruitment or catered for by an exclusive programme of interval training of high intensity. I am not quite clear as to whether his theories extend to distances over 1500 metres, i.e. "oxygen exchange" events.

It is during the build-up period that a great deal of physiological change takes place in the body: neuro-endocrine mechanisms reinforced, peripheral and coronary circulation opened up, cell metabolism becomes more efficient, adrenalin output is increased, glycogen storage enhanced and high level of blood sugar encouraged. The ability to withstand high levels of lactic acid and other products of metabolism is improved.

Last but not least, neuro-muscular mechanisms are rendered more efficient and that elusive quality one might call "balance" (closely tied up with posture) is acquired. A quality lyricised by Cerutti and possessed in great measure by "greats" like Elliott and Clarke, both exponents of the concept of "strength". I seem to remember reading somewhere that marathon runners, generally speaking, do have the strongest hearts, which presumably refers to cardiac output or contractile strength.

Finally it would seem likely that sustained activity (up to 15 hours weekly), would be effective in offsetting the advantages of altitude, a relative anoxia (the stimulus for red cell production) being operative over a fairly long period, it should be remembered that the yellow fatty material present in the long bones of the limbs is capable of reversal to red marrow, normal in infancy. The above might conceivably explain Ron Hill's exceptional performance in Mexico based on 120 miles weekly to and from work.

It was interesting to hear of David Ryde's views on psycho-somatic factors in persistent injury and of his successful use of hypnosis. Does he postulate a generalised tension state affecting skeletal tissues, vaso-motor centres, or both?

In any event, one is advised to keep an open mind. It is the presence of unknown and variable factors which makes athletics such an exciting challenge.

Michael F. Porter, D.O., M.R.O.  
(Registered Osteopath)  
Stretford AC & Northern Veterans AC

**"MILE OF THE CENTURY"**

The "Mile of the Century" for ladies on June 14th is being sponsored by the Leicester Sports Centre and will be televised. The first trial for the race will be staged by the British Milers Club on April 16th at Crystal Palace (8 p.m.). Invitation have been sent and the field is now complete. The second trial will take place on Sunday, May 4th at Cophall Stadium, Hendon (4 p.m.).

**1500 Metres**

With most of the country's leading distance runners in Swindon for the Inter-counties cross country there were only a trio of starters, of whom Carol Gould cut out all the pace to win in an inaugural UK best for the distance after holding off a late run from Phyllis Lewis.

1. C. GOULD (Ipswich) 4:42.4; 2. P. LOWIS (Bury & R) 4:42.6; 3. B. COOK (Wolv. & B) 5:09.0.

**Women's Athletics****Good Run By Thelwyn****SCAAA Open Meeting  
At Crystal Palace, March 19th**

BMC 3000:  
1. M. Davis (TVH) 8:19.4; 2. P. Beacham (Poly) 8:19.4; 3. J. Offerd (LCAT) 8:22.2; 4. R. Milne (Notts AC) 8:23.8; 5. R. Barrett (Poly) 8:28.6; 6. P. Horwood (RN) 8:29.6.

