

BMC NEWS

Official Journal of the
British Milers' Club

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Editorial

The running boom has finally hit us 'American style' and London is in the grip of Marathon Fever. One major benefit to us is that people with real talent will be channelled into the middle distances and speed endurance events rather than into Rugby and Football, as tends to happen quite often. Also, there can be little wrong with a generally fit, healthy Nation of joggers which is something we can aspire towards.

My own evaluation of coaching is not so much track achievements during the prime years but the sight of pupils of a good coach still enjoying their daily run well after retirement from active competition.

In the meantime, I suppose we will have to put up with the over-indulgences of the newly converted. These include the editor of ATHLETICS WEEKLY who recently regaled us at great length in his columns with the saga of his 4:26:41 marathon in New York City.

Amateurism is coming under increasing attack and, as I pointed out a year ago, some basic rule changes regarding cash prizes and appearance money are being discussed at domestic and international (IAAF) level. But these won't come about overnight. We must think all such changes through carefully and not lose touch with the base of the pyramid: the clubs.

Already the 'Amateur' European travelling circus is in danger of killing itself off through over-exposure and tired athletes. There is a limit to what the public will put up with in this regard. Personally, I'd far rather watch a bunch of committed BMC members getting stuck in at a good pace and fighting it out in honest competition. Wouldn't you?

Dave Cocksedge

Front Cover photo by Anthony Taylor

BMC news

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FRONT COVER

Hounslow's Wendy Smith retains her 5 mile road race title in the New Year's Day Road Races in City of London. Wendy was top ranked UK female at 3000m in 1980 with 8:53.8.

The greatest mile races of all time

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Cordner Nelson

14 — Turku, Finland, June 21, 1954:

John Landy raced Chris Chataway on one of the fastest of all distance tracks.

Quiet and studious, Landy lacked the confidence and aggression of most champions, but he trained harder than any of them. In the 20 months after his Olympic failure, the Aussie ran six races between 4:02.00 and 4:02.8. Pessimistic about breaking records in Australia, he flew to Finland with hope in his heart. But after 25 days of intensive training, he ran 4:01.6 twice. He felt inadequate, and his inferiority feelings intensified.

The weather was ideal in Nurmi's home town, and Landy's first quarter was about 58.5 on the cinder track. He led at 800 in 1:57.9, feeling better than ever. He increased his pace to a sensational 2:56.0. He tried to escape from Chataway, but fatigue was gaining on him and he began to slow. Once again he feared failure at the end. Only his endurance, gained from gruelling training, kept him going around to 1500 metres in a record 3:41.8. It was an amazing time, but he had finished as slow as 18.4 after a more comfortable pace.

He gave it all he had down the home-stretch, expecting to tie up at any moment, and the crowd of 8000 knowledgeable Finns cheered his effort. Surprising himself, he finished with his legs moving freely. His last 120 was in 16.1, faster than Bannister's. So was his 3:57.9. At last, he had something to feel confident about.

15 — White City, London, July 19, 1957:

Thirty thousand curious spectators waited under the covered stands to see the Invitation mile.

Most exciting entrant was awkward Stanislav Jungwirth of Czechoslovakia, who had shattered the 1500 record with an astounding solo run in 3:38.1 a week before. Most glamorous was pink-cheeked Ron Delany of Eire, undefeated since his spectacular Olympic win. And there was Derek Ibbotson, Olympic 5000 bronze medallist.

Ibbotson, a carefree blond with great natural talent, enjoyed cross-country racing at 11. In 1948, he became an electrician's apprentice, and not until 1954, when he donned the Air Force uniform at 22, was he exposed to the exciting new training methods.

His improvement was remarkable, and then he trained extremely hard after the Olympics. He ran 3:58.4 in oppressive heat, and six days before this race he set a British

three-mile record. He was in awesome condition.

A pacer sizzled around the cinder track in 55.3 and 1:55.8 with Jungwirth close behind. Ibbotson ran 56.0 and 1:56.4. "I was now feeling very tired." Then Jungwirth slowed the heartless pace to 3:00.0, with Ibbotson at 3:00.3. Fearing Delany's kick at this tactical pace, Ibbotson raced into the lead on the last backstretch and drove hard all the way home. "My body ached, I seemed to be suffocating, sweat blurred my vision."

Still, it was worth it to run 3:57.2. Second finisher Delany grinned about four milers under Bannister's best. "It was a fabulous race. I shall dream about it for years." But he was destined to run an even greater race.

16 — Santry Stadium, Dublin, August 6, 1958:

One of the unsung heroes of track and field — a promoter — assembled the fastest milers ever seen on one track.

This was Ron Delany country, and enthusiastic Irishmen pushed in to overflow the 20,000-seat stadium. There to challenge the Olympic champion were Merv Lincoln (3:58.9), future Olympic 5000 champion Murray Halberg, world three-mile record holder Albie Thomas, and an astounding newcomer named Herb Elliott.

Elliott liked a life of sensuous pleasure, but he drove his body with almost masochistic discipline. He won sprints at 8, 880s at 10. All through school he won, seven events in one meet. He was 17 then, and his mile time 4:22.

A broken bone discouraged him, and he gave up training for a year, smoking 30 or 40 cigarettes a day. His worried parents took him to the '56 Olympics across Australia in Melbourne, and his interest zoomed. He moved to the seaside training camp of Landy's inspirational coach, Percy Cerutti.

"I wanted to be the best miler in the world."

Cerutti's philosophy was, "Love suffering. Embrace it." After four months of suffering, Elliott outkicked Olympian Merv Lincoln in 4:00.4. He continued his inhuman training, and a month before his 20th birthday he ran 3:59.9. The next day he rescued a girl from drowning and four days later he laboured through 3:58.7. On his way to Dublin, he ran 3:57.8 and 3:57.9.

Ron Delany had promised to "thrash the pants off you in Dublin town," and as they lined up in the rain a spectator yelled, "Do him, Ronnie!"

Elliott circled the new red track in 56.4, then moved comfortably to Thomas' heels in 1:58.2. ("I don't even feel I've been running.") Jubilantly, he raced past little Thomas on the backstretch. But Lincoln passed him! ("I was thunderstruck.") Elliott was second in 2:59.2, and the crowd was screeching for Delany.

