

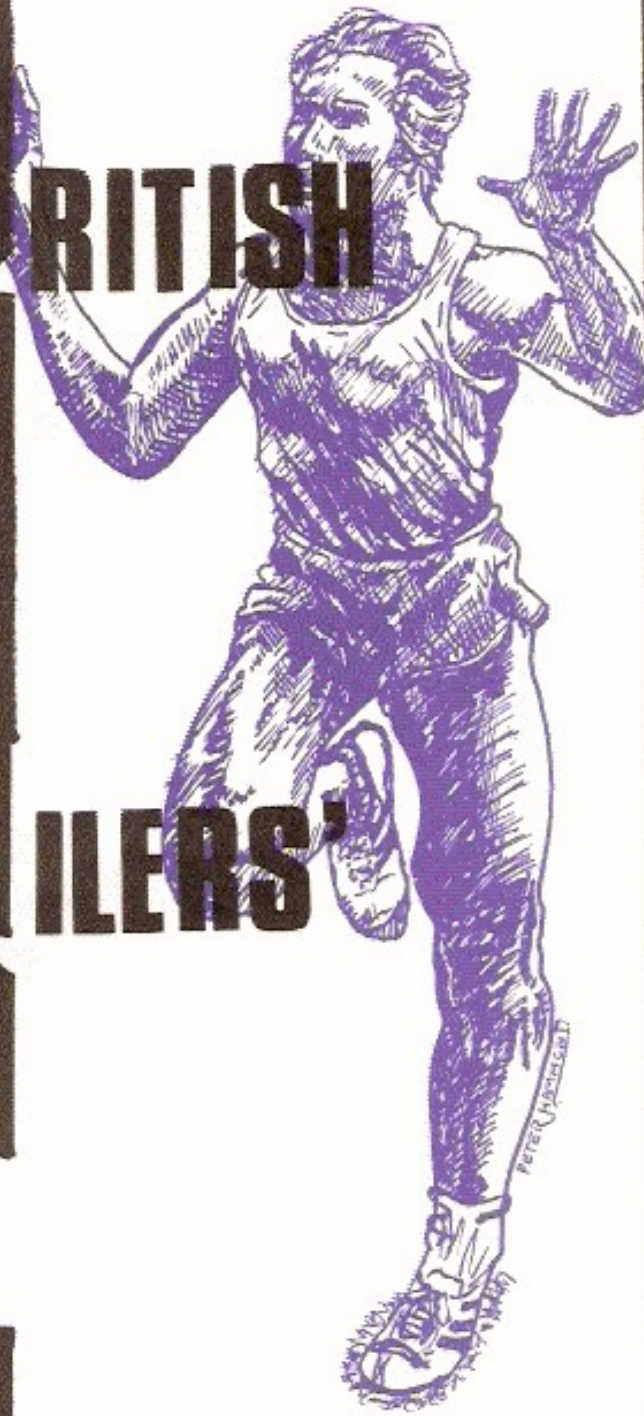
AUTUMN 1976
No. 23

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BRITISH

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NEWS



Editorial

Here is the Autumn issue of the BMC NEWS. It is hoped that readers will find it as interesting, provocative and helpful as ever. Has it been correctly addressed to you? We try to keep our records up-to-date, but members are not always good at advising changes. If yours has changed, please let the Editor, 34 Quarry Lane, Saffron Walden, Cambs, CB5 0LU know at once.

President's Message

First of all I would like to thank the BMC and its members for asking me to become its President this year. Having seen the list of past Presidents, I must say its quite an honour to be following such distinguished people into this position.

The BMC performs many important functions assisting both young and more senior athletes alike. It seems to me that one of the Club's most important responsibilities is to the younger athlete and to the ones who are approaching the international scene. One of the biggest failings of the set-up of athletics in this country is that the years between leaving school and entering senior level are poorly catered for. The Junior Commission has been a great help to the teenage athlete. The period, however, between leaving the junior and entering the senior ranks is the one that causes most concern. In that period the athlete has to work largely on his own and without much encouragement from any national association. It is a particularly difficult time when he may have to accept that older and more experienced athletes are going to beat him for at least a few years and it is at this time that many are quite naturally going to lose heart. There are very few people who are gifted enough to be able to graduate from being a top class junior through to top class senior athletes immediately.

I feel that there should be an extension of the Junior Commission to include the years between 19 and 23, but until this is achieved, the responsibility lies with such organisations as the BMC. I was fortunate enough to go to a College that provided the competition and social set-up to assist me during this period. Others are not so lucky but it is through the likes of the BMC that help can be given and I for one am glad to be associated with a club that encourages such athletes.

When things are going well, it is easy to be motivated, success is a great form of encouragement. It is during those inevitable times when improvement seems slow and results are not forthcoming that we athletes need all the help that we can get and it is at this time that perseverance, patience and a little bit of help are most needed.

Dave Moorcroft

Our New President

THE FOLLOWING IS A REPORT OF THE INTERVIEW THAT DAVE MOORCROFT GAVE TO RON HOLMAN AT LOUGHBOROUGH DURING THE B.M.C. WEEK-END.

The media never seems to be in touch with up-and-coming athletes and when they spoke of Dave Moorcroft as a sudden success, they merely demonstrated their own ignorance. Dave has been running for twelve years and his first top performance was the winning of the National Junior 1,500 metres in 1971. Prior to that, at school, he had run cross country, but not on the track.

At club level he has received considerable inspiration in running and training with the Coventry Godiva stars, such as Taylor and Adcock. The real break through in his performances came when he started running twice a day in training, with a maximum mileage of just over 100 in winter and rather less in summer. The more he is competing the less training mileage he does. When he went to Loughborough he was able to start training regularly with groups, particularly for steady runs. On other occasions, they may adapt their different schedules so as to be able to train together.

Turning to International selection, Dave first ran for England against East Germany in 1973, which was a great occasion and an exciting event, but a rather disappointing result made the actual race something of an anti-climax.

Regarding the Olympics, the pressure of having to run what were virtually three finals on successive days was a great strain. The heat was the occasion of the greatest pressure and things got easier in each race after that. In the heat he had a real sensation of fear, whereas in the final he was just excited. He was drawn on the inside lane, so that he had no choice but to rush to the front. All went well till the bell, after which he was hammered, mainly due to inexperience. You are in a large field, all of whom are top class athletes, so that when the bell is reached, all are still together. The crowd did not have a major effect and he noticed the general noise rather than the number of people present. The accommodation was reasonable, though far from luxurious, the only real problem being shortage of bath and toilet facilities.

Dave feels that in the summer all races tend to create stress, brought about by the physical and mental pressure if you really want to win, so in the winter he prefers to treat cross-country as part of his general preparation, not to be taken too seriously. Coming second in the National Cross Country was unexpected, though he knew that he was in good form at the time.

Last year Dave did considerable weight training, but then had a back injury to which he felt the weights had contributed and since then he has not used them, preferring gymnastic work.

One complaint he has in the few opportunities he gets to run in top class 800 metres races. He feels that he probably changed over from 800 to 1500 metres rather too soon, and does not intend to make the same mistake when moving to longer distances again, so will stick to 1,500 for a while.

Now that he has left College, he is no longer able to make his own time-table, but is faced with the problem of fitting things in. Nevertheless he expects to carry on running for donkey's years, and competitively for another six or seven years.

Races should be run as it suits you and you should not sacrifice yourself for a fast time. If you lead there must be a purpose in it. Getting in front means that you have asserted yourself, whether it is at the start of the race, or after three laps and you must maintain that ascendancy.

One respect in which Dave feels that progress in recent years has been disappointing is the lack of progress in Junior development. There is a big void between junior and senior athletics, and those who don't fill it quickly miss the bus. We tend to look after the top athletes, while neglecting other runners. Where they require nursing along, they do not get the help they need.

Montreal Middle Distance Events - Dave Cocksedge

Alberto Juantorena has taken the world 800m. record back into the hands of the power-based men. I don't think that this heralds a new trend or brings a "new dimension to the event" as Ron Pickering glibly stated after the final. There are still too many 800/1500 men around who are capable of reducing those figures of 1:43.5 - good though they are. Having stated that, I am equally sure that this big Cuban (born 3/12/1951 and standing 1.90/6'2 $\frac{3}{4}$ " and weighing 84kg./185 lbs.) is capable of running two successive laps in 51 seconds. He is the first 400/800 man to win the two lap title since Tom Courtney in 1956 and became the first man to break the English-speaking stranglehold on the event at the Olympics. Having done that, he calmly destroyed Fred Newhouse in the 400 final with a last 100 in 10.9 secs.1 As Pickering further stated; "Here is a man among boys". Strong men, like Ivo Van Damme, and floaters like Wohlhuter and Overtt still have a big part to play in the 800. Speed based 400 men rarely do more than toy with the longer distance; few show the mental toughness required - Piasconaro is a classic example. The most awesome thing about Juantorena, however, was the way he completely ignored sophistication and ran from the front as if he is the greatest 800 man of all time. Who is to say that he is not just that? He hit 600 in 76.8 and a last 200 in 26.7 did not appear to take a great deal out of him, as Wohlhuter weakened disastrously and Van Damme strode into second place halfway down the final straight. I must admit I underestimated

