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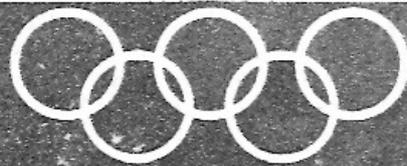
BMC NEWS

APRIL 1968

How to achieve your
Your Personal
Best



DETERMINATION



A WORD FROM THE EDITOR

It does not seem four years ago that I forecast that Alan Simpson could get a medal in the Tokyo Olympics, he was fourth and missed it by a stride. How he tried. He collapsed in his last desperate lunge at the tape and it was some time before compatriot John Whetton could get him to his feet. In 1963 the year the B.M.C. was formed few thought that Alan would make the final at Tokyo, his running had been based on fast final lap to crucify the slow British opposition. That year not a single British athlete had broken 4 minutes for the mile. We pleaded in circulars to members, in our journal and by letters to the athletics Press, for a realistic approach to world miling. British milers might win races by trotting three laps and sprinting the fourth but what would happen when we met the Americans who were all under 3 minutes at $\frac{3}{4}$ mile. We got our answer, poor Alan was overcome by the occasion and he dropped out early. Another Briton stuck it out and recorded 3.58 a personal best and became the sixth Englishman to achieve this coveted time.

Then came Olympic year. In the quest for Olympic honours three British milers broke 4 minutes for the mile. Alan Simpson had been hard pressed and as a result he was a better miler. He entered the Olympic final mentally tougher.

This is the task that every B.M.C. miler should set himself, to run in such a way that his accepted superior, if he has one, has to run himself out to get to Mexico. This way we condition our representative to battle. That is why it was delightful to see Andy Green take the A.A.A. mile title in a new championship best in 1967. He was forced to run faster than he had ever done in that final. This year should be the same. The champion must be extended, a sub 2 minute half and a sub 3 minute $\frac{3}{4}$ must be relentlessly paved out to take the sting out of the three lap joggers and their 440 finish. British milers must in training run one $\frac{3}{4}$ mile time trial every 3 weeks aiming to get through the 880 in world mile record pace of 1.56 and hanging on. THIS IS THE ONLY WAY TO GET PHYSICALLY AND MENTALLY TOUGH FOR BATTLE AGAINST THE WORLD'S BEST.

I read in Alan Simpson's schedule given to him by his pole-vaulting coach that he did 2 x $\frac{3}{4}$ mile in 3 mins. 5 secs. I read in vain for 1 x $\frac{3}{4}$ in sub 2 mins. 57 secs. which is level pace for Alan's best mile time. Can you wonder that Alan Simpson has a fear of leading in a mile race in Britain? This is the British record-holder some three seconds ahead of his nearest British rival resident in the country and yet is frightened to lead a mile race against such opposition! I wonder how Percy Cerutti and Lydard would have dealt with Alan, my guess is that he would be wearing the world crown now and would be a different man. How sad, how really sad that this greatest potential miler has not found the man to will him to greater heights.

Quite a lot of people were surprised to see Andy Green so well placed in the Southern cross-country. It was no surprise to me. Andy has a coach who has been through it all from 440 to the marathon, he has a coach who inspires by example. That is why I think the British mile record may fall into Andy's hands this year.

We are still in need of a Midland Region Secretary, he must be a qualified coach, be reasonably fit and really keen to improve British miling by teamwork between clubs.

In the last B.M.C. NEWS we mentioned that Life Members were a

burden on our finances as they contributed nothing to the club. Two Life Members sent donations, Andy Green and Elizabeth Joyce, and we are very grateful. We still get people saying where does the 10/- subscription fee go? As stated before, in order to get your club badge at a cheap rate we must order in sums of ten dozen at 2/0d each. This means that a lot of money gets tied up on one single item, e.g. 12-10s. So, as soon as you join you get 2/0d back. Not bad, eh?

We are starting a Boys' Section and committee member Conrad Milton is working on the project. More news of this in the ATHLETICS WEEKLY.

Our regional secretaries are doing grand work. I was pleased to attend the first Eastern Counties training day in March this year, organised by Rod Chaplin. I was surprised to hear that one coach in Norfolk had prevented his athletes from attending as he suddenly became jealous of them. How utterly ridiculous! This is a sure sign that the coach is not sure of his methods and is frightened his athletes might learn something. OF COURSE THEY LEARN SOMETHING, I AM A SENIOR COACH AND I HAVE LEARNT PLENTY ON OUR TRAINING DAY DISCUSSIONS. IF WE CAN'T ADMIT TO BEING AMENABLE TO LEARNING WE HAD BETTER GET OUT OF ATHLETICS NOW.

I have gone to town over the attitude of our Midland members. They seem only interested in themselves. We have not had a constructive move from them since Alan Love got the B.M.C. the British Timken mile. I have mentioned in this journal the difference in attitude between Midland members and our Northern and Southern Regions.

Who will improve this year? We had fifty milers inside 4 mins. 07.8 seconds last year. Twenty-nine of them were inside 4 mins. 5 secs. Ten of them were inside 4 mins. 02.3. Of this ten there were only three new faces and these were all three milers. The next ten provide more interest. It would not surprise me to see Billington, Rothwell, Rix, Young and Simmons move into the Top Ten and Stewart, Tagg, Barrow, Beevor, Beacham and Bell move into the Top Fifteen. I feel that the tenth ranking miler at the end of this year will be two seconds faster than last year and this means we could have eight sub-4 minute milers as compared to four last year. This will move the top time up to around 3 mins. 55.0 and Nellie Duggan and Andy Green are the ones who could do it. We must not get too optimistic about this time for Ryun is expected to run even faster this year! With the absence of Keino at Mexico the battle for second and third places is most intriguing and I would say we have more than a 50-50 chance of getting a medal.

The women's mile will take second place to the 800 metres this year, but half milers anxious to prove their strength and stamina may alter the charts. I am sure Sheila Taylor can improve on her 4:53.4, as can Christine Jefferson on her 5:01.0. I would say Sheila could do 4:40 and Christine 4:52.

This is the fifth year of the B.M.C. we now have 250 members and are a force to be reckoned with. We are constantly trying to improve our service to members and by this we improve British miling. Our journal has moved from one issue a year to two, soon we will make it three. Our regions numbered four last year, now we have six. Last year we did not have a national B.M.C. Ladies and Youths-Juniors Championship, this year we are. This year we are holding training days throughout the summer, last year we didn't. The National Committee meets every month, last year we didn't.

MILING HISTORY

The following English athletes have broken 4 minutes for the mile since Roger Bannister first achieved it at Iffley Road Track, Oxford. The list is compiled up to the 31st December 1967 and we acknowledge our brother specialist club the National Union of Track Statisticians for the list.

- 3.55.7 A. Simpson, British record-holder. (Vice President B.M.C.)
 3.56.1 N. Duggan, U.K. Indoor Mile Record Holder. (B.M.C. Member).
 3.57.2 G. Ibbotson, Former world record holder. (Vice President B.M.C.)
 3.57.5 M. Wiggs, Former British 3 mile champion. (B.M.C. Member)
 3.57.7 J. Whetton, European Indoor Champion. (B.M.C. Member.)
 3.57.7 A. Green, British Mile Champion. (B.M.C. Member.)
 3.58 S. Taylor.
 3.58.8 R. Bannister, Former world record holder. (B.M.C. Vice President)
 3.58.7 A. Rushmer.
 3.58.9 B. Hewson, (Vice President B.M.C.)
 3.59.0 A. Harris, Welsh mile record holder. (B.M.C. Member.)
 3.59.2 M. Berisford, Scottish mile record holder.
 3.59.2 D. Graham, Northern Irish record holder. (B.M.C. Member.)
 3.59.3 K. Wood.
 3.59.3 M. Tulloh.
 3.59.3 W. Wilkinson. (B.M.C. Member.)
 3.59.4 W. McKim. (B.M.C. Member.)
 3.59.7 J. Boulter (B.M.C. Member).
 3.59.8 C. Chataway
 3.59.9 D. Pirles, Former world record holder at three distances and past Chairman of B.M.C.

Of the above, twelve are still competing regularly and four of these could improve their mile times this year. They are:- Alan Simpson, Neil Duggan, Andy Green and John Boulter.

However, a rejuvenated Tony Harris and a very much more cautious trainer than in the past, could spring a surprise in the mile. He is currently doing 90 miles a week and planning his final Olympic season with meticulous care. The man who beats Tony Harris in the A.A.A. Championships will have to break 4 minutes.

