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JOHN HOWELL

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The Middle Watch

HARRY A. HATHWAY

IDEAL conditions for timekeepers would include .45 ammunition with a good flash, an auditory signal reaching them by microphone and loudspeaker simultaneously with the visual one, a good view of the finish from a comfortable position and perhaps the loan of expensive watches.

Even then accurate timekeeping could be expected only from competent timekeepers. Thus a reliable A.A.A. scheme for testing timekeepers is a necessity.

British timekeeping is good, its standard is rising and the number of competent men is increasing. Nevertheless even among these there are variations in ability, depending on their watches, experience, practice with electric time, and the frequency with which they work.

The errors of a top-class time-keeper are of great importance when he times a record performance or acts as master-timekeeper in a timekeeper's test. I have acted at a number of tests in the past eighteen months and so I will point out that at the A.A.A. Championships this year I used a 1/100 sec. timer on 26 races with the following results :—

H.A.H.—	48.44,	48.84,	48.67,	47.55,	47.82,	45.86,	9.95,	9.93,	9.89,	9.89.
ELECTRIC—	48.44,	48.80,	48.63,	47.55,	47.81,	45.86,	9.90,	9.90,	9.93,	9.92.
H.A.H.—	23.91,	21.83,	21.86,	22.04,	21.07,	52.64,	53.67,	53.21,	51.03,	43.33.
ELECTRIC—	23.94,	21.88,	21.90,	22.07,	21.11,	52.67,	53.69,	53.20,	51.01,	43.28.
H.A.H.—	9.85,	9.94,	9.93,	43.78,	43.84,	42.86.				
ELECTRIC—	9.94,	9.94,	9.84,	43.71,	43.86,	42.80.				

At Wembley too in 45 sprint races I differed from the electric timer by .00 secs. 4 times; .01, 13; .02, 13; .03, 3; .04, 4; .05, 6; .06, 1; .07, —; .08, 1.

In a timekeepers test with a good signal, no distractions, an excellent view of start and finish and a 1/100th second timer, I must be very close to the precise time.

My first original work in timekeeping was the measurement of my own errors on thousands of occasions using a 1/100th second timer in ideal conditions. About 1% of the errors were .08 seconds but very few indeed were .09 seconds or more. I therefore consider that timekeeping efficiency can be assessed by the percentage of errors of .08 seconds or less. The figure is about 80% at the White City for men using 1/10th second timers. Of the remainder only about 3 or 4% exceed .16 seconds.

From five recent timekeepers' tests at which I presided I chose ten sets of five timekeepers, those in a set scoring approximately the same mark. For each set I found the discrepancy in each race between my time and (I) the time of each of the 5 timekeepers, (II) the agreed time of each of the 10 possible pairs, (III) the agreed time of each of the 10 possible trios, (IV) the agreed time of the whole 5.

In the table below the results I, II, III, IV are classified under sub-headings A, B, C according as this difference is .08 seconds or less, is between .09 and .16 seconds inclusive or exceeds .16 seconds, the figures being percentages of the totals.

Finally in (V) for the occasions (not percentages) when at least three of the five watches agreed, the times are classified as A, B or C.