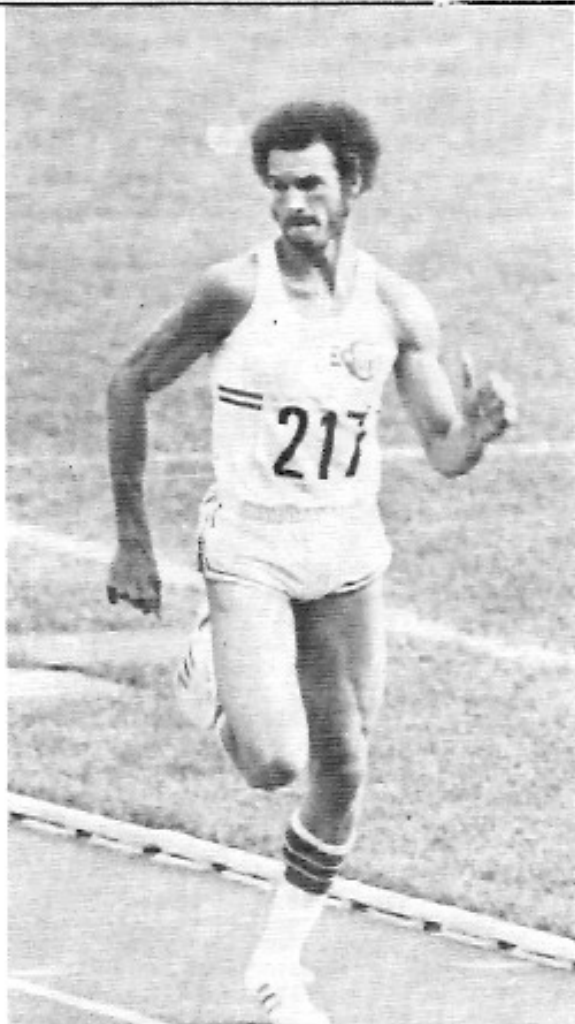
the Belgian badly; although the indications of his great untapped potential were there from last season. He came through six races in these games looking very cool. Wohlhuter looked so easy running 1:45.7 in his heat and his immaculate form in the U.S. trials made him a favourite in the 800 and a danger to everyone in the 1500 final, but he simply came apart at the seams at the finish of the 1500 final, which brings doubts

Mike Poit was sadly missed and Luciano Susanj was not at his best, following a spell of military duty last winter that cut into his training. Steve Overtt, out in lane eight, had little chance once he came off his stagger at 300 some way down on the 50.9 pace. With a 52 bell, he'd have got back into touch and possibly nabbed a bronze, but with big Alberto burning the backstretch, pursued by Wohlhuter and Van Damme, he could only account for the Yugoslav over the last 80 metres. Overtt is certainly a better man than Willi Walbeck, who took his chance and ran way above himself for fourth. The Brighton boy is worth 1:44.0 now, but lacks experience of an uncompromising pace through the third 200 in major races. At the bell, I couldn't see how Andy Carter's U.K. record (1:45.1) was going to survive, knowing Steve's power of acceleration; but his legs just went dead on him as he strove to get back on terms approaching 600 metres. It's a tribute to his coolness and conditioning that he still didn't tighten up, but kept relaxed enough to hold his form and finish a closing fifth. We all expected a lot from Overtt in these games, but on reflection, runs of 1:45.4 and 3:37.9 - both personal bests at the age of 20 in Olympic competition - is nothing to sneer at. No doubt some people will sneer however; Steve's bluntness and straight talking candour, as well as his exuberance, don't endear him to everyone.

The 1500 final was what Tony Ward would describe as an "intensely sad race". Here was where the African boycott hurt the most, as Pilbert Bayi would undoubtedly have made sure that they raced over the full 1500 metres, rather than run a 300m. race preceded by three laps warm-up. Was John Walker lacking confidence after being nailed by Frank Clement in the 800 heats? It certainly appeared so. He claimed after the race that he planned to attack over the last 500 metres, but held back till the last backstretch, fearing Van Damme and Ramon Coughlan. As it turned out, a final 300 in 38.0 was all he needed, though the others were snapping close at his heels as he gratefully burst through the tape. Van Damme appeared perfectly content with the silver and Paul Heinz Wellman, who only sneaked into the final as a fastest loser, helped the Belgian to wall out the desperate Coughlan, who only had himself to blame for getting caught napping. Leading early on at a Sunday afternoon stroll pace, he was languishing back in seventh at the bell; tried to follow Walker's burst at 1200, and then got shut in on the pole during the final drive for the line. I suppose Walker was reluctant to set himself

up with an Olympic gold at stake; but the man who can run the last four laps of a 2000 metres in 3:55 has to be feared in a swift-tempo type race. He knows he is capable of giving Bayi one hell of an argument in a blood-and-guts 1500, but that gold medal must feel a little hollow. Frank Clement, too, would benefit more from a strong pace, but possibly influenced by his improved 800 form this year, preferred to follow and try to kick. He won a Student Games title with a 52.2 last lap in 1973, but was wrongly positioned to try a similar break at the bell this time. When he was ready to move, the decision had been made for him, and he ended up playing the same catch-up game as the others all the way to the finish.

I thought Dave Moorcroft performed brilliantly. On paper the slowest man in the field with a lowly 3:59.9; he proved he can run with the best of them. I never thought I'd ever see a British runner out-kick Ovett, but that's just what Dave did in the semis as Ovett tightened badly in a five man sprint for the line. Angered by Steve's arm-waving antics in the British trials, he avenged the incident by steaming past him and into the final. Moorcroft is not slow on the last lap and his strength, underlined by a second in the National cross country, is abundant. His weakness appears to be persistent stress injury problems



Alberto Juantorena

which have rarely allowed him to run a whole summer campaign. Steer him clear of those, John Anderson, and he must run at least 3:55.0.

Ovett ran out of gas so suddenly halfway down the final stretch in a semi-final race run his way that I'm wondering if he will really adapt to this event. His nonchalant comment afterwards that "I don't give a monkey's about 1500" hides, I suspect, an overt admission that his recuperative powers are not all that we (and he) thought they were. Harry Wilson claimed on T.V. that Steve was "obviously tired after that fast heat". Wasn't he prepared for six races in ten days? If not, why did he double up?

5k.m./10k.m. Lasse Viren is the nearest thing to Superman I've yet seen. In this regard, his years since 1972 have obviously been his "Clark Kent" profile! Well, he did tell us all along that he'd be back in Montreal; but it was only his devoted disciples who believed that he'd be winning again. I pencilled him in as a medalist when I heard of his excellent 27:43.0 in June; but honestly couldn't see how he could handle men like Rod Dixon and Dick Quax over 5000. Logically, these were the men with 1500 pace and their pre-Games form indicated that all they'd have to do would be follow whatever pace Foster and Viren laid down and then blast up the last lap. Viren is no respecter of the form book however, and proceeded to take both titles in a most unflustered manner that marks him out as possibly the greatest middle distance runner of all time. Not content with that, he calmly set off in the marathon a day after a gripping 5k.m. final and lopped into fifth place in a startling 2:13.:10!

The most unforgettable sight for me was seeing Quax and Dixon crowding the Finn on the last turn with Hildenbrand lurking dangerously close on the pole. Suddenly, they lurched their drives for the tape. No result. Viren merely relaxed, improved his cadence slightly and stayed in front. Again they kicked; desperately this time. The amazing Finn not only stayed in front but began to draw away, and as he appeared calm and relaxed, so they tightened up more; Dixon finally overstriding so much that his legs turned to rubber on him in the last few strides and Hildenbrand plunged past for the bronze medal. The effect on the two New Zealanders must have been shattering mentally. There was their man loping along in their sights, possibly tired from the three races he had run whilst they were fresh and dead for the kill. Hildenbrand made an attack on the back straight which was repulsed, so they waited till coming off the turn. Then they turned on their potent kicks to no effect. Sprinting desperately, Quax glanced along the track as Viren pulled away and must have known then that the man is simply unbeatable in Olympic competition.

Less appertising was the behaviour of the New Zealand journalists who tried to get Viren to admit to being 'blood conditioned'. Actually there is very little evidence of this. The Finns reportedly used the controversial technique on a steeplechaser, Kuha, and he set a world record of 8:24.0 in 1969 after being suitably con-

ditioned. The after effects, due to an overload of red blood cells and the resulting breakdown and rejection process coming into play, alarmed their doctors. If they have perfected this technique since they have kept it limited to Viren only and only for Olympic competition. I feel the answer is far less sinister: Lasse Viren has a build up system that works wonderfully well for him; and whatever he did in training during the winter of 1971/72 he did again in 1975/76. It's sad when losers can't accept the fact that they have been beaten fairly and squarely by one of the all time greats. Quax's comment: "There goes that mobile blood transfusion unit" is childish and pathetic.

Klaus Peter Hildenbrand showed clearly that he'd be a threat with his 13:13.8 three weeks before; and he's certainly come on since Rome. He was a finalist there, but I honestly didn't pay him any special attention then and I'm sure that most others didn't either. Running with a bent forward lean similar to Frank Clement, he showed that he is a kicker too. I had Quax down for the gold medal in the ten after his 13:13.2 and couldn't see anyone getting in the way of Dixon in the five; but (thank God) things rarely work out as we predict in this game.

