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BMC NEWS



SEPTEMBER

1967

EDITORIAL

In the Tokyo Olympics, Jim Ryun failed to qualify. Alan Simpson did and nearly got himself a bronze medal. Four years later, Jim Ryun is the favourite to win the gold at Mexico by dint of his fantastic 3:51.1 mile record. Why has one miler improved and passed his former conqueror? Did he step-up his training? He did. Did he think in terms of "From here on I go up the graph?" He did. Was he content with just beating his fellow-countrymen in poor times? He wasn't.

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How many millers failed to improve this year in the TOP TEN? If you discount the three millers, then all of them failed to improve their best times. How many of them stepped up their winter and track training? Evidence shows that most of them were concerned with beating each other instead of getting on with the task of beating the clock and thus getting on terms with world class standards. In order to build you must build every day, in order to achieve you must raise your standards.

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If you look at the list of the 10th ranking miler in Britain down to the 20th, you will see some refreshing improvements. Keep it up, lads, you'll soon push the others off the top. Among the pushers are Mike Billington, Mick Beevor, Mike Tagg, John Kirkbride, John Rix, Tony Simmons, Geoff Biscoe, Fred Bell, Chris Stewart, Peter Beacham, Roy Young, and Hugh Barrow.

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The A.A.A. didn't like the back-page of the last issue and wrote a letter of protest to the President. They must be getting sensitive in their old age. We have a circulation of 220. Do the A.A.A. think we'll corrupt the sport's quarter of a million followers?

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This issue marks a step forward; it is the first time we have produced TWO issues in a year.

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The views expressed in this journal by individual contributors do not necessarily represent the views of the National Committee.

||||| RULES OF THE BRITISH MILERS' CLUB |||||

Founder Members:- B. Boulton, B. Buxton, H. Hayes, F.J. Horwill, Wilf Palsh, Mrs. M.A. Smith, J. Thresher, A.P. Wilkins.

RULE 1. NAME AND OBJECTS.

- a) The name of the organisation shall be the "British Milers' Club."
- b) The objects of the organisation shall be:
 - 1. To raise the standard of British milling to world supremacy.
 - 2. To set up a nation-wide network of regional secretaries who are qualified to implement this work.
 - 3. To provide coaching assistance to all members.
 - 4. To encourage members to run as a team against the stopwatch on agreed occasions.
 - 5. To assist materially millers from weak milling regions.
 - 6. To encourage members' clubs to stage graded mile races every year to cover the gap of too fast or too slow competition.
 - 7. To provide an information service on graded races throughout the country.
 - 8. To encourage commercial organisations to sponsor special invitation races.
 - 9. To make appropriate awards to millers of all grades for outstanding performances.
 - 10. To obtain athletic textbooks at discount for members.
 - 11. To hold annual or more frequently, training week-ends for members in all regions.

RULE 2. MEMBERSHIP

- 1. Membership shall be divided into six classes:
 - (a) Senior; (b) Juniors; (c) Youth; (d) Women; (e) Life; (f) Honorary.
- 2. The qualifying standard for classes A, B, C, D, shall be decided by the Members in Annual General Meeting. Class (e) Life Membership shall be awarded to all men who have beaten 4 minutes for the mile and all women who have beaten 4 minutes 50 secs. for the mile provided that they were members of the club when they achieved these times. Class (f) shall consist of A.A.A. Senior Coaches in middle-distance only and those elected by the committee.
- 3. Subject to the General Committee's approval a member is entitled to receive a club badge for his appropriate grade (time).

RULE 3. SUBSCRIPTIONS

- a) A standard subscription rate of 10/- per annum for all grades payable at the time of joining and every subsequent year due on 1st January each year.
- b) Any alteration to subscriptions shall be approved by a majority of members in general meeting.
- c) Members whose subscriptions are not fully paid up within three months of the appropriate yearly time shall be debarred from membership, but the General Committee shall have powers to discriminate in cases of hardship.

RULE 4. GENERAL COMMITTEE

- a) The organisation's business shall be managed by a General Committee, hereinafter referred to as the "Committee".

||||| B.M.C. RULES Contd. |||||

- b) A quorum shall consist of five members, or two-thirds of the Committee membership, whichever is the higher figure.
- c) If, within 15 minutes from the time appointed for the meeting, a quorum is not present, the meeting shall be adjourned.
- d) The Chairman shall be entitled to vote as an ordinary member only.
- e) Should the Chairman be unable to attend a meeting, the Vice-Chairman shall act as Chairman. Should the Vice-Chairman also be absent the members shall elect one of their own number to act as a Chairman.
- f) The Treasurer shall present a statement of accounts at each meeting.
- g) Regional secretaries present in London may attend and participate in Committee Meetings, and shall have powers to vote.

RULE 6. GENERAL MEETING.

- a) The organisation shall in each year hold a general meeting as its Annual General Meeting, in addition to any other general meeting in that year.
- b) All general meetings other than the Annual General Meeting shall be called "Extraordinary General Meetings".
- c) The Annual General Meeting shall be held at any appropriate place approved by the Committee.
- d) Members shall be given at least 21 days notice of the Annual General Meeting and at least 14 days notice of Extraordinary General Meetings.
- e) All matters for inclusion in the agenda shall be received by the Secretary at least 28 days before the meeting.
- f) An Extraordinary General Meeting shall be called by the Secretary within 21 days of the receipt by him of a requisition, signed by eight members, stating the business to be brought before such a meeting.

RULE 7. PROCEEDINGS AT GENERAL MEETINGS.

- a) The business of the Annual General Meeting shall be:-
 - 1) To receive and consider the annual reports of the Treasurer and Secretary, and the income and expenditure account and balance sheet.
 - 2) To elect the President, Vice-Presidents, Chairman, Vice-Chairman, Treasurer, Secretary, Auditor and committee members for the ensuing year;
 - 3) To transact any other business.
- b) No business shall be transacted unless a quorum of eight members is present.
- c) All resolutions put to the vote must be approved by a three-quarters majority of members present and voting. The Chairman shall decide the manner of voting.

RULE 8. ALTERATIONS TO THE RULES.

- a) The rules shall be altered only at a general meeting by a majority of members present and voting. Any new rules shall be voted on by proxy only.

RULE 9. ACCOUNTS

- a) The Treasurer shall keep an account, showing details of all sums of money received and spent.
- b) Extraordinary expenditure shall be approved only by the Committee.

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B.M.C. RULES Contd.

c) All outgoing cheques shall be signed by the Treasurer and one other officer.

RULE 10. AUDIT

a) Audited accounts shall be presented at the Annual General Meeting.
 b) An honorary auditor shall be appointed at the Annual General Meeting or by Committee to serve until next A.G.M.

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Members should note that there have been alterations to the rules published in our previous B.M.C. NEWS. These alterations were proposed and seconded and agreed upon at the A.G.M. on August 28th 1967 at the Springbok Hotel, White City.