2A Average mark of 5 timekeepers		I Times taken on 1 watch				II Agreed times on 2 watches				III Agreed times on 3 watches				IV Agreed times on 5 watches				V Occasions when 3 or more watches agree			
		A	B	C	Total	A	B	C	Total	A	B	C	Total	A	B	C	Total	A	B	C	Total
95.5	a	71.0	27.5	1.5	200	70.0	29.0	1.0	400	79.0	21.0	—	400	82.5	17.5	—	40	23	7	—	40
93.0	b	66.5	28.0	5.5	200	68.25	27.0	4.75	400	74.0	24.5	1.5	400	75.0	25.0	—	40	25	7	—	40
91.0	c	63.4	29.3	6.3	175	76.3	22.6	1.1	350	71.4	28.6	—	350	71.4	28.6	—	35	19	7	—	35
86.8	d	60.0	25.5	14.5	165	68.8	29.7	1.5	330	75.2	22.7	2.1	330	84.8	15.2	—	33	16	3	—	33
86.5	e	60.0	28.5	11.5	200	55.0	38.0	7.0	400	75.0	24.25	.75	400	77.5	22.5	—	40	22	4	—	40
86.0	f	56.5	31.5	12.0	200	52.5	38.5	9.0	400	67.75	29.75	2.5	400	70.0	25.0	5.0	40	14	7	1	40
84.0	g	54.0	33.5	12.5	200	52.25	37.5	10.25	400	70.0	26.25	3.75	400	85.0	12.5	2.5	40	17	4	—	40
82.0	h	56.0	31.0	13.0	200	56.25	36.5	7.25	400	73.5	24.25	2.25	400	82.5	17.5	—	40	16	2	—	40
80.0	j	50.3	32.7	17.0	165	54.5	39.1	6.4	330	66.4	30.0	3.6	330	75.8	24.2	—	33	9	6	—	33
77.0	k	46.9	30.9	22.2	175	66.9	26.0	7.1	350	51.7	36.3	12.0	350	57.2	31.6	11.4	35	16	7	3	35
75.8	l	46.0	31.5	22.5	165	50.6	39.4	10.0	330	60.3	30.9	8.8	330	60.6	33.3	6.1	33	10	7	—	33
59.4	m	27.4	34.9	37.7	175	40.3	41.1	18.6	350	33.1	42.0	24.9	350	37.2	31.4	31.4	35	3	6	5	35
53.4	n	23.4	32.6	44.0	175	37.7	40.0	22.3	350	18.8	40.3	40.9	350	17.1	42.9	40.0	35	5	8	9	35

NOTE.—A candidate's mark in a test is the percentage of the total races run in which his time differs from that of the Master Timekeeper by .1 second or less.

The table on page 2 demonstrates a number of facts.

1. A figure in Col. IA corresponds to the mark scored approximately thus :—

Mark—	95.0,	92.5,	90.0,	87.5,	85.0,	82.5,	80.0,	77.5,	75.0,	70.0,	65.0,	60.0.
IA—	70.0,	66.0,	63.0,	60.0,	57.0,	54.0,	51.0,	48.0,	45.0,	40.0,	35.0,	30.0.

   In the test credit is given for all results of class A and for some of class B. This accounts for the difference between the mark and the figure in Col. IA showing the timekeeper's efficiency. For marks below 75 this difference is constant but as the efficiency increases fewer times fall into class B and the difference slowly decreases. A man could probably score 100 with an efficiency of 80 and new grade 1 men do continue to improve on working with the electric time.

2. Compare IIA with IA. Rows k, l, m, n shows that with poor or passable timekeeping considerably better results are obtained with two timekeepers than with one. In rows d, e, f, g, h, j, where the timekeeping is good an improvement is doubtful as in trying to avoid anticipation these men may get errors of excess as well as some of defect and the shorter time may be the more accurate.

3. Compare IIIA with IA. In every row but one efficiency is greater with three timekeepers per runner than with one. The actual improvement varies as it depends on chance distribution of the positive and negative errors of the timekeepers. Nevertheless if the mark is from 95—90; 90—85; 85—80; 80—75, IIIA figure is between :—

   75+ or −5; 70+ or −5; 65+ or −7.5; 60+ or −7.5 respectively.

   The average increase on the figures of IA is about 10%. A Chief Timekeeper by good management based on a knowledge of his colleagues can improve his team's efficiency by 5 to 10%.

4. Compare IVA with IIIA, IIA, IA. In rows a to j with one exception the IVA figure is the best, but this is not true of rows k to n. The small totals in section IV mean that chance plays a larger part in the connection with IIIA. If the mark is 80 to 95 Col. IVA is between 77.5+ or −7.5 but as the mark drops below 80 there is a sudden decrease in the figure in IVA. In fact unless all the timekeeping is good it is pointless to have more than two watches timing each runner.