Elliott ran hard, past Lincoln to the 1500 in 3:39.6. Then his mad sprint covered the last 120 in 14.9. Once more Delany was in a

"greatest" mile, for he edged Halberg in 3:57.5, with Thomas at 3:58.6. Lincoln smashed Ibbotson's record with 3:55.9, 10 disheartening yards behind Elliott's 3:54.5. Again, competition had worked its wonders.

Elliott phoned his fiancée in Australia from a pub: "Then I sat down and got a little drunk."

17 — Wanganui, New Zealand, January 27, 1962:

The grounds were crowded with people anxious to see a special mile race between Halberg, Thomas, British three-mile champion Bruce Tulloh, and Peter Snell. Arthur Lydiard, Snell's coach, started the excited talk by predicting 3.55.

Peter Snell was a winner on the track at 12, and when he ran 1:54.1 at 19, Lydiard became interested and persuaded him to train over long distances. Snell was 5ft 10½in, but he was a muscular 176 pounds and long distances distressed him. After his first agonising run over a hilly 22-mile course, he burst into tears.

But Snell's strongest trait was a quiet determination and he endured. At 21 he shocked the track world with a gold medal in the Olympic 800. Although he ran a promising 4:01.5 shortly after, he remained a half-miler. But after 4:01.3 on New Year's Day, 1962, he flew to Wanganui secretly hoping to break Halberg's national record of 3:57.5.

Snell's start was disappointingly slow, but he moved to third in 60.7. After 2:00.6, he took the lead, wanting 3:00. Tulloh passed him before the bell, and Snell's time was 2:59.6. "I was still moving comfortably." But he was four tenths behind Elliott, who had finished like a tornado.

He followed Tulloh around the curve. At the head of the backstretch, Snell burst ahead with a startling sprint. "At this point I abandoned the studied relaxation. This is the moment when you stop consciously controlling what you are doing and pour everything into driving out the utmost speed." The crowd exploded in a joyous roar. "I don't think I've ever felt such a glorious feeling of strength and speed without strain."

He raced past 1500 metres in 3:39.3, and he was still thundering when he hit the tape in 3:54.4. It was a sudden metamorphosis — from merely a good prospect to man's leading torch bearer in his perpetual challenge against the clock.

18 — Auckland, New Zealand, November 17, 1964:

Snell wanted to break his own mile record on the fast cinder track at Western Springs Stadium, against the threats from the two medallists he beat in the recent Tokyo Olympics. Married now, holder of four world records and three Olympic gold medals, Snell was eager for a new adventure — a bold pace.

He followed a pacemaker in 56.4. Then, "I yielded to an urge to continue at the same rhythm," and he pulled away in 1:54.1. He

led by 15 yards in 2:54.3, fastest ever attempted. The crowd of 25,000 screamed, expecting a sensational record.

But Snell was in trouble. Gone was his exuberant energy, his concentration, his rhythm, even his leg speed. All he had left was his hard-earned endurance — and his courage. "It was mechanical desperation running, completely without inspiration."

He passed 1500 metres in 3:37.6, bettered only by Elliott, but he slowed to a tortured 16.5 for the last 120, his slowest ever. Snell had his record — 3:54.1 — but he said, "It was one of the hardest laps of my life." He suffered from his heroic pace and his verdict was quietly determined: "Never again."

19 — Rennes, France, June 9, 1965:

At 29, Michel Jazy felt marvellous, and so the best milers in France gathered in a special race to help him challenge his week-old European record of 3:55.5.

Jazy's parents were Poles who lived in France. When his father died, he worked in a print shop at an early age and won a cross country race when he was 16. In the '60 Olympics, he placed second to Elliott's world record while suffering "the woes of hell". Beginning in 1962, the Frenchman broke three world records, hit the tape in the European Championships 1500, and ran 3:57.9. He concentrated on the 5000 for his third Olympics, in '64, but he faded to fourth and bitterly considered retiring.

In 1965, however, he felt so extraordinary that he declared, "The first two weeks in June will be the Jazy two weeks." On June 2, he sped 3:55.5. On June 6, he collected a European 5000 record. Now, only three days later, he felt wonderful, and though the track was only mediocre, he liked the weather and he decided to go all out.

He controlled his exuberance, in 57.3. Jean Wadoux, a 3:57.2 miler, led, and Jazy was content with third in 1:56.5. He took the lead at the bell in 2:57.4, 3.1 seconds slower than Snell, but he still felt good. His 1500 in 3:38.4 was only 0.8 seconds behind Snell's record pace.

Jazy rushed into the homestretch and roused the French crowd with an exciting sprint over the last 120 in 15.2. He believed he had broken the European record, and when a world record 3:53.6 was announced he jumped for joy. He felt marvellous.

20 — Edwards Field, Berkeley, Calif., July 17, 1966:

As a substitute for the cancelled dual meet with Poland, an interesting invitational was arranged and word leaked out that Jim Ryun wanted the world record.

Ryun was the greatest running prodigy of them all. In 1963, as an awkward novice, he was introduced to severe training. Shy and withdrawn, he tried harder than most men, and many nights he was too sick to eat. But he survived and thrived, for he ran four laps in 4:07.8 as a 16 year-old sophomore.

As a junior, he ran an outstanding 3:39.0 1500 and made the Olympic team. As a senior he triumphed over Snell in the AAU championships in 3:55.3. In a great 1966 series, he ran an American two-mile record, his 3:53.7 frightened Jazy, and he exterminated Snell's 880 record with 1:44.9. At 19, he was ready.

Six keyed-up runners started on the hard grey track of clay and decomposed granite. Ryun followed comfortably in 57.9. "I felt pretty good the first quarter." His third 220 was 28 flat. Too fast! "I felt a kind of heaviness." He slowed to 1:55.5, with 15,000 fans shouting encouragement. "I felt good again. I didn't think the first half would be that fast."

Ryun seized the lead in the backstretch, increased the pace to the gun, and the crowd roared at his 2:55.3. Now he wanted 58.2 to break Jazy's record. He struggled harder around the curve. "I kept telling myself, 'Sprint', but it didn't work." He ran that 220 in 28 flat. Only Elliott, in a 1500 had ever run faster — and he had tied up!