Your attention is drawn to the following:-

RULE 2. MEMBERSHIP

2. Life membership will no longer be awarded to a new applicant. He must have been in the club as a fully paid up member when he achieved his sub 4 minute mile in order to qualify for life free membership. Formerly, many sub-4minute milers were granted life free membership immediately on joining. This placed a financial burden on us. Life members under the 1963/4 ruling qualified with a sub 4 minutes 4 seconds time. The cost of keeping these members on our mailing list is very heavy. Many Life Members do not contribute one penny to our cause yet take full advantage of all our facilities. The time for female Life Membership has been lowered from 5 minutes to 4 minutes 50 secs.
 3. The proposal to issue free membership cards was withdrawn due to the expense involved.
 4. It is no longer necessary for a junior or Youth to reach the Senior qualifying time by 21 years of age. It was found that the wearing of a Youth or Junior B.M.C. badge while competing as a Senior would prompt members to do their utmost to gain the Senior badge with its 4 mins. 15 secs. qualification.

RULE 5. COMMITTEE MEETINGS.

b) Formerly a quorum consisted of six members, this has been reduced to five.
 c) Certain sticklers for time found that 30 minutes wait for a quorum was too much for them and this waiting period was reduced to 15 minutes.

RULE 6. GENERAL MEETINGS.

c) It was stated previously that the A.G.M. would be held in London. In order to get a better attendance it was decided to hold it at a time when members were congregated for a special club function, e.g. National residential week-end.
 e) The time limit for including items for the agenda was thought to be inadequate and this was doubled to 28 days.

RULE 7. PROCEEDINGS AT GENERAL MEETINGS.

d) It was felt that proxies in the hands of regional secretaries was unsafe. This was hotly debated. It was deleted from the rules. No proxy votes of members for regional secretaries.

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SOUTHERN COUNTIES

AAA Senior Coach Frank Horwill's Southern Region Report to the A.G.M. on Monday 28th August 1967 at the Springbok Hotel, White City, London.

Mr. Chairman, three major events have occurred since my last report to the A.G.M. 1. The Club spirit in the South has greatly improved and is now comparable to that of any track or cross-country club which meets weekly. 2. The status of the Club has grown as to wit the requests from big clubs and organisations to stage mile races at their meetings. 3. The annexation of five major records in milling to Southern members.

The membership in the South is now well over 100, this does not include our Welsh friends who are included in Southern region events.

At our first National Residential Training Week-End at Denstone College, the South provided more than three-quarters of the total attendance, the journey of 150 miles provided no obstacle to members who left in a motor convoy from Hendon station. It is worth noting that those who did attend have all recorded personal best times for the mile. I view this week-end as one of the contributory factors to improved club spirit in the South, another is the attendance of members to the I.C. and Southern B.M.C. Millers' Week-End organised by Bruce Tullich in March 1967 at Hindhead. A third factor is the providing of races for members at regular intervals throughout the season.

As stated, the B.M.C. in the South, as elsewhere, is growing in status. We were asked to provide the field for the Sward Trophy Mile which was won in the then fastest time of the season by our N.E. guest Alan Simpson, in 4 mins. 5.5 secs. with Andy Green second in 4 mins. 7.7 secs. Then, our biggest compliment was to provide the field for the City Charity Mile with a promise that this would be an annual occurrence. This was won in the fifth fastest time since the race's foundation in 1952 by our Midland guest, Mike Billington, in 4 mins. 2.9 secs. with Tony Simmons of Luton A.C. recording 4 mins. 3.1 secs. Mike Tagg recorded his fastest mile with 4 mins. 3.4 secs. to gain selection for the World Student Games at Tokyo. Our first Inter-County B.M.C. 4 x 1 mile relay event came from an invitation by Feltham A.C. to hold the race in conjunction with their carnival week match. This was won by Surrey B.M.C. each man recording an average of 4 mins. 15.3 secs. Queens Park Harriers asked us to stage a mile event at their anniversary meeting in August, and we were able to provide 26 runners for two races. The "B" race proved more successful than the "A" one. While there has been much criticism of the "hare" in the race, officially he did not exist, and it was up to members to have sensed a slow second lap and to have got stuck into the second half. Members must have regard for the B.M.C. policy of FAST TIMES when they run in our organised races without the pressure of a title at stake they can afford to have a go. The "A" race was won by Dave Gibson, Army A.C. in 4 mins. 7.7 secs. Some of the "A" field competed again in another mile on the 2nd September at Guildford A.C. ground, this was won by Fred Bell, Carmarthen, in a personal best time of 4 mins. 5 secs.

In May 1967, L.O.A.C. very kindly staged our first Senior Southern B.M.C. Championships, this was won by John Rix, S.L.H. in the good time of 4 mins. 11 secs. considering the terrible conditions, with Fred Bell winning the Welsh mile in 4.12. A ladies mile was also held won by Anne Smith, Mitcham A.C. in 4 mins. 51.4 secs. the day after winning a new mile world record for Britain.

SOUTHERN COUNTIES Contd.



The B.M.C. was invited to attend the Specialists Clubs Committee meeting, the first for 18 months, at Mercers Hall, London in June. It is very galling for me to hear at such meetings complaints about the conduct of one or two members. The most common complaint being acceptance of races and failure to appear without adequate reason or warning. The other sore point with organisers is the excessive demands for expenses by greedy athletes.

This has been one of the greatest seasons for Southern performances since the start of the B.M.C. in 1963. 1. Andy Green's winning of the A.A.A. mile title in a record time of 4 mins. 00.6. How the competitor^s stands cheered this victory. At last the Northern strangle-hold on the title has been broken. Andy's race programme leading up to this achievement is well worth close study. A large number of 880 races from April to July, then a few $\frac{3}{4}$ and 2 mile races. 2. John Rix's teenage record of 4 mins. 2.8 secs. done in our National B.M.C. Championships in the N.E. 3. Tony Simmons' under 19 British record of 4 mins. 3.1 secs. done in the all B.M.C. field in the Sward Mile. 4. Anne Smith's wonderful world record for the mile of 4 mins. 39 secs. with a faster time awaiting ratification. 5. Rita Lincoln's Southern W.A.A.A. Inter-Counties record of 4 mins. 56 secs.

Other notable performances include Mike Beevor, Hercules, 4 mins. 3.9 secs; Chris Stewart 4 mins. 4.2 secs; Geoff Biscoe 4 mins. 5 secs; Peter Beacham 4 mins. 4.2 secs; P. Banning(16 years old) 4.18.1 done in our "B" race at Paddington; Jack Lane, Feltham, 4.21 in Southern Youths Inter County; Van de Linde, Somerset, 4.13.8 Jnr; Dave Bednarski, Swindon, 4 mins. 12.9 secs; Rita Lincoln, Essex, 4 mins. 46 in Dublin; Margaret Molts, Barnet, 4 mins. 59.1. Others who improved this year were John Bicourt, Geoff Goodman, Rod Simnett, Clive Ridley, Gerry Williams, Alan Cowen, Chris Reed(Yth), Dave Patterson and Eric Bradbrook.

Plans for the coming winter include the formation of a Southern Advisory Panel for the Southern Region. This is because the Region is becoming too big for a lone secretary to manage efficiently and democratically. The following have shown interest in this and have already made several regional decisions:- Chairman of the B.M.C. and Chairman of the Panel, Staff Coach Harry Wilson(Herts); Peter Orpin, Vice Chairman of B.M.C. and Vice Chairman of Panel(Essex); Alf Wilkins(London) National Committee member; Conrad Milton(Middx) National Committee member; John Herring(Kent); Eric Bradbrook(Surrey); P. Banning(Hants.); Rod Chaplin(Suffolk). Already many of these gentlemen have made arrangements for races next season and training days for this winter. This panel will meet in the late autumn and early spring each year, but will be consulted by post on major regional problems requiring prompt attention.