5. The figures in Col. C are also instructive. In IC they decrease steadily going up the table and even a small decrease means a better mark. Taken with the conclusions of para. 1 this proves the accuracy of the test. In rows a to j the figures in Col. C fall steadily as we go from left to right. Thus if the timekeepers are good the efficiency of a team increases with the number in it, but if they are merely passable or poor, judging from rows k to n a team of two has least bad times.

6. Section V gives the instances when three or more of the five watches had a common time of class A, B or C—in rows a to j 161A 47B 1C. This common time is the agreed time of the 5 and in 77% of cases is class A. From rows a to j Col. IVA the agreed time of the 5 on average is class A in 77.1% of cases. Hence the accuracy of the agreed time of 5 good timekeepers is the same whether three of them have a common time or not.

7. Timekeepers with a mark of 75 have an agreed time of class A on about 60% of occasions, while if the mark is 60 the figure is much less.

8. A man scoring 80 or 90 will receive a grading 2 or 1 when the appropriate committees are satified that he does work of this standard in competitive athletics.

9. In the area of the S.C.A.A.A. alone there are 21 Grade 1 and 36 Grade 2 timekeepers still active. I consider that A.A.A. Law III-4-C (Records) should be amended to state that the time shall be taken by three timekeepers who are Grade 1 or Grade 2. As Rule 115 Timekeeping already prescribes the use of certificated 1/10th second timers, we could then feel confidence in the timing of record performances in races up to 880 yards in length.

10. Even expensive certificated timers have a cumulative error possibly .6 seconds in 15 minutes. I consider therefore that from such a timer the time should be read to the next full 1/5th of a second in a mile race and to the next full ½ second in a 3 mile race.

For the satisfaction of the athlete we should eliminate these obvious inaccuracies for in the words of Robert Browning " And oh ! the little more, how much it is, the little less and oh ! what worlds away."

Oxford and the Games Thirty Years Ago

JERRY CORNES

IT'S harder than it seems to write a sober and honest account of life a generation back. Clearly it is easy to see everything through a sentimental haze. Equally the objective historian tends to get his values wrong. Politics, show business and the headline antics of the leisured few create a false picture. The student of history between the wars will tell you that the period from 1928 to 1932 was famous for the Depression in Britain and mass unemployment in Germany and the U.S.A., which led to Hitler, Roosevelt, Noel Coward, the Charleston and the mad parties of the Naughty Twenties. These things certainly happened, but the Oxford of 1928-1932 was very like the Oxford of to-day. Then as now there were good College men who lived for the river or the Cuppers, there were the poets and the budding politicians, there were many idealists who wanted to help the underdog in the missionary field or through Communism, which was an alternative religion; and there were the few whose centre was, and is, Vincent's Club, who were so heavily engaged in rowing, cricket, rugger, athletics or some other sport that they had no time to do much else.

In 1928 George Orwell was still a policeman in Burma, and this is typical because the lure of the Empire still persisted then. Earlier than almost all the others he realised that the old imperialism was over and that dictatorship was dangerous. He resigned from the police and wrote his well-known books to show where we were heading. But already " 1984 " is dated. He anticipated many changes, but notably not the arrival of the first man on the moon, the United States of Europe, nor the tidal wave of nationalism in Africa and Asia. No-one in England thirty years ago would have believed in the possibility of these things happening within a generation. We lived secure in a world that was passing away, but so did everyone else.