John Whetton, a finalist in the last Olympics, has the experience to repeat the performance, however, his last two track seasons have not shown the form of 1964. His start to 1968 has been encouraging.



Your attention is drawn to the following mile races which the B.M.C. is staging this season:-
 JUNE 5TH 50TH ANNIVERSARY OF R.A.F. MILE AT CRANWELL. FIELD SELECTED, RESERVES ONLY NOW CONSIDERED. ALL EXPENSES PAID.

JUNE 12TH CARNIVAL TROPHY MILE. GRAYS, ESSEX. PRIZES FOR TIME ONLY

JUNE 30TH BRITISH MILERS' CLUB SOUTHERN REGION CHAMPIONSHIPS, SENIORS, JUNIORS, YOUTHS AND LADIES, 1,500 METRES. HAYES, MIDDX.



RACE DATES...CONTINUED

7TH JULY WELWYN STADIUM NATIONAL B.M.C. ONE MILE WOMEN'S CHAMPIONSHIPS.

16TH JULY JOY JORDAN TROPHY MILE RACE FOR MEN AT GUILDFORD

10TH AUGUST BRITISH MILERS' CLUB SENIOR MILE CHAMPIONSHIPS AT PADDINGTON. RACE SPONSORED FOR £100. TWO ATHLETES FROM FOLLOWING REGIONS: - NORTH (one from N.E. one from N.W.); MIDLANDS AND SOUTH. ONE FROM SCOTLAND, WALES, S.W. COUNTIES AND EASTERN COUNTIES. MAXIMUM SPONSORED ENTRY IS TEN ATHLETES. TWELVE ATHLETES WILL BE PERMITTED TO RUN BUT THESE CANNOT CLAIM EXPENSES. FIELD WILL BE SELECTED FROM WINNERS OF REGIONAL CHAMPIONSHIPS OR BY TIME PLACING IN THEIR REGION.

17TH AUGUST MEN'S MILE IN CARMARTHEN. SOME EXPENSES PAID.

NOTE THAT ONE RACE A MONTH IS BEING PROVIDED BY THE NORTH WEST REGION AND IF YOU REALLY WANT TO IMPROVE YOUR TIME YOU SHOULD MAKE PLANS TO ATTEND.

OTHER RACES PENDING ARE THE CITY CHARITY MILE AT MOTSPUR PARK - DETAILS LATER. FELTHAM A.C. NATIONAL JUNIORS AND YOUTHS B.M.C. MILES AND ALSO INTER-COUNTY 4 x 1 MILE RELAY. DETAILS TO BE ANNOUNCED IN ATHLETICS WEEKLY.

FOR PARTICULARS OF THE ABOVE RACES APPLY TO FRANK HORWILL, 48 BUSHFIELD CRESCENT, EDWARE, MIDDX. STONEGROVE 9801.

DO NOT FORGET $\frac{3}{4}$ MILE TIME TRIALS FOR ALL MEMBERS ON SUNDAY 21ST APRIL AT NEWNHAM AVENUE TRACK, BEDFORD.

END OF SEASON MILE IN SEPTEMBER AT GRAYS, ESSEX.

ASK YOUR CLUB TO STAGE A MILE RACE FOR OUR MEMBERS AT THEIR ANNUAL CLUB TROPHY MEETING.

THE ABOVE RACES COULD WELL BE A STEPPING STONE TO MEXICO. SUPPORT THEM.

START GETTING THAT.....

Olympic Fever

BMC Officers and Addresses

PRESIDENT: Anne Smith, 6 Thurlow House, Gracefield Gardens, S.W.16.
 VICE PRESIDENTS: Roger Bannister, Derek Ibbotson, Sydney Wooderson, Brian Hewson, Alan Simpson, Tony Ward.
 CHAIRMAN: Harry Wilson, 4 The Links, Welwyn Garden City, Herts.
 VICE CHAIRMAN: Peter Orpin, 60 Victoria Avenue, Grays, Essex.
 GENERAL SECRETARY: Position Vacant.
 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.
 S.W. REGIONAL SECRETARY: Frank Hartas, 1 New Quay Street, Appledore, N. Devon.
 EASTERN COUNTIES SECRETARY: Rod Chaplin, 15 Meredith Road, Ipswich.
 SOUTHERN REGION SECRETARY: Frank Horwill, 48 Bushfield Crescent, Edware, Middx.
 MIDLAND REGION SECRETARY: Position vacant. The following coaches will assist members: Tony Saunders, 2 Parkdale, Tettenhall Road, Wolverhampton, Staffs. Harry Harvey, 119 Hunters Way, Penkull, Stoke-on-Trent, Staffs. L. Ward, 16 St. Edmunds Avenue, Porthill, Newcastle under Lyme, Staffs. H. Parker, Denstone College, Uttoxeter, Staffs. D. V. Adams, The Grammar School, Brigg, Lincs.
 HON. MEDICAL OFFICER: Dr. David Ryde, 506 Anerley Park, S.E.20.
 HON. TREASURER: Brian Boulton, 86 Grove Park Road, S.E.9.
 MINUTES SECRETARY: Bryan Buxton, 40 Milner Square, N.1.
 NATIONAL COMMITTEE: All regional secretaries and vice-presidents by reason of their office, also the President, Chairman, Vice-Chairman, Hon. Treasurer and Messrs. B. Buxton, Alf Wilkins, Conrad Milton, Tony Elder, Eric Bradbrook and Miss. M. Moir. Special member of committee: Charles Elliott, Senior A.A.A. Steeplechase Coach.
 PRESS OFFICER: Charles Elliott, 15 Ashley Road, Thornton Heath, Surrey.



NEW MEMBERS: R. Crozier, 11 Burneshill Drive, Norton Fitzwarren, Taunton, Somerset. (COACH).
 R.R. Crang, 45 Headley Park Avenue, Headly Park, Bristol 3. (COACH)
 Miss M. Gallagher, 11 Bath Terrace, Gosforth, Newcastle/Tyne 3. (COACH)
 J. N. Patterson, (4:10.8) 113B South Street, Eastbourne, Sussex.
 G.D. Mardle, 82 Medhurst Gardens, Gravesend, Kent. (COACH)
 Miss C. Firth, (5:14) 26 Copleston Road, Ipswich, Suffolk.
 J.G. Beckett, (4:04.7) Merton College, Oxford.
 K.C. Riley, (4:12.6) 4 Netherwoods Road, Headington, Oxford.
 K. Wallis, (4:14.2) 43 Boscombe Road, Merton Park, S.W.19.

What have I done?

Well, what have you done to improve British miling? Have you attended your Regional training days? Have you asked your club if we can stage a mile at one of their inter-club meetings? Have you decided to set the pace for $\frac{3}{4}$ of a mile race at least ONCE this coming season? Have you paid your club subscriptions? If you are a life member can you send a donation? If you are a coach have you asked your regional secretary if you can help him with committee work? Are you just a sponger, taking all you can get and giving nothing, accepting all expenses paid invites from us but not attending our other functions? Are you helping us and thus helping yourself in the long run?

'What the Papers Say'

Cosford Championships January 27th

Hillen Leads Club To
Victory In Sherman
Cup Race

1500m: L. J. Whetton (Sutton-in-Ash) 3:46.5
(UK ac best); J. W. McKim (Kettering) 3:46.7; J. W.
Wilkinson (Loughborough) 3:52.2; A. J. Davies (Sale)
3:54.6; S. D. Hogg (Sale) 3:59.0; R. Milne
(Elswick) 4:01.8.