Training days, with lunch available or to be taken, have been provisionally booked as follows:-
 1st Sunday in October combined with Merthyr Mawr camp.
 A Sunday in November at Leigh on Sea supervised by Tony Elders.
 2nd Sunday in December at Blackheath Harriers H.Q. supervised by John Herring.
 A Sunday in January at Welwyn Stadium supervised by Staff Coach Harry Wilson.
 A Sunday in February at Roger Bannister Track, Harrow supervised by Frank Horwill.
 A week-end in March combined with I.A.C. Milers' Week End supervised by Bruce Tulloch.

SOUTHERN COUNTIES Contd.



A Meritorious Award Badge has been introduced by the Region and this will be an annual award to Southern members nominated by the Southern Advisory Panel. This badge has been donated anonymously to us to be given for outstanding mile performances only. To qualify for this badge a member must comply with one or all of the following:- 1. Have been selected for his first G.B. International for the mile and have won the race. 2. Achieved a worthwhile record of some type. 3. Produced an outstanding improvement.

Of twelve names submitted to the Advisory Panel the following were approved by them:-

1. Anne Smith for her world mile record of 4 mins. 39.2 secs.
2. Andy Green for his A.A.A. Championship record of 4 mins. 00.6.
3. John Rix for his British teenage record of 4 mins. 2.8 secs.
4. Tony Simmons for his under 19 British record of 4 mins. 3.1.
5. Philip Banning for his 4 mins. 18.1 secs. mile, 3rd fastest ever by a 16 year old in Britain.
6. Mike Beevor for his 4 mins. 3.9 secs. at Reading, an improvement of nine seconds and a tribute to his courage against constant pain and injury.

As founder of the B.M.C. I was asked to write an article for the A.A.A. Club magazine. This was done and was well illustrated. The reasons for starting the B.M.C. were given, our plans and achievements were given from 1963 to 1968.

The Southern Region produced and will continue to produce a newsletter for its members every three months. We are grateful to Tony Ward for getting this duplicated for us. I am also responsible for producing the B.M.C. NEWS and I am pleased to say that we are now able to publish two of these a year.

Finally, I wish to express my thanks to the editors of ATHLETICS WEEKLY and ATHLETICS ARENA for giving us valuable space to advertise our work. Thanks are also due to the Secretaries of L.O.A.C., Poly Harriers; Q.P.H.; Feltham A.C.; City Charities Committee; Blackheath Harriers; Guildford and Godalming A.C.; and Thurrock Harriers for their kind assistance during 1967.

A special thank you to my colleagues controlling the other regions for a free exchange of views and help, also to the National Committee.

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OLYMPIC SEASON plans in the South include a good class mile race EVERY MONTH for every section of our members, Senior, Juniors, Youths and ladies. Give these races your support. In the Olympic year of 1964 a 5,000 metre performer was not going to be selected for Tokyo until he ran 4 mins. 00.4 at Paddington in our race, this compelled selectors to send him.

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TRAINING DAYS are provided to make a break from the dull routine of winter training with the same old people. Do not let the distance away from your home prevent attendance in another county, contact your regional secretary, STONEGROVE 9801 for transport assistance.

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"THERE IS NO GAIN WITHOUT PAIN"

||||| QUOTES FROM THE GREAT |||||

If this goal - the four minute mile - isn't worth enough to get out and work day after day, then just forget about it. But I don't want you to come back at the end and tell me that if I had made you work you could have made it. (Bob Timmons - Ryan's Coach).

Training for the Mile - Typical workout - 40 minutes: Group Running(Keep plan flexible but repeat all 6 steps every day).

1. Easy jogging, 5 mins.
2. Upper-body exercises - 10 mins.(arm and shoulder strength; abdominal and back strength; abdominal, back and hip flexibility).
3. Gradually increased and repeated speed work - 10 mins.(mildly fatiguing).
4. Restful work(walking and jogging) - 5 mins.
5. Repeated speed work - 5 mins.(somewhat more fatiguing).
6. Restful walking - 5 mins.

15 minutes: Individualised Work Period(Select one for each day's workout).

1. Repeated 220's or 440's(slow pace, little rest between) - for pace endurance.
2. Repeated 220's or 440's(fast pace, long rest between, for speed endurance.)
3. Pace work at 440, 880 or $\frac{1}{2}$ mile.
4. Endless relays for pace and/or speed.
5. Time trial $\frac{1}{2}$ mile.

5 minutes: Speed work(Always end up with speed work).

10 minutes: Recovery Period(Restful group jogging and walking. An essential part of every day's workout.)

DAILY VARIATIONS IN ASSIGNMENTS

(Differences between daily assignments occur primarily during the second period of Individualised work.)

Monday: Repeated 440's or 880's for pace or speed.

Tuesday: Pace work at $\frac{1}{2}$ mile or time trial at $\frac{1}{2}$ mile.

Wednesday: Repeated speed work at 220 or 440 yards.

Thursday: Pace work: 1 or more separate 880's or 440's at Saturday's pace.

Friday: Rest or long walking.

Saturday: Competition.

(J.Kenneth Doherty, Ph.D.)

Adolescence is a time of conflict and bewilderment. When we are not master in our own house, how can we expect to be at ease and happy in our relations with other people? Perhaps these years can be weathered more successfully if we develop some demanding activity that tests to the limit our bodies as well as our minds. We can then start from the point of discovering how much our bodies can endure before they crack - in most cases a great deal more than we should have guessed. This discovery may encourage us to greater efforts in the mental field. (Roger Bannister.)

You cannot build unless you build every day. (Yehudi Menuhin.)

The cross-country race is, inevitably long and exhausting. That it is often too long and too exhausting for many who take it on, is obvious; the finishing "funnel" offers too many examples of the inability or unwillingness of men to prepare themselves properly for extreme exertion. The gradual loss of form during the prolonged season, or the observable and seemingly deliberate stupidity of those many athletes who have reached some sort of worthwhile level of performance only to beat themselves down by continual and dramatic efforts which reason would object to if reason got a look in, show that it is, at least, advisable to make an intelligent study of the race and its effects. In Britain, at the moment, there are several men who have had international honours but not kept their places at the top because

QUOTES FROM THE GREAT Contd..

they have not cared to see that it is often more intelligent not to race. Preparation is more profitable than reparation. (Brien Mitchell, Senior A.A.A. Coach).

I never thought Arthur (Tydlard) was going to burn me out. I knew after the first few days with him that this was the way to run; long, steady distance running to build up strength and ability. Quickly, I could feel the benefits, the power coming. And I learnt the pleasures of running. The fun of long, easy running with friends and rivals, the inner glow of satisfaction when the run was over and the body was reacting to the new strength that was being built into it. (Murray Halberg).

Running; running; hear the beats
Bursting lungs and pounding feet.
Straining; gaining; 'till you're done;
Or you have the race well-won.
Racing; pacing; rather die
Than give up or let them by.

Training; raining; wet or cold;
You'll complain and say you're sold,
But you'll stick it every day,
When you find you're made that way.
Living; striving; to make goods
Striving as a real man should.

(Percy Cerutty).