There's no way of telling of Foster's Olympic record (13:20.4) in the 5k.m. heats effected him in the final. Viren predicted that the effort would cost the Englishman a medal in the final; but Foster obviously needed a morale booster after his crushing defeat in the ten. Stomach disorders apart, he always appeared to be struggling and only really looked anything like the Brendan Foster of 1974 during his 5000 heat, which was notable for seeing men clocking below 13:24 and getting eliminated. I had my doubts about his form for, in the fortnight preceding the games, he only managed 8:19.0 for two miles, whereas before Rome in 1974 he ran 5 k.m. in a world record 7:35.2. That year he was U.K. record holder for 1500 (3:37.6) too, and this summer has never showed anything like that pace. In all fairness, he fought valiantly in the 10,000 and still collected a bronze, in spite of having a bad off-day. In the 5k.m. there are too many other men around who are better. A 58 second lap thrown into the 5000 in his usual swashbuckling manner would have shaken things up, but I doubt very much if that would have dropped any of the 'big' men like Quax, Viren, Dixon and Hildenbrand. Anyway, on this occasion he frankly did not look capable of being able to do it.

Ian Stewart appeared to be still harbouring the delusion that he can outkick anyone. Someone ought to remind him that since he won the Commonwealth title with a last 200 in 26.4, six years have rolled by. Perfectly placed down the final back-straight; he was left for dead by six men, and if he hasn't learnt the lesson now, he never will. Much of Stewart's proverbial hardness appears to have ebbed away. A man who drops out of a 10,000 trials race when well placed with four laps to go must be suspect. If you do that in the Olympics, they don't ask you to come back and try again when your blisters have got better. "The Gold medal is everything, all the others are shit..." has always been

Ian's philosophy, and he has stuck himself with it now.

Dave Black simply went through the motions and didn't survive his heat. Nick Rose is probably a better 5k.m. man, but then Dave looked very smooth and comfortable in the trials, whilst Rose and Simmons faltered and missed out. Tough selection decision.

Tony Simmons could have beaten Foster in the 10k.m.. He ran his usual cautious race and then finished full of run, closing on the dying Gateshead man. Could it be that since that suicidal marathon last year, when he absolutely blew up, Tony is reluctant to commit himself early on in a racing situation? Or does he just suffer bad patches in the middle of races as he did in the International cross country championship at Chepstow? Certainly his fourth place, looking as cool as Viren, was the most underrated performance of the British team. Tony has shown flashes of brilliance often, but the recurring pattern of his career seems to be the nightmare of closing fast on men in the final straight and then having the finish intervene in their favour. Too much thrown into the race too late. I can't believe the idiocy he was quoted as saying after the 10,000 final; about not wanting to "deprive Bren of his medal." In the Olympics, as elsewhere, you run for yourself.

Puttemans reportedly had emotional and injury problems and I wonder if we'll ever see him at his best again. A great pity Miruts Yifter (who ran the last 200 of a 10,000 race in 23.4 last year!) couldn't offer his contribution thanks to the African boycott. Bernie Ford is reliable and gutsy but lacks the pace to win big ones. One day he might well score over everyone as Bedford has done in the past. The man of the 10,000 for my money was Carlos Lopes, 29 years old and a mere 1.66/5'6 $\frac{1}{2}$ " - 57kg./126lbs. The tough International cross country champion pushed it hard in his smooth-striding style and his string of 65/66 laps broke Foster. Pity Frank Shorter didn't double, as he'd have been right in there in that sort of race, and I know he's anxious to avenge Foster's beating him in the 'Coke' meeting in 1975. Why doubling made sense for him in 1972 but didn't in 1976 only he can answer.

WOMEN'S EVENTS

Tatyana Kazankina has suddenly blossomed this year. She shot the world 1500 record down to 3:56.0 with one stunning run in June, and no one was able to cope with her paralysing finishing speed in both the 800 and 1500 at the games. She's been around at top level for some time, running 4:05.9 in 1974 and 4:07.9 in 1975, but didn't attract much attention with a fourth place finish at the Rome championships. This tough little Soviet, who looks older than her 24 years. (born 17/12/1951) stands 1.62/5'3 $\frac{3}{4}$ " and weighs in at a wafer thin 47kg./104 lbs. That indicates one hell of a strength/weight ratio. I've never seen any female kick through so strongly at the end of an 800 before. BBC's Tony Cubba kept enthusing about this finishing burst being "reminiscent of our Ann Packer at Tokyo on 1964, blissfully ignoring the fact that Kazankina was operating at a pace six



LADIES 800 METRES FINAL - MONTREAL. STYRKINA (USSR) LEADS 166, WEISS (GDR); 45, CHTEREVA (BULGARIA); 56, ZLATEVA (BULGARIA); 169, ZINN (GDR); AND 340, KAZANKINA (USSR), THE EVENTUAL WINNER.

seconds faster! Her 1:54.94 wrapped up the title off a 55.2 bell (a time that would make a lot of our female 400 specialists wince!) and there was some superb stuff in her wake. Nikolina Chtereva, the Bulgarian who impressed so much with her coolness at the European Indoor title meeting, nabbed the second with a late run that turned back Elfi Zinn. The East German had been my pick for the gold after I saw her saunter home in the semi, running a throttled-back 1:57.3. Spare a thought for poor Anita Weiss (GDR) who broke the old world record with 1:55.7 and wound up fourth and out of the medals! Her 54.4 bell in the semis was breath-taking. I timed her at 83.8 at 600 in that race, and it didn't appear to worry her unduly as she eased down approaching the tape! A shock came with the elimination of 1:56.0 girl Valentina Gersimova - a 28 year-old who ran 2:00.1 in 1974 - in the semi-finals.

The British girls getting eliminated in the first round caused no shock. Liz Barnes was the only one we had with the ghost of a chance, and she had an unlucky heat draw. We've got to get out of the habit of regarding 2 minutes as the end of the rainbow here in the U.K. That time wouldn't even get you a cup of coffee in Montreal.

With the scrapping of the first 300m. in lanes rule next year, I wonder if we'll ever see bell times as fast as sub 56. Running as far as 300 divorced from opposition in your own lane, gives anyone interested in setting a very hot pace an excellent chance of clearing out. It is also grossly unfair to the athletes drawn in lanes 7 and 8 in my view. They have little chance of assessing the pace until the bell or gun lap.

Before the 1500 final, the Olympic (and former world) record of 4:01.4 (Bragina, 1972) looked a goner, but then they all crawled for 800m. and voted the title up to Kazankina. Her last lap in 57 indicated that she'd have probably won off almost any pace, but I was surprised that Gunhild Hoffmeister, that experienced 32

year-old veteran, didn't hit the front hard and early and give it a go. She had a year off in 1975 (no faster than 4:14.9) but came right back with renewed speed this year with a personal best 800 in 1:58.7. Having won the European title with a hard front run, she was aware of her best road to success, but somehow wasn't able to reproduce it. Once the lithe Soviet had blown them away in the finish straight, she outkicked team mate Ulrike Klapezynski for the silver (her second in Olympic competition) easily enough. The latter, who was badly injured in 1975, has come back wonderfully well and looked superb in winning her semi in 4:02.1, whilst Hoffmeister barely scraped through. Watch young Jan Merrill at this distance. The way she accelerated from first to last in that semi-final was eye opening. That brave effort took her into the final and cut the American record to 4:02.5 and I think we'll hear a lot more of this 20 year-old who does not talk to the press or her fellow competitors at any time on the advice of her coach. Bragina did amazingly well to be right in the thick of the fight for gold again at 33; especially as she has looked a spent force since Munich.

Mary Stewart displayed a nice turn of speed in her heat with a 62 last lap; but was too far back with 300 to go in a slow semi to make that tactic work again. Lacking nothing for confidence these days, she should have made the final and it's only a matter of time before she becomes U.K. record holder. Penny Yule is short of talent but long on guts and whoever thought she'd make the 1976 Olympic team? She earns her personal bests the hard way. If she developed a more relaxed style she might do quite well at 3000m. Its high time that event was included in the Olympics.

Eighty Unpaid Subs were reported at the A. G.M.

WAS YOURS AMONG THEM? IF SO, SEND YOUR £1.50 TO THE TREASURE IMMEDIATELY TO AVOID BEING CROSSED OFF THE MEMBERSHIP LIST.

Olympic Prospect

Profile of

Micky Morris

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Name in Full: Micky Morris
 Date of Birth: 11th. December, 1956
 Place of Birth: Pontypool
 Height: 5'10" Weight: 145 lbs.
 Clubs: Cwmbran G.A.C.
 Occupation: Sports Assistant
 When did you first take up running seriously? 1975

Personal bests year by year:

	800	1500	2000 S/c
1973		4:01.7	
1974	1:57.4	4:00.1	
1975	1:53.6	3:55.2	5:34.8
			3000 S/c
1976	1:53.6	3:50.0	8:35.47

Best competitive achievements and placings:
 1975 First European under 20 - 2000 S'chase
 First A.A.A. under 20 - 2000 S'chase
 1976 Second National Junior Cross Country
 Second A.A.A. Championships - 3000 S/c

Please describe in some detail your winter training:

3 miles before lunch, nine miles in evening - Monday, Wednesday and Saturday
 Weights - Tuesday and Friday

This winter I shall be doing one track session a week and putting up my mileage.