Ryun's legs did not slow, but he could not sprint. The crowd pleaded with him, hoarsely hysterical. He passed 1500 in 3:36.1, second only to Elliott, and he strained down the homestretch. He was not tying up! The crowd was wild with joy as he drove himself to the finish. "You get used to the pain."

He walked around the curve in a daze, the while the applauding crowd remained standing. On the backstretch the announcer said, "... 3:51.3." As the crowd roared, Ryun threw up his arms and smiled with joy.

21 — Bakersfield, Calif., June 23, 1967:

The AAU championships were held at night to cool the unpleasant temperature, and the red brick-dust track was one of the best. A crowd of 11,600 expected an exciting mile, for in the unusually strong field of American was lanky Jim Ryun. He had run 3:53.2 on June 2, and at 20 he seemed peerless. Calmly, he told Jim Grelle he would set his own pace. "Fine," joked Grelle. "I'll see you later."

Ryun smiled and moved to the starting line. As soon as the crowd saw his gaudy Kansas uniform of blue and fluorescent red move in front, it became highly interested in lap times. Overeager, Ryun ran half a lap in 28.4. "My legs felt heavy." He slowed too much, to a disappointing 59 flat. He wanted 1:56, but his time was 1:58.9. "I didn't think I could get the record."

No man had ever set a record from the lonely front position, but Ryun was a trier, and the crowd cheered his effort. Still, his 2:57.4 was a discouraging 2.1 seconds slower than in his 3:51.3.

Undaunted, he whirled around the next 220 in 27.4 and held his speed around the last curve. His electrifying sprint was the fastest ever seen in a record mile. Obviously, he had not used all his wondrous strength, although his time was 3:51.1. His last three laps were a phenomenal 2:52.1, but he said, "I wasn't

nearly as tired after it was over as I was last year at Berkeley."

22 — National Stadium, Kingston, Jamaica, May 17, 1975:

The International Freedom Games drew a crowd of 37,000 attracted by five excellent milers: Marty Liquori, making a comeback . . . Rick Wohlhuter, the great half-miler . . . Eamonn Coghlan with his promising 3:56.3 relay leg . . . Tony Waldrop, who ran 3:53.2 . . . and Filbert Bayi.

Bayi was born in a grass house at 6000 feet, not far from famed Mt. Kilimanjaro. His father died and he spent his early days growing maize and beans, herding cattle, and fighting malaria. After five years of school, he worked as an air force mechanic at 17, yet he is cheerful in three languages.

Bayi comes by his phenomenal talent naturally, for his ancestors ran enthusiastically for centuries. Roger Bannister says, "Bayi has a built-in altitude acclimitisation, inborn over many generations." Bayi says simply, "I love to run."

At 19 he was shocked by sprint finishers in the slowest Olympic heat, but a few months later the track world was in turn shocked by the Tanzanian with the boyish face, for he beat Kip Keino. That summer, he ran many remarkable races, including an astonishing 3:52.6 behind Ben Jipcho's 3:52.0.

A gentle Jamaican wind was blowing and even after dark the temperature was in the 70s. Bayi led with a tranquil 56.9 and 1:56.6 on the artificial track. Almost insolently, he allowed Coghlan and Liquori to make up their 10-yard deficit. Coghlan inched ahead, but Bayi pulled away with impressive ease in 2:55.3. On the backstretch, Coghlan strained alongside, but Bayi had room to spare and Coghlan faded. Only Liquori persevered in the homestretch.

The announcement: "Three fifty-one point . . ." A suspenseful pause . . . "Zero!" Bayi was happily surprised. "Records come after winning the race. They are two separate things."

23 — Goteborg, Sweden, August 12, 1975:

At the famous Slottsskogsvallen Stadium where four world records were set in the stirring Hagg-Andersson series, a new Tartan track was ready for the Goteborg Games. The 1500 metres had been changed to a mile because 23 year-old John Walker of New Zealand promised a world record.

Two fast 800s failed to prepare the track world for Walker's astounding Commonwealth breakthrough in '74. His 3:32.5 was under Ryun's 1500 record, and he almost caught Bayi. In June, he crushed Bayi in 3:33.4. In '75, he blazed a 3:52.2 on June 30 and a 3:32.4 1500 on July 30. His speed workouts were better than ever and he knew he was ready.

Goteborg's 6mph wind bothered him, but the temperature was 70 degrees. Of 13

runners, only the pacemaker ran ahead of Walker. "He knew exactly the speed I wanted." Walker ran 55.8 and 1:55.1. Then the powerful Kiwi assaulted the record in front. With the crowd of 10,000 cheering "Wal-ker, Wal-ker," he pushed ever faster, to a Bayi pace of 2:53.0.

Long hair bobbing, he drove around the curve, past 1500 metres in 3:34.2, and the standing crowd was wild. In the homestretch, he drove his strong body mercilessly. He could not increase speed, but he refused to slow. At the tape, his eyes were closed and his face contorted.

His time was 3:49.4. In 21 years, man had improved Bannister's record by exactly 10 seconds.

24 — Bislett Stadium, Oslo, July 17, 1979 (By Dave Cocksedge):

The world's best milers gathered in Oslo to do battle for the coveted Golden Mile title, put up by the IAAF and their sponsors from Dubai. John Walker was there ready to assert himself against Steve Scott (USA), Eamon Coghlan (RoI), Thomas Wessinghage (GFR) and Britain's new wonder-boy Sebastian Coe. The slight Yorkshireman had broken the world 800m record with an amazing 1:42.33 two weeks before on this track, and now he was testing himself against the best over four laps. The only man missing was miling wizard Steve Ovett, unbeaten at this distance since 1977. He stayed away, claiming the race should have been held in London.

Americans Steve Lacey and Steve Scott carved out the early pace, with Coe staying close. Lacey led at 440y, with Coe on 57.8 at halfway (1:54.8 for Coe), Scott took over, and began a long hard drive that strung them out. Only Coe could follow, eight yards ahead of the pack, led by Wessinghage and Coghlan. Just before the bell (2:53.4) Coe spurred past the game Scott, and mounted his charge for the tape.