The athlete must be the coach's first and foremost consideration. This especially applies to those who are "Club Coaches". This may well seem a sacrilegious thing to say, but there will be occasions when to compete for a club just that once too often may do the athlete more harm than good, or the type of race that he has been selected for may not fit into his preparations for an important race. If he believes this, then the coach must say so and stick by his decision, even though it may make him unpopular. This should not be taken by the good class athlete as an excuse never to run for his club. (Tony Ward).

...So for six weeks we will prepare him for that track debut. This period involves a further but distinctly different strengthening process combined with muscle loosening. It is the hardest part of the whole schedule. For it, we find our learner a hill about half a mile long, reasonably steep about a one-in-three gradient is best and with a quarter mile flat at the top and another flattish quarter at the bottom. This is the hill he will spend his six weeks on, preceding each session with an easy two mile warm up. He springs up the hill on his toes, exaggerating his knee lift and making sure he is perfectly relaxed from the waste up. The accent is on the springing action rather than on speed. He uses the top 440-yard flat for a half mile of jogging. This is a recovery period before the second phase, in which he runs back down the hill, striding out, fully relaxed, moving fast and swinging his arms straight through. Back on the bottom flat, he runs a series of short, sharp sprints, say, three 220s the first time, six 50s the second time, then more 220s and more 50s in alternation. The hill is covered both ways four times in each session, so you will appreciate what I mean when I say it is hard going compared with the other work he has done or will do later on. (Arthur Tydlard).



News from the North

||||||||||||| NORTH EAST REGION |||||||||||||

Athletics in the N.E. has had a great year and not to be outdone by performers in other events our members have risen to the occasion and created a semi-boom in the region.

In a season when sub four minute miles have been a rarity we have been fortunate to witness two such occasions. It was perhaps most fitting that in staging the first ever B.M.C. Championships we were rewarded with a magnificent 3 mins. 58.4 secs. in blustery conditions by our Vice President, Alan Simpson. This result was perhaps the finest way to express our thanks to the sponsors Messrs A.E.I. Ltd., for the wonderful hospitality, etc., accorded all finalists.

Our second sub four race came in late season when within twenty four hours of returning from the Pyrenees, Walter Wilkinson, became the first athlete to achieve such a time on a Yorkshire track. In clocking 3 mins. 59.4, Walter received fine assistance from Mike McDonald and Phil Veltch. The latter, together with Ken Ballantyne had previously given valuable pace assistance when Alan Simpson pulled off his Hartlepool triumph. On both occasions the entire field was British and the true team spirit of the B.M.C. enabled a colleague to succeed.

Apart from Simpson and Wilkinson, the achievements of Yorkshire athletes have not been as thrilling as in previous years. John McGrow has concentrated on longer distances when seemingly he was poised on the verge of a breakthrough in the mile. Ibbot, despite limited training, did well to produce 4 mins. 11.2 secs. and once again proved his worth to Longwood by helping them to dominate the 4 x 1 mile relay scene.

Up in the "far North" milling has never before enjoyed so much success and Northumberland and Durham can now boast six members under 4 mins. 10 secs. all of whom appear capable of further reducing their times. Probably the most improved young athlete in the county is Dave Wright (Jarrow) who won the English Schools Senior mile, gained a junior international vest and improved his time from 4 mins. 25 secs. to 4 mins. 8/5 secs. Almost as outstanding has been the performances of Ian Forster (Burn Road) who won the 2,000 m. steeplechase in both the English Schools and A.A.A. junior Champs, also he gained his vest. Well done, Dave and Ian, the N.E. is proud of you.

N.E. members have featured prominently in both county and area championships ranging from 880 to 3 miles. In the latter it is encouraging to note John Hillen's great improvement in reducing his time to 13 mins. 17.6 secs. No doubt further improvement will come if John follows the example of Rushmer, Taylor and McCafferty and pulls out a really fast mile. The emergence of this trio as good class millers together with the speed shown by foreign steeplechasers clearly indicates that a good mile time is essential for success in any middle distance events.

A study of the following B.M.C. N.E. ranking lists gives a clear indication of the strength of the regions

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NORTHERN COUNTIES Contd.

1. Alan Simpson 3 mins. 55 secs.	1. Alan Simpson 3m.57.6 (Kenya)
2. Derek Ibbotson 3m. 57.2	2. Walter Wilkinson 3m.59.4
3. Walter Wilkinson 3m. 59.3	3. Maurice Benn 4m.04.8
4. John McGow 4m.00.5	4. Brooks Milesen 4m.06.7
5. Tony Booth 4m.04.0	5. Lindsey Dunn 4m.06.8
6. Maurice Benn 4m.04.8	6. Barry Foster 4m.07.4
7. Brooks Milesen 4 m.06.7	
8. Lindsey Dunn 4 m. 06.8	
9. Barry Foster 4m. 07.4	
10. Richard Newble 4m.07.5	
11. Robert Cross 4m.08.2	
12. Dave Wright 4m. 08.5	

Having digested the above facts let us determine to intensify our efforts not only to improve N.W. and N.W. milling but to ensure that we keep in contact with the rising standard throughout the country.

Gordon Surtees.

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NORTH-WEST REGION

GRAHAME PEEL (Blackburn) Very tragically this promising miller who dropped from 4.11 to 4.05 in a B.M.C. race at Sheffield in 1966, has been injured for the greater part of the season and we sincerely hope that he will find time to build up his strength this winter for an all out effort on the mile in 1968. You can count on us giving you the races, Grahame, a pioneer of the B.M.C. in the N.W.

The outstanding N.W. miller must surely be John Kirkbryde of Cumberland who has done 4 mins. 5 secs. this year. A student, he is coached by the physical educationalist, Mike Down, a graduate of Loughborough College. We saw John in action at the Inter-Counties and later in the City Charities. Watch this boy duck under 4 minutes next year.

It was sad to hear that Geoff Pym who was born in Cheshire and resided in the South as a member of T.V.H. has given up athletic for mountain climbing. Here was a lad who could have made the big time if he relaxed on gay living and gave himself 3 months unstinted work and dedication. Holder of the T.V.H. 3,000 metre steeplechase record, many people in the South thought Geoff was going places. He recently returned to Cheshire and probably missing his old T.V.H. friends and coach he looked for fresh activities. Good luck anyway, Geoff.

Mrs. C. Jefferson has had a very good year, her first, in the milling world. The most diminutive female athlete of all-time, she makes up for this by her great-heartedness. Her 880 time of 2 mins. 14 secs. and her mile in 5 mins. 1 sec. show that she will be sub 2.10 next year and well under 5 mins. for the mile. Her coach, Eddie Powell, is an expert at producing good female athletes. Remember Sally Newell?

Coaching Questionnaire

Coaches and would-be coaches are asked to test their knowledge on this twenty question quiz.