Please describe your summer training:

I train with my club on Monday, Wednesday and Sunday.

I leave my sessions to my coach, who does not believe in any set schedules.

I run eleven miles twice a week and two weight training sessions.

Please give details of any training other than running:

Weights and mobility.

What is your attitude towards training?

I have a very aggressive attitude towards training and I believe the body builders' motto sums up how training should be done. "You train through pain to gain."

Do you train alone?

I do most of my mileage alone, track sessions in a group.

Are you well endowed with training facilities?

Yes, Cwmbran stadium provides everything I need for quality work and the area around provides good hard distance runs.

How important is your athletic success?

Very important when you are aiming for the top of your particular field. It makes you reach that little bit higher.

Please describe how you warm up:

I warm up about 10 o'clock in the morning doing one hours mobility, then get to the track about one hour before competition - half hour jog - half hour mobility.

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

Mental approach is vital if one is only content in winning, which I am. Half an hour talk with my coach before a race is all I need.

Describe any serious illness or physical setbacks you have had that may have affected your progress:

None

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

Very interested. My mother and father first started my interest and have been a constant support even though they cannot get to meetings.

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

Friends are a constant support to my athletics, and without your friends there, the enjoyment would go because athletics is about giving enjoyment.

Are there any athletic heroes on whom you model yourself?

I model myself on nobody, but the athlete I like watching most is Valeri Borzof. He always seems to be that little bit cooler than anybody else.

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

I think coaching is essential for any athlete. Its all right being a loner, but what happens if you start doubting yourself before a big race? A coach will never doubt your capability and if you have complete confidence in your coach, a few words usually do the trick. I have been coached by Ann Hill for three years and we have a very strong coach-athlete relationship and there is no lack of confidence on both sides. What are your targets?

World records and Olympic gold medals.



Micky Morris

FRANK SPEAKING

In the Spring 1976 issue of BMC NEWS, there is reference made by a Midlands Coach to my observations on:-

- 1) Periodisation, 2) Bio-rhythm,
- 3) American and British cross-country attitudes and 3) Peaking. Regrettably, the coach allows much of his observation to be based on very little research and I now re-affirm some of my original comments.

- 1) One assumes that English cross-country runners aim to be at a peak for

the National Cross-Country Championships and must spend their time working to this end. I cannot, therefore, see the 'sin' of the indoor enthusiast doing the same for his particular liking. The fallacy of "being too good in the winter" either for cross-country or indoor running with subsequent loss of form for the summer championships has long been exposed and is the thinking of the "horse and buggy" era. The example quoted from from an article in TRACK TECHNIQUE by our Associate Member, Dr. Arnd Kruger, in which he believes the American lack of N.D. success in 1972 was due to possible "triple peaks" caused by indoor running, begs the question "TO WHAT DO THE BRITISH RUNNERS OWE THEIR SUCCESS IN THE SAME GAMES" where most of our team (not all) obtained from indoor running and did cross-country only.

2) My personal coaching experience is that my youth and junior athletes have won both indoor and outdoor national titles in the same year and their training has altered very little the year round.

3) In case some people think that I am anti-cross-country, I hasten to add that several National cross-country titles have come to my proteges over the past decade, either in the AAA/WAAA or the ESCCC, and currently we have half a dozen Schools cross-country internationals and 2 National title holders.

4) I wrote a pamphlet for my own squad about three years ago, called 'GETTING FIT AT THE RIGHT TIME', if anyone would like a copy and would like to send me a stamped, addressed envelope, I should be pleased to forward it. In that article I go to great lengths to point out that it is the NUMBER AND DISTANCE OF RACES THAT GREATLY AFFECTS PEAKS AND THAT ATHLETES CAN EXPECT TO PEAK AT LEAST TWICE A YEAR. I also point out that doing the same basic training all the year round has been going on in the boxing and tennis world for 20 years, so why should it seem so terrible to train on the track for the track all the year round? Certainly, injuries in April are greatly reduced by the same basic all-the-year-round training.

I point an accusing finger to certain groups of people in British athletics who could have greatly influenced the sport if they had chosen the word 'UNITY' as their motto. Instead, many of them have been infected with 'PEANUT DISEASE'. I will tell you later about this disease, first discovered in the 1950s by British Olympic Silver medallist, DEREK JOHNSON. The finger points at Britain's National B.A.A.B. Coaches who are in receipt of £4,000 per annum for coaching all events in all sorts of places. There are about three of them who have worked hard against the stream of hierarchy rule to better the sport. The rest have become monkeys in a cage who chatter and leap about when the hierarchy offer them a "peanut" such as: "As you've been a good little boy and given all your lectures in the schools without a complaint and have not criticised anything we've done, you may come with us as a member of the team to TIMBUKTU; mind you, we don't want you to start giving your opinions

when you get there. Oh, no, you are just along for the trip, THIS IS YOUR 'PEANUT'." One assumes that they meet annually and they thrash out the urgent improvements needed in the sport, one assumes that the two Senior National B.A.A.B. Coaches take back these views to the B.A.A.B. and the United Kingdom Coaching Committee. One must also wonder why the same old mistakes are made year in and year out. One must wonder why injustices against their fellow colleagues are not met with a united front and a possible show of rebellion. It will be interesting to see how they react to the disgraceful treatment of the National Coach for Hammer. It will be illuminating to see how they word their "protest" at Marea Hartman's virtual accusation: "YOU ARE NO DAMNED GOOD, WE ARE SENDING OUR ATHLETES AND COACHES TO EAST GERMANY TO SHOW THEM HOW ITS DONE" I do not think that Britain's National Coaches have ever had such a flagrant insult flung in their faces. WE WILL SEE IF THEY ARE MICE OR MEN. WE WILL SEE IF THEY ACT AS ONE LOYAL BODY. WE WILL SEE IF THEY CHOOSE THE "PEANUT" COURSE OR A STAND-PAST-IN-THE-RANKS DEFEATOUR. What could they do? THEY COULD ALL THREATEN TO RESIGN EN BLOC IF MISS MAREA HARTMAN DOES NOT RESIGN AS TREASURER OF THE B.A.A.B. AND FROM ALL POSITION OF AUTHORITY ON THAT BOARD. That would be an historical decision.

I also point the Finger of Accusation against all those other National Event and Staff Event Coaches who are not in receipt of £4,000 a year, but who readily accept considerable responsibility for trying to further their event. WHAT AN OPPORTUNITY THEY HAD TO SHOW THEIR REAL POWER, THEIR REAL COURAGE, THEIR REAL UNITY, WHEN IT WAS ANNOUNCED THAT THEIR COLLEAGUE, NATIONAL EVENT COACH FOR LONG DISTANCE, COACH HARRY WILSON, WAS NOT PICKED TO GO WITH THE BRITISH RUNNERS TO MONTREAL, INSTEAD, ONE OF HIS NEWLY APPOINTED DEPUTIES. THE REASON FOR NOT PICKING HARRY WILSON WAS THAT HE HAD A MIND OF HIS OWN AND IF HE THOUGHT SOMETHING WAS WRONG, HE DID SOMETHING TO ALTER IT. What did Britain's National Event and Staff Coaches do? They did nothing! They all agreed that poor Harry had been harshly treated, poor Harry, something must be done...We are still waiting for that something to be done. THEY LACKED UNITY, THEY LACKED COURAGE, AND MOST OF THEM HAVE GOT "PEANUT" DISEASE. I know of only two who tried to DO SOMETHING ABOUT THE Harry Wilson affair. THE REST ARE BEST SUMMED UP BY A STATEMENT OF ONE OF THEM AT THAT TIME:-

"We cannot blame Stan Long for accepting the job which Harry should have got, there is not a Staff Coach in the country who would have refused it in similar circumstances..."

AND SO THE PEANUT DISEASE SPREADS.

What can be done to improve the sport in the long run? The British Milers' Club must lead the way with a divine discontent. We have over one hundred coaches as members from eighty different clubs. We have over five hundred athletes from three hundred different clubs. If you convince your club to send their full quota of representatives to the A.A.A. or W.A.A.A. A.C.N., we

will have a voting power that will TOPPLE THE HIERARCHY IN ONE CLEAN BLOW. It is not enough JUST TO ATTEND, your club must PROPOSE new things, seek to ABOLISH injustices and archaic rules. It is not enough JUST TO ATTEND, your club should know the rules of the A.G.M.. For instance, you have to have propositions for the A.A.A. A.G.M. sent in 49 days before the actual date of the meeting. YOU CANNOT RAISE PROPOSITIONS ON THE DAY TO BE VOTED FOR AT THE MEETING. A similar rule applies to the W.A.A.A. I ask each and every one of you to become an EVANGELIST for British athletics reform. The first task is to get rid of three people who control British athletics, three people listed in Dave Hemery's book, "ANOTHER HURDLES", listed by a man who met them and knew them well, listed by a man of honesty, an athlete's man and a fair man. They are: MARGA HARTMAN, ARTHUR GOLD and HAROLD ABRAMSON.