Keeping immaculate form, he opened up a dozen yards along the backstretch, floating easily past 1500m in 3:32.8. Still he did not buckle, keeping an elegant stride going until he reached the tape in 3:48.95, 0.4sec under Walker's historic standard. Scott ran 3:51.11 in second place, ahead of the greatest mass finish in miling history. The last finisher, Ken Hall of Australia, ran 3:55.4! But Sebastian Newbold Coe, a comparative miling novice, had beaten them all.

"I planned to stay close to the lead, and then see what I had left at the end," he explained. "But when Scott eased a bit as we reached three-quarters, I said to myself 'Now or never!' and I went." He added: "My record will go. If not this year, then next year."

25 — Bislett Stadium, Oslo, July 1, 1980 (By Dave Cocksedge):

Stung by Coe's successes, Steve Ovett (24) prepared himself for a battle against the clock at the venue of Coe's 800m and mile records

In fact, Coe had set his fourth world best (2:13.4 for 1000m) here just 55 minutes before the milers were called to their marks. A flamboyant racer with a string of 41 victories at 1500/mile to his credit, Ovett had rarely shown an appetite for record-breaking, though he had timed 8:13.5 for 2 miles in 1978 and in 1979 he came desperately close to breaking Coe's 1500 and mile marks with hard-paced runs. Now, conditions were perfect and the controversial Brighton runner was fired up and ready to go.

As planned, Ovett's friend David Warren carved out the early pace, towing the bronzed Englishman through in 56.3 and 1:53.4. Perfect. Warren kept going for another half lap, then dropped out, leaving Ovett in his blood-red Soviet vest to battle on seven yards ahead of the game Steve Cram, who was fighting for his berth in the British Olympic 1500m squad.

Ovett opened up now, widening his lead over Cram, and pushing on past the 1320y with raking, relaxed strides. The time was 2:51.0 and the crowd was now screaming for another record. Ovett kept that ground-eating cadence going, through 1500 metres in 3:32.7, the fastest en-route split ever. He was a tenth ahead of Coe's pace now, and by gutting it out without over-straining in the last 120m, he stopped the watches in 3:48.8, gaining another tenth over his rival. Cram finished in 3:53.8 ahead of Graham Williamson (3:56.4) running in borrowed kit.

"I've wanted to take this record from Sebastian Coe for some time now," Ovett announced through his spokesman later. "It tasted terrific."

Cordner Nelson is the co-author with Roberto Quercetani of Runners and Races the definitive history of the mile. The first 23 races in this article are reproduced from the American Magazine Track and Field News.



Seb Coe in full flight at 1978 European 800m Championship. Photo: Mike Street.

FRANK HORWILL

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The man they can't gag! The column with bite!

It is with considerable sadness that we learnt of PETER SHAW'S resignation from the B.M.C. on the grounds of ill-health, following a long spell in hospital. Peter's work in staging fast races on behalf of our club will never be forgotten. This raises another sore subject, the Stretford League races are to be discontinued, which means that our members may be deprived of one good race a month. We have contacted two people to consider making up the deficit, a coach in Blackburn and an athlete in Middlesbrough. Meanwhile, in the South we have extended our race a month programme to include Boys, Youths and all age groups of Women at West London, while at Crystal Palace we are putting on a combined Senior and Junior race each month. On May 17th at Cwmbran, we are holding a 4 x 1 mile inter area relay for men and a 4 x 800 equivalent for women. Should we not get the teams we require this will be altered to a straight mile and 800 race. Are our milers losing some of their nationalistic zeal? It seems strange that an opportunity to break the world records for 4 x 1 mile and 4 x 1500m, does not always get the support it should. Can you imagine what sort of Herculean time OVETT, COE, WILLIAMSON and MOORCROFT, could establish? It is no easy record; the New Zealand runners each broke 4 minutes for the mile when they made their world mark. Some members need a special mention here for their efforts on behalf of the BMC. Charles BOOTH, former editor of the BMC NEWS for several years and a meticulous Membership Secretary, slipped silently out of our ranks

when he didn't stand for re-election. The two jobs require a lot of boring routine work, but if it's not done properly we can be plunged into chaos. Addressing 600 envelopes twice a year is not the most interesting of jobs, nor is issuing up to date membership lists of the same total.

Thanks for everything, Charles. Our congratulations also go to BARRY ATWELL, ROBERT HANNA, DAVE PALMER, and DENNIS DORLING, for offering their services as "hares" in our races. This resulted in an 800 metres at the Crystal Palace being the fourth fastest in the U.K. and the 3,000m at Cwmbran one of the ten fastest in the world plus a new Welsh record.

Ann HILL, our Welsh BMC Secretary, who does not enjoy the best of health, has done a great job in rekindling Welsh interest in the B.M.C. in spite of some childish opposition from some parochial clubs. Why are some people so petty over the B.M.C. trying to organise something? We are not competing against other clubs, we cannot take part in League competition, we are not a first claim club, all we are doing and have done successfully over the years is to HELP IMPROVE BRITISH MIDDLE-DISTANCE RUNNING.

RUNNER'S WORLD MAGAZINE, October 1980, asks the question: WHY ARE THE BRITISH THE GREATEST MILERS IN THE WORLD? Some said it was our cross-country tradition, which is nonsense, since we've had that for over a century and it certainly didn't do us any good from 1957 to 1967. JOHN WHETTON, European Championship gold medallist at 1500 metres in 1969, says: "Its sole intention (formation of the British Milers' Club), was to upgrade middle-distance running in Great Britain." The club now lists 500 members, and Whetton firmly believes that the constant exchange of ideas between coaches and athletes within the B.M.C., and its continual promotion of

events, are largely responsible for Britain's huge miling success. "A lot of people thought the B.M.C. was a crank idea because it was master-minded, and still is, by a controversial coach named Frank Horwill," Whetton said, "But the point is, they did things for the athlete - putting on events, distributing a newsletter - which ultimately proved a success in terms of the Coes and Ovetts. They put on training camps, the first that were seen in the country, with the view of bringing in ideas from overseas and experimenting with new types of training. The B.M.C. wasn't just a mid-'60s thing; it is still very much a serious force in British athletics."