1. HISTORY Who held the world record for the mile in 1886 and what was his time? Clue - He was the first man to train fast and slow non stop.
2. Who was the miler who held 18 other distance records besides the mile record?
3. What British miler held the world record for both the half mile and the one mile?
4. MODERN Name three British sub 4 minute milers who were or are better known as three milers?
5. Has a British miler ever run sub 4 minutes two days running?
6. What was Jim Ryans last 880 time in the Emsley Carr Mile 1967?
7. PHYSIOLOGY What is meant by "metabolism"?
8. Why do some of the world's great athletes have an exceptionally low resting pulse rate?
9. Can you describe briefly the respiration process?
10. What is meant by capillarization?
11. Describe briefly the chemical changes that take place in an exhausted muscle.
12. What part does Iron play in the bloodstream?
13. TRAINING What is Gerschler's theory of stamina training?
14. An American coach has taken this (Gerschler's) theory further. In what way?
15. Approximately how long does it take an athlete to walk 440 as a rest? jog 220 as a rest?
16. What are the dangers of training at one pace, i.e. mile pace?
17. Describe how you would solve the problem of a miler whose last lap was continually the slowest lap of his races.
18. TACTICS When would you instruct a miler to abandon level pace running against certain opponents?
19. How near to a personal best 880 can a miler afford to go in a race without "blowing" up? (mile race).
20. Assuming you have a miler fond of leading, what points would you stress to him if he is passed in the third lap?

—oo—

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"I consider the best system is the one that leads to maximum results in the shortest time and is the most economical in effort. M. Iglof, "



ANSWERS TO QUESTIONNAIRE

The question-master is a Senior A.A.A. Coach who has advised two sub 4 minute milers, coached an indoor 880 record holder and a sub 5 minute female miler as well as Scottish and Welsh national champions. His views and answers are largely based on fact but some of his answers are his personal views and do not necessarily represent the views of the National B.M.C. Committee. We welcome discussion on any moot points.

ANSWERS

1. HISTORY W.G. George, England, professional, Age 28, 4 mins. 12.8
 2. Paavo Nurmi, Age 26, Finland. 4 mins. 10.4.
 3. Sidney Wooderson, Age 24, Blackheath, 4 mins. 6.4.
 Half mile in 1 min. 49.2. Ran 4 mins. 4 at 31.

MODERN

1. Bruce Tulloh, Mike Wiggs, Derek Grahame and Allen Rushmer.
 5. Yes, Alan Simpson did in 1966.
 6. Approximately 1 min. 53 secs.

PHYSIOLOGY

7. A chemical reaction which takes place in living cells, e.g. oxidation.
 8. Long runs and interval training enlarge the heart and strengthen the walls of the ventricles, a bigger heart pumps more blood per beat thus requiring a lower resting pulse-rate.
 9. Breathing in of oxygen and exhaling of carbon dioxide. Exchange of gases in the lungs and tissues.
 10. Transport of gases into the blood stream.
 Each muscle receives blood through arteries which break up into profuse capillary networks in the connective tissue surrounding the individual muscle fibres. Long runs are considered the best way to increase the number and size of capillaries and thus add the oxygen supply to the muscles. Some physiologist do not share this view and believe that heart enlargement is more important than capillarization.
 11. There is a reduction in adenosin-triphosphoric acid, phosphocreatine and glycogen and an increase in urea, carbonic acid and lactic acid.
 12. Haemoglobin, If this is not present the blood does not take its full quota of oxygen and fatigue soon sets in. Most athletes now take an iron supplement in the form of ferrous succinate tablets. Ferrous sulphate tablets do not agree with many athletes and cause stomach disorders, ferrous succinate is best.

TRAINING

13. Run 110 yards 1-3 seconds slower than your best for the distance of 220 yards 3-5 seconds slower than your best. Your pulse will rise to near 180. When your pulse returns to 120 beats you should run again. Provided rest time does not exceed 90 secs. the session goes on until the heart fails to reach 120 beats in 90 secs. After each run the heart fills up suddenly on completion of the run, this subsides in the very fit athlete in 30 secs. but in the unfit up to 90 secs. Constant reps. bring about an increase in the size of heart cavities thus enabling them to pump more blood(oxygen) to the

QUESTIONNAIRE ANSWERS. Contd.



working muscles. IT CANNOT BE OVER EMPHASIZED THAT TOP SPEED SPRINTS OVER THE DISTANCES MENTIONED DO NOT BRING ABOUT A QUICK AND POWERFUL EXPANSION OF THE HEART AT THE BEGINNING OF THE REST TIME BECAUSE THE PULSE RATE IS TOO HIGH(200). SUCH RUNS AID THE MUSCLE METABOLISM PROCESS OF RELEASING MORE ALKALINE TO COMBAT LACTIC ACID. Such running when done with short rest is called TEMPO TRAINING as distinct from INTERVAL TRAINING outlined by Gerschler.

14. Iglo has introduced sets of interval training. When the pulse fails to return to 120 in 90 seconds the athlete is sent for a thousand yard slow jog, this may take anything from 5-10 minutes, on return he starts interval training again. It is not uncommon for an Iglo trained athlete to do 50 x 110 x 4; this is about 12 miles of pure heart training.

15. Four minutes. From 60 to 90 secs.

16. (a) Failure to respond to sudden changes of pace in a race, e.g. 2 mins. 5 secs. at 880 followed by a 60 secs. third lap would find the one-pace trained miler floundering. (b) Near 440 pace last laps would be difficult to produce. (c) Poor 880 race preparation. A good miler requires a good 880 time behind him. This is a boost to his morale in a fast run first 880 of a mile, e.g. Andy Green - 1:49 for 880. A 2 minute first 880 of a mile race would mean a very comfortable 11 seconds off his best 880 time.

17. Examine his race tactics first. Maybe going too fast over first part of race. Try the following sessions once or twice a week. (a) Run $1\frac{1}{4}$ miles in 5 secs. per 440 slower than best time for mile, e.g. best mile 4 mins. 20 secs. (65), run $1\frac{1}{4}$ at 70 secs. per lap. jog 440 and repeat. (b) Run $1\frac{1}{4}$ miles accelerating 1 secs. per 440, e.g. 1st 440 in 75; 2nd around 70; 3rd around 65; 4th around 60; 5th FULL OUT. jog 440 and do last $\frac{3}{4}$ of previous run. It helps to have a whistle blown every 110 for the prescribed time schedule. (c) Run $\frac{2}{3}$ in faster than race pace, e.g. 3 mins. 10 secs. jog 440 rest and do 440 full out. (d) Fartlek runs where hills are worked and the last sections run full out.

TACTICS

18. (a) Indoor mile first lap, a good early position is vital. (b) A big mile field where the athlete should get off to a good fast start and settle down in a key position. (c) Against a strong finisher the long run home is a good tactic, a fast first half does not deceive the experienced miler whereas the break at $2\frac{1}{2}$ laps is not common. (d) When leading develop a twenty stride increase of pace to a potential challenger. (e) If you are a fast finisher you cannot afford to let the leaders get too far away before striking, the fourth lap is always fast these days, increase pace to the leaders beforehand. (f) Move from the following position(2nd) well before the last lap, you may not be allowed out in the final quarter.

19. In order to register a good time a miler cannot be more than 11 secs. outside his best 880 time, e.g. 1.49 880, not slower than 2 mins. at 880 in mile race. He can with confidence go as near to 8 secs. outside his best 880 during a mile race, e.g. Philip Banning, Meritorious Award winner, had an 880 time of 1.59 when he raced in our "B" mile at Paddington. He reached the 880 in 2 mins. 5 secs. (6 secs. off) and went on to record 4.18.1 a personal best and one of the fastest ever miles run by a 16 year old.

20. Immediately move half a lane out to avoid being boxed.

BOOK

REVIEWED

A.P. WARD

**MIDDLE DISTANCE
RUNNING**

This 5/- instructional booklet published by the A.A.A. from the pen of Tony Ward, recently voted a Vice President of the B.M.C., marks two major seconds. It is the second book on track running by Tony, and it is the second book issued by the A.A.A. not written by a A.A.A. National Coach.