U.K. YOUTH "TOP TEN" 1967

Compiled on behalf of the NUTS by David Cockledge

Bednarski Completes Rare Double

1 MILE		
4:15.7	David Burden (Millfield S)	8.8
4:17.3	John O'Meara (Brighton & H.)	1.7
4:18.1	Philip Harrison (Andover)	5.8
4:19.4	Richard Hollings (Wakefield)	10.6
4:19.5	Paul Dennis (Nortfolk Oly)	10.9
4:20.0	Jack Lane (Folham)	10.9
4:20.4	Martin Mills (Small Heath)	13.6
4:21.0	James Harvey (Worceley)	18.7
4:21.4	John Cadman (Coventry God.)	13.6
4:21.6	Patrick Gilshan (Corby Town)	27.5
4:21.6	Alan Lafferty (Small Heath)	6.7

3 MILES		
(6—during 6M race)		
14:09.4	Richard Hollings (Wakefield)	19.7
14:13.0	John Boggs (Leicester CAT)	17.12
14:38.8	Alan Lafferty (Small Heath)	19.11
14:57.6	P. Walker (Newcastle HS)	20.7
15:01.6	John Dobson (Hadleigh Oly)	20.6
15:03.0	Thomas Litherland (N. Staffs)	
15:03.2	Jack Lane (Folham)	19.11
15:06.0	Paul Hart (Andover)	30.8
15:07.2	Angus Nicoll (Herne Hill)	30.8
15:13.0	John Spooner (Dorking St. P.)	5.8

6 MILES		
29:34.4	Alan Lafferty (Small Heath)	19.11
31:26.0	John Dobson (Hadleigh Oly)	4.7
31:46.6	Jack Lane (Folham)	19.11
32:06.2	P. Walker (Newcastle HS)	1.7
32:20.0	Peter Francis (Newcastle HS)	6.7

N. IRELAND 'SENIOR'
L. D. Graham (9th Old Boys) 39.08

Longer Track Race
Agreed By WAAA

YOUTH TRIUMPHS IN NORTH OF THAMES
British "Junior" Records — By Age

1. A. Simmons (Luton United) 33.52

1966
1967
1966
1967

2 MILES
9:23.0 John Boggs
9:11.0 John Stewart
8:55.0 Ian Stewart
8:46.0 Ian Stewart
8:33.0 3000m by Chris Stewart in 1966.
inferior to 15-year-old record.

15
15:11-29

3 MILES
14:57.0+ John Boggs
14:30.8 John Stewart
15:39.6 Ian Stewart
15:30.8 Ian Stewart
inferior to 15-year-old record
* during a 6M time trial

European Indoor Games At Madrid, March 9th/10th

JOHN WHETTON BOWS OUT UNDEFEATED
LEADING WORLD AND EUROPEAN WOMEN ATHLETES OF 1967

MILE
4:37.0 ANNE SMITH (UK)
4:46.0 RITA LINCOLN (UK)
1941
1946

SHEILA TAYLOR WINS
MIDLAND WOMEN'S C.C.

Roger Bannister Foresees 3 1/2 min. Mile

Test your knowledge

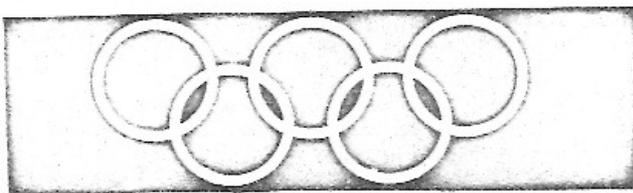
Miling questionnaire

1. Name three common sites where stress fractures occur in middle-distance runners.
2. An American physiologist has stated that the benefits of limbering up are purely psychological and there is no evidence that it improves performance physically or prevents injury. Can you name him?
3. A German physiologist has put forward the "potassium battery" theory of muscle metabolism. Can you name him?
4. Can you name the British middle-distance coach who has advocated THREE PACE TRAINING?
5. Can you name the British middle-distance coach who has popularised the 60 yard full out altitude training preparation?
6. Who holds the United Kingdom indoor mile record?
7. Physiologists now state that the long run has an added advantage over interval training advocated by Gerschler. What is it?
8. Who said: "I want a second class degree in medicine and a first class gold medal in the Olympics."
9. Can you name the miler who does in one day the equivalent training of 4 days by a British miler?
10. Where did the current British mile champion finish in the Southern Cross-Country Championships in 1968?
11. Where did the current world ladies mile record holder finish in the cross-country international?
12. Who was the first member of the British Milers' Club to score in the 1968 National?
13. The British Milers' Club has a star performer in the South Western Counties. Who is he?
14. The British Milers' Club has a consultant coach to the W.A.A.A. Young Olympic squad. Who is he?
15. The Vice Chairman of the B.M.C. has two nationally ranked pole-vaulters under his supervision. Can you name him?
16. One of the B.M.C. Committee has coached a Welsh sprint champion, a Scottish mile champion and an English indoor champion. Can you name the events and the coach?
17. If you ran 3 mins. 43 secs. for 1,500 metres would you qualify for the Olympics and would your time be equivalent to 4 minutes.
18. One of the B.M.C. Committee coaches Winbolt-Lewis. Can you name him?
19. How many British milers have broken 1 minutes for the mile since Bannister?
20. Who holds the Olympic 1,500 metres record?



Answers to questionnaire

1. March fracture of the toes caused by a sudden switch to fast sprinting. Fracture of the metatarsal bone on top of the foot caused by sprinting uphill too suddenly. Fracture of the bone above the outside of the ankle (peripheral group) caused by fast running on hard surfaces.
2. Professor Karpovitch.
3. Professor Nocker.
4. Frank Horwill.
5. Harry Wilson.
6. Nell Duggan. NOT John Whetton.
7. The capillaries in muscle tissue increase, the cross-section capillaries increase threefold, the diameter of the capillary increases. All these make for a better supply of oxygen to muscle tissue and a greater time for the exchange of gases.
8. Jack Lovelock, 1936 Olympic Gold Medalist for the metric mile.
9. Jim Ryun, world mile record holder.
10. Andy Green finished 9th. An improvement of thirty places.
11. Fourth.
12. Mike Tagg, Norfolk Gazelles.
13. John Bednarski, Swindon A.C. 1st in the Southern, 2nd in the National Jnr. 1st indoors with 8.56 for 2 miles equivalent to 4 mins. 6 secs. for one mile.
14. Tony Elder, Senior A.A.A. Coach.
15. Peter Orpin.
16. Welsh 220 yards Champion, David Griffiths; Scottish Junior mile champion, Alistair Blamire and indoor 380 yards champion Peter Beacham. Coach - Frank Horwill.
17. No. The time is one second out for Olympic qualification and the mile equivalent is 4 minutes 1 second.
18. Charles Elliott.
19. Twenty-two.
20. Herb Elliott.



QUOTE



HARRY WILSON - As well as leg muscles experiencing pain due to oxygen debt it is now known that the heart muscle itself also experiences fatigue. One proposed way of trying to overcome this is by the instigation of repetition running at maximum speed (Editor's note: This is advanced tempo training.) with very short recoveries, short enough in fact for a pulse rate of 200 per minute to level down to 150 per minute.

ROGER BANNISTER - Fitting running into the rest of life until one's work becomes too demanding - this is the burden and joy of the true amateur.

ARTHUR LYDIARD - My early training on him (Peter Snell - 3 gold medals) was tough. He was weeping with the agony of the last mile of his first run round my favorite proving ground, the twenty-two-mile Waitarua course. But six weeks later he was coasting around. He was a very determined boy and he had to battle constantly against the troubles caused by his heavy muscle development. He took a long time to loosen up, but he never wavered.

PERCY CERUTTY - Ignore, then, whether you are tall and thin or short and stocky - whether they laughed at you at home (where they are often unkind) or at school (where they are mostly blind, anyway). Indeed - to hell with the lot of them if you FEEL you can do it!

HERB ELLIOTT - Dr. Roger Bannister didn't train too well and needed tactics, as did Christopher Chataway... The only tactics I admire are do-or-die.

DEREK IBBOTSON - They had tried to break me at the start, and now I wanted to break them at the finish. It was like being goaded by some unseen advisor back into the battle. When I regained contact, the old magic of battle flowed back into my veins. The desire for success drove out tiredness, and I managed to win by a few yards.

J. KENNETH DOHERTY - As Josy Barthel climbed the Olympic victory steps at Helsinki 1952, his happiness must have outmatched even the great effort he had put into his training. As he watched tiny Luxembourg's flag go up the Olympic staff for the first time, he first wiped a tear away, then waived gaily to the tremendously enthusiastic crowd. In Olympic track and field the individual wins, not the size or reputation of his country.

MURRAY HALBERG - Asked what he thought of American runners having just defeated the best of them, he replied: "I don't know; I didn't see them."

KARPOVITCH - Suppose that an athlete, at rest, uses 300cc. of oxygen per minute, and that, during a strenuous exercise, this consumption rises to 4,000cc. Thus the consumption has been increased 13.3 times. Transportation of such a large amount of oxygen is facilitated in three ways: 1. the pulse rate increases, to speed up the blood flow; 2. the amount of oxygen taken from a unit of blood, when it passes through the capillaries, is increased; and 3. the stroke volume increases. The pulse rate is usually not increased more than two and one-half times, and the utilisation of oxygen cannot be increased more than three times. A combined effort of these two factors will improve transportation only 2.5×3 equals 7.5 times. To improve it 13.3 times the stroke volume must increase 13.3 divided by 7.5 equals



QUOTE...Contd.