JACK HARRIS, who has a coaching advice column in ATHLETICS MONTHLY, has taken me to task over my comments about W.G. George, one time world mile record holder. Jack says, "George was a chemist's assistant and not a grocer's one and he didn't do a 50-Up exercise, he did 100-Up". The exercise referred to was running on the spot with a high knee-lift. Thanks, Jack, not much misses your eye for I recall you once told me you had read every single book ever written on M.D. running!

KNEE TROUBLE

Sadly, many runners are crippled with synovitis of the knee, chondromalacia, ligamentum patella strain ilio-tibial band pain. One of the best books on the subject is ATHLETIC INJURIES by Dolan and Holladay, both American College sports doctors. One thing that comes across in their book is that the American coach is expected to carry out a lot of preliminary diagnosis and treatment. I quote. "The trainer and coach must always remember that the knee joint is not only a weak joint but a weight-bearing one. Between the end of the thighbone (femur) and the top end of

the shin-bone(tibia) there exists a covering around these bones' respective ends called hyaline cartilage. This cartilage, although very thin, assists the synovial fluid in rendering an elastic shock absorption quality to the knee. This type cartilage is also found on the inner side of the patellar(kneecap). The semi-lunar(half-moon shape) cartilage is a fibrocartilage type tissue; before birth this cartilage is a complete disc, but following birth, the central portion thins out and disappears in most people. It is tears to this cartilage that cause most of the locking found in injured knees. However, there is a fat-pad behind the patella

that is quite often nipped-off, and this is often mistaken for a torn cartilage. It is well to point out that the cartilage does not carry weight in the knee-joint. It merely fills in space at the margin of the tibia and femur. In athletics, although the cartilage and ligaments are the most frequently referred to, there are other tissues subject to indirect violence. The knee capsule, a tissue that fills dead space areas of the knee, will quite often "wrinkle" when the leg is extended. If the "wrinkle" occurs as two bone ends come together, and between those two, the capsule is torn. This simple injury can cause all sorts of misdiagnosis, because it causes not only continuous pain but some swelling.

IF INJURED CARTILAGE DOES NOT HEAL ITSELF WITHIN FOUR WEEKS AND IF NO SURGERY IS PERFORMED TO CORRECT THE INJURY VIA REMOVAL OF THE INJURED TISSUE, THERE IS A HIGH STATISTICAL PROBABILITY THAT THE INJURY CAN DEVELOP INTO A TRAUMATIC ARTHRITIS. AS FAR AS SURGERY IS CONCERNED, IT IS WELL TO REMEMBER THAT A KNEE CARTILAGE IS AS EXPENDABLE AS AN APPENDIX.

SELF EXAMINATION OF AN INJURED KNEE 9

1) If the athlete cannot put weight on his heel and tends to walk on his toes, knee joint tissue injury should be suspected. (2) Watch out for swelling and accompanying red, blue, greenish-brown or yellow patches. Swelling must be reduced. NEVER APPLY HEAT to a freshly swollen knee. Apply ice and a pressure bandage for three days. (3) Sit in a chair with legs at a 70 to 90 degree flexion. Gently pull the lower leg forward or push it to the rear. If movement causes pain, there is indicated a torn portion of the cruciate ligament. 4) Lay on back and flex leg to its maximum. With thumb and forefinger run ~~them~~ around the open gap on top of the knee, get someone to rotate the lower leg through a diameter of six inches. A clicking noise will be heard and felt if the cartilage in the posterior aspects are torn.

5) Lay on back, the affected leg fully extended. Get someone to place their hand on the knee and the other on the inside of the ankle, gently pull away from the body while the hand on the knee pushes towards the body. If a sharp pain is felt and a gap is noticed near the femur's internal epicondyle, the lateral ligament is torn. 6) Lay on back, leg fully extended. Get someone to place one hand, palm down, over the lower end of the quadriceps muscle group. Push the hand toe-ward. With the index finger of the other hand, press the patellar downward and release twice. If fluid is present, a click like two pieces of ice striking together will be felt and heard."

LOOK FIRST AT FEET

Shoes with worn heels should be repaired or thrown away. Shoes with poor arch supports should be corrected by using Scholls supports. Athletes with Morton's foot, the second

toe larger than the big toe should have a pad placed in the shoe and secured with a sticking substance. The pad can be of foam, a quarter of an inch thick, and should be shaped from the heel to two inches short of the toes but should go right up to the toes of the big toe and second one

CHANGE TRAINING ROUTINE

If most of your training is on the road, change to grass, track, woods or sand. If your training is done along banked paths or roads, try running on the other side so that the heel tends to bend outwards away from the body.

VITAMIN C TREATMENT

A runner's foot strikes the ground 90 times to the minute on average. This is continual strain on the cartilage and it is now known that Vitamin C helps the body produce collagen, an essential ingredient for the health of cartilage. American naturopaths claim cures for chondromalacia with massive doses of Vitamin C for four weeks; i.e. 3000 mg per day.

STRENGTHEN THE QUADRICEPS

Measure the quadriceps diameter about eight inches above the knee and look for shrinkage. Delorme's Ten Repetition Maximum Exercises for knee rehabilitation are the best yet devised.

- 1) Sit over a table edge, legs not touching the floor. Raise to the horizontal ten times. Each day add more weight so that the maximum of ten can be reached with effort.
- 2) Lay fully extended on back, raise one leg at a time to 90 degrees overhead ten times.
- 3) Sitting quadricep contraction. While sitting in bed, tighten quadricep muscles ten times on each leg.

- 4) Sit on bench close up to the back of the knee, toes secured under a wall bar or held by a partner. Raise body by contracting quadriceps and straightening legs.
- 5) Swim using the crawl action; if you cannot swim, hold on to bath side and do paddling action of the crawl stroke with the legs.

RECENT RESEARCH AT PACE, DISTANCE AND REST

Want to get fit quickly? The book TOWARD AN UNDERSTANDING OF HUMAN PERFORMANCE edited by Edmund J. Burke, PhD, reveals that 30 sec duration fast strides followed by $1\frac{1}{2}$ minutes jog rest which decreases by 15 seconds after each run is the quickest way to get fit. Pulse rates of 200 are reached during the runs. But there comes a time when the runs have to be extended to 3 minutes. An unfit Tim Hutchings coming back from injury tried this: Result? Sub 4 minute mile (3:59.8) at Swansea in October, 1980.