Each chapter begins with an appropriate quote from former and present authorities on mile running, some of these are not without humour, e.g. "Indeed, it is the secret of all running. Never get out of breath." E.H. Ryle (1912).

A list of references and suggested reading is given after every chapter and one soon realises that the author has an intimate knowledge of all middle-distance literature written during the past 60 years.

The chapter on physiological considerations is a must for every intelligent miller and would be coach. This is followed by a very authoritarian chapter on training methods with a stern warning to slip-shod phraseology by coaches and athletes, e.g. "No longer must we call any fast-and-slow work on the track interval training."

I have a small criticism to make over the chapter on planning the training programme. The omission of guiding rest times between speed endurance repetitions leaves the novice somewhat in the air.

Tony's comments on diet are confirmed by a recent article in ATHLETICS ARENA from the National United States Coach for track events.

Tony concludes his book with a dialogue between himself and some early teenagers just starting out on their athletic career. Many of the points raised will dispell many doubts that the schoolboy novice harbours.

Without doubt, this book will take its place as a classic new-look work on the same par as those written by J.K. Doherty, Fred Wilt and Franz Stampfli.

F.J.H.

MESSAGE

FROM

THE

B.M.C.

CHAIRMAN....



Harry Wilson

To start with I don't think there's much wrong with our milers at club and area level; it's at National and International level where we have slipped back. We have to instill into our athletes the idea that their progress doesn't stop when they reach the International team. They have to step up their aims so that they are prepared to meet, and more important, to beat the rest of the world. At the moment there seems to be a tendency for our men to think that Ryun and Kelso are untouchable. If they are too good for our milers at the moment, then our milers must set about improving themselves to a point where they enter a race prepared to beat Ryun, not content to battle out second place. This generally means more and harder training, and we have got to face up to this prospect. The old British axiom of "everything in moderation" won't do if we want superlative performances.

Ryun is in his present position because of a big work-load carried out over a long period. He has done the lot - plenty of distance work - good quality interval work - weight training - intelligent racing, but there are Americans who are increasing their work-loads and setting their sights higher because they want to beat Ryun.

This is what we have got to do - not think about being fit enough to break 4 minutes - instead think about being fit enough to beat anyone in the world.

I appreciate that to the average British miler who has to do his training either before or after a day's work, the prospect of having to spend more time on his training is disturbing, but what alternative is there? If a challenge is there, it has got to be met, if an athlete is at the top he's there to be beaten. This happens regularly at club level. You go along quite happily with your training - the best in the club, then along comes someone who beats you. What do you do? Accept this and become No.2? or set about making yourself number one again. As far as the B.M.C. is concerned we like to think that our milers will meet the challenge at all levels.

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Harry Wilson, Staff Coach to the Southern Counties A.A.A., recently appointed Chairman of the B.M.C. Former Welsh A.A.A. International distance runner, actively engaged in coaching International class athletes from the 440 to the marathon.

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Harry has always been on the coaching staff of the earliest distance training camps in the South West and South Wales and will be seen again this year at Merthyr Mawr.

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Among some of the athletes Harry has advised are Andy Green, A.A.A. Champion, Mary Green, runner up in W.A.A.A. 440, John Pullen Oxford University 880 ster, Hank Altman, South African 3 mile record holder; Dick Jones, former holder of under 21 European mile record; Pauline Moulton and Pam Winter, All England Schools 880 finalists.

oo

Harry is considered one of the great track prophets in the South. He forecast Brightwell's defeat of Gouler in their memorable first 880 clash. He chose the outside winner of the All England Schools 880 this year and he said Andy Green would win the A.A.A. title in 1967. Not bad, Harry.

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THE FRANK HORWILL COLUMN

Middle-distance training is full of surprises. In Thames Valley's Club mile championships, a number of marathon boys decided to have a run. Basically they were pure road trainers with from 80-100 miles a week and doing nothing faster than 5 minute mile pace work. Yet, they all came up with personal best times. Does this mean that milers aren't doing enough steady mileage in the track season? The mile times of Rushmer, Taylor, Grahame and McCafferty indicate that all speed work is not necessary for a fast mile.

On the other side of the coin we have another oxygen debt event which has seen many surprises this season, I refer to the 880. Lillian Board is a pure speed trainer and not very much of it. Her maximum fast distance run is 600 at which distance she has recorded 88%. She does none of the laborious repetitive work of many specialist half-milers, yet she is able to come up with an 880 in 2 mins. 8 secs. in her first race of the season. What she would have done had she tried to run on after her 88 secs. 000 is anyone's guess, but with a 440 of 53 seconds behind her, I do not think she would have been far short of 2 mins. 2 secs.

What can we learn from these two extreme cases? I believe we have got to include big mileage days in our track season and pure sprint sessions with complete recovery, plus the usual repetition work.

This season I have experimented with THREE PACE TRAINING. There are two ways of tackling this. The first way is to devote one whole training session to a particular pace, e.g. Mile pace: 8 x 440 in 60 with 90 secs. rest. Half-mile pace: 4 x 440 in 55 with 3 mins. rest. Quarter mile pace: 4 x 220 in 25 secs. with 4 mins. rest.

The second method is to include THREE PACE TRAINING in every track session, e.g. 5 x 440 in 60 with 90 rest. Mile pace
 5 x 220 in 27 with 90 rest. 880 pace.
 5 x 110 in 12½ with 90 rest. 440 pace.

I have found that one week of each provides variety. I give the bulk session early on in the week and the quantity diminishes as the week goes by thus giving the athlete a freshness for any race he enters. The practice of starting the season off slow and getting faster seems unnecessary, provided a weekly session of speed work has been done throughout the winter there is little fear of injury. If the athlete goes straight into fast work in limited quantities. Here is a sample of what some athletes were doing in March 1967.

Sunday Mile Session: 32 x 110 in 15 secs. with 110 jog.

Monday One hour Fartlek.

Tuesday Half mile session: 8 x 220 in 26 secs. with 60 rest.

Wednesday 45 minutes Fartlek.

Thursday Quarter mile session: 16 x 60 from crouch start. Full recovery.

Friday Relaxed striding of Gerschler type or rest as inclined.

Saturday Race or time trial.

Some athletes experience stiffness after the quarter mile pace session and it can be swapped with Wednesday's work to allow more recovery time. When the above sessions were being absorbed I would move to greater distances in the repetitions, e.g.

Mile pace: 16 x 220

880 pace: 5 x 330

440 pace: 12 x 80.

It used to take us about 3 months to get up to mile pace reps of

THE FRANK HORWILL COLUMN Contd.

880 and half mile ones of 660 and quarter mile sessions of 330.

At this point of the schedule all the school had recorded personal best times for the 330; 440; 660; $1\frac{1}{2}$ miles and 2 miles. Mile times did not improve greatly until we moved to repetitions in 990 and over, at this point 3 mile times came down.

With my lady athletes I noticed that their differentiation between the first lap of an 880 race and the second lap was being rapidly closed. Some female half-milers have an eleven second difference! A first lap of 60 secs. followed by one of 71 secs! My pupils were consistently clocking 4-5 seconds differential compared to a greater one the year before. Times for 880 came tumbling down.