1.8 times. Since the average stroke-volume at rest is 65cc., the stroke-volume in this exercise has become 117cc. When an athlete during intensive work, has a minute-volume of 30 to 40 litres and a pulse rate of 180, his stroke-volume must be from 167 to 222cc.

CLANDER - GUNDER HAGG'S COACH - If you can get a boy in his teens and encourage him to train and not to race until he is matured, then you have laid the foundations of an Olympic champion.

GORDON PIRIE - The first essential is to teach the athlete to enjoy the basic exercise of running by being unhibited in movement and thought. He will then revel in the mere rhythm of running and never tire of it. If this sounds simple I can assure you that it is the hardest barrier of all for a young athlete to surmount, and many never do. This liberated condition is one which you have to experience to appreciate...when it has been achieved the rest comes relatively easy.

TONY WARD - Athlete and coach must remember that it takes many years to mould a champion athlete.

FRED WILT - Mature middle-distance runners no longer question whether they should use one or two workouts daily. If time and circumstances permit, a high percentage train twice a day. Two work-outs daily for the mature runner are highly recommended, provided time and individual environmental circumstances are favourable. The morning training session should be lighter than the evening workout each day. Recovery must be relatively complete between sessions to avoid chronic fatigue.

MIHALY IGLÓI - I do not train my pupils according to a work-out pattern made long in advance. As a rule, I plan the training from day to day, depending upon how the athlete feels, environmental conditions, the training objective, etc.

JAN MULAČ - Iglói has found that the most effective way to train is twice daily. There were experiments with three and even four sessions daily, but Iglói returned to twice daily training. Morning, directly after the night's sleep, is the best time for the training in preparation for the basic afternoon session. The afternoon session consisted of always more than half the total daily training. The morning sessions followed this pattern:- 20 x 100m in 20 secs. to warm up, then 2 x 100m in 15 secs. plus 2 x 200 m in 30 secs. plus 2 x 300 in 15 secs. plus 2 x 100 in 15 secs. plus 2 x 60 in 8 secs. The recovery after each repetition of running is taken by jogging half the distance of the previous run. (Editor's note:- The pace of the above sessions was 4 minute mile pace, where sessions moved into half-mile pace Iglói gave the same distance jog as the distance run, i.e. 100 metres fast 100 metres jog.)

FRANK HORWILL - The miler must develop the mentality of a research worker. He must always be asking questions of himself to seek the best within himself. He must try this method and that, if he is 17 years-old he has eight or more years to find the answers. He should meticulously record his training and racing efforts. He may discover that two days off before a major race suits him. He may find that a week off is the answer, as did Roger Bannister. On the other hand, he may feel miserable if he does not go for a jog on the morning of the race. Only he can find this out.

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NORTH WESTERN REGION NEWS...
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Membership is increasing slowly in our region but with a number of British Milers' Club races arranged this summer at Longford Park, Stretford, I hope a few fast miles will help to boost our membership.

The following are the dates arranged at Longford Park:-
April 23rd, May 28th, June 11th, July 23rd, July 27th, August 20th.

The track is one of the best in the country, and it is only a few minutes run from Manchester by electric train. By road, many athletes from the Midlands and North-East can make it a paying trip by bringing along a car-load of members. Neither must we rule out the possibility of Scottish athletes coming down for a run, athletes such as Bill Ewing, Alistaire Glamire and Ian McPherson would be welcome and Hugh Barrow of Glasgow now studying at Manchester University would make it a real gathering of the clan.

Our few members acquitted themselves well last summer. Hugh Barrow recorded his fastest time of the year 1.03.5 in the all B.M.C. field of the City Charity Mile at Motspur Park. John Kirkbride also did well in that race but did not beat his previous best set earlier in the year in the Inter-county mile. David Hogg recorded a 4 mins. 7.8 secs. mile and our lone lady member recorded 56.9 for 110 and 5 mins. 1 sec. for the mile. According to the B.M.C. statistical table devised by Frank Horwill which has been found to be remarkably accurate, Christine is due for an 880 in 2 mins. 10 secs. this year and a mile in 4 mins. 52 secs. If Christine's husband can keep clear of injury this year, he, Morris Jefferson, will be a force to be respected.

Grahame Peel is now back in training at Accrington and he is one of two North-Western athletes invited to run in the mile race to celebrate the anniversary of the foundation of the R.A.F. at Cranwell, Lincs. Grahame will have to go in this race because his time of 4 mins. 5 secs. is the slowest of the ten competitors which includes three sub-4 minute milers. But Grahame has a way of rising to the occasion and I can recall how he ran in the Sheffield Schools mile in 1966. He entered with a best time of 4 mins. 11 secs. and came away the winner in 4 mins. 5 secs.

I hope many of our members will attend the B.M.C. $\frac{3}{4}$ mile time-trials being held for Seniors, Juniors, Youths and Ladies on Sunday 21st April at Newnham Avenue Track, Bedford. The town is just off the M.1. and is easily reached by train. We have always been frightened of sub 3 minutes for $\frac{3}{4}$ mile, this is a real chance to bury this fear once and for all, especially as we have the added advantage of having every 110 time-signalled.

Owing to the foot and mouth epidemic in this area our plans for winter training days had to be cancelled.

If any member requires coaching advice I am always available at 7 Trinity Avenue, Sale, Cheshire. Sale 1979. I shall also be glad to hear from qualified coaches in Lancashire, Westmorland and Cumberland who wish to join the B.M.C. and form a N.W. B.M.C. Committee.

Eddie Powell





THE B.M.C. CHAIRMAN'S STAFF COACH REPORT ON MIDDLE-DISTANCE

Following a request to give some sort of report after my first year as Staff Coach to the Southern Counties A.A.A. I feel it is better to present my views in a way that may stimulate action rather than just give a verbal report to a Committee meeting.

We coaches have been well fed recently with statements, articles and books on middle-distance running and in my opinion much of this literature has originated from people with little practical experience of actually coaching athletes at club or international level. Consequently much that has been said or written has no relevance to the conditions in which most of us do our coaching. It is quite easy to go along to the White City, pull our runners to pieces and compare them unfavourably with the Olympic champions - it is another thing to get down to the job of improving club athletes and trying to develop these athletes into international prospects. Many of these experts have advocated certain forms of training or state that a particular type of work would do an athlete good - usually they've never tried these things out, they have only expressed theoretical opinions.

Under our present set up where we rely mainly on amateur coaches or experienced athletes in clubs to pass on their knowledge to newcomers it is obvious that there will be many different ways of training in use and many people who have their own ideas of training for middle-distance runners.

This situation means that much of the knowledge (and there is probably more in Britain than anywhere else in the world) has been gained by experience rather than by scientific research and a coach's methods will often be judged by the success that he gained himself as an active athlete. I know several coaches who work on the principle "this sort of work did me good - it will do all right for the people I coach." One wonders if the coach has ever thought "perhaps if I had used other methods I may have been much better." On the other hand, there is much good in using proved successful methods, providing these are modified to meet the ever-rising standards of middle-distance running.

There has been no recognised form of training since the 1930's that one could call the "British Method" and no one coach has had enough success in this country to achieve world-wide acclaim such as Cerutti or Lydiard. But no other country in the world has such depth as ours in middle-distance events, year in year out, and the standard at club level is higher than anywhere else in the world with the probable exception of the American Inter-College competition. So we must be on the right lines, but we are probably suffering from the typical British malady "everything in moderation". We have tended and still tend to be over-concerned with what other people are doing rather than develop our ideas to the nth degree. Also, with typical British reserve, we are loath to experiment and are hesitant to go to apparently ridiculous lengths with our ideas. This is perhaps more the fault of the athletes rather than the coaches and in fairness I can understand the reticence of an athlete to risk two or three years of his career on some untried method. I feel we have also been inhibited by a commonly held belief that the best form of training is the one that takes up the least amount of time and by bald statements that an athlete should only need a certain amount of time daily to reach world-class standards. Who can say how many hours or years a certain athlete may need to reach maturity. I feel that this tendency to moderation is the main reason why we have failed recently to produce more world-

CHAIRMAN'S STAFF COACH REPORT - Continued

beaters from our huge base of good-class athletes. When trying to answer the question "Why can't our men beat Ryun or Clarke" I have not looked for obscure reasons - I've gone for the obvious "they're not good enough."