Some international athletes who are invited abroad and whose visits are stopped by the B.A.A.B. should take special notice of the Frank Shorter versus U.S.A. athletics governing body battle. He applied for a High Court Injunction against them stopping him competing abroad whenever invited to do so. The High Court ruled that the athletics governing body can only stop you competing abroad IF YOU ARE WANTED FOR A HOME OR AWAY INTERNATIONAL ON THE SAME DAY OR YOU ARE COMPETING IN A RACE NOT RUN UNDER AMATEUR RULES. So a certain Southern sub-four-minute miler who was stopped from going to Switzerland to run in a two mile race with Foster, because it was thought that he was the "hare", was stopped quite illegally and the matter should be brought before the A.A.A. A.G.M. Funny enough, a month later the I.A.A.F. meeting in Montreal ruled that "haring" now becomes legal.

The approach of the W.A.A.A. and the B.A.A.B. to Olympic selection is ridiculous. In a letter to me, Vera Searle, Chairman of the W.A.A.A. and representative on the B. A.A.B., stated that "not many girls had broken two minutes for 800 in 1975" and she went on to say that she did not see the urgency of ME doing anything about it with my with my long term planning with my Crystal Palace coaching group, she also wanted to know what doctors were being used to test my athletes in the physiological tests listed in an advert of September 1975. Well, of course, some people make ignorance a science. HAD THE CHAIRMAN OF THE W.A.A.A. STATED THAT UNLESS OUR MIDDLE DISTANCE RUNNERS BROKE TWO MINUTES FOR 800 METRES BEFORE THE GAMES, THEY WOULDN'T GO TO the Olympics, then she might have done something progressive for the event. Instead, she worried about who was going to supervise my girls being tested for suppleness, endurance, power and oxygen uptake, tests that have been going on every year for more than a decade at courses staffed by BMC coaches. "WE ARE ONLY SENDING MEDAL PROSPECTS" they said, yet they leave behind the U.K. record holder for the hammer and take three girls for the 800 who never really stood a chance of getting beyond the heats. THESE PLANNERS, THESE EXPERTS, THESE ARE THE PEOPLE WHO WANT TO SEND OUR COACHES TO EAST GERMANY.

I suggest that they send themselves to Siberia, but knowing them, they would catch the night plane to Calais by mistake!

City of London New Year Races are on SUNDAY, 2nd. January 1977 - NOT on New Year's Day. We are staging a Junior Girls' mile at 1.15 p.m. from London Wall junction with Coleman Street, followed by Intermediate girls' mile at 1.25 p.m., Boys' and Youths' mile at 1.35, Women's 3,000 m. at 1.55 and Senior/Junior men's mile at 1.45 p.m. Expenses will be paid to competitors who achieve the following times:-
 1.15 - Junior girls - 5:15 for the mile
 1.25 - Inter girls - 5:10 for the mile
 1.35 - Boys and Youths - Boys (under 15) 4:40, Youths 4:30 for the mile
 1.55 - Women - 10.00 for 3000 m.
 1.45 - Seniors and Juniors - 4:12 for mile

It must be emphasised that the times registered must be UNDER those quoted if expenses are to be paid. Last year we had an athlete from the midlands who claimed £9.00 for running 4:33 for the mile, in spite of our announcement in A.W. that only those doing sub 4:12 would qualify. His application was supported by a prominent midlands coach! Funny, isn't it? Having the nerve to claim expenses for a time which is twenty seconds slower than the metric equivalent set by a WOMAN this year in Russia!!!

Certain milers are to be reminded of the wording of the B.M.C. invite form, which clearly gives the reason why they can withdraw from races they have accepted in writing, i.e. INJURY OR INTERNATIONAL SELECTION. One mile we staged had FIVE of the top SIX missing on the date. One was seen running the day before at Gateshead and later ran at Coatbridge when he should have been running at Manchester. When asked for an explanation, he replied that his coach, a prominent N.E. coach, had advised him to run at Gateshead. Never mind the BMC at Manchester, never mind that his name had appeared in the local papers and on local T.V. that he was running, none of these mattered. He had signed his name that he was running at Manchester, but his coach had virtually said to him, "DON'T KEEP YOUR WORD. THIS IS A BETTER RACE FOR YOU. NO NEED TO NOTIFY THEM. LET THEM GO TO BLAZERS." Well done, coach. Well done, athlete. You will get no more invites from me, old boy. In fact, I suggest you both resign. You are in the wrong club. You should both join the BRITISH SHELFISH CLUB, one as Chairman, the other as Secretary.

An interesting statistic from America has caught my attention. The peak ages for athletic PARTICIPATION in America are between 15 and 19 years. The next age group is 25 to 27 years. This confirms the view that, when athletes first start to work or study very hard, they loose interest in athletics. Some "parrots" believe that this drop out age is due to over-training and over-racing while too young. Not at all. When the athlete graduates or marries and settles down, he frequently comes back and does well and this accounts for the 25 to 27 age group being the second largest. Ron Clarke was in this group, as also Halberg, Shorter, Ibbotson and Bannister.

I am still amazed that seemingly intelligent athletes cannot yet realise what causes STRESS, how to recognise it and what to do to rectify it. Here are some practical examples taken from my post bag. A Midland girl aged 24 years could only run 4:53 for 1500 in the North v Midlands match at Middlesbrough as against her best of 4:33. Her training was going badly, she complained of pins and needles after only one lap. It appeared that she had had 14 days holiday and then started to train twice a day every day. At the end of fourteen days it was expected that she would be stronger, fitter etc. and ready for some good times. Not so. TO INCREASE TRAINING FROM, SAY, 50 MILES A WEEK TO 100 MILES A WEEK WITHIN SEVEN DAYS (100% increase) IS JUST TOO MUCH FOR THE MAJORITY OF ATHLETES. Also, such an increase leads to a fall in the haemoglobin count because of increased blood volume, which should rectify itself in a less drastic training increase. If this girl had increased her training 25% in the first week, i.e. training twice a day two days a week and possibly to 50% in the second week, she might have got away with it. She had to revert to training every other day to regain her freshness and she was put onto Ferrograd C for 14 days, with 7 days off. Another athlete complained that he couldn't sleep. When put on training every other day he regained his sleeping habit, felt fresher and ran better. A London boy who found Sunday training sessions with my group too exhausting, simply hadn't read his training sheet correctly. It clearly stated that because he was racing and training severely he needed certain vitamin supplements, these were clearly listed in quality and quantity. Also he failed to note that severe days are followed by lighter effort days. He was advised to do as he was told! He regained his freshness and ran well right up to the end of the season. TRAIN HARD BUT REST AT THE RIGHT TIME is a platitude that cannot be repeated enough.

Some people have accused me of having a bee in my bonnet over height/weight ratio and the Stillman table. The are right - I SWEAR BY THE TABLE - what's more, I have proved some interesting statistics:-

If an athlete is training for one hour a day and still has not reached the Stillman requisite of 10% below average weight for height; then, if he or she makes a determined effort to lose weight he will be quickly rewarded as follows:-

FOR EVERY LOSS OF A POUND IN WEIGHT, THERE WILL BE AN IMPROVEMENT OF PERFORMANCE AS FOLLOWS:-
 half a second for 800 - one second for 1500
 - two seconds for 3000 - three seconds for 5000.

Jill Clarke, Sheffield A.C., who was second in the English schools 1500 with 4:28, lost ten pounds in weight and was rewarded with a 30 seconds improvement from 10:19, which won her the inter-area 3,000 at Middlesbrough. Another girl, Michelle Wilcox, improved twenty seconds when she lost ten pounds. The National Youth cross country medallist, Chris Bunyan, improved five seconds when he lost four pounds, bringing his time for 1500 down to 3:59 from 4:04.

Recently, when having dinner with Dave Hemery in London, he asked me to work out his ideal weight for his height. I allocated him 110 lbs. for 5 feet in height and 5½ lbs. for every inch thereafter. This was 14 x 5½ lbs. and gives 187 lbs. total, which is the AVERAGE HEIGHT/WEIGHT RATIO FOR HIS BUILD. We now require 10% less FOR ATHLETIC EXCELLENCE, so we deduct 18 lbs. and this gives 169 lbs. total. "That's funny," he said, "that was exactly my weight when I won my gold medal in Mexico." He hurriedly copied the formula down and whisked it off to Boston with him where he was training for his next Superstar contest.



John Walker

Book Review

by Mick Dunphy

"RUNNING TO WIN" by BRIAN MITCHELL:
 published by David & Charles; Price £3.00

Although there are many books available which explain training methods, hardly any are suitable or intended for the young novice runner. Brian Mitchell's latest book, 'Running to Win' (sub-titles 'Training and Racing for Young Athletes') sets out to fill this gap and it largely succeeds.

The book is well written and the author will have no difficulty in persuading the uncommitted reader that training can be exciting and not just so much drudgery. Four different types of training are advocated and clearly explained - long and steady runs; race-pace work; sprinting, including hill work; and fartlek. It is to be regretted that this last method of training is described throughout the book by the English word 'Trekking', a

word more likely to be associated with Youth Club rambles than with a purposeful method of training.

