

THE B.M.C. CALLS ALL BRITISH MILERS

**FORWARD
and
UNITED**

Ideas

BMC NEWS

COACHING

MAY

How to achieve your

**SUB - 4 MIN.
MILES**

EDITORIAL

A report on past events is always a challenge, one either brushes off the failures with excuses or one concentrates on the successes. Let us deal with the latter first. The number of British sub-4 minute milers doubled in 1965 compared to the more incentive making Olympic year of 1964. Some of the notable newcomers were Mike Wiggs, Walter Wilkinson, Tony Harris and John Baulter. Very near misses were recorded by Ray Roseman, Hugh Ballantyne, Mick Cowan, Neil Duggan and Malcolm Brown. The average mile time of the TOP TEN in Britain is now only a second behind the United States TOP TEN.

What has contributed to this success? The spirit of attack must go to Andy Ireen. He told the Press before the Inter-County mile championship that he was going to help in the pace for a new British record. These were the words of a brave man! Fortunately, the British Champion entered into the spirit of the event as did Bill McKim. The record shattered, the scene was set, the British miler had emerged from his hiding place with head held high. He was no longer timid over American milers visiting this country, not even the mighty Snell could strike terror in them, WE HAD ARRIVED.

Other factors that contributed to this new look were:- The work of the I.A.C. and the work of the B.M.C. The former with its week-end get-together of middle-distance men at Timbsbury, and the latter with its change of heart appeal to the British miler.

Club spirit is a strong weapon against opposition. There was a type of club spirit shown in the last Olympics; the captain was a rare individual who was not afraid to speak his mind over matters of principle. He thought of the athlete first and officials last.

The Club spirit of the B.M.C. is in the hands of its regional "captains". Each knowing his sport through and through, they are the guiding light to middle-distance talent. They are active club coaches in their own right and are fully conversant with the trials and tribulations that befall the miler. They are in touch with other coaches, they have beaten down partisanship between local clubs and have got them to train together. They have made the stop-watch the enemy.

Every member of each region should know the address of his local regional secretary and the members within it. It is possible that useful correspondence can be struck up between young milers in say, Yorkshire and Cheshire, or Cornwall and Wiltshire. It is even conceivable that members might like to go on athletic camping holidays together, one of our members in Jersey has already given holiday accommodation to members visiting the island. The possibilities of increasing friendship and knowledge of our event are limitless.

The B.M.C. badge makes a strong appeal to the young schoolboy miler. It has been reported from many parts of the country that many Youths train hard to achieve the qualifying time so that the badge can be proudly worn. There is nothing wrong with this, the A.A.A. Standard Badge system operates on the same lines.

Once gained, the badge has a reputation to be upheld by the athlete. The reputation is one of "having a go" and not just being contented to win in a poor time. If an athlete attempts to run each mile race faster than the previous one, he will improve to world class. If he trains on the principle that his next race will be a little faster than the previous one, he will be thinking progressively.

It is true that some races can be treated as an experiment. John Herring and John Baldwin are known to make use of a slow first $2\frac{1}{2}$ laps by running the next 660 in as much under 90 seconds as possible. Peter Beacham is known to use the same tactics against men he knows are fast finishers in order to improve his finish. The quest for miling knowledge and experience must go on with a vengeance.

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F R A G A S S I V E

L O O K

A T

M I L I E R G

by Peter Urpin, Senior Hon. A.A.A. Coach.

One of the most important aspects of the British Milers' Club is that the membership is primarily governed by the need for qualification. In other words, you just cannot buy yourself in. By this token members have already proved their worth as milers of considerable merit. For this reason, I am not venturing into the realms of training in this article. It is a topic which is written about by many authorities, but at least the common factor of hard work is universally understood.

However, there is a supplement to the need of hard work, and which is so often neglected, and it may be simply described as PLANNING. Many athletes tend to take their competition for granted, that is, apart from their immediate commitments. Consequently, careers are quite often marred by the opportunities lost, rather than circumstances engineered to advantage.

Now there are so many more milers running respectable times it will become even more important to plan ahead if many more great performances are to be achieved. The added confidence resulting from being aware of impending needs and standards will also give considerable impetus to performances.

With these points now in mind it is timely with the ending of the track season 1965, to make an assessment of your performances. This is something best talked over with a coach or mentor. Another person's opinion might prove extremely useful. Even if you disagree with them it will have at least stimulated your own thoughts into a positive frame of mind. This is always a good idea, as having firm convictions at what you are trying to attain is quite often an halfway measure to the achievement.

Improvements of something like 10 seconds per season are not too difficult through the formative Youth and Junior years. Presuming of course the starting time is about 5 minutes as a first year youth. However, as the time comes down to about 4m.10s, so the need becomes increasingly more compelling for races to be staged with competitors of comparable standard to ensure the pace is set at the required level. In the Senior and even in the second year Junior ranks, it will be absolutely essential to promote many more races in this manner. Failure to appreciate these requirements may leave us in the position nationally of having increasing numbers of milers with times approximating about the 4m. 10s. mark, but without a comparable increase in those exceeding say, 4m. 08s. or really 4 mins. and under.

Graded races are already a recognised part of the athletic calendar but even so, they are still limited in effect to certain parts of the country, or, to the actual turn-out of athletes, which, after all, is the main criteria for the greater percentage of performances to be governed. It may thus become incumbent on the B.M.C. to campaign through its membership for athletic clubs to stage special races, under the auspices of the B.M.C. in their meetings during the 1966 track season. This is something which you as members will need to think about now and perhaps drop a line to your Regional Secretary.

You have everything to gain from having a say in the planning for next season's activities. For a few, there is the Empire and Commonwealth Games, the European Games, plus the usual crop of International meetings. There is no reason to suppose selection should be confined to an exclusive few. Many more milers should feel they have an outside chance to make the grade and calculate ahead. Nothing but good would come from greater ranks of sub-4 minute milers (in fact, the same argument applies to improving numbers of quality exponents in all the events). Greater athletic performances could well lead to a much brighter future for the sport with more nations developing their athletic ranks there could be increased scope for "full" internationals as well as "B" internationals. Added to this, increased opportunities for inter-Area, Inter-County matches, the honour of achieving these representations would be immensely worthwhile. After all, the Southern Counties L.A.A. Junior Match against Lower Rhineland has proved an important lead in this direction.

I hope that these few comments at this time of year provide a stimulus to as many British Miler Club members as possible to programme ahead for their 1966 season. Standards of performance are bound to take another step forward and the conditioned athletes in training and confidence are the ones likely to gain most. CAN YOU MAKE IT THE GREATEST YET?