One of our aims as coaches must be to help our clubs to develop their teams and this is where I think we have done much better. Standards are improving and in particular this is reflected in road and cross-country relays - a lap record in this type of race is usually very short-lived. The average club athlete knows his event well and his knowledge of training methods is usually quite advanced. The knowledge has been dispersed quite well but I don't think that the best use is made of our knowledgeable coaches. A lack of planning at County level can be discerned and I would expect to have seen more attempts being made to get athletes and coaches together in different areas for organised training sessions. THIS RARELY HAPPENS AND I MUST PAY TRIBUTE TO THE BRITISH MILERS' CLUB FOR MAKING GOOD EFFORTS TO ORGANISE REGULAR TRAINING SESSIONS IN THE AREA.

The competitive structure cannot be divorced from coaching and I feel that the present spread of cross-country leagues in the area is pleasing. I feel that a league system would bring about further improvements in track performances. When it becomes important to a club to win matches rather than just turn out a team, then we'll get keener competition and a rising level of performances. I'd like to see a better organised inter-club competition structure in which it becomes difficult to win races at local level.

Another suggestion I'd like to put forward is that of a period of 4 weeks in which there was no organised competition - an "off-season". Most other sports have an out of season period and most other countries have a break of some sort in their athletic competition programme. However, the British middle-distance runner is expected to compete all the year round and I feel that this enforced break could be a godsend to both athletes and officials. At the moment the runner is under pressure all the time to produce flat out efforts and I think runners would benefit mentally and physically from a period of no-pressure. EDITOR'S NOTE:- This does not mean a month off training!

I am not advocating a month's lay-off from training - I'm suggesting a month's break from competition. At that moment an athlete can take a break from competition if he wishes, but he often meets strong opposition from his club's team manager and ends up either turning out against his will, or by becoming known as a poor club-man. EDITOR'S NOTE:- See letter from cross-country captain in a well-known London club's journal on this subject. Refusal to run in EVERY race earns the runner the title of "prima donna."

If there were no races organised in this period it would solve this problem and I'm sure that club officials would welcome a break from duty.

I'd like this close-season to come during March and April and it could be the period in which we organise training camps and lecture series in the area. Coaches conferences could be arranged and this is when the knowledge gained during the past season could be passed on, the lesson learned, the mistakes examined and future plans laid.

CHAIRMAN'S STAFF COACH REPORT - Continued

Earlier I said that I felt we were doing quite well at club level, however, I do not think we are making such good progress at National level in international matches, and I think it is in these spheres where we should do some soul-searching. The South should be making a bigger contribution to the international team and Southern athletes should be thinking and aiming at world class standards rather than at the standard required to make the British team. Recently, we've not been getting our men into the British team and in the match against U.S.A. we had only one man in the five middle-distance events - compared with two from Scotland, three from the North and four from the Midlands. The South used to provide the back-bone of the British team and it seems we ought to be making special efforts in this direction. Whilst there may have been a time during the Kuts, Zatopek, Pirlle era when we were worried that runners may be doing too much training, I think we've probably now gone the other way and the TRAINING LOAD IS NOT SUFFICIENT. It is sufficient to cope with international minor clashes but is totally inadequate to cope with world standards. I feel we have to instill into our runners the idea that their progression does not end with the international team. They must go on from there - still improving - and if this means more or harder training then this must be accepted.

For many years we have talked about developing a broad base of performers on the assumption that we must produce some cream at the top. This hasn't worked out and our great depth of middle-distance runners has not thrown up the world record holders or gold medallists. In 1956 our middle-distance men showed up really well in Melbourne; 2nd and 5th in the 800 metres final; 5th in 1,500m final; 2nd and 3rd in the 5,000m; 5th in the 10,000m; and a Gold medal and two other finalists in the 3,000 metres S/Chase - there was no doubt then who were the finest middle-distance nation in the world. Since then our men have not been very successful in the Olympic Games and one can't really compare our present stars to such men as Pirlle, Johnson, Chataway, Ibbotson and Brasher who really were able to beat the best in the world in their day. If we are going to produce world beaters from the South we are going to have to inspire men to aim for great heights. When you analyse the training of the world-beaters, you find that it is not a case of them doing something unique, but what they usually do is usually harder, or longer, or faster, or more frequent than other people. To capture the elusive medals we've got to have people who will go to these apparently impossible lengths. These people have got to be conditioned over a long-period to this extra workload and they've also got to be conditioned to the remarks of the critics who'll say they are in danger of being burned-out. The same remark was levelled at Zatopek at Pirlle and as recently as 1964 at Jim Ryun in Tokyo. Coaches or organisers can't really make people work harder, we've got to stimulate and encourage our athletes to want to reach these higher levels. This assumes, of course, that the Southern Middle-Distance Coaches believe in this approach and so in order to trigger off a campaign I would like to organise a Middle-Distance Coaching Conference. Its main purpose would be to try to reach some conclusion about various training methods and work-loads and to give guide lines to prospective middle-distance coaches. I would like to invite specialists to lecture on such subjects as physiology, injuries, psychology, etc., and to have one or two really top-class runners present for interrogation purposes. I am aware that some people are averse to any approach to middle-distance training other than empirical and adopt the attitude "it does not matter what you do as long as you run a hell of a lot" but I can't accept that the

Chairman's Staff Coach Report - Continued

Southern Coaching Committee does not want to encourage a more systematic approach. After all, we know that there is a bit more to shot-putting than brute-strength. I would like this to be a week-end conference and I have already had offers of help in organising such a week-end from the British Millers' Club. Whilst the conference would primarily be for Southern Coaches I would like to have a certain number of places available for interested Senior Coaches from other areas.

Further points of note:-

I have recently been in touch with the N.U.T.S. In order to obtain lists of all Southern athletes who have gained Grade 1 Standards during 1967 and I will be contacting these athletes to see if they require any assistance from the Southern A.A.A.

During the past year I have been surprised at the amount of correspondence I have received and I am now averaging 5 or 6 letters a week from athletes and coaches on problems associated with middle-distance running. These queries range from my views on training five times a day to providing a training schedule for an inmate of Lewes Prison. In 1967 I have coached at the following Courses - Ovaltine Young Athletes; Merthyr Mawr Distance Camp; Southern Olympic Possibles; Herts School Camps; I've coached on several B.M.C. and Herts County A.A.A. training days, attended the A.A.A. Coaching Committee Meetings, the A.A.A. Coaching and Development Conference and given several lectures and teach-ins.

My active coaching work, luckily has not suffered - in fact my own squad has increased in number and in addition to various sprinters and women athletes I am now coaching actively the following:- Grade 1. John Waterhouse, Andrew Green, Hugh Pullan, Roger Matthews, Gerry Van de Linde(jnr.); Grade 2. Roger Davies, Mike Dixon, Peter Smith, Peter Lloyd(Youth).

We have at the moment a particularly fine crop of young runners, It must be our aim to stimulate and encourage them and their coaches to bigger and better things.

Harry Wilson
STAFF COACH

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IRON DEFICIENCY
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At a recent experiment at the Medical Research Centre, 50% of all women and a much lower percentage of men were found to be deficient in iron. There is therefore a strong recommendation to take some form of supplementary iron intake, i.e. iron pills (ferrous gluconate), Vitamin B complex or daily supplies of raisins and fresh greens.

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FOOTWEAR
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Barefoot running could be advantageous in Mexico. Extra ventilation in track shoes is definitely a necessity.

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 NORTH-EAST REGION SECRETARY REPORTS...
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At a recent course for young athletes I was privileged to see, once again, the films of Roger Bannister and Derek Ibbotson making milling history. The sense of pride derived from these achievements was somewhat dampened with the realisation that today we are no longer riding along on the crest of a wave but rather floundering in the wake.

Some would say that in depth we have never been stronger but I fear that the reverse is more applicable. Granted, our domestic mile ranking list indicates a promising rise in standard but the fact remains that our number of sub four minute milers has decreased since 1965 and we have never before had our leading athlete so far removed from the current world record (4½ seconds).

Is the British Milers' Club failing to achieve its initial object? Facts and figures at international level would suggest this but I, personally, refute it.

Firstly, let us accept that today Ryun is the only world class miler and that all others, Keino included are inferior and should be merely regarded as international class. The fact that Ryun is some two seconds faster than the next best in the world and is capable of winning, irrespective of the tactics employed by the opposition, substantiates this view.