The author explains how much of each type of training should be done, taking into account the event(s) in which the athlete will be competing. The information on hurdling is so perfunctory (half a page) that it would have been better to exclude these events from consideration, but the advice for sprints, middle- and long-distance is very sound. Many will be capable of running more repetitions or longer distances at racing pace than the author advocates, but this is an area where the young runner will experiment before the optimum training load is discovered. Also, **YOUNG GIRLS ARE CERTAINLY CAPABLE OF CARRYING OUT THE SAME TRAINING LOADS AS BOYS OF THE SAME AGE, DESPITE THE FEARS OF THE AUTHOR.**

There are four very useful appendices at the back of the book covering Rest and Sleep; a Training Diary; Equipment: Where to Find Help, and the bibliography is excellent.

This is easily the best book that Brian Mitchell has produced, but a major fault is that, although it is advocated that the runner should take some regular form of exercise in addition to running, **NO INFORMATION WHATSOEVER IS GIVEN ON STRENGTH TRAINING METHODS OR MOBILITY WORK, and this must count as a serious omission.**

CANADIAN GAME PLAN

by Cecil Smith

NOTE: Though the Olympics are now over, this account of how they set about helping athletes in Canada, written by former Eastern Secretary, Cecil Smith, cannot fail to be of interest to B.M.C. members.

Because of poor performances in international competition the Canadian Government and the Olympic Association joined forces in 1968 to formulate a Game Plan in order to improve the nation's chances in the Montreal Olympics. The Game Plan was meant to assist in the development of elite athletes through improved coaching, competition and training.

For many seasons the Game Plan and its slogan that "the plan is not a maker of Olympic medalists but only a way of helping it happen" suffered several setbacks in the initial stages. Finally a committee of three, called the Game Plan Technical Committee, was formed to evaluate the problems. The committee now controls and decides how the funds available from Sports Canada (Federal Government), Canadian Olympic Association and the Olympic Trust of Canada are used.

Canadian athletes, dissatisfied with the government grants-in-aid and Games Plan, then presented a list of recommendations, based on a survey, to the Canadian Olympic Association. The following points were made:

1. The basic living subsidy for all classified athletes to be granted without a means test:

(a) Working athletes: \$200 per month for twelve months,

(b) Student athletes living at home:

\$200 per month for twelve months, plus tuition fees.

(c) Student athletes living away from home: \$300 per month for eight months plus \$200 for four months, plus tuition fees.

(d) Unemployed athletes, i.e. those either devoting full time to training or unable to secure suitable employment: \$106 per week for up to twelve months (this represents support equal to the minimum wage).

2. The new categories of assistance to cover special expenses related to training should be allocated on the basis of demonstrated need. All classified athletes to be eligible for assistance from this fund.

(a) Medical expenses not covered by existing health insurance schemes, e.g. chiropractic, physiotherapeutic and pediatric fees, drugs, vitamins and other supplies. (b) Baby-sitting and day care costs. (c) Equipment. (d) Physiological testing as recommended by the National Coach, Technical Director or sports governing body. (e) Professional assistance, e.g. choreographer, pianist, etc. (f) Assistance for daily long distance travel to training sites. (g) Full relocation expenses. (h) Rental of training facilities.

3. Special grants to athletes in severe economic hardship as a result of unemployment and/or responsibility for dependents.

4. Broken time payments in conformity with International Olympic Federation's eligibility codes. The recommendation is for payment at full salary up to a maximum of \$50 per day for a maximum of 65 working days in three months.

5. Second tier athletes, who are not presently classified, but who are on an Olympic back-up squad or who are Olympic possibilities, should receive \$100 per month basic living support.

In the 1974-75 budget \$1,816,000 provided assistance to 27 sports, \$1,022,440 being the Federal Government's contribution, \$532,934 came from the Canadian Olympic Association and Olympic Trust of Canada and \$260,778 was provided by provincial governments. The funds made it possible for high level performers to take part in winter training camps in Cuba and Arizona and enabled the Canadian track and field team to undertake a five-week European tour at a cost of \$90,000.

Further developments include financial assistance to individual athletes and now the Canadian Olympic Association and the Olympic Trust of Canada have approved a program which is expected to cost in the range of \$900,000. Some 400 A, B and C classification athletes are eligible to benefit from the program. The new Canadian Olympic Association program, coupled with an improved student grant-in-aid program, recently announced by National Health and Welfare, brings to about \$1.5 million the sums available for special assistance to needy athletes. Both programs, closely co-ordinated with each other and with the Game Plan, are designed to provide the forms of assistance required in order that Canadian athletes may continue intensive training for the 1976 Olympic Games.

In reality the program is divided into two separate prospects - one specific and one general. The specific program, dealing with lost-time payments, undertakes to compensate the working athlete who, in order to train and compete, must seek periodic leaves of absence without pay from his job. In such cases the athlete's daily earnings, up to a maximum of \$50 a day and a maximum cumulative period of 75 days, will be re-imbursed. Considering the number of A, B and C classified athletes eligible for this form of assistance, as estimated by Game Plan and athlete representatives, up to \$200,000 is expected to be spent on the program between now and July, 1976.

The other and more general program will cover a wide range of recurring expenses occasioned by the demands of intensive Olympic training programs. It is estimated that it will cost between \$650,000 and \$700,000. Assistance under this program, in the form of regular monthly payments, will not be identical for all applicants. The level of assistance will be determined according to the real needs of each applicant. Determinations will also take into account forms of assistance available from other sources. The kinds of expenses covered by the program range all the way from special incremental dietary needs to the costs of commuting to and from training facilities and specialised medical fees not covered by existing health plans. The program will also address itself to cases of extreme financial need, created by highly particular circumstances associated with intensive training. While such instances are expected to be the exception, rather than the rule, it is expected that in some cases combined aid could attain a rate of \$7,000 per year.

The new programs are directed only to athletes recognised by the Game Plan. The basic forms of assistance envisaged will be accorded equally to all classified athletes, whether A, B or C, according to need. However, to qualify and remain qualified, the athlete must pursue an appropriate training program, and the form of assistance requested must be approved by the athlete's national sport federation. Financing for these new programs is to be undertaken by the Olympic Trust of Canada. The necessary funds are to be raised through corporate donations, licensing agreements, sponsorships, promotions and other fund raising activities of the Trust. Revenues from the Olympic coin and stamp sales, destined for the development of amateur sport in Canada, will also play a prominent role.

To be eligible for assistance an athlete must:

- be a Game Plan A, B or C classification athlete,
- be engaged in intensive training for the Olympic Games,
- attend training camps and competitions held by his federation within the framework of the Game Plan.

A simple procedure must be followed by each athlete in order to gain assistance. He completes an application form describing his training program, the circumstances thereby imposed and his plans up to the close of the 1976 Olympics. The informat-

ion is then subject to technical review and recommendations are submitted to the appropriate national sport federation for examination and approval. Upon approval, funds will be forwarded direct to the athlete on a regular monthly basis. Periodic reviews of each case will insure that training programs are appropriate and that the assistance program is operating effectively.

The Game Plan is not only assistance available to Canadian athletes. Several provinces have launched their own schemes and only recently the Ontario Government made available \$12,000 to send twelve track and field athletes to Europe for exposure. In Quebec the public service gives athletes three months off a year for training and competition with full pay. Private enterprise across Canada has also joined in, paying salaries of coaches and employing athletes with lots of time off for training.

Race Results

compiled by Ray Williams

STRETFORD - 1st. May - cold wind, freezing rain

Mile - Men

1. S. Coe	4:05.7
2. J. McGuiness	4:06.7

CLACKHEATON - 1st. May - Windy

1,500 Metres - Ladies

1. J. Lawrence	4:28.5
2. C. Hanson	4:32.2
3. S. Dean	4:32.4

3,000 Metres - Men

1. D. Nicholl	8:16.0
2. M. Knowles	8:16.6

CRYSTAL PALACE - 10th. May - Windy

500 Metres - Men

1. S. Ovett	1:18.5
2. P. Lewis	1:18.7
3. G. Grant	1:20.1

1,200 Metres - Men

1. P. Baker	3:01.1
2. M. Wingfield	3:01.2
3. G. Jackson	3:01.6

CRYSTAL PALACE - 22nd. May - Fine

800 Metres - Ladies (Invitation)

"A" 1. S. Smith 2:05.9
2. C. Palla 2:07.8
3. A. Roberts 2:08.6

"B" 1. C. Curthoys 2:14.2

2. B. Price 2:14.2

"C" 1. J. Dant 2:16.8

"D" 1. J. Clarke 2:17.9

800 Metres - Men

"A" 1. P. McSweeney 1:49.0

2. A. Gibson 1:49.6

3. M. Wingfield 1:50.4

"B" 1. R. Wood 1:59.1

2. R. Wilson 2:01.3

3. T. Nugara 2:01.7

WEST LONDON - 25th. May - Fine

1,500 Metres - Ladies

"A" 1. P. Yeoman 4:22.0

2. G. Penny 4:22.4

3. L. Harvey 4:24.0

4. V. Rowe 4:24.5

"B" 1. M. Thompson 4:36.6

STRETFORD - 25th. May - Fine

2,000 Metres - Men

1. M. Knowles 5:14.8

2. D. Nicholl 5:15.0

WEST LONDON - 2nd, June800 Metres - Men

"A"	1. P. Chimes	1:51.4
	2. J. Greatrex	1:51.5
	3. G. Jackson	1:52.5
"B"	1. A. Constable	1:55.6
	2. D. Palmer	1:55.6
	3. R. Small	1:56.3
"C"	1. D. Bradley	1:55.3
	2. G. Jerwood	1:55.7
"D"	1. G. Sillitoe	1:57.0