HOW THEY TRAINED

VLADIMIR KUTS, was the world record holder at 5,000 and 10,000 meters. He was 5ft.8 ins. tall and weighed 159lbs. On the Stillman Ht./Wt. ratio table he was overweight, being only 5% less than the average non athlete for his height! He gained gold medals for both distances in the 1956 Melbourne Olympics.

TRAINING IN THE SPRING:

Monday: In a park or forest. Twenty-five minutes warm up divided into half running and exercises. This was followed with acceleration runs from 120-150 metres x 6. Then came $1\frac{1}{2}$ hours of fartlek which consisted of 10 efforts from 600-800 metres culminating in maximum speed. In conclusion, 15 minutes of run-leaping, where he pushed up hard on the balls of his feet.

Tuesday: In park or forest. Thirty minutes warming up as for Monday, followed by accelerated running 8 x 100m. This was followed by special

10 gymnastics, then, on to 20 x 200m at 28-29 secs. and 5 x 400m. each at 68 secs. Run leaping for 15 mins.

Wednesday: In park or forest. One and a half hours of fartlek which consisted of 10

acceleration runs of 1,000m, each done in about 2:50 secs.

Thursday: Active rest. Warm up routine in the morning for an hour.

Friday: In stadium or forest.

Thirty minutes warm up. 5 x 120-150m acceleration runs. Special gymnastics. Then 5 x 200 metres at 28-29 secs; 20 x 400 metres at 68 secs.; 5 x 200m at 28-29.

15 minutes run leaping.

More gymnastic practice.

Saturday: In the fields. $1\frac{1}{2}$ hours fartlek which included 12 x 600-800m at 92 secs. for the former and 2:10 for the latter.

Sunday: Active rest.

SUMMER TRAINING

Monday: In stadium. A.M. 40 minutes slow running and gymnastics.

P.M. 35 minutes warm up. Then 5 x 80-100metres acceleration runs.

3 x 200 metres at 28 secs. with 100m jog. 15 x 400m, the first eleven runs at 65 secs, the next three at 68 secs. and the last one at 63 secs. Jog 100m rest after each.

15 mins. of run-leaping followed by gymnastics.

Tuesday: AM only, 40 mins. run at changing tempo.

Wednesday: AM in the stadium. 45 mins. warm up. P.M. 35 mins. warm up.

Acceleration runs up to 150m. 5 x 400m at 61 secs.; 2 x 1200m at 3:12; 3 x 400m at 65 secs.. 10 mins. run-leaping.

Thursday: In forest. P.M. $1\frac{1}{2}$ hours fartlek with several bursts from 100m to 600 metres. 15 mins. gymnastics.

Friday: AM Slow run followed by exercises. P.M. In the stadium, 25 mins. warm up; 3 x 200m acceleration runs.

6 x 100m fast followed by 600m slow in 2:42. 15 minutes run-leaping.

Saturday: Active rest.

Sunday: In forest. 30 mins. of special gymnastics in the morning. P.M. 35 mins warm up. 5 x 150m acceleration runs. 3 x 1600 metres 4:40 each and 6 x 400m in 65 secs. 100m fast jog between. 10 mins. spring running.

At the Melbourne (1956) Olympics, Kuts was seen running 25 x 440 in 65 sec. with 110y jogging which took 30 seconds.

This he did every other day. On the other days he did either three hours of fartlek or 6 x $\frac{3}{4}$ mile in 3:15 each with a 50 metre jog between each. Sometimes he did 880y in 2 minutes with a 50 metre jog rest.

Kuts, it will be noted, rested twice a week. He also reduced training a week before major races. He trained at race pace to be achieved every day in varying amounts.

In the 10,000m at Melbourne, Kuts ran his first mile in 4:27; 2 miles in 9:00.0; the first 5km in 14:04 and the second half in 14:41.

-oOo-

HERB ELLIOTT, Perth, Australia.
 Best marks: 2 mile - 8:37.6
 mile - 3:54.5(world record);
 1500m - 3:35.6(world record);
 880y - 1:47.3 Height 5ft.10 $\frac{1}{2}$ ins.
 Weight - 147lbs. Stillman Table
 ht/wt ratio, 10% below average non
 athlete weight. Started racing at
 15, did 4:25.6 mile at 16. At 17
 ran 1:55.7 and 4:20.4. At 18 he
 ran 9:01.2; 4:04.4; 3:47.8; and
 1:50.8. Two weeks after his 19th
 birthday he ran 4:00.4 and 1:49.
 TRAINING: Very little training was
 done on the track. He ran 10 miles
 daily during the week in the parks
 of Melbourne, where he worked as a
 clerk. At week-ends he drove 60
 miles to Portsea, a rough sea-shore
 training camp which was owned by
 his coach, the then 64-year-old
 Percy Wells Cerutti. During these
 week-ends he achieved in training
 what most runners of his era took
 a week to complete, both in mileage
 and quality. Most work-outs were
 done on the beach over a rough mile
 and a quarter long bush circuit,
 some on a golf course and up an 80ft.
 sandhill with a grade of one in two.
 Continuous runs of 30 miles were
 not uncommon. He did not train
 less than four hours a day while
 at Portsea.

Elliott's coach was a keen believer in weight-training and had Herb lifting heavy poundages.

Most of his sprint work was done up the 80-foot long 1 in 2 hill, and consisted of 50 efforts at a session.

Elliott followed his coach's dietary fads which meant eating uncooked rolled oats mixed with wheat-germ, walnuts and chopped fruit for breakfast. He took no sugar in tea.

As a tactician, Herb Elliott was remarkably ill-informed. He admitted that he never knew what pace he was running at, but claimed at his peak that he could run two sub 4 minute miles a week without trouble for months on end!

In training the stop-watch was used only for timing a speed run over the 2,000 metres long bush track. One of Elliott's work-outs entailed running in knee-deep sea water to exhaustion. A non running task was to climb up steep mountains with a heavy pack(A task now included in the training of S.A.S. men.) The ascents were timed and had to be improved upon. Cycling 100 miles was another activity.

Membership Secretary is PAUL WILLIAMS. His address until April 10th, 1981 is 94a Eversley Avenue, Barnehurst, Kent. After April 10th you can contact him at: 80 Milford Close, Abbey Wood, London SE 21.