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ARE YOU DEDICATED? Answer the quiz below honestly and see the opposite page for your ratings.

1. Do you smoke regularly?
2. Do you drink alcohol daily?
3. Do you make sure you get nine hours sleep every night?
4. Do you train twice a day?
5. Have you read more than three books on middle-distance running?
6. Do you have regular medical checks?
7. Are you coached?
8. Are you an hater of the opposition?
9. Do you plan your training and racing progressively?
10. Do you train in all weather?

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TEMPO TRAINING This expression is a comparatively new one to the miler's vocabulary, but it is one that he should know about and practise once a week throughout the track season. The term is used to describe repetition running from 110 yds. to $\frac{1}{4}$ mile at HIGH SPEED with an extremely short rest, e.g. 220 in 26 secs. with 45 secs. rest. This is distinct from interval training where the distances are limited to 110 and 220 yds. in 15 and 30 secs. respectively, with up to 90 secs. rest. Tempo training is muscle-metabolism training. There is excess acidification of the muscles and a very high pulse rate and the usefulness of the exercise is preventing the musculature in getting too fatigued early in racing. The excess acidification causes the potassium reserve to be increased which neutralises lactic acid. The good is done during the run. In interval training the rest time is when the good is being done for the heart enlarges due to the heart capacity. It can be seen from this that training can be feared to effect the heart(stamina) one day and the musculature(speed and strength) another day.

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Progress

NEWS

FROM

THE

MIDLANDS...

Neill Duggan, the outstanding miler, who had a bad 1965 season due to injury, is off to the U.S.A. on a scholarship. We wish him good luck. There is plenty of running left in Neill, one of the fastest finishers in the event.

The Midlands region of the R.M.C. is now blessed with two sub-4 men, John Whetton and John Boulter, who joined the ranks in the great W.A.A.A. Snell mile. John Boulter is now living in the Cheltenham area. I hear that just before his clash with Snell he got three of his schoolboys to do a relay race against him. Each boy had a personal best of 60 secs. for the quarter. John won the race in 2mins. 58 secs.

John was on the staff at the Merthyr Mawr Distance Training Camp keeping the field together in the fartlek sessions. In the seminar at the camp he pressed for the inclusion of women in the 1,500 metres event, saying that anything which led to more women at the Olympic Games was to be heralded! He also expressed genuine concern over the altitude problems in Mexico.

Midlands Region Secretary, Tony Saunders, is busy coaching five times a week and running a conditioning course every Wednesday. His boys have done well. David Rowland is doing a steady 50 miles a week and recently finished 2nd to Herriott in a 7½ mile cross-country race. Just before this he did a 3 mile time trial on the track on his own without spikes and recorded 14.49.5 a personal best (he is a junior). He is also doing repetition 3 miles in 9.50 and a session of 8 x 880 in 2m 30 secs. with 2 mins. recovery.

Dave Lloyd is back to form after a motor-scooter accident and was 4th recently in a cross-country league race behind Stewart, Bartlett, and Bob Steele. Pountney was 13th in the same race and 14th was Roger Vickers. The latter is now in the R.A.F. and two months ago ran 4m 19.9 for the mile at Iffley Road against Oxford University, this was a personal best by 16 seconds. He's training twice a day and is in the R.A.F. 1st team, although only a cross-country youth. Great stuff, Roger. Bill Bennett, the R.A.F. champion and a strong R.M.C. enthusiast has helped him a lot and thinks 4m 10 is possible next year. Roger raced Martin Daykin recently and lost by a second. Daykin will make the marathon boys look up in a few years time. He can already run 20 miles well inside two hours as a youth! Daykin himself forecasts that he will win the National, but that Dave Lloyd can have the Midland title. Martin claims that with the help of Tony Saunders he will be unstoppable.

John Kinsella is now doing 50-60 miles a week, following a summer ruined by an attack of anaemia. Guard against this condition by asking your local hospital to give you a blood count before the track season starts and immediately after it. Eat plenty of greens and liver once a week; keep your Vitamin C content high.

Hammond is doing well, he was 3rd recently to the very fit Eddie Strong and Roy Fowler.

Alan Grant ran a good stage in the Bristol-Weston relay. Tony Saunders has confirmed that he is getting excellent results from giving 4 x 1 mile (5 mins. their competitive bests being 4.35 to 4.40) with 880 jog between and 12 x 880 (2.25 to 2.30) on a parlour basis with his youths. Frank Horwill advocated this once a week in the winter in the last issue of the BRITISH MILLER. Other notable events were:- John Offord has done a personal best of 4.18; Dave Lunn 4.13 (watch this powerful lad); Alan Grant 4.18 on a 5½ lap grass track, also 1.56.7 for 800 m. in Innsbruck, nearly 4½ secs. improvement. Six miles in 30.11; 33 secs. improvement. All done with tendon trouble.

Gabrielle Carpenter did 2.18 for 880. Sheila Taylor has broken 5 mins. for the mils by a second. That stalwart of the R.M.C. Elizabeth Joyce, is back in training after the birth of her son.

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THE MEN AND WOMEN BEHIND THE B.M.C.

Chairman - Gordon Pirie President - Roger Bannister
 Vice Chairman - Alf Wilkins Vice Presidents - Brian Hewson
 Derek Ibbotson
 Alan Simpson
 Valerie Tomlinson
 Sydney Wooderson

General Secretary - Frank Horwill
 Hon. Treasurer - Henry Hayes
 Committee - Alf Wilkins, Frank Horwill, Henry Hayes, Brian Boulton,
 Peter Orpin, Andy Green and John Thresher.

N.E. Regional Secretary - Gordon Surtees,
 8 Greenwood Road, Cowpen Estate, Billingham, Co. Durham.

N.W. Regional Secretary - Eddie Powell, 7 Trinity Avenue, Sale,
 Cheshire.

Midlands Regional Secretary - Tony Saunders, 145 Sweetman Street,
 Wolverhampton, Staffs.

South West Regional Secretary - Roy Profitt, 32 Dale Gardens,
 Mutley, Plymouth, Devon.

Southern Regional Secretary - Frank Horwill, 41 Ravenstone Road,
 N.W.9. HENDon 0649.

Regional Secretaries urgently required for Wales, Northern Ireland
 and Scotland. They must be qualified A.A.A. coaches.

Hon. Medical Officer - Dr. David Ryde, 56 Anerley Park, S.E.20
 Sydenham 8087.