Secondly, let us also accept that to produce a miler to regain the world record we must think in terms of 3 mins. 48 secs. or even faster. Incredible but realistic if we are to succeed. Modern strategy does not permit the even pace suggested by physiologists as the most beneficial for results but even considering this factor our future world-beater would require a time of 2 mins. 51 secs. or under at the bell. Sixteen years ago Bannister recorded a sub 2 mins. 53 secs. without "feeling it too much" so with the subsequent improvements in tracks, training techniques and the opportunities provided in B.M.C. races, there is nothing to suggest that today's athletes could not surpass this and produce a further lap of reasonable quality.

A third factor to consider is the lack of real pace possessed by our present milers. Since the days of Derek Ibbotson the world record has been the exclusive property of genuine top class 880 runners, Elliott, Snell and Ryun, the latter two, of course, being world class. Despite this our current ranking list reveals that of the top nine over four laps only two are capable of gaining places in the 880 list whereas four are featured in the three mile one. We must expect that if our three milers are to reach the top in their specialist event they must be able to record sub four minutes. Accordingly, we must also expect to see our milling hopes achieve similar prominence over two laps.

Earlier, I refuted the suggestion that the B.M.C. were falling, because many of our younger members have achieved excellent times but we must emphasise that if they are to continue to improve they must accept that the quality of their training must also rise. I deplore the fact that so many promising young milers are tempted to increase the quantity of work to the detriment of quality. Others succumb to the lure of early glory in the form of teenage records over longer distances.

Ibbotson was, of course, a miler/three miler type and his success was achieved by fantastic powers of recovery rather than

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 NORTH-EAST REGION REPORT...Contd.
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basic speed. Some youngsters may not remember Derek's 3m 57.2 set in the glorious '50s but the fact remains that only Alan Simpson has bettered this time on U.K. soil or cinder. About half of the British athletes who have achieved sub four minutes have been three miler types but I cannot visualise any of them being sufficient calibre to clock 2m 51 at the bell!

This sort of performance must, I think, come from the built-up half miler type of athlete (John Boulter, Len Walters, Mike Varah and Carter). Alan Simpson, who has been grossly underrated, could, with a little of the tremendous self-confidence of his Yorkshire predecessor, have achieved far greater success. John Boulter is another who, with a more serious approach, could have done exceptionally well in the mile.

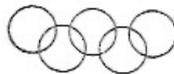
In the past we seem to have used 440 as the basic training distance and endeavoured to progressively reduce the intervals. In some instances the speed of the runs have deteriorated in order to reduce rest intervals even further. Whilst we must continue to bear the rest interval in mind we must also ensure sessions where pace is the prime factor and encourage faster running than hitherto envisaged. During recent research into the effect of competing at altitude some experts have stated that 330 is the most advantageous distance for training purposes and because of the physiological factors involved I would suggest that this should replace 440 as the accepted training length used by milers. An excellent combination would be 330 and 660 and this could possibly benefit the athlete who dreads each 440 lap during a race.

If our athletes can procure better basic speed and ally this to our traditional stamina we can then forget about the clock and run against our opponents. Clocks have hands, athletes have legs so let us confine our efforts to opponents of similar physical qualities. The man who beats Ryun will know that the stop-watch will reward him with the time he was seeking. I know Derek Ibbotson as a man, athlete, business man, coach and opponent and have seen him play soccer and table tennis and in each sphere have detected his singular aim: TO WIN. Let us go out to win and not accept inferiority and in beating the right men we will produce the acceptable times that athletic critics sit back and demand.

In conclusion I would ask whose expedition first conquered Everest, whose athlete broke the 4 minute barrier, whose soccer team won the world cup? Is Britain finished - not Pygmalion likely! Get up off those laurels and back Britain!!!

GORDON SURTEES

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 MEXICO HINTS
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It was found in Mexico that many athletes limbered up TOO MUCH, thus the body temperature efficiency ceiling 105.8F was reached more quickly during a race than need be the case. Many athletes are now taking aspirins directly before competition to help keep the temperature of the body down. Athletes are advised to try this on hot days before a training session. Where possible wear white vests made of cotton on hot days.

Frank Horwill Column

It is sad to record that the Midlands Branch of the B.M.C. is the most backward region of the Club's organisation. The former secretary, Tony Saunders, did his best but he got little response from the middle-distance fraternity. What is wrong? Well, I may be wrong, but I get the impression that inter-club rivalry in the Midlands is extreme and that attempts to break down the barriers are viewed with suspicion. This may be one reason why training days organised there by Tony were badly supported. How utterly ridiculous! In the South, there are as many as eight different clubs represented at a training day, there is no barrier here. The same story can be told of the North-Eastern Region where athletes travel as much as 100 miles to attend a training day for the pleasure of training with top men and women.

In the South we are fortunate in having a hard core of keen workers who form the Southern Committee, each GIVES something towards the common good of the region. Tony Elder arranged and supervised our first winter training day of 1968, in which Andy Green was the athlete of the day. Eric Bradbrook arranged a good class mile for members in July. Peter Orpin arranged two good class races in June and September. Conrad Milton has arranged youths and junior races at Feltham. Harry Wilson and John Herring have staged training days for us.

In contrast to this attitude of give, we get a letter from a Coventry Godiva member in answer to a request for his overdue subscription of 10/- (10d a month). "I have not received one invitation to a race and the Midlands got only two pages in the last B.M.C. News". The athlete, Peter Carey, has had a mile time of 4 minutes 16 secs. for the last four years, if he had shown a little improvement he may have got an invitation. He may have got an invitation if he bothered to attend the Denstone Residential Week-End where the Midland Region held its mile championships. Mr. Carey also received invitations to run in the Southern B.M.C. Championships, of course, we could not pay his fares, but if he really wanted to improve himself he could have travelled down with that grand B.M.C. club supporter, Alan Grant, who was only too pleased to have a chance for a good race. But Mr. Carey is too busy watching his girl friend, Sheila Taylor, doing all the work, gaining second place in the National Cross-Country and running in the International.

However, not all B.M.C. Midland members spend their time watching their girl friends gain the honours. John Boggis is an example of a boy who rises above disappointments and lives to fight another day. His failure against Bedford was soon forgotten when he chalked up yet another world's best a few weeks later. By the way, I hear we were wrongly informed about John mucking up a three mile race by doing a record two miles at the beginning. The editor should not have published the information without first checking with John. We have apologised to him and note with pride that he wears his B.M.C. vest on his record runs. KEEP IT UP, JOHN!

What a great battler John Whetton has been indoors during his career and how sad that his record (U.K. Native indoor mile) should pass into fresh hands in his last year over the boards. However, we must not decry the great performance of our member Neill Duggan in the States, 4 minutes 1 sec. is a great time for February and I know that last year, Neill had a rough time with injuries. An interesting thing I heard about Neill was that he never runs more than 600 in repetitions. My informant is a boy I am coaching out there who could not fathom Igloi's methods and wrote to say would I guide him.

FRANK HORWILL COLUMN...CONT.

Now look here, you Midland Members, try and develop a little more club spirit and attend our $\frac{3}{4}$ mile time trials at Newnham Avenue Track, Bedford, on Sunday 21st April at 11 a.m. At our last training day in Welwyn, young Jim Edwards of Nottingham drove a hundred miles to attend and gave a good account of himself in the bargain, follow his example, only you haven't got quite so far to travel this time.

I still feel that many athletes do not interpret Gerschler's interval training sessions correctly. Now although he says that by running 110 yards in 15 seconds and 220 yards in 30 seconds this is the most efficient method of gaining STAMINA, he does not say you should jog 110 or 220 before starting the next run. THE PULSE RATE MUST DECIDE THE REST. Obviously, the fitter man recovers more quickly, than say, an older man like myself. After I have run 110 yards in 15 seconds, my pulse rate is 180 and I have to WALK 110 in 75 seconds before it drops to the 120 minimum. Now, some athletes can jog the 110 in 30 seconds, by which time the pulse is down to 120. OTHERS MUST NOT JOG 110 FOR THE REST IS TOO LONG. Gordon Pirie's pulse returned to 120 in 15 seconds, so he could not possibly jog the 110 in time, all he could do was to turn around jog back to the mark he had run over and then start again in the opposite direction. Now, let me make it quite clear that heart specialists Reindall, Hollman and Gerschler have stated that this TYPE of training should occupy HALF of the miler's schedule and ONE-THIRD of the half-miler's programme. Note the word TYPE. A fartlek run or a slow run could be of the same type since the pulse may not rise above 180 during the work-out and may not drop below 120.