**John Boulter Fastest In  
Southend Road Relay**

March 22nd

March 26th

**Welsh C.C. Championships**

I. A. Simmons (Luton United) ..... 37.17

ATHLETICS WEEKLY

Swansea, March 31st

ATHLETICS

*Rita Lincoln makes  
a strong case  
for the 3,000 metres*

March, 1969

WOMEN'S ATHLETICS

National Cross Country Champs

At Aldershot, February 22nd

# Early Wedding Present for Rita

## Aiming For The Sub-2:10 Half

Facts & Figures	
<b>Full Name:</b>	Christine Ansell
<b>Birthplace:</b>	Welwyn Garden City, Herts.
<b>Birthdate:</b>	April 16th, 1953
<b>Club:</b>	Verlea AC
<b>School:</b>	Stanborough CS
<b>Occupation:</b>	Student
<b>Height &amp; Weight:</b>	5'5", 102lbs.
<b>Coach:</b>	George Brown
<b>Best Marks:</b>	1965: _____
	1966: _____
	1967: 880—2:26.5
	1968: 220—26.7, 440—60.9, 880—2:46.5, Mile—5:08.4
	Ann Yeoman
	Isleworth, Middlesex
	March 30th, 1952
	Feltham AC & BMC
	ex-Longford GS
	Trainee Secretary
	5'4", 115lbs.
	Ed Arnold
	100—13.3, 150—20.2
	100—12.3, 150—18.8, 880—2:37.8
	100—12.6, 220—27.9, 440—61.2
	880—2:19.8, HJ—4'9"
	100—12.7, 220—27.5, 440—59.9,
	880—2:15.3, Mile—5:14.5,
	JT—86'10"

Southern Women's Inter-County C.C.

At Swindon, January 11th.

## The Twins Lead Essex To Victory

10 April 5th

ATHLETICS WEEKLY

## Birks' Fine Debut In Wigmore '15'

### Derek Blakeley

Full name: Benjamin Derek Blakeley. Born at Salford (Lancs), 2.2.47; 1.71/5'7", 55kg/122lb; 36" chest; 44-46 pulse at rest; insurance broker; Manchester & District Lads Club Harriers; single; advised by Wilf Richards; lives at Salford.

Became interested in athletics in October 1962: "I ran in my first cross-country race in an inter-school match. I did not do very well but the 'bug' bit deeply. I immediately joined M & D through my uncle Ted White and seem to have been running ever since". Favourite events are 880y to 2 miles on track and first legs in road relays. Best marks: 880y—1:59.8 (1968), mile—4:14.8 (1968), 2M—9:05.6 (1968), 3M—14:16.8 (1967), 6M—29:56 (1968), 2000mSC—5:46.6 (1968) & 5:36.6 indoors (1969), 3000mSC—9:02.6 (1968). Annual progress: 1963—5:22 (mile); 1964—4:42, 10:26 (2M); 1965—4:37.4, 9:48, 4:32.6 (1500mSC), 6:12.2 (2000mSC), 10:42 (3000mSC); 1966—4:32, 9:48, 6:19.8, 9:55.4SC; 1967—4:27.7, 9:28, 5:57.4, 9:26.6SC; 1968—4:14.8, 9:05.6, 5:46.6 (5:40.8R), 9:02.6SC; 1969—5:36.6i. AAA indoor 2000mSC champion 1969.

No particular outstanding performance in his opinion and "no great disappointments as I try not to aim too high". This year's target is to improve on all personal bests. All-time goal: "None which I am willing to divulge. I prefer to wait and see what happens in 1969 and 1970. I certainly will attempt to get as much enjoyment from the sport as possible. Would like to see a M & D team win National cross-country championship". "No idea" how long he intends to compete "but I hope I am asked this question in ten years time". Most likes "track training in the summer and the evening meal after training". Dislikes "Fog; strong winds at track meetings; long training runs on my own". Views on administration: "Considering the sport is run by amateurs they don't do a bad job. Perhaps a more professional outlook is required, plus Government aid".

### AAA Indoor Championships

At Cosford, January 10th/11th

#### 1500 METRES

Heats (Friday)—Ht. 1: 1, W. Wilkinson (Longwood) 3:51.4; 2, M. Billington (N. Staffs) 3:51.6; 3, J. Potts (LCAT) 3:53.0; 4, D. Hogg (Sale) 3:53.3; 5, M. Fox (Leeds City) 3:53.3; 6, J. Cherry (Springburn) 4:00.3; 7, P. Freeman (Surrey AC) 4:01.7. Ht. 2: 1, P. Stewart (Birch) 3:48.6; 2, W. McKim (Kett) 3:48.9; 3, A. Weatherhead (H. Watt Un) 3:50.2; 4, J. Eley (Notts) 3:58.0; 5, T. Colton (Worksop) 3:58.9; R. Bell (Morp) dnf. Ht. 3: 1, R. Steele (Birch) 3:50.6; 2, R. Milne (Notts) 3:51.0; 3, R. Barrett (ULAC) 3:52.2; 4, P. Shaw (Man'r Un) 4:00.5; 5, N. Morrison (Sheff) 4:03.6; 6, P. Miller (AEL, Rugby) 4:09.1.