N.E. MEMBERS

✓ D. Mason, Hallamshire	✓ G. Candy, Harrow Harriers.
✓ D. Wright, Jarro Athletic Club.	D. Ibbotson, Longwood Harriers.
✓ D. Peatman, Gateshead Harriers.	<u>N.E. MEMBERS</u>
✓ E. Kirkhoff, Grimsby Harriers.	✓ L. Almond, Leyland (Coach)
✓ I. Forster, Burn Road Harriers.	✓ D. Jordan, Blackheath
✓ A. Rooney, South Shields Harriers.	✓ G. Peel, Blackburn.
✓ S. Long, Gateshead Harriers.	✓ M. Wood, Waterloo Harriers.
✓ J. Hyatt, Middlesbrough and Cleveland.	J. Boulter, Bolton.
✓ E. Box, " "	✓ W. Bennett, R.A.F. (South)
Miss A. Leggett, Halifax Harriers.	<u>Midland Members</u>
✓ J. Keast, South Shields, A.C.	✓ A. Ashfield, Wolverhampton
✓ D. Galloway, S. I.	✓ D. Lloyd, Wolverhampton
✓ P. Parkinson, Middlesbrough.	✓ P. Powney, Wolverhampton
✓ R. Price, Harrogate Harriers.	✓ J. Edwards, Notts. A.C.
✓ A. Adams, Brigg Grammar School (Coach)	✓ M. Daykin, Great Yarmouth
✓ P. Dyer, Bingley. (Senior Coach).	✓ B. Gomersal, Kettering
✓ M. Henn, Heaton Harriers.	✓ R. Cole, Bristol A.C.
✓ J. Hastings, Brigg Grammar School.	✓ R. Vickers, Wolverhampton
✓ J. Parry, Lincoln Wellington.	✓ R. Chaplin, Ipswich (Coach). (South)
✓ G. Brooks, Sunderland Harriers.	✓ F. Lancaster, Listerster College
✓ R. Hazelwood, Sheffield United Harriers.	✓ J. Owen, Worcester Art.
✓ Mrs. M. Ibbotson, Longwood Ladies A.C.	✓ H. Duggan, Sparkhill (Now in U.S.A.)
✓ D. Stott, Halifax. (Coach).	✓ J. McLatchie, Luton. (South)
✓ P. Richards, Sheffield.	✓ P. Blakesley, Leicester Colls.
✓ M. Kingman, Sheffield.	✓ J. Hammond, Coventry Godiva
✓ J. Hillen, Saltwell.	✓ P. Carey, Coventry Godiva.
✓ J. McGow, Longwood.	✓ D. Lam, Leicester Colls.
✓ ✓ J. Wilkinson, Longwood.	✓ A. Grant, Coventry Godiva. (South)
✓ D. Little, Saltwell Harriers.	✓ J. Dean, Bristol, A.C.
✓ P. Waite, Billingham.	✓ R. Winter, Bristol A.C.
✓ K. Carr, Sunderland.	✓ W. McHim, Kettering.
✓ M. McKenna, Gateshead.	✓ C. Goodyear, Bedford and County. (South)
✓ A. Simpson, Rotherham, H.A.C.	✓ J. Kinsella, Birmingham
✓ A. Booth, Longwood.	✓ A. Love, British Timken.

MIDLAND MEMBERS

- ✓ J. Whetton, Sutton in Ashfield,
 ✓ J. Mulligan, L.C.A.T.,
 ✓ J. Offord, L.C.A.T.,
 ✓ Miss S. Taylor, Coventry Godiva.
 ✓ Mrs. E. Joyce, Cheltenham.
 ✓ Miss. G. Coley-Carpenter.
 ✓ S. Doe, Army. (South)
 ✓ D. Rowland, Wolverhampton.
 ✓ H. Mawdley, Birmingham (Coach)
 ✓ J. Sharrott, Leicester (Coach).
 H. Harvey, Staffs (Coach)
 ✓ L. Ward, Stoke-on-Trent (Senior Coach).
 ✓ R. Rowles, Bristol A.C. (" ")

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- SCOTTISH TEAMS

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 A. Johnston, Victoria Park.
 I. Young, Glasgow.
 F. Steele, Edinburgh Athletic Club.
 W.H. Barrow, Glasgow.
 R. Campbell, Edinburgh.
 I. McPherson, Victoria Park A.C.
 W. Ewing, Aberdeen and T.V.H.
 G. Grant, Dumbarton A.A.C.
 K.D. Ballantyne, Edinburgh Southern.
 M. Edwards, Aberdeen and Cambridge Univ.
 C. Klaasen, Edinburgh University.

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 J. Stitfall, Birchgrove Harriers.
 D. Gregory, Newport Harriers.
OK M. Walsh, University Coll. Swansea.
 A. Harris, Mitcham A.C. (South)
 K. Bennett, Birchgrove Harriers.
 C. Loosley, Aberystwyth A.C.
 N. Barton, N. Wales. (South)
 Bernard Tucker, Reath (Australia)

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- F. Hartas (Coach) N. Devon.
D. Cox, Swindon A.C.
J. Bednarski, Swindon, A.C.
J. Sampson (Weymouth and Canterbury)

NORTHERN IRELAND MEMBERS

- D. Graham (Belfast and Old Boy's)