800 Metres - Ladies

"A"	1. S. Ludlam	2:12.4
	2. C. McLoughlin	2:12.8
	3. M. Semner	2:12.8
"B"	1. B. Clement	2:15.9
	2. C. Roy	2:17.8
"C"	1. A. James	2:21.4
	2. A. Alford	2:22.2

LOUGHBOROUGH - 17th, June - Fine

<u>800 Metres - Ladies</u>	Heavy Track
1. J. Colebrook	2:11.9
2. S. Dyson	2:12.5

1500 Metres - Men

1. A. Settle	3:45.8
2. W. Wilkinson	3:46.3
3. M. Knowles	3:46.9

WEST LONDON - 7th, July - FineMile - Men

"A"	1. P. O'Dell	4:14.6
	2. D. Roberts	4:15.6
	3. J. Brown	4:15.8
"B"	1. D. Batts	4:21.7
	2. G. Dugdale	4:22.0

Mile - Ladies

"A"	1. G. Penny	4:46.4
	2. L. Harvey	4:46.8
"B"	1. S. Hines	4:58.7

WEST LONDON - 14th, July - Breezy, fineCITY MILE - Men

"A"	1. N. Rose	4:01.8
	2. A. Amos	4:02.4
	3. C. Spedding	4:03.5
"B"	1. P. Williams	4:05.7
	2. C. Sly	4:07.8
	3. R. Green	4:08.8

KEMER - 29th, May - Very windy1,500 Metres - Men

"A"	1. D. Leach	4:02.2
	2. D. Cameron	4:03.2
	3. R. Blackmore	4:05.0
"B"	1. A. Martin	4:22.7
	2. P. Hudd	4:26.0
	3. M. Sanson	4:27.3

1,500 Metres - Men (Invitation)

1. W. Wilkinson	3:49.6
2. K. Newton	3:51.0
3. B. Kidd	3:53.2

800 Metres - Ladies

1. J. Kemp	2:20.9
2. S. Jones	2:22.3
3. J. Vernon	2:23.9

800 Metres - Ladies (Invitation)

1. C. Palla	2:08.2
2. A. Mason	2:11.2
3. F. McCall	2:17.6

CLACKHATON - 30th, June - Fine1,000 Metres - Men (Invitation)

1. W. Wilkinson	2:22.2
2. S. Markley	2:24.1
3. T. Young	2:25.3

1,000 Metres - Ladies (Invitation)

1. J. Clarke	2:52.4
2. J. Moody	2:52.4

STRETFORD - 22nd, June - Fine3,000 Metres - Men

1. L. Reilly	8:02.4
2. M. Kearns	8:05.2
3. D. Hindley	8:06.6

STRETFORD - 20th, July - FineMile - Men

1. M. Knowles	4:08.5
2. S. Cahil	4:09.1
3. D. Gee	4:09.1

1,500 Metres - Ladies

1. C. Haskett	4:24.3
2. J. Clarke	4:34.7

STRETFORD - 7th, August - FineMile - Men

1. A. Mottershead	4:05.3
2. S. Markley	4:05.6
3. I. Elliot	4:05.8

STRETFORD - 8th, August - Fine800 Metres - Men

1. S. Coe	1:47.7
2. P. Williams	1:51.9
3. J. McGuinness	1:51.9

STRETFORD - 16th, August - Fine3,000 Metres - Men

1. A. Settle	8:12.2
2. D. Gee	8:14.0
3. G. Harvey	8:14.4

800 Metres - Ladies

1. J. Lawrence	2:11.8
2. Pilling	2:11.9

800 Metres - Men

1. C. Jacks	1:53.9
2. P. Dunn	1:54.5

OVAL - 28th, August - Fine3,000 Metres - Men

1. P. Williams	8:21.2
2. M. Prince	8:23.1

BRITH - 28th, August - Fine3,000 Metres - Men

1. M. Prince	14:49.8
2. G. Dwelly	14:57.0
3. E. Morris	14:59.8

CRYSTAL PALACE - 11th, August - Fine1,500 Metres - Boys/Youths

1. C. White	3:59.1
2. S. Purser	4:01.0
3. A. Nagara	4:02.5
4. K. Roberts	4:03.8

CRYSTAL PALACE - 8th, September - Fine3,000 Metres - Youths

1. N. Morton	8:35.8
2. S. Anders	8:43.8
3. S. Martin	8:55.8

3,000 Metres - Boys

1. N. Smith	9:03.8
2. A. Sweeney	9:04.0



Our President

A.G.M. Report

The A.G.M. of the Club took place at Loughborough College on Friday, 24th. September, 1976, with Harry Wilson in the chair and approximately 75 members present.

The following reports were received:

- National & Southern Secretary. He referred to inaugural training days in the North West and Wales, which had been great successes. Regarding races, he thanked all who had put on races or made them possible. The coaching leaflets had been a great success and were read internationally. Their sale had produced a good profit. Thanks were particularly due to the following for their help during the year: Ray Williams (Treasurer), Charles Booth, Paul Rozier and Peter Shaw. Frank had intended to give up the position of National Secretary, but all were relieved to hear that he had agreed to carry on in view of the many letters he had received, asking him to continue. BMC Members of the year must be: Dave Moorcroft, Brendan Foster, Sebastian Gee, Glen Grant and Penny Yule.
- South West. Training Days and Open Meetings were planned in Bristol and the area was co-operating closely with Wales.
- East. Brendan Byrne referred to the performances of Guy McCallum and Stirling Wilson. There would be a training day at Norwich on 20th. November and he hoped to be able to stage some races next summer, despite the generally poor standard of tracks in East Anglia.
- North West. Peter Shaw referred to a 29% increase in membership. There had been two training days at Stockport, at one of which there was the record attendance of over 160 athletes. He commented on the failure of leading runners to turn up at the Stretford Mile after accepting invites.
- Wales. Colin Daley reported that Wales had really come to life with over 20 new members. He had visited many parts of the Principality.
- South of Thames. Ray Williams referred to the many races held at the Crystal Palace and the Christmas Training week-end held there.
- Membership Secretary reported a record number of 150 new members. Particularly gratifying was the large number of them coming from the North West and Wales. Total membership is now well over 600, though, as usual, a number will have to be eliminated at the end of the year for non-payment of subscriptions.
- Race Secretary reported on 83 races, 50 for men and 33 for women and listed the top performances. Leading performances in all races are included in the BMC News. Not all race results were sent to Ray and he asked that he should be sent ALL results.
- Equipment Secretary reported a stock of 89 men's vests and 20 ladies'. More of the latter were on order. There was a stock of 861 assorted badges. Cheques and P.O.s were still being made out to the BMC and not to W.P.Bennett, which gave needless trouble.
- Treasurer. Ray Williams reported on the finances of the club. When he took over at the start of the year, there was a credit balance of £194.27, including some prepaid subs. Since then rec-

eipts amounted to £445.23 subs, £102.75 race fees and £89 from sale of vests. Also donations came to £102.61, of which £151.00 was for race sponsorship, from a single donor who wishes to remain anonymous. This sponsor reluctantly feels that he cannot carry on, so that there will be many fewer sponsored races during the coming season. When a race is sponsored, athletes will be informed. The sale of the Coaching Newsletters also produced a profit of £130.00.

The above gives a total income of £1,018.75, which with the carry over from 1975 gives a grand total of £1,213.02.

Expenditure was made up of the following: Printing and duplicating, including the BMC NEWS came to a total of £557.39. Postages and phone calls came to £93.63, adverts and sundries to £29.54, despite the fact that many Regional Secretaries do not claim the expenses to which they are entitled. Cost of equipment came to £201.50, which includes men's vests (£166.75). Ladies vests are on order for October delivery. Race expenses came to £183.50, but the £151 sponsorship should be put against this.

Total expenditure thus came to £1,065.56, which only leaves £147.46 available, of which £75.17 will be required for the ladies' vests. Other assets include vests and badges valued at £390.20.

Efforts are being made to reduce costs, particularly as regards printing and duplicating. Race invitations will be sent out in batches and not singly, leaving members to choose their races.

He reminded all that subs are due on 1st. January, and should be sent to the treasurer, J.R.Williams, 39 Nursery Avenue, Bexleyheath, Kent. NOT TO ANYONE ELSE. Cheques and P.O.s should be made out to the B.M.C. - NOT TO INDIVIDUALS.

All those making reports were congratulated and thanked for their efforts for the Club.

Election of Officers. The following were elected:-

President: - Dave Moorcroft

Vice-Presidents - All existing ones were re-elected.

Chairman: - Harry Wilson

Vice-Chairman: - Ray Williams

Joint Secretaries: - Frank Horwill and Mick Dunphy

Hon. Treasurer: - Ray Williams

Membership Secretary: - Charles Booth

Minutes Secretary: - VACANT - Appeals were made for someone to volunteer for this position.