Final: 1, WILKINSON 3:49.3; 2, P. STEWART 3:49.4; 3, MCKIM 3:50.5; 4, BILLINGTON 3:53.0; 5, WEATHERHEAD 3:53.5; 6, STEELE 3:55.7; 7, Milne 3:59.6; 8, Barrett 4:04.3.

Spotlight on Youth  
Vintage Year Ahead For Milers  
by Dave Coakledge

////////////////////////////////////  
 DATES FOR YOUR DIARY  
 //////////////////////////////////////

SUNDAY JUNE 1ST 4P.M. GRADED MILE BETWEEN 4:20 AND 4:10 HENDON

SATURDAY JUNE 14TH MILE OF CENTURY FOR LADIES 4.30 P.M. AND  
 1,000 METRES FOR MEN - LEICESTER SPORTS CENTRE, VAUXHALL  
 SPECTACULAR MILE AT LUTON.

SUNDAY JUNE 22ND INVITATION MILE AT CRAWLEY, SUSSEX.

SUNDAY JUNE 29TH SOUTHERN, WELSH, SOUTH WEST AND EASTERN COUNTIES  
 B.M.C. CHAMPIONSHIPS AT HAYES, MIDDLESEX. SENIORS, JUNIORS, YOUTHS,  
 BOYS AND LADIES. APPLY WITHOUT DELAY TO FRANK HORWILL, 23 ASHARA  
 ROAD, N.W.2. 727-8114.

NATIONAL B.M.C. JUNIOR, YOUTHS AND LADIES CHAMPIONSHIPS AT WELWYN  
 STADIUM, HERTS. APPLY FRANK HORWILL. 6TH JULY SUNDAY.

TRAINING DAY NON MEMBERS WELCOME SUNDAY JUNE 15TH CAMBRIDGE TRACK  
 MILTON ROAD.

SATURDAY 9TH AUGUST 4P.M. NATIONAL B.M.C. SENIOR CHAMPS. PADDINGTON.

WEDNESDAY JULY 23RD 8PM CITY CHARITY MILE MOTSPUR PARK. APPLY  
 FRANK HORWILL. ONLY sub 4:8 MILERS CONSIDERED.

////////////////////////////////////  
 SPECIAL NORTH-WEST TIME ATTACKING MILES  
 //////////////////////////////////////

JUNE 24TH SENIOR MILE AT STRETFORD. APPLY EDDIE POWELL, 8 TRINITY  
 AVENUE, SALE, CHESHIRE.

JULY 8TH SENIOR MILE AT STRETFORD. APPLY EDDIE POWELL, 7 TRINITY  
 AVENUE, SALE, CHESHIRE.

AUGUST 5TH SENIOR MILE WITH JUNIORS AT STRETFORD. APPLY EDDIE  
 POWELL.

TRAINING DAY SUNDAY 13TH JULY WELWYN STADIUM.

////////////////////////////////////  
 KEEP THIS SPACE BLANK FOR LATE SEASON FIXTURES  
 //////////////////////////////////////

LADIES 3 x 1,500 METRES WORLD RECORD ATTEMPT ON 18TH JUNE OR

23RD JULY OR 20TH AUGUST. TEAMS TO BE SELECTED BY NATIONAL

B.M.C. COMMITTEE ON JUNE 13TH.

FOR ATHLETES COMPETING IN CRAWLEY MILE