The advantages of the system are:-

1. The athlete gets the feel of the pace HE IS AIMING AT right from the beginning of the season. He becomes less fearful of it.
2. The speed sessions aid a good 440 time which in turn aids a good 880 time which in turn aids a good mile time.
3. The fartlek sessions "build in" the speed work, provide a break from the track.
4. Athletes were less likely to be left by "breaks" in mile races and had the sprint power to get on terms.
5. Athletes were often able to break fields with very fast first 440's in the 880.
6. The athlete himself felt he was getting all round preparation.

Towards the end of the season I introduced pure speed sessions after the mile and half mile pace work-outs of the first method described. These took the form of 2 x 100 plus 2 x 80 plus 2 x 60 from a crouch start. Half mile times and 440 ones came down in competition when stalemate had been recorded.

This winter I am falling back on my old formula of variety and work getting PROGRESSIVELY HARDER AS THE WINTER GOES ON, with not more than two cross-country races a month. Here is my formula:-
 One long run a week. Increasing by 25% distance each month.
 One repetition track session a week or an equivalent. Increase 10%
 One repetition hill running session. Increase 10%
 One short sustained run. Increase 20%
 One self-creative session.
 One truly cross-country run.

With regard to strength training I am favouring three lines of attack. A pure P.T. session aiming at 50% increase each month, e.g. 10 press ups; 10 abdominals; 60 secs. wall sitting. A pure heavy weights session, e.g. step ups bodyweight. A muscle endurance session of half maximum weights in a circuit.

Athletes will start the winter with a 10% greater load than the previous winter and end up at least 10% fitter.

I will advise athletes to race less if training is not going well rather than reduce training. THE WINTER IS A TIME OF BUILDING UP. Take a lesson from the squirrel who hoards his food for the winter. HOARD YOUR STRENGTH AND RELEASE IT AT THE OLYMPICS. Let others win the Much Binding in The Marsh cross-country duel.

My views do not represent those of the National Committee. They are free to disagree with me and the Editor welcomes constructive articles on training methods.

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AMERICA'S NO.1 LADY MILER.....
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**Doris Brown (USA)
And Her Training**

In February of 1967 Doris Brown reached the turning point in her long battle to gain athletic success. She ran the fastest mile in the world 4 mins. 40.4 secs. For six long years Doris trained zealously but was constantly thwarted by injury and or illness. By the end of 1965 her best times were a very moderate 58.5 for the quarter, 2.13.1 for 800 m, 2.14.1 for 880Yds. and 5 mins. 21.6 for the mile. She was then 23 years old, married and a schoolteacher. However, she TRAINED TWICE A DAY SIX DAYS A WEEK.

She would spend 20-40 minutes in the morning, covering from 3-5 miles, and 1-1½ hours in the evening on speed work. Here is a sample of her evening track season work:-

Monday: 45 minutes fartlek over a variety of surfaces

Tuesday: Repetition 440's in 72 secs. with 3 mins. jog Interval, followed by circuit training(stair running, leg press bar, curls, military press, back extension lifts, stomach exercises, parallel bar dip, chinning, hip and leg stretching, etc.)

Wednesday: Repetition 880's or 1320's (leg 2 fast and 2 slow 1320's on grass).

Thursday: 30 minutes or more of fast striding, followed by circuit training.

Friday: Continuous relay activity over varying distances from 50Yds. to 330Yds. with members of the Seattle Pacific College men's team.

Saturday: Hiking or fartlek, usually on sand.

Each speed session would be preceded by an 880Yds. jog, 10 mins. of stretching and build-up striding for 10-15 mins.

This hard work paid off for in her second only indoor race, she smashed Joyce Smith's world best of 5:03.6 with a time of 4.52.0. She had arrived.

In April of 1966 she recorded an outdoor 880Yds. time of 2:09.8 during a men's mile race. She was troubled with mononucleosis but recovered quickly and in May recorded 4.37.9 for 1,500 metres (4.57 for mile). Once school term had ended Doris was able to increase her training. SHE TRAINED THREE TIMES A DAY FOR SIX DAYS A WEEK, this included a 5 mile morning run and up to 10 miles in the evening. Speed work took place in the afternoon. A sample of afternoon training was:-

Monday: 10 miles run.

Tuesday: Repetition 220's (30 secs.) and 440's (62 secs.)

Wednesday: 2 x 660Yds. with 10 mins. fast jog in between she clocked 94.9 secs. and 93.4 secs. in such a session.

Thursday: Repetition 220's (30) and 440's (62).

Friday: Striding.

Saturday: Competition or fartlek.

Sunday: Hiking, fartlek or beach running. In all, she covered about 25 miles on a Monday, with a weekly total of 70-100. No woman in history has trained like this one has for the mile. She was rewarded with a 2:12.1 for 880 and 4.31.2 for 1,500 metres (4.51 for mile) on June 4th 1966. A fortnight later she recorded 4.26.3 for 1,500 metres (4.46 mile) and followed this 30 minutes later with 2:11.1 880 leg in a relay.

In the American Championships of July 2nd she aroused worldwide interest by passing the 800 metres mark of the 1,500 metres race in a scorching 2:19.5 to record 4.20.2 (4.40.2 for a mile). In beating the wonder teenager Marile Mulder by 100 yds. she came within 1.2 secs. of Marise Stephens (N.Z.) world record. It was only natural that her other times would soon improve (Editor's Note:- According to Frank Horwill's equivalents table Doris's time

AMERICA'S NO.1 LADY MILER.....Contd.

for 1,500 metres was equivalent to an 880 in 2 mins. 4.1 secs. and a 440 in 54 secs.) Three weeks later she recorded 2:05.8 for 880 and 56.7 for 440.

She came to England in March 1967 and showed her power by defeating Britain's top cross-country runners by 200 yards at the Barry staged International.

Doris will attempt to retain the world mile and 1,500 metres records next year but is mainly concerned with making the 800 metres Olympic team for Mexico. Watch out for her over the boards this winter.

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THE PACEMAKERS - British middle-distance running is indebted to the following members who have set the pace in 880, 1 mile and 2 mile races for others.

Alan Cowan, Thames Valley Harriers, pace setting for Len Walters 1.49.7 for 880.

Bill Ewing, Thames Valley Harriers, pace setting for Ian McCafferty's 4 mins.02.3 in Scotland.

Elvin Thomas, Carmarthen, pace setting for Fred Bell's personal best mile of 4 mins.05 at Guildford.

John Whetton, Sutton in Ashfield, for his pace setting in the British Timken Mile organised by Vice President Derek Ibbotson, also for his taking up the third lap for Kelso in the Morley Mile.

John McGow for his pace setting in the Morley Mile.

Phil Veltch and Ken Bellentyne(N.E.) for their pace setting for Walter Wilkinson's sub 4 minute mile in Yorkshire. Also Mike McDonald. The first two mentioned also paced Alan Simpson to a fast mile in the B.M.C. Championships.

Peter Beacham, Poly, for taking McCafferty through the first mile of his two miles in 4 mins. 15 secs. at the White City.

Gerry Williams for taking the third lap of the end of season mile at Grays.

Bryan Buxton for taking Gerry Williams to a personal best mile and track record at East London Stadium.

To the above mentioned and to any other members who have given up one race result to help other members obtain a good time, we say a very sincere THANKYOU. You represent the true spirit of the British Milers' Club which non members are at a loss to understand.