The Iffley Track at Oxford, now famous because the first under four minute mile was run there, was then three laps to the mile and you ran round it clockwise. So it had always been and why change it ? Bill Thomas had taken over the training from Alf Shrubb. Both were concerned almost entirely with distance and middle distance runners. Shrubb had the idea that if you ran in heavy boots in training you would fly like the wind when you took the boots off for the race. We of the post-Shrubb era made fun of this, but I wonder now whether his proposal was not very like the Cerutty drill in making Elliott run up and down sand dunes for many miles. Bill Thomas, pupil of the Nurmi age, was a great believer in the watch. A middle-distance runner, so he said, would win races if he could judge his own performance perfectly. This I now doubt, but I do know that the foundation of my own running was laid in the summer term of 1929 when, each day, I ran lap after lap alone against the watch. It was the self-discipline of lonely running which was the time elixir, not the watch.

In 1931 a young novice from New Zealand, later to become my great friend and conqueror, arrived at Oxford and he too spent many hours running against the watch with Bill Thomas looking on. From early on Jack Lovelock showed that he had the character to dedicate himself to athletics and he was one of the

first British middle-distance runners who was big enough to analyse personally every one of his own performances. Despite adverse criticism of his apparently self-centred methods he thus achieved his great aim, to win the Olympic Gold Medal in 1936 for New Zealand.

Thomas took little interest in the field events men and very poor they were by world standards, even of that date. American undergraduates, who had been properly coached at their home universities before coming to Oxford, were always likely to win their events. An outstanding natural athlete, like Bob Tisdall, was able to win the 1931 University Sports almost on his own with the following performances:—

440 yds.—51 seconds. High hurdles—15.5 seconds.
Shot—40ft. 8ins. Long Jump—23ft. 0½ins.

So he won four out of the eleven events of the match and it was only necessary for two other Cambridge men to be first in their events as scoring was by wins alone.

The University Sports were run in March, often in bitter weather, on the cinders round the Chelsea Football Ground at Stamford Bridge on a track used more often by motor-cyclists. No wonder times were slow and no wonder that the winning high jump was under 6ft., except on two occasions, during the inter-war years. But in the hurdles and the middle-distance races there were men up at Oxford and Cambridge or just down from these Universities who were of world class. In the 1928 Olympic Games, Doug Lowe of Cambridge won the 800 metres and David Burghley of Cambridge won the 400 metres hurdles; in the 1932 Olympic Games, Tommy Hampson of Oxford won the 800 metres, I was 2nd in the 1500 metres and Bob Tisdall of Cambridge won the 400 metres hurdles. The only other Englishmen in the first three in the athletic events during these Olympiads were: 1928—Jack London 2nd in the 100 metres and Walter Rangeley 2nd in the 200 metres; 1932—Tommy Green won the 50,000 metres walk, Sam Ferris 2nd in the Marathon, Don Finlay 3rd in the 110 metres hurdles, and we were 2nd in the 1600 metres relay. So in these two Olympiads Oxford and Cambridge furnished four gold medallists and a silver medallist out of a total of five gold medals, six silver and a bronze.

How glad we would be to-day to come away from the Olympic Games with two or three gold medals and three or four silver and bronze ones for athletics, the average of that epoch ! Why are we now so ineffectual ? The athletes themselves are bewildered and search for reasons. Some say that our training facilities are not good enough, compared with other countries; others that the administrators let the athletes down by having no consistent policy; others again that we cannot compete with the semi-professional athletes of the Iron Curtain countries. The true cause, however, is something much deeper, which these athletes will have to search their hearts to find. If they are to win they must run or jump or throw for something bigger than themselves. It was less difficult for us thirty years ago, because in spite of what is written now of the ideals of those of us who ran between the wars, we all of us then believed in our country, we thought it was a great country, ' Land of Hope and Glory ' brought a lump in our throats, the Union Jack was a symbol of our glorious traditions, not just another flag. These are old-fashioned things to say, but they inspired in all of us in international competition to give of our very best, to surpass what we had done before. In all Olympic Games there are a few athletes who are so much better than their rivals that they will win anyway. At Rome it was Herb Elliott. In 1924 it was Paavo Nurmi. But these are the