Cheques and PO's should be sent to Treasurer Ray Williams (address on page 2). The £2.00 should be made payable to the BMC and subs are due by March 31st latest or you will be charged £3.00.

EQUIPMENT

BMC Vests are £2.50 each; Ties are £2.00 and badges 25p. Cheques/PO's are payable to W.P.Bennett NOT to the BMC. Bill's address is on page 2. All orders for equipment/clothing should include an envelope (sae) big enough to mail the item requested back to you.

By Harry Wilson (BAAB Event Coach)

I'm writing about coaching individuals, not teaching groups of young runners so any training programmes must be devised to suit individuals. So avoid the temptation to copy what other successful young runners have done.

The coach must analyse the event: whats needed - endurance, speed, oxygen debt tolerance, tactical awareness, etc. then analyse the athlete to see how they match the requirements of the event for each year. The training programme is the build up on a long term basis to remedy weaknesses and strengthen strengths.

You aim for a long term build up but also bear in mind seasonal targets. These should be based on "what is needed to win certain races", rather than on times.

After the first analysis the coach has to study other relevant factors, e.g. physique changes, mental attitude, studies, family involvement, work, social activities, eating and sleeping habits etc.

Bear in mind that merely by growing, young people are big energy consumers, so watch eating and sleeping habits carefully. Also assess whether the athlete will be with you for a long while or not and likely potential.

Remember your job is to make the best use of the talent you are given to work with - not everyone can be Internationals so don't start by building up false hopes.

Explain your ideas for long term and short term development. Long term may mean that at times an athlete may appear to be under-trained. It is easy to obtain quick results with heavy workload, but hard to keep increasing an already heavy load.

Remember that haemoglobin levels are increasing during youth so improvement in oxygen uptake should take

take place anyway. Peaks are reached at approximately 15/16 with girls and 19/20 with boys. This points to the need to start working girls harder at a younger age.

Right from the start emphasise the importance of training that improves speed and technique, as it is difficult to work on these points later. Also more emphasis on endurance as this takes longer to gain.

When young, an athlete's sessions should be varied quite often. This does not become so important later when athletes are more self-motivating and self-reliant. Vary the sessions from very easy to very hard. Remember that some results are dependant on being developed by time. Its not the actual training but for how long you have been doing it.

Add new ideas and new aspects of training gradually - don't attempt to remedy all weaknesses in one year. Try to get athletes to appreciate that at times they may stand still or even go back a bit. Even more important - try to get parents of athletes to appreciate this; unthinking parents are the cause of much stress on young athletes: typical quotes from youngsters are: "I must do well or else its hell at home"; and "I didn't really want to do this race but my parents would have killed me if I had not run."

Make sure with young athletes that the object of training is to help them race well. A coach aids them to achieve the physical condition to do well in a race - its then up to them to make the most of it. Obviously they have to enjoy the feeling of winning and enjoy the training challenges that put them in a position to win.

Also enjoy the sheer physical pleasure of being healthy and able to push their bodies to extraordinary lengths. Unhealthy and handicapped children would love the opportunity to feel the pain of hard training.

When developing the athlete, don't neglect the mental side; i.e. eventually the runner has to be self sufficient. Eventually he/she must know what is right for them. Encourage athletes to contribute by feeding back ideas they may have - the coach has to listen and observe, to discuss and argue. The coach contributes to his own redundancy in certain aspects here and the coach must be prepared for his role to change.

He will also develop (or should do) as the athlete develops. He has to anticipate problems or big improvements and be prepared to meet them. By being honest with each other, athlete and coach always maintain

confidence in each other. When this has gone the relationship is seamed and the athlete should be aware that it is easy for others (sometimes intentionally, sometimes not) to undermine a good relationship.

Remember that this can be the vital period in an athlete's development and so very much depends on the coach as to how the athlete will turn out later. Encourage the love of winning but even more important the love of trying hard. An athlete will not always win - and this is why I dislike the idea "An Olympic silver medal is nothing". I feel it belittles everyone who has won an Olympic medal, let alone everyone who has tried hard.

.....

Additions to Sub 4 minute milers list. Compiled by Ian Hodge (NUTS)

S.Cram 3:59.9 (2) 26 Jan 80 Auckland
3:53.8 (2) 1 Jul 80 Oslo; 3:55.52 (3)
8 Aug 80, London (CP), 3:55.71 (8)
25 Aug 80, London (CP).
S.Flint 3:58.68 (1) 26 May 80, Birmingham
I.Stewart 3:58.94 (2) 26 May 80 Birmingham
3:59.8 (13) 8 Aug 80, London (CP).
B.Smith 3:59.04 (3) 26 May 80, Birmingham
3:57.46 (9) 8 Aug 80 London (CP).
S.Ovett 3:48.8 (1) 1 Jul 80 Oslo; 3:51.56
(1) 22 Aug 80 Brussels; 3:52.84 (1) 25 Aug 80
London (CP).
G.Williamson 3:56.4 (3) 1 Jul 80, Oslo.
N.Rose 3:59.43 (1) 13 Jul 80, London (CP);
3:57.50 (10) 8 Aug 80 (CP).
S.Cahill 3:59.57 (2) 13 Jul 80 London;
3:59.5 (11) 22 Aug 80 Brussels.
D.Moorcroft 3:55.73 (4) 8 Aug 80 London (CP).
J.Espir 3:58.19 (11) 8 Aug 80 London (CP).
C.Sly 3:58.85 (12) 8 Aug 80 London (CP).

1979 addition:

A.Leonard 3:59.92 (7) 8 Jul 79, Gateshead.

Underdistance mark:

T.Hutchings 3:59.8 (1) 5 Oct 80,
Swansea (Worth 4:00.2 for full
distance).

Total UK sub 4 men is now 67,
with 230 performances. Ovett
has 17, Moorcroft 11, Cram and
Williamson 7 each in addition to
list published in Autumn 1980
issue.

Grateful acknowledgements to
Ian Hodge of the NUTS.

PICKED FOR A PRESTIGE RACE?
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I have pleasure in presenting my report for 1979/80, a year which started in excellent fashion with the training weekend at Hendon last October. There was a bumper turnout on both days, the AGM having the largest attendance for 4 years. Malcolm Coomber and Bryan Smith are to be thanked for their efforts which brought a much-needed boost to the club's funds.