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The Editor is asking the National Committee for permission to stop all mail to Life Free Members, this includes the B.M.C. NEWS and circulars, etc. He claims that the annual expense involved is too great and should be reserved for paying members. There are about twenty Life Members under the old 1903/4 rule of sub 4 mins. 4 secs. and another eight under the 1905 rule of sub 4 minutes plus five ladies under 5 minutes. He says that a donation of 2/6d from each Life Member would avoid his having to place this proposition before the Committee. What about it Life Members?

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I hear some milers are trying to cash in on B.M.C. races in the South without bothering to join. YOU CAN'T RUN MATES.

				STRIKING				
				A				
				BALANCE				

by TONY SAUNDERS

Senior A.A.A. Coach, Midland Region
 B.M.C. Secretary

A few weeks ago British miling circles were sent back on their heels by the news that Allan Rushmer had run a mile in 3:58.7 and moreover had pulled back a considerable deficit on that notorious fast finisher Alan Simpson. I was fortunate enough to have the experience of coaching Rushmer for a couple of years whilst he was a junior and I know that his basic speed just does not measure up to that of any of our other Top Ten milers. So what, we may ask, is the magic formula which the Tipton runner has found? (Editor's Note:- The mile time of Rushmer was no surprise to those who have followed Frank Horwill's equivalent table of the last issue. In that journal he stated that a 13:15 three mile was equivalent to a 4 minute mile and vice versa. Chris Stewart recently converted his 4:4 time to 13:27 proving once again that these figures are amazingly accurate).

If you look at a list of British sub-4 minute milers you will see the names of runners like Rushmer, Tulloh, Grahame, Wiggs and Pirie. All world-class three milers, all (except Wiggs - 1:48.4 for 800m.) little renowned for their quarter-miling ability, and yet all able to kick over the last lap of a one, two or three mile race. All with the ability no less to maintain their speed over a long distance.

The snare in copying any system of training (and "band-wagon jumping" is a popular feature in training circles) is that sometimes one only gets half the story. If one adapts, for instance, a Lydiard schedule to something around 70 miles per week, at one extreme the mileage can become a dull plod, at the other every session becomes a "burn up." Somewhere in between is an optimum speed which each athlete must find. This is the degree of effort at which each run must be carried out in order to gain the maximum benefit. This is closely allied to the percentages which Lydiard advocates and the resultant speed will not only vary with the distance run but with the condition of the athlete from day-to-day. I believe that these miler/3 miler types have, perhaps unconsciously, discovered this optimum speed and are thus gaining the maximum benefit from each run. They do not necessarily base their workouts on repetition short-distance speed sessions. Rushmer and Grahame do not even use a track (Allan mainly because track training gives him shin splints). I believe that as well as there being "marathon mad" milers there is a similar cult which is "speed mad". I am more and more convinced that what is wanted so far as track work is concerned is a greater leaning towards sessions containing primarily 800s and $\frac{3}{4}$ miles. This gives the athlete the ability to maintain a fast pace over a long distance (Editor's Note:- Alf Wilkins, coach to star 880 runner, Len Walters, shares this view with regard to training half milers). The bulk of the accompanying speedwork should be done with minimal recoveries. Some of our swimmers have shown us just how fast one can do repetitions and just how short the recoveries can be.

This type of work should be started in the winter and the quality increased gradually with the approach of spring. Couple this with road runs of varying distances, resistance training (hills, weights, etc.,) and cross-country running and you have the basis of a sound winter programme. Running on the country is of tremendous value to all athletes, but repeatedly racing can in the majority of cases be distinctly detrimental to summer track performances. You must decide whether you want to reach the top as a track runner or as

STRIKING A BALANCE Contd.

a cross-country runner. In today's rat-race it is given to few to succeed at both. Too many try - thus Britain has great strength in depth but rarely gets the spoils when anything important is going on. A very high level of mediocrity is maintained.

I cannot agree with Alec Thompson (Editor's Note:- the former General Secretary of the B.M.C.) that a miler should only enter a cross-country race if he intends to try to win it. Many of my boys only "have a go" in the really big races, but enjoy running slightly below full effort in league matches where by so doing they can score a few points and get in a good fast training run as well. Quite often they carry on and do more training after the race. I would never, however, advocate or tolerate the "larking about" which I saw a couple of seasons ago in Birmingham League match by two Coventry Internationals (brothers). This was merely exhibitionism and an insult to the other competitors.

Provided they have done the necessary background work and can run under 3 minutes unpaced for three laps, I see no reason at all why any British miler should lack the confidence to take on the world's best. Let me repeat what I have said again and again. Think of a mile as THREE laps, not a fast quarter, preceded by a warm-up. If you have done the work, the last lap will be there. You can run with confidence, not with fear in your heart.

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MIDLAND TIT-BITS

GABRIELLE CARPENTER has had a great season in the mile. She broke 5 mins. at Crawley, Sussex and went on to get herself ranked fourth in Britain.

SHEILA TAYLOR ran a courageous half mile in her club championships to record her personal best of 2 mins. 7.07.

DAVE LEM recently ran the equivalent of a 4 mins. 6 secs. mile when he recorded 13 mins. 33 secs. for 3 miles.

MIKE BILLINGTON overcame a disastrous start to the season, by recording his personal best time in the B.M.C. Championships at Hartlepool and won the City Charity Mile in 4 mins. 2.8 secs.

NEILL DUGGAN in the United States has not hit his 1966 form due to injury.

PETER BEACHAM resident in the South but a Midlander when it comes to races, recorded 4 mins. 4.1 secs. after 3 months work, but gradually lost form as days off due to injury took their toll.

PAT GILSENEN gave a fine display of front running in the Southern Region's End of Season mile. He was rewarded with a good prize from the FYFFES BANANA COMPANY.

BLACK MARK to the record hunting Midland Youth who did not reveal to his B.M.C. colleagues that he was going for a good two mile time in the middle of a 3 mile race. This mucked up the good times they were going for in the three. Wouldn't have hurt to say "I am going for a fast two miles, chaps." The B.M.C. has a reputation for comradeship among members, especially in the North East and South, try and learn it, lad.

A WARM WELCOME awaits all Midland members at the National B.M.C. Residential week-end at Denstone College in 1968, this place has a first class track, swimming pool, gymnasium and farflek course plus lovely road runs.

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ARE YOU A B.M.C. MOANER? ARE YOU ONE OF THE GROUP THAT HASN'T GOT THE B.M.C. MESSAGE YET? HELP US TO HELP YOURSELF - SIMPLE!

'What the Papers Say'

Daily Mail



NOW OFFICIAL

Britain second class athletics nation

From TERRY O'CONNOR
Duisburg, Sunday

"...TWO YEARS AGO BRITAIN FINISHED LAST IN THE EUROPEAN FINAL. NOW WE HAVE NOT EVEN REACHED THE LAST SIX. WHILE THE LEADERSHIP OF BRITISH ATHLETES CONTINUES UNDER MEN WHO CANNOT PROVIDE INSPIRATION, VISION OR TOUGHNESS, WE WILL REMAIN SECOND-RATE IN THE SPORT.*

24th July 1967.

ATHLETICS WEEKLY

A BLEAK INTERNATIONAL FUTURE

—Warns Tony Ward

(Southern Counties A.A.A. Administrator)

24th December 1966.