These eminent heart specialists then recommend that TEMPO AND SPRINT TRAINING should occupy the other half of the miler's schedule and the other two-thirds of the 880 runner. What is tempo training? It is fast running WITH SHORT REST. For example, 4 x 440 in 60 secs. with 60 secs. rest then 2 minutes rest and repeat. This is a top class runner's session. For the 880 man 3 x 440 in 55 secs. with 60 secs. rest then 4 minutes rest and repeat. What is sprint training? Flat out running with complete rest, e.g. 10 x 60 with walk back rest. What does tempo training do? It causes the body to undergo the same type of oxygen debt felt in a race. It accustoms the body and the mind to this feeling. It increases the efficiency of the alkaline buffers around muscle tissues in neutralising the poisoning effects of lactic acid given off by the tiring muscle. What does sprinting do? It increases the strength of the muscles employed by increasing their diameter. IT DOES NOT IMPROVE STAMINA UNLESS THE REST IS LIMITED.

At Denstone last year, a coach quoted a doctor friend of his and said the above findings were nonsense. How many experiments had the doctor friend performed on athletes? NONE! The Germans have experimented with 3,000 athletes. The coach-physician Gerschler advised Rudolph Harbig, 800 metres world record holder in 1939, he guided Jose Barthel to a gold medal in the 1952 Olympics, he steered Gordon Pirie to three world records at 3,000 metres, 5,000 metres and 10,000 metres, he piloted Roger Moens to an Olympic silver in the 800 metres. I accept his findings until someone comes along with findings obtained by 6,000 athletes being scrutinised in a laboratory the equal of Freiburg University.

Women's middle-distance running is riddled with ignorant coaches and officials who are too narrow-minded to realise that success in this field can only be gained by athletes WORKING to an ever-

FRANK HORWILL COLUMN...CONTD.

increasing work-load. It does not penetrate their thick skulls that there are natural athletes who can come up with good performances without any training at all in the first instance and can record slightly better times with limited preparation. THESE ATHLETES ARE EXCEPTIONAL. EXCEPTIONS DO NOT MAKE THE RULE. The 880 event is an oxygen debt event where at 660 onwards the athlete is rapidly being consumed by fatigue (lactic acid). The less training she has done over this distance the worse will be her decline at this point. Let us look at some examples. Pat Thacker is the Middlesex Mile Champion and an All England Schools 880 finalist two years running with a best time of 2 mins. 14 secs. She cannot beat 60 seconds for 440. She went through her 440 in 64 seconds on route to her 2 mins. 14 secs. half mile. Another athlete, who will be nameless, has done 56 secs. for 440. She went through her 440 of her best half mile in 60 seconds but ran the second lap ELEVEN SECONDS SLOWER. The former athlete does TEMPO work regularly each week. The latter athlete does fast running with long rests. The second girl should have an 880 time of 2 mins. 8 secs. The former girl should have a time of 2 mins. 16 seconds (add 8 secs. to 440 time and multiply by two). Pro rata the second girl (Thacker) has a better performance for her 880 than the speedier quarter-miler.

Those of you who have cars should not miss the wonderful opportunity for fast mile races presented by our North-Western Regional Secretary, Eddie Powell, who has approached local clubs and got them to put on mile races AGAINST THE CLOCK each month of the season. DO NOT MISS THIS OPPORTUNITY OF RUNNING WITH FRONT-RUNNER HUGH BARROW (4 mins. 3.8). Fill your car up with members and set off for the North West. Here are the dates for your diary:-

April 23rd Longford Park, Stretford.

May 28th	"	"	"
June 11th	"	"	"
July 23rd	"	"	"
July 27th	"	"	"
August 20th	"	"	"

Contact Eddie Powell, 7 Trinity Avenue, Sale, Cheshire. Sale 1979.

At Denstone last year I was asked to talk on pulse rate recovery. I assumed that a pulse rate of 120 signified that the athlete was ready for more work. I carried out a number of experiments on this subject with my athletes, male and female, my conclusions were that the following MINIMUM rest times were necessary if the session was to be completed fairly accurately. I choose two types of milers:-

4 minute pace	5 minute pace
10 x 440 in 60 secs. 60 secs. rest	10 x 440 in 75 60 secs. rest
1.49 880 pace	2 mins. 14 secs. 880 pace
4 x 440 in 54.5 secs. 2½ mins. rest	4 x 440 in 67 secs. 2½ rest
49 secs. 440 pace	2 x 330 in 45 secs. 4½ rest
2 x 330 in 36 secs. 4½ mins. rest	for 440 pace i.e. 60 secs.

GOOD LUCK AT MEXICO, LADS (Andy Green, John Whetton, Mike Beevor and possibly Alan Simpson).

INCOME AND EXPENDITURE ACCOUNT

Income and Expenditure Account for the 12 months ended 31-12-67

	EXPENDITURE	
12 monts to 31-12-66		
£16-16-9	Stationery Duplicating and Letterheads also Circulars	£22-8-6
5-10-0	Production of Magazine	11-0-0
	Badges - stock at 31.12.66 at cost £11-3-5	
	Purchases <u>12-5-0</u>	
	23-8-5	
	Less stock in hand at 31.12.66 at cost <u>17-0-6</u>	
4-9-10	<u>6-7-11</u>	6-7-11
4-4-0	Hire of room for A.G.M.	2-2-0
3-0	Postages - Gen. Sec.	3-15-10
1-15-0	Southern Sec.	3-0-0
2-15-7	N.E. Sec.	15-0
16-0	Midlands Sec.	2-5-0
	S.C.A.A.A. for BMC	6-6
	Treasurer	7-6-4
	Advertising	4-10-0
	Grants to Areas	6-0-0
	Expenses - W. Palsh	1-0-0
	Credit with George Gross written off	14-7
	B.M.C. Championship Trophy and engraving £2-5s Less donation from N.E. funds £-15s	
	<u>£1-10</u>	1-10
0-12-6	Bank Charges and Cheque Book	
1-14-10	File Index for memberships	
36-8-7	Balance being excess of Income over expenditure carried to Balance Sheet	0-3-10
<hr/>		
£75-6-1d		£75-5-6d
<hr/>		
12 months to 31-12-1966	BALANCE SHEET	12 months to 31.12.66
£4 0s 4d DEFECIT	Balance at 31-12-66	£32 8s 3d
£36 -8s -7d	Excess of Income over Expenditure brought down	3s 10d
		11 3s 5d
		14s 7d
		1 17s 3d
<hr/>		
£32 8s 3d		£32 8s 3d
<hr/>		

MEMBERS! Your subscription is due!

INCOME	
12 months to 31-12-66	
£17 13s 9d	Subscriptions from new members £21 10s 6d
35 9s 6d	Subscriptions - renewals 44 0s 0d
3 7s 6d	Donations 7 15s 0d
10 10s 0d	T.V. Fee (Training film)
5s 2d	Credit on unused cheques
8 0s 2d	Sundry Credits

FINANCIAL AID!

Act Now!

FINANCIAL AID!

£75 - 6s - 1d

£73 - 5s - 6d

BALANCE SHEET

Cash In hand at Bank	£16 1s 5d	
Less owing to creditor		
B.E. Boulton	9s 10d	
	<hr/>	
	£15 11s 7d	£15 11s 7d
Stock of badges at 31-12-1967 at cost	£17 6d	
Credit George Gross		
Float - General Secretary		
		<hr/>
		£32 12s 1d

B.E. BOULTON 27-1-1968



HOW
TO
IMPROVE
BRITISH
MILING

Act Now!

DAVID JOHN HUFFER - Maximum attention should be paid to the task of reaching $\frac{3}{4}$ mile in under 3 minutes.

ROBERT MCKAY - By providing more first class mile races on good tracks.

ERIC ARTHUR BRADBROOK - More races where people are less interested in winning rather than get a faster time.

RONALD MARTIN - More training camps such as Merthyr Mawr.

GREGORY DAVID POWER - As many B.M.C. mile races aiming at a fast $\frac{3}{4}$ for young seniors.

ERIC ROBERT WILLIAMS - More races should have hares in them who are willing to set off at a fast pace to break records.

STAN MARKLEY - By more facilities.