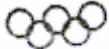
SOUTHERN RELIGION MEMBERS

- FORWARD
and
UNITED**

J. M. Wiggs, T.V.H.
✓ M. Beevor, Hercules and T.V.H.
✓ D. Haith, T.V.H.
✓ G. Pyms, T.V.H.
✓ J. Stocking, T.V.H.
✓ B. Standen, T.V.H.
✓ D. Patterson, T.V.H.
✓ P. Tucker, T.V.H.
✓ G. Goodman, T.V.H.
✓ B. Chapman, T.V.H.
R. Freeman, T.V.H.
✓ A. Elder, Chelmsford (Senior Coach).
✓ H. Wilson, Welwyn A.C. (" ")
✓ P. Grpin, Thurrock (" ")
✓ (NG) W. Paish, N.W. National A.A.A. Coach.
✓ A. Thompson, Seaford Coll. Sen. Coach.
✓ J. Mansfield-Clark, Bucks, "
✓ C. Elliott, Poly, Sen. Coach.
✓ G. Hubert, St. George's, Coach.
✓ K. Brockman, Radley Coll., Sen. Coach.
✓ C. Stewart, Millfield School.
✓ G. King, Windsor and Eton.
✓ C. Lindsay, Epsom College.
✓ S. Walker, Thurrock Harriers.
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✓ H. Spain, Cashbridge and Coleridge.
✓ J. Reynolds, Army and Portsmouth.
✓ B. Roulton, Cambridge Harriers.
✓ F. Maillardet, Cambridge Harriers.
✓ C. Ward, Thurrock Harriers.
✓ R. Lewis, Portsmouth and Walton.
✓ R. Middleditch, Southgate.
✓ P. Frenchley, Kent A.C.
✓ G. Biscoe, Mitcham A.C.
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✓ D. Wright, Worthing.
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✓ M. Gilson, Ilford, A.C.
✓ L. Reed, South London Harriers.
✓ D. Harvey, Mitcham A.C.
✓ A. Milner, Walton A.C.
✓ P. Milner, Walton, A.C.
✓ A. Green, Hadleigh Olympiads.
✓ R. Rosemann, South London Harriers.
✓ J. Thresher, Belgrave Harriers.
✓ J. Herring, Blackheath Harriers.
✓ B. Buxton, Grafton A.C.
✓ K. Randall, Falmouth, A.C.
✓ D. Gibson, Surrey A.C. and Army.
✓ R. Harwood, Guildford and Godalming A.C.
✓ P. Green, Mitcham, A.C.
✓ N. Brown, Epsom Beagles.
✓ E. Pearce, Buntingford.
✓ J. Rees, Kidderminster and Eton.
✓ R. Fisher, Gidea Park.
✓ D. Dilnot, Windsor and Eton.
✓ T. Chapman, Q.P.H.
✓ T. Gould, Ipswich.
✓ C. Leete, Reading.
✓ P. Brooks, Balmoral.

2. Histogen
3. Phosphorus

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				C O L U M B						



1968

I was surprised to see my old friend John Herring omitted from the London team against Milan towards the end of last (1965) season. In his place a Bastosman was chosen and born and bred Lonsdner, John, was left clicking his heels. Anyone with a modicum of knowledge would have known that John was reaching peak form at the time, while the Highland lad was on the way down. The result of the 5,000 metres showed this fact up all right.

A 4 minute 11 second miler was asked to act as a pacemaker in the invitation mile at Paddington last August 1965. As he was one of the slowest in the race, it was thought he might oblige by running 2½ to 3 laps full out. He replied that he was in London to race and not pace. I agree. But, surely, out of the 26 races he had at his disposal he could have managed JUST ONE as pacemaker for his B.M.C. colleagues. This is why the B.M.C. was formed - to help each other and to help the nation to get back on top of the world. If you don't believe in this club spirit which such men as Hokin, Green and Roseman have showed during the last year, you are in the wrong club, mate.

If you think about it, the idea of every sector running the first three laps full out ONCE every season would soon result in some good times, or even to winning the race from the front by accident. I happen to know that this was how Dave Huffer jumped from 4.12 to 4.03 in one race. He was supposed to act as pacemaker for 3 laps, but at the end of the third lap he was out in front and only John Herring was on terms with him, John did a p.b. of 4.02.7 to catch him.

Many lads have asked me how to keep fit when they have a leg or foot injury, well, this is how I do it. Place a stop-watch on the table in front of you, start it, then, immediately go into a violent sprinting arm action for 30 secs. when you stop, take your pulse; you will be surprised to note that it is around the 150-160 mark. Let it drop to 120 beats and start again, this time, for 45 seconds; you will now reach 180 beats. This is what you do when you try interval training on the track. Do this from 10-20 times morning and night and you will keep your heart in great shape. You should also try and emulate the running action by lying on your back and doing non-stop cycling action for 15 mins. each day, introduce some "fartlek" work with short bursts of 15 to 30 secs. I need not mention that this is a time for suppling, stretching and strengthening exercises to be done with gusto.

Someone asked me what I thought Alan Simpson would do this year. This boy is greatly underestimated. He broke the British record 1400s within 3 months in 1965, a feat that has not been given the praise it merited. I think he will break the world record this year, because there are too many hungry B.M.C. men on his trail. Derek Graham should beat 4 mins. this year, so should Ballantyne and Roseman. Whetton is in great shape and should reach 3.55 this season. The Australian, Ian Wheeler, looks good and may pull our chaps out with his front-running. Some experts tip Mick Beever 4 mins. this year. They argue that he improved from 4.22 to 4.12 last year, while being injured for the first two months of the track season. He is in better shape now than for last season, so they may be right. I think he will do 4.02, how much rest before a big race? Well, there can be hard sessions the day before without any ill-effect. I have known a lad do 10x200 full out on the Friday and knock 13 seconds off his 2 mile time on the Saturday! But, one of my pupils, Peter Beacham, not only has to have the day off before a big race, he has to go on half training at least seven days before. Needless to say, Peter is known as the "Rest King". One can draw obvious conclusions if he races every Saturday for a month. I think I have found Gordon Pirie's method the best for results. Rest on Thursday if racing on Saturday, run one-third the distance to be raced at faster than race pace on Friday. It is said that Gordon did a mile in 4 minutes 2 secs. the day before he broke the 5,000 metres record! The main thing is to EXPERIMENT.

I hear that a certain university coach is still very preoccupied with making

THE FRANK HORWILL COLUMN ...Cont.

his middle-distance men run "pretty pretty". When will certain coaches get it into their heads that making runners look "good" does not make them run "good". I think this particular coach would have had a difficult time with Sydney Wooderson and Emile Zatopek.

I often hear about fantastic training feats by certain boys; I hate to destroy their illusions, but I always ask about the rest time. I am often told: "We jogged a quarter," "We jogged 220." When I hear this I have to hold my breath before I murmur "Well done." The fact is that it takes 4 minutes to walk a 440 - 2 minutes to jog it when fresh - 3 minutes half way through a tough session and even longer when three-quarters of the way through a strenuous work-out.

In my experience, 6 x 440 in 60 secs. with "440 jog" is not so useful as 8 x 440 in 65 secs. with 90 secs. timed rest. If its endurance you are after, choose the latter session. If it is a speed session you want try 2 sets of 4 x 440 in 55 secs. with 3 mins. timed rest. The rest after the first set is 6 mins.

Fred Wilt, in his excellent book RUN RUN RUN, has said that no one has yet decided what is best for recovery between repetitions. One thing is certain, you cannot argue with a TIMED REST, what you do while the time goes by is your business.