The National Committee has met on eight occasions during the year and I have attended all meetings. Much of our time has been taken up with the discussion of financial matters, notwithstanding the raising of BMC subscriptions from January 1980. So few members pay their subscriptions promptly that additional sources of revenue are essential if the club is to expand its activities.

After much discussion a fund-raising sub-committee, under the chairmanship of Michael Tollit, was set up and a number of their proposals are in the process of being implemented. These include the printing of a fund-raising brochure and distributing it to Rotary Clubs and similar organisations, and Harry Wilson, Ron Holman and Malcolm Coomber have undertaken to speak to meetings of the above organisations about the work of the BMC. We are also considering amalgamating with or supporting an established lottery for a share of the proceedings.

By this time next year it is hoped that we shall have raised sufficient funds to enable an expansion of the BMC's work to take place.

Two other issues have been discussed at great length. At our March meeting it was suggested that a letter should be sent to the Prime Minister, protesting strongly about the proposed British boycott of the Moscow Olympic Games. A vote on this proved inconclusive so in the end no letter was sent.

When the May meeting took place, and we discussed the re-instatement of three Eastern bloc women middle-distance athletes who had been banned from competition after failing drug tests at the Balkan Games (1979), no such doubts occurred. A letter of

protest was sent to the secretary of the IAAF and copies of the letter were sent to members of the athletics press. The complete text was published in the July 5th issue of ATHLETICS WEEKLY and formed the basis of a 3 page article by the editor.

I referred at the beginning to Malcolm Coomber's work in organising the training weekend at Hendon last year. Malcolm has had overall responsibility for training day organisation for several years now and he is to be commended for the hard work he has put in. At times the response has been excellent, on other occasions it has been poor, but the thoroughness of his organisation has always been evident.

Another field in which one of our committee members has held office for several years is race organisation. Frank Horwill, co-ordinates the racing programme for the whole country; in addition he organises and sends out the invitations for all the BMC races for men and women in the South. In the North, most BMC races are held at Stretford and these are organised for us by Peter Shaw. The lack of sponsorship has meant that for most BMC races we do not pay travelling expenses, but this has not inhibited athletes from travelling very long distances to run in our races; as they know they are guaranteed a fast pace and good competition.

Each year that I have prepared my annual report I have been able to write of results better than those achieved in the previous year by UK runners. In my 1977 report I was able to write about Seb Coe winning an European indoor 800m title and Steve Ovett's victory in the World Cup 1500m. In 1978 I wrote about Dave Moorcroft winning the Commonwealth 1500, and Steve Ovett taking the European title. In 1979 Coe set 3 world records,

with Ovett posting times over 1500m and 1 mile only just outside Coe's record marks.

This year has brought four further World records from Sebastian and Steven, but far more exciting for me were the two Olympic finals in which they each confounded most of the experts by winning the wrong events! A great many fans expected (or hoped) that Seb would win the 800m, and Steve take the 1500. It will

now take further races to show which of the two will ultimately prove the better.

The supremacy of British middle-distance running (on the male side) was demonstrated still further in the Olympics when David Warren and Stephen Cram made the 800 and 1500m finals respectively - the UK was the only Nation to put all 3 runners in each event into both finals.

On the womens' side 1980 was a distinctly non-vintage year and it is clear that the educational programme of the coaches of women md runners, which the BMC started with a special conference in February 1979, needs to be given priority. Leaving aside the system of training and (alleged) artificial aids which operates in Eastern European countries, it simply isn't good enough that only a handful of girls have beaten Ann Packer's 800m time of 1964.

I am now standing down from the post of National Secretary after four years in office. In addition to the officers already named in my report, I should like to thank the members of the National Committee, our representatives in the regions and all the others who do work on behalf of the British Milers' Club. Through their efforts the prestige of the club has never been higher.

MICHAEL DUNPHY

ANSWERS

- 1) Twenty-six, on August 8th, 1980. 13 in London (CP) and 13 in West Berlin.
 2) Gabriella Dorio (Italy) with 3:59.82 in Rome, 6.8.80.
 3) Michel Jazy's 4:56.2 for 2000m at St.Maur, 12.10.66.
 4) Nina Holmen (Finland).
 5) Brendan Foster's 13:14.6 for 5000m; Christchurch, NZ, 1974. Ben Dipcho (Ken) won in 13:14.4.
 6) Rosemary Stirling-Wright.
 7) Viren ran 13:16.4 for 5km on 14.9.72 (Helsinki) and Putte-mans clocked 13:13.0 at Haysel, Belgium 6 days later.
 8) Maryvonne Dupureur (France).
 9) Eamon Coghlan (ROI) was 4th in the 1976 1500m final and 4th in the 1980 5000m final also.
 10) Linda Radke (Germany) in 2:16.8 at the 1928 Games. The event was then discontinued until 1960.

BMC quiz

Compiled by Dave Cocksedge

- 1). What is the greatest number of sub 4 minute miles run on one single day?
- 2). Can you name the first Western European female to run under 4 minutes for 1500 metres?
- 3). What is the longest standing European middle distance record?
- 4). Can you name the European Womens' 3000m Champion from Rome in 1974?
- 5). What is the only UK distance record set in a non-winning race?
- 6). Name the last British female to make the Olympic 800m final.
- 7). What was the shortest lived of Lasse Viren's World Records?
- 8). Who was the runner-up to Ann Packer-Brightwell in the 1964 Tokyo Olympic 800m?
- 9). Who has been 4th in two successive Olympic finals at different distances in the 1976 and 1980 Games?
- 10). Can you name the first ever Womens' Olympic 800m Champion?

PLATEAU RUNNERS

Some runners are good season after season. If they were mountaineers they would climb Mont Blanc with ease. I said to one such athlete, "You are good and have been good for years. When are you going to be great?" When are you going to have a go at Mount Everest?" Are YOU a plateau runner? Some runners have asked themselves this question and have not been happy with the answer. Subsequently they broke World records - Ron Clarke, who held 11 world records, was such an athlete. He moved from a plateau to the peak of human effort.
 F.J.HORWILL

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