RONALD EDWARD ELLIS - A system is needed which can give our milers more confidence in their own abilities, get them to set their sights higher and think in terms of sub 3:50 not just 3:58 and a British vest as their target.

JOHN KIRKBRIDE - More group training and competition of top milers. More research into physiological and psychological aspects of training.

PETER BENNETT - More raced running for youngsters.

MARTIN O'HARA - Better track facilities and coaching.

RICHARD BUTLER - Better training facilities and coaching. More encouragement.

CHRIS WOODHOUSE - More emphasis on speed during the summer, with stamina training in winter. More intense training.

DAVID ROWLAND - By having more graded mile races for the mediocre athletes as well as the top milers.

KELVIN HINE - By having athletes who will run against the clock and will not be afraid to run on their own in front of other runners slower than himself.

TONY BIRKS - Training of top runners together more often (e.g. camps like Font Romeu) with other athletes of other events (440, 880 and 3 miles.)

FIM JONES - More graded races and more pace-making in the better standard meetings.

MORRIS JEFFERSON - More races among the top men, races to be at different venues throughout the country so that all the travelling is not done by the same people. Races as often as can be arranged say every 2-3 weeks. The rankings are the important ending.

A RUNNER'S CREED - I will win; I shall do my best.

STOP PRESS

LETTERS

GOING METRIC

Dear Sir,

May we use our right as a minority to express our disapproval of the recent decision to change over to metric distances for use in our championships. We feel it is a wrong decision because:

(i) The metric distances lack the symmetry of the English equivalents. It is far easier to mark a track using the quartermile as the standard than the metric 400m which involves separate start lines for 1,000m, 2,000m, 3,000m, 5,000m and 10,000m.

(ii) All the metric distances from 1,000m upwards involve running x laps and a bit. Apart from being likely to confuse inexperienced officials it is less satisfying to most athletes who like the tidiness of a set number of laps.

(iii) The decision to institute 1,600m to make it closer to the mile is ludicrous. You either have the magic mile or you don't; running almost a mile is not the same.

(iv) Of all the events in athletics, nothing has approached in popularity and glamour that of the mile. All this will be lost.

(v) There is something to be said for being different and traditional over this matter. Athletics was largely developed in England—let us never forget this heritage.

(vi) The Americans have already tried to change to metric, but reverted to yards and miles.

The majority is not always right. Being different is often thought as being a bar to progress, but it is just as often the signpost to the future. We submit that English yards and miles are such a signpost.

Elizabeth Joyce
Cheltenham

Terry Haines
Gloucester

THE BIG EVENT

AS WE GO TO PRESS WE HAVE BEEN INFORMED BY CONRAD MILTON THAT HIS CLUB WILL STAGE THE FOLLOWING RACES FOR THE BRITISH MILERS' CLUB THIS SEASON:-

1. MAY 4th FELTHAM TRACK-SENIORS - JUNIORS - YOUTHS - ONE MILE TRIALS.

2. 20th JULY FELTHAM TRACK - NATIONAL B.M.C. JUNIOR AND YOUTHS CHAMPIONSHIPS.

3. 7th SEPTEMBER FELTHAM TRACK LATE SEASON MILE FOR SENIORS - JUNIORS - YOUTHS.

APPLY TO CONRAD MILTON, 31 SAXON ROAD, ASHFORD, MIDDX, if you wish to run in the above events enclosing s.a.e. for reply. Full details of age and time should be given.

NO EXPENSES CAN BE PAID IN THE ABOVE RACES, THESE EVENTS ARE FOR THE ENTHUSIAST ANXIOUS TO RECORD A GOOD TIME WITH OTHER MEMBERS AIMING AT THE SAME GOAL.

IF YOU HAVE A CAR WHY NOT MAKE AN OUTING OF THE OCCASION AND BRING DOWN OTHER B.M.C. CLUB MEMBERS.

DO NOT FORGET THAT YOU CAN SHARPEN UP FOR THESE RACES BY DOING OUR $\frac{3}{4}$ MILE TIME TRIAL ON SUNDAY 21st APRIL AT NEWNHAM AVENUE TRACK, BEDFORD. APPLY TO FRANK HORWILL IF YOU WISH TO ATTEND THIS TRIAL

THE SOUTHERN REGION OF THE B.M.C. WILL BE HOLDING TRAINING DAYS IN VARIOUS PARTS OF THE REGION THROUGHOUT THE TRACK SEASON. IF A TRAINING DAY HAS NOT BEEN HELD IN YOUR PART OF THE SOUTHERN REGION WRITE TO FRANK HORWILL WITH FULL DETAILS OF VENUE AND FACILITIES FOR MEN AND WOMEN CHANGING ROOMS AND EATING ARRANGEMENTS.

REMEMBER THAT EVERY MILER CAN RECORD A GOOD MILE TIME IF HE GOES THROUGH THE HALF MILE STAGE OF A MILE RACE EIGHT SECONDS SLOWER THAN FOR HIS BEST HALF MILE TIME. THUS A 1:50 880 RUNNER SHOULD AIM TO GO THROUGH THE HALF MILE MARK IN 1:58 AND THUS WILL HAVE A GOOD CHANCE OF RECORDING 3:58.

THE PLACE TO TRY THESE TACTICS IS IN B.M.C. RACES WHERE ALL THE FIELD ARE DOING THE SAME.

ACCUSTOM YOURSELVES MENTALLY TO A FAST $\frac{3}{4}$ MILE BY GOING THROUGH 880 IN TRAINING 8 SECONDS OUTSIDE YOUR BEST HALF TIME AND THEN SPRINTING THE NEXT 220 FULL OUT. REPEAT THREE TIMES WITH REST.

IMPORTANT ANNOUNCEMENT

THE CHAIRMAN OF THE BRITISH MILERS' CLUB, STAFF COACH HARRY WILSON, HAS RECEIVED A REPLY TO HIS LETTER TO THE A.A.A. CONCERNING THE NEW PROPOSED DISTANCE OF 1,600 METRES IN PLACE OF THE MILE IN THE 1969 A.A.A. CHAMPIONSHIPS. WE ARE PLEASED TO REPORT THAT THE TONE OF THE LETTER FROM THE A.A.A. SECRETARY WAS BOTH FRIENDLY AND CONSTRUCTIVE.

IN HIS LETTER THE A.A.A. SECRETARY ASKED THE CHAIRMAN TO SOUND OUT THE VIEWS OF OUR 250 TOP MILERS ON THE FOLLOWING ISSUES:-

1. THE CASE FOR 1,500 METRES BECOMING THE STANDARD MIDDLE-DISTANCE EVENT INSTEAD OF THE 1,600 METRES PROPOSED.
2. THE POSSIBLE REACTION OF MEMBERS IF THE REST OF THE WORLD ACCEPTED THE 1,600 METRE DISTANCE.

IN THE CHAIRMAN'S LETTER IT WAS MADE CLEAR THAT THE B.M.C. WAS NOT OPPOSED TO THE A.A.A. GOING METRIC AS THIS WAS INEVITABLE IN VIEW OF WORLD TRENDS. WHAT WAS QUESTIONED WAS THE REASON FOR BYPASSING THE STANDARD 1,500 METRIC MILE OLYMPIC DISTANCE FOR AN ENTIRELY NEW DISTANCE. IT WAS ALSO QUESTIONED WHY THIS DISTANCE ALONE WAS BEING ALTERED WHEREAS THE 5,000 METRES AND 10,000 METRES WERE NOT BEING CHANGED. THE CHAIRMAN ALSO TOOK EXCEPTION TO THE COMPLETE DISMISSAL OF THE VIEWS OF OUR MEMBERS BY NON CONSULTATION OF THE ISSUE AT ANY STAGE BEFORE BEING INTRODUCED.

WE WISH TO MAKE IT CLEAR THAT THE BRITISH MILERS' CLUB HAS NO INTENTION OF ALTERING ITS NAME NEITHER HAS IT ANY INTENTION OF FORSAKING MILE RACES IN ITS ANNUAL PROGRAMMES OF THE FUTURE. OUR MEMBERS WILL BE AT LIBERTY TO COMPETE IN ALL METRIC EVENTS AND THE B.M.C. WILL INCLUDE THESE IN THEIR PROGRAMME.

PLEASE WRITE YOUR VIEWS NOW DIRECT TO THE B.M.C. CHAIRMAN, HARRY WILSON, 4 THE LINKS, WELWYN GARDEN CITY, HERTS.