Here is a guide to follow and from which you can devise your own rest ideas. For repetition 440s to a maximum speed of 58 secs. take 90 secs. rest. If you can do six at this pace you are sub-4 material. Below this speed it takes the heart about 3 mins. to drop to a pulse rate of 120. For repetition 660s to a maximum of 65 secs. take 2½ mins. rest. After this speed you will require 4 mins. for the heart to drop to 120 beats. For repetition 880s to a maximum of 2 mins. you need 3 mins. rest. Below this speed you need 4½ mins. to recover. For repetition $\frac{1}{2}$ mile at 3 mins. you need 4½ mins. recovery, under that pace you need 6 mins. rest. I have found the above times a good average when dealing with international athletes.

It is not what you do, but how you do it. I suppose you've heard this enough times. By altering rest times a session can affect a different part of the physiology, e.g. If you do 16 x 110 in 15 secs. and walk back 110, you are doing interval training which is mainly for STAMINA. If you jog the 110, you reduce the rest time by 30-45 secs. and your heart very soon runs into an oxygen debt because it cannot drop to 120 beats. The session then becomes a tempo one and results in increased lactic acid in the legs thus improving their musculature. Half milers should do 50-50 sessions of interval work and tempo sessions, with a slight emphasis on the latter. Milers should do the same but with slight emphasis on the former. A very careful examination of Igloi's methods will reveal that this type of training is the basis of his pupil's work.

Your pulse can tell you a lot. Take it every morning when you get out of bed, time it for only ten seconds and multiply the result by six. If you have a cold on the way it will be faster than usual. If you are going to meet a special girl or you have an important race it will be up a bit! Igloi is said to be a wonderful observer of health in his athletes, but it has been noticed that he often holds his athletes in a place where he can feel their pulse in a nonchalant manner. He has often sent a lad back to the changing rooms without training.

I close with the hope that you will all do your best to make this a great year for British miling, decide which race you will set a good pace for 3 laps and GIVE IT ALL YOU'VE GOT. Don't disclose your intentions beforehand, there are still people who hang back when pacing is done and don't enter into the spirit of the thing. They will have a fine collection of pots for their children to adore, but they won't be Olympic or Empire Games medallists.

WHAT THEY SAID

QUOTES

Dick Bank, well-known U.S. track statistician and T.V. commentator, in ATHLETICS ARENA; "I have always wondered why Igloi has not produced a world-class half-miler (Szentgali was not his) and after studying his training I can see why...The most recent example was Bill Dotson at the Pan-American Games. A sub. - 1.50 man, he decided to train under Igloi at Sao Paulo. Igloi put him on two-a-day work-outs and the stiff-as-board Dotson (he's run 3:59) finished down the track in the 800 final in 1:57.2 and a very sorry sight. Igloi's training builds stamina, but with it the speed lessens to the point of being quite useless."

oOo

Tony Ward - author & coach - S.A.A.A. Administrator in his book MODERN DISTANCE TRAINING:- 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 Stampfli, in Australia, have used this method to keep a 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 somewhere 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 do and the length of the rest period can be determined in athletes by using this method."

oOo

Tomi Nett, editor of DIE LEHRE DER LEICHTATHLETIK published in Berlin, Germany. "By choosing one's own training speed one can dictate whether the training should affect the heart or the muscles; at slow speeds (e.g. 200m in 32 secs) it is clearly the heart and the circulation that are affected and the effect is transferred to the recovery pause. At high speeds, however, (resulting in a very high heart-beat) the training mainly affects the muscular system and the stimulus takes effect during the run itself, the recovery pause being valuable only as 'period of respite'."

oOo

Fred Wilt, famous American miler, in RUN RUN RUN:- "A cramp is a painful spasm of a muscle, usually of the foot, calf, or thigh, due to an incoordinated muscular movement or to the muscle having been exposed to heat or cold. They may also be caused from dietary deficiencies, particularly of calcium, sodium, vitamin B1 and salt."

"The 'stitch' is a stabbing pain, usually on one side or the other, which may occur in the upper abdomen or sometimes in the lower thorax. It is usually induced by severe effort, although some public speakers have experienced stitch in anticipation of their performance, thus indicating the possibility of psychological origin. Severe pain from 'stitch' may limit the athlete's performance and lead to cessation of physical effort. The exact cause of 'stitch' is unknown, although the most likely cause is lack of oxygen in the diaphragm - in which case relief may be had by bending calisthenics toward the affected side, with hand pressing in the region of the pain. Other possible causes may include severe exercise too soon after eating or drinking liquid, downhill running, gas in the stomach, and constipation."

oOo

Cliff Bould, qualified physiotherapist to British Olympic Team for 26 years:- "Strapping of achilles tendon. Bandage from bases of toe up to and including the lower third of the calf with a cotton bandage. Then take a strip of elastoplast four inches wide and take it from the bases of the toes on the plantar surfaces of the foot to the back of the heel bone continuing up to where the cotton bandage ends. Then strap from the bases of toes with a figure of eight around the ankle and continue to the top of the cotton bandage."

"YOUR RUNNING PROBLEMS ANSWERED"

"It is recommended that some speed work should be done during the winter. Can you state what distances and how fast, also what frequency?"

ANSWER: Speed work should occupy one-third of the total weekly schedule, the rest being stamina work. Distances for speed work on the track can range from repetition 3 miles to repetition 800s. Time for repetition 3 miles should be 90 seconds slower than your personal best time, e.g.p.b. of 15 mins. reps. in 16.30. For repetition miles run them at 30 seconds slower than your best mile time, e.g. 4.30 p.b. do repe in 5 mins. For repetition 800s do them 30 secs. slower than your best 800 time.

Where tracks are not available a fartlek equivalent should be done on the surface available.

The repetitions should start modestly in number and increase every six weeks. The rest should consist of jogging half the distance run, e.g. 1½ miles when doing the 3 miles rep.

"I have read that cross-country RACING is not proved beneficial to miling. Many milers have done their best running in the track season after being injured for a long time in the winter. What are your views on this?"

ANSWER: There is some evidence to show that weekly cross-country racing does tear down the body strength. There is no comparison between the energy used up in a mile race and a nine mile cross-country one in deep mud. An easing off in training is only human when a race is due, this means that the real target of winter stamina is not being given priority. A compromise should be sought; race every other week.

"I would like to do two runs a day during the winter, last year, however, I broke down in training when trying this. Is this usual?"

ANSWER: Yes, it is. Many aspirants try too much too soon. It should be remembered that the body temperature is at its lowest early in the morning so the pace should be slow. Many runners find that they feel sick when doing early morning runs. The remedy for this is to drink a cup of hot coffee beforehand with plenty of sugar in it. Here is a recommended progression for early morning runs:-

1st week Run for 15 mins. on the Monday.
 2nd week Run for 15 mins. on the " and Wednesday.
 3rd week Run " " " " " Wednesday and Friday.
 4th week Run " " " " " Tuesday, Wednesday and Friday.
 5th week Run " " " " " Sunday, Monday, Tuesday, Wednesday and Thursday.
 6th week Run every day.
 7th week Increase runs by 5 mins.
 8th week-9th week Increase runs by 5 mins. to a maximum of 30 mins.
 During this two month build up evening training goes on without break.

"I can do 4.21 for the mile but cannot break 2 mins. for the half. What do you suggest?"

ANSWER: You should be able to do sub-2 with your mile time. Next year do one session of tempo training each week, e.g. 32 x 110 in 14 secs. with 55 yds. walk or 110 jog in 30-45 secs. Start with 15 x 110 in April add an extra 110 each week.

||||||||||||||||||||||||||||||||||||||||
TEST YOUR MILLING KNOWLEDGE
||||||||||||||||||||||||||||||||||||

1. How many calories a day on average does a miler need?
2. How many calories in (a) Milk (b) Cheese (c) Fish?
3. Do salads contain a high calorie content?
4. How many types of specialist track training are there?
5. What does interval training do physiologically to your body?
6. What does repetition training achieve?
7. What use is tempo training?
8. Can you name the miler with the fastest last lap before Alan Simpson?
9. What affect does lack of iron have in an athlete's diet?
10. What foods contain iron?
11. What British miler has run all his mile races in 1965 inside 4 minutes?
12. It is said that squats in weight training are dangerous. Why?
13. Did Brian Hawson ever break 4 minutes for the mile?
14. Five records were broken in the Morley Mile at the White City in 1965. Can you name them?
15. Can you name three runners of note who became doctors?
16. Who was known as the Flying Dutchman?
17. Can you name the Commonwealth half miler who misunderstood the starting orders in Germany in 1963 and was left on the line? He won the race, however, and it was thought by many to be his most spectacular.
18. What team ran the fastest 4 x 1 mile relay in the U.K. in 1965?
19. Who holds the record for the fastest mile in the N.E. of England?
20. How far would a 4-minute miler be behind Jazy's time of 3.53 if he were in the same race?
21. Did you spot the error in our last quiz?
22. What is the danger of wearing too long spikes in cross-country running on frozen surfaces?
23. What famous American miler was an F.B.I. agent?

NEWS
FROM

THE

SOUTH... Frank Horwill reports.

The outstanding achievement in Southern miling was the elevation of two members into the ranks of the sub-4 minute men, i.e. Mike Wizga and Tony Harris, the latter being the first Welshman to gain the honour.

Close on this glory comes Andy Green's lowering of his mile time from 3m 59.2 down to 3.57.7. Andy is a great believer in plenty of races, sometimes he races on a Wednesday and Saturday and often trains severely the day before a race. His personal best time for 2 miles which he did at Crystal Palace was done after a severe session of whistle training (full out when the whistle goes until it is blown again) the day before. He did not tell me that he was racing next day and the session given brought him to his knees. One wonders what this smooth-running ground-devouring runner will do if he raced less and missed a day's training before a race.

Other notable improvements were Mick Beavor's reduction from 4m 22 to 4m 12secs, and Malcolm Browne's 4m 2 secs. Also Peter Beacham's reduction from 4m 10 secs. to 4m 2.5 secs, at one time the fastest under 21 miler in the country until Walter Wilkinson took the unofficial title from him with vengeance.

Among the juniors the wonderful record of Chris Stewart augers well for the future of British miling. His winning of the All England Schools senior mile in record time was a shock for the much fancied Mike Tagg who has repeatedly beaten Chris in mile and two mile races in the past. Those who remember Sydney Wooderson, one of our Vice Presidents, in his heyday must see in this quietly-spoken boy Wooderson's image. Like Sydney, Chris set records as a schoolboy. Let us hope that one day he emulates the great little runner who brought the world record to England and kept it for six years and the half-mile record for twice as long.

Other juniors who have done well are Malcolm Absolum and Stephen Walker who recorded 4m 10 secs. and 4m 14 secs. Both from the same county of Essex, they will surely pull each other out to great times in the near future.

Although eclipsed from the All England Schools Intermediate mile, Phillip Tucker, who won the famous boy's mile last year in 4m. 36 secs, did well in his first season as an intermediate to record 4m. 24 secs. Phillip also ran well recently to bring his club home first in the Luton Boys Cross-country Relay, to record the second fastest time of the day.

Many people, including myself, thought that the women's mile record would be broken in 1965. Only one runner showed the real pace-making courage needed for this, Anne Smith. Her coach, Gordon Pirie, is a hard task-master, working on her weaknesses he has brought about an amazing miler. In her first ever mile she came within two seconds of the British record.

One of our Vice Presidents, Valerie Tomlinson, has done well to break 5-minutes this year, let us hope that next season she will experiment by trying some front-running.

What of next season? John Thresher, who equalled his best time for the mile, should break 4-minutes next year if he plans his season carefully. John seems unduly fond of 2 mile races, many think that a month of three mile races followed by a month of half mile ones would suit John better. This would give him the added stamina and speed he requires.

Mick Gowan, the strong-man of Herne Hill, nearly pulled off the sub-4 but just failed. Mick should remember that the human frame cannot train to exhaustion every day, especially before a big race. Try resting the day before an important race, Mick.

|||||A|||S|||W|||S|||A|||S|||T|||6|||W|||Y|||L|||I|||R|||G|||Q|||U|||I|||Z|||

1. 4,000 calories.
2. (a) 170 calories (b) 110 calories per square inch (c) 100.
3. No, 20 calories.
4. Three. (a) Interval (b) Repetition (c) Tempo.
5. (a) Enlarges your heart (b) Increases alkaline reserve.
6. This is done at distances from 440 to $\frac{1}{2}$ mile; it provides endurance and speed training.
7. This is done at 110-220 distances at a speed much faster than racing pace, unlike interval training which is fixed at 14 and 28 seconds with up to 90 seconds rest. The rest in tempo training is the least possible and is specifically used for increasing the strength of the musculature.
8. Roger Bannister - 53.8 seconds in his last A.A.A. mile.
9. It causes anaemia. The blood does not convey oxygen to the rest of the body, causing extreme fatigue and loss of form.
10. Spinach and liver.
11. Mike Wiggs - 3.59.5; 3.57.5; 3.59.9.
12. They can cause sprained achilles tendon and knee injury if the weight exceeds one-third of the athlete's body weight. Half squats using a table to support the seat on the downward move are now recommended.
13. Yes.
14. The United Kingdom All-Comers Record; The British National Record; The Czechoslovakian National Record; The West German National Record; The Kenya National Record.
15. Dr.R.G. Bannister; Dr. Jack Lovelock; Dr. Brighton; Dr. Frank Aaron.
16. Willie Van Slykhuys.
17. Peter Snell
18. The British Milers' Club 'A' team(Green, Whetton, Wilkinson and Brown); 16,44.
19. Peter Clarke, T.V.H. 4.1.7.
20. Fifty yards.
21. Mike Blagrove, Maling Harriers, did not beat 4 minutes for the mile, he did 4 mins. dead.
22. Sprained ankle. Spikes do not come out of earth easily.
23. Fred Wilt.

NEWS
FROM

THE
NORTH

EAST

REDON,.....Hon. Sec. Gordon Surtees, reports:-

The year has seen a great improvement in both the standard and depth of British miling and we in the N.E. can be proud of the part we have played. Whilst Alan Simpson's new U.K. record of 3m 55.6 and Walter Wilkinson's 3 m 52.9 are tremendous efforts I feel that the greatest improvement has occurred at club and school levels.

Perhaps the achievement of Maurice Benn(Heaton) deserves praise, for in addition to winning the Northern Counties Junior title, he also recorded a fine 4m 11.0 in the final of the National Schools. Chris Mason of Hallamshire is another youngster to watch, his 4m 18.3 enabled him to take the National Intermediate Boys title. In the A.A.A. championships it was encouraging to note that three N.E. representatives made the final; Alan Simpson 1st, 4m 01.9; Walter Wilkinson 3rd, 4m 02.9 and Tony Booth 8th, 4m 10.4(4m 06.4 in heat).

The Northern Counties championships provided us with even more B.M.C. members reaching the finals, and at Kirkby, where Walter Wilkinson took the mile, we also had Tony Booth, John McGrow, Lindsay Dunn and Phil Richards showing well.

At Hull, where the Northern Junior and Youth events were held, Maurice Benn was 1st and Richard Grice 5th, while Chris Mason took the Youth title.

Our regional Chairman, Derek Ibbotson, still pulls out the odd good run and managed to take the Yorkshire 3 miles in 13m 51.6. Derek also did some sterling work at the Merthyr Mawr distance training camp held in October.

With Alan Simpson opting out of the mile and electing to do the half, which he won in 1m 55.6, it was a clean sweep for the B.M.C. as we again provided the top three places in the mile with Wilkinson, Dunn and Booth. Richard Grice of Harrogate being runner up in the junior mile.

Up in the extreme North East there has been a great improvement and in the Northumberland and Durham championships B.M.C. members were well to the fore, Mick McKenna took the mile in 4m 11.2 and the 880 in 1m 52.6. John Hillen, Barry Foster, Kevin Carr and Dave Little lined up against McKenna and provided us with one of the best races seen in the area.

In the youth section Ian Forster(Burn Road) was not content with an easy passage in the mile but also took the 1,500m steeplechase in 4m 29.9.

Our thanks must go to Frank Horwill and Tony Saunders(Midlands) for rounding up the available graded time-keepers in the North and making up some good teams from all over the U.K. for the 4 x 1 mile relay at Billingham. While the adverse weather ruined any possibility of a record all the boys involved gave their best and provided the crowd with the fastest relay time in the country for 1965. The race of the meeting involved John McGrow and Walter Wilkinson on the third leg. A great show!

The B.M.C. training day held at Crimdon on Sunday 7th November was a complete success even though the weather was shocking. Ten of our members took part but taking non members, coaches and helpers into account we had a splendid turn out of 45!

Further venues are arranged for Keighley, Catterick Army Camp and Durham University.

The N.C.A.A.A. have invited local B.M.C. coaches to take part in their Christmas course.

oOo

FIFTY YEARS AGO the world record stood at 4m 12.6 and was established by Norman Stephen Taber(USA) with splits of 58.0, 67.0, 68.0, 59.6. What this man achieved half a century ago should be well within your scope so if you haven't beaten this time yet -

get cracking in 1966. For those who have managed it I would suggest they set their targets on Sydney Wooderson's 4m 06.4 (58.6, 64.0, 64.6, 59.2) set in August 1937. To reach this standard you will only be some 28 years behind time (world's best of course) but nevertheless you will be closing the gap. Do not forget to write to me at 8 Greenwood Estate, Cowpen Estate, Billingham, Co. Durham, and keep me informed of your best marks for the 1966 season so that I can compile a ranking list for the N.E.

300

HOW TO IMPROVE BRITISH MILLING/

N. E. members speak up...

NORTHUMBERLAND

George Gandy - Gosforth Harriers - "By closer co-operation between top athletes themselves and with good coaches. More competition at the right standard."

Maurice Benn - Heaton Harriers - "Better club/school relationship. Improvement at county level."

DEBATE

Michael McKenna - Gateshead Harriers - "By putting pacemakers in scratch races."

Kevin Carr - Sunderland Harriers - "By the use of pacemakers in races."

YORKSHIRE

Anthony Booth - Longwood Harriers - "By running against the watch and not the opposition."

Philip Veitch - Billingham - *Graded races, Organised training days.

LINCOLNSHIRE

John Hastings - Brigg Grammar School - "To have a closer relationship between athletes and their coaches."

John Parry - Lincoln Wellington A.C. - "More graded races."

200

SUPPORT YOUR REGION by attending the training days put on by the committee. Do not delay if you require a coach write to the Regional Secretary for help. Ask your club to stage a GRADED MILK for all groups (senior, junior, etc.) Get your friends to strive for the B.M.C. times to qualify for membership to the only club of its kind in the world.

300

KILE RACES AT FOOTBALL MATCHES. Recently the N. E. branch staged a parlour in the interval of one of the leading football matches. This caused great public interest and the newspaper reports gave more about the race than the football match! Ask your local professional club if you can stage a mile race in March and April in the interval.

300

A R E

Y O U

B E D I C A T E D ?

Key to the quiz,

If you have only TWO Nos you are WORLD CLASS MATERIAL

If you have THREE Nos you are GREAT BRITISH INTERNATIONAL GRADE

If you have FOUR Nos you are COUNTY CHAMPIONSHIP ABILITY

If you have FIVE Nos you are CLUB STANDARD

If you have more than five Nos you are a DABBLER!

Take stock of these readings and see if you can raise your standard during the 1966 season.

oOo

HAVE YOU TRIED AN H O V L E K ?

The word is a derivation of John's (Hovell) name and fartlek. It is a type of training used in the past by John Hovell who coached Frank Salvat to become 3 mile champion and advised Roy Fowler to gain 6 mile honours.

The ingredients are:- one active coach capable of keeping up a steady jog for two hours and a dozen or more very fit runners of all grades. A large expanse of heathland or beach and some steep hills. The session combines stamina, speed and strength training.

Here is a typical Sunday morning work-out:-

1. Jog 5 mins.
2. Leapfrog one mile at increasing speed over hilly terrain.
3. Parlauf around an half-mile course.
4. Chain run; men at the back overtaking on right when whistle goes. Done at mile pace to see who can last out longest.
5. Hill run with 10 press ups at the bottom and another ten at the top, done full out. Repeat until a total of 100 press ups done.
6. Drilauf giving each runner 100 yd. sections.
7. Concentrated leap frogs, one man clearing six backs within 50 yds.
8. Pursuit chain run; slow chain of six is given a start and is pursued by a fast chain.
9. Resistance exercises, e.g. Carrying another athlete up a hill fireman's lift style.
10. Leapfrog race in pairs.

There is no rest after each of these activities! The coach jogs off immediately after each session and the field must follow him. By this means the mileage is kept around 16 miles for a two hour session. The rest period is always a jog!

Frank Horwill has introduced this method of training to the Middlesex County A.A.A. Schools Coaching Course held in April each year and it is a firm favourite with the boys.

It is possible to arrange very good parlauf teams by putting a champion miler with a fair quarter miler, etc.

When the Hungarian team came to Hampstead Heath to try this system of training they agreed that it was the toughest they had experienced.

The benefits of this method is that it is a break from the track, provides a constant change of training ground and builds up club spirit. Give it a try once a week; you'll not regret it. Any club that requires a specimen supervisory HOWLEK should contact Frank Horwill who will endeavour to visit you one Sunday morning; Home Counties only.

oOo

WHAT
IS
YOUR
IDEA
OF
THIS
PROJECT

COACH?

This is a confidential questionnaire on middle-distance coaches and coaching. DO NOT REVEAL YOUR NAME UNLESS YOU WISH TO.

For the first time ever, we are enquiring into the coaching system in this country. The statistics we obtain from YOU will be submitted to the A.A.A. Coaching Administrator. Please put the answers to the questions on a separate piece of paper and make sure they are numbered correctly.

1. Do you think middle-distance coaches should have at one time or other participated actively in the event?
2. Do you think that no one should coach unless they have passed a A.A.A. coaching examination?
3. Do you think that a coach who has studied for his Senior Honorary Examination and devotes a minimum of 12 hours a week to track attendances should receive an honorarium similar to that given to Polish part-time coaches?
4. If you were given the opportunity of being coached by one of the following, which would you choose and why:- Franz Stamfl, Woldemar Gerachler, Percy Cerutty, Arthur Lydiard and Mihail Igloiz
5. Do you think that coaches, as far as is humanly and physiologically possible, should limber up with their athletes on training sessions?
6. Do you think that special A.A.A. National Coaches in the running events ONLY should be appointed?
7. Do you believe that a man with a P.E. diploma is better suited to coach middle-distance running rather than a Senior Honorary A.A.A. Coach?
8. Should coaches be required to pass an examination in elementary first-aid for athletic injuries?
9. How long do you think you should allow a coach to improve your performance? It should be borne in mind that youths and juniors usually improve rapidly each year. (Some athletes only stay with a coach 3 months!)
10. What single factor do you think is essential in any running coach?
11. Do you think there should be a strict code of professional etiquette between coaches, e.g. Permission be obtained from a runner's coach before taking him on in the event of his wanting to change.
12. How often do you feel it is necessary to talk or see your coach each week?
13. Some coaches state that they have never read any textbook on middle-distance running and rely on past experience and trial and error in their methods. What are your views on this, bearing in mind that important scientific techniques may be foreign to him?
14. Do you think coaches should smoke on the track?
15. Should coaches be permitted to travel with their charges on trips abroad on a rota system when they reach international grade?

U R G E N T - S. O. S. - U R G E N T - S. O. S. - U R G E N T

Under the rules passed at the Annual General Meeting of the B.M.C. held at the Y.M.C.A. Tottenham Court Rd, London, in June 1965, all subscriptions of 10/- should be paid on the year ending 31st December. Any person failing to pay his subs. within 30 days of this time will forfeit membership. The only exceptions to this rule are Life Members and Senior Mem. A.A.A. Coaches and Regional Secretaries. Where a member joins the Club AFTER August in any year the subs. paid on joining will be valid to the next but one year ending, e.g. 16 months.

The cost of producing and posting this magazine is £9. The cost of each club badge is 2/6d, in order to obtain them at this price it is necessary for us to order in bulk of 12 dozen at a time, costing £21. The cost of printed club stationery is £5 a year. The cost of each circular sent out by the B.M.C. is 6d. The annual postage payable by the club including the expenses of regional secretaries is £10 per year. The hire of the Y.M.C.A. for the A.G.M. is £5 per annum.

It will be seen from the above figures that it is ABSOLUTELY ESSENTIAL THAT ALL SUBS ARE PAID PROMPTLY AT THE SPECIFIED TIME of the 31st December 19...

if the work of the club is to continue on a sound footing.

One of the reasons why this magazine still remains an annual event is because at the time of its compilation in late winter and early summer, there is not enough financial reserve to do so.

ANNUAL SUBSCRIPTION FORM FOR 31st DECEMBER 1965-66.

N A M E

A D D R E S S

P H O N E N U M B E R

G R A D E (S, J, Y, L.)

B E S T M I L E T I M E

D C M A T I O N

R E M A R K S

P L E A S E C O M P L E T E T H E F O L L O W I N G :-

I suggest the following ways of building up the club spirit of the B.M.C.....

I suggest the following methods be used to raise club funds.....

Please send an application form to the following who is anxious to join the B.M.C.....

FORWARD and UNITED

- | | |
|----------------------|--|
| * Help achieve unity | * A better deal for coaching |
| * Better fixtures | * A progressive administration |
| * Better facilities | * Better recruitment of young
athletes and officials. |

Get British Athletics Moving: Act Now!
Vote for a British AAA

**FORWARD
and
UNITED**