Area Representatives:

North of Thames: - Frank Horwill and Brian Smith

South of Thames: - Ray Williams

East: - Brendan Byrne

South-West: - Paul Rozier

Midlands: - Mike Hallett to be approached

N. Ireland: - John Glover

North-East: - John Freeman and Jim Douglas

North-West: - Peter Shaw

Wales: - Colin Daley

Hon. Auditor: - Andy Carter

Committee Members: - Bill Bennett, Malcolm Coomber, Ron Holman, Dave Cocksedge and Dave Hall.

Change of Name. A proposal to change the name of the Club to British Middle Distance Club was overwhelmingly defeated.

Veterans. A proposal that the B.M.C. should bring in qualifying times for Veterans was narrowly defeated.

Race Invitations. A proposal that members accepting invitations and then not turning up without explanation before or after could be suspended for two years was discussed and it was agreed that the race organiser should have the right to take such action, provided the athlete had the right of appeal to the National Committee.

How To Improve British Middle Distance Running Members' Views

I think that schools athletic facilities in South Wales are atrocious! In my opinion grants should be made available for the installation of all-weather running tracks in the larger comprehensive schools. For example, King Henry VIII School, Abergavenny (over 1,500 pupils) has a running track situated on last year's ill-drained, mistreated Rugby pitches.

Lynn Jones - Abergavenny

More tracks and facilities spread through a wider area of the country so that a larger number of people have the opportunity to compete.

Mark Wirsch - Lewes

More facilities and more time for training purposes, a little more freedom for athletes and maybe more training week-ends and get-togethers. More matches in other countries as well as local tracks. I hope to see more sponsors appear in helping with the laying of more tartan tracks throughout Britain.

Steve Allen - Gillingham

By better use of resources, i.e. by not letting people drop out of the sport through frustration, lack of motivation, etc. By providing state sponsorship at the highest level.

John Austin - Plymouth

By young athletes undertaking regular organised training of suitable quality to gain the standard of fitness necessary for running middle distances. The organisation of good middle-distance races for clubs where middle-distance runners are few in number and good competition is hard to come by, particularly in early and mid-season.

Sara Harris - S.Tottenham

By holding B.M.C. trials and coaching sessions in Scotland to start with! More winter track gatherings.

Nigel Jones - Edinburgh

I think there should be a Junior Ladies age group (17 - 19) instead of suddenly jumping from Intermediate to Senior. Also, why do a lot of girls suddenly drop out when they reach the senior age group? Is it a mental problem or is it the growing up that's taken over?

Margaret Leisk - Hull

It could be improved by trying to obtain scholarships in Colleges and Universities for top athletes. Sending young athletes abroad to find their weaknesses and then setting about correcting them.

Stephen Martin - Chester

I think that it could be improved by children being started young at school and by their being coached all the year through.

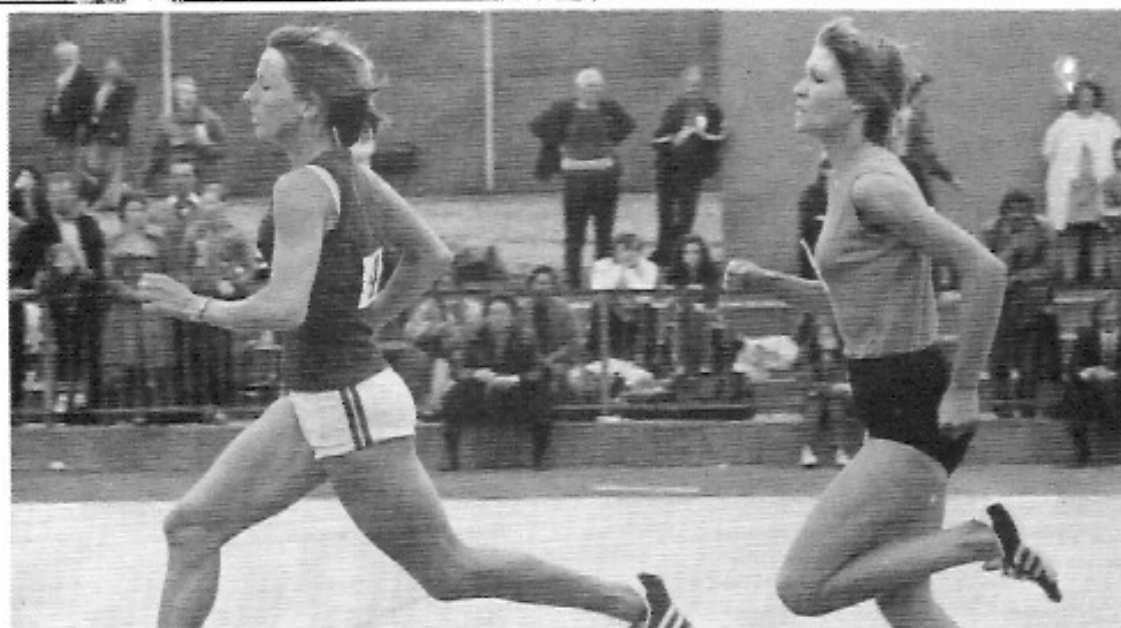
Michael Morton - Clitheroe

By encouraging the younger boys and girls in Britain to participate more in their school sports and joining their local Athletic Club. By promoting more one day training sessions by the B.M.C. and publicising the Club more.

Lesley Driver - Bramhall

By making cross-country and athletics a major school sport and with more contact between the schools and the local clubs and specialist coaches.

Denise Heckingbottom -
Muddersfield



Caroline Falla & Marion Barrett

If you want to achieve something really worth while in athletics, you will get nowhere bemoaning the fact that athletes in other countries have special concessions, such as provision of training equipment, time off work to enable them to train more, and so on. We in this country have to rely on our own efforts. If some countries are progressing at a faster rate than we in this country are, it is because the individual effort, not the system, is inadequate.

Dawn Hilton - Millington

Suggest that research is carried out why so many junior and intermediate girls fail to progress when they reach the senior ranks. Points to be considered: physical and physiological changes during adolescence, transition to full womanhood, effects of menstruation periods on performance in middle distance running.

Valerie Stammers - Hull

Athletes - train harder and perhaps more intelligently.

Coaches - treat their athletes more as individuals and encourage them to think of themselves as such. The appreciation of 'coaching principles' to such individuals is wasteful.

However, it is the athletes themselves who are most to blame in their search for the 'magic training schedule'.

Gareth Morgan - Bargoed

Provide more opportunities for Northern athletes (not just providing them with races in the south, though this is better than nothing).

Alan Mottershead - Stockport

There should be far more interest and encouragement given to young athletes while at school. All P.E. teachers should be trained at college to become qualified athletic coaches and County Education Authorities and P.E. Organisers should take a greater interest and help more financially. There should be better distribution of running tracks throughout the country - in the South West it is appalling. The nearest tartan track for me is at Whitchurch and the nearest cinder tracks are at Exeter and Yeovil. If it were not for the support and encouragement of my parents, I would find it extremely difficult to carry on.

James Merryfield - Minehead

By greater government aid for training facilities and athletes' needs. By encouragement of participation, to form a wide base from which the greater talents can be selected at a young age and encouraged to keep up the sport after leaving school. Greater liaison between clubs and schools. If anything is to be achieved, the athlete must be prepared to work hard and be patient, then results will come.

Margaret Thompson - Luton

Through more and better facilities in clubs and schools. Schools should encourage promising runners to join a club and have more information on the club.

Malcolm Hosking - Witches

When top class internationals retire from competition, they should be encouraged to coach or give advice, using their vast experience to help produce good class running from the younger sections.

Extra promotion of the junior international system.

More winter training camps.

Keith Rothwell - Rainford

It is essential to provide fast, competitive races for the improving middle distance runner. Such conditions are conducive to the rapid development of aspiring runners whose ability may well be stifled by lack of competition, advice and ill-conceived training programmes. Close consultation between experienced coaches and athletes is important, particularly when things go wrong. Unless the middle distance athlete can channel his energies into a positive and effective training/racing programme, his latent ability may never be realised.

David Wright - Nantwich

It could be improved if runners stopped regarding four minutes for one mile as some 'magical' barrier, as this time would not even get you in the British team, let alone to world class. They should raise their own standards and regard times such as 3:36.0 for 1,500m. and 3:54.0 for mile as a good time compared with the New Zealanders and Americans.

Martin Christy - Chippenham

No short cuts - just training, coaching, facilities, sponsorship.

John Turp - Baling

Improved sponsorship, enabling top-class competition on more than a few occasions a year. A wider knowledge of coaches available. A better publication of the middle distances training courses offered.

Mark Mallinson - Waddersfield

The introduction of State support and the increase of available facilities for athletes to train. A system by which athletes from schools are kept in the sport after leaving school would also be of benefit. Finally more races abroad against foreign opposition would also be of use.

Stephen Lowe - Watford

Correspondence

Dear Sir,

It is great to see a publication that is willing to print negative articles on administration in Track and Field Athletics. I believe that the U.S. and U.K. have the most archaic and authoritarian coaching system imaginable.

Individuals should be encouraged to compete for themselves rather than for a particular school or club, which makes the "WIN at all costs" philosophy prevalent in the U.S.

Sincerely,

Arthur W. Hindle

217 West DuPont Avenue,
Ridley Park,
Pennsylvania, U.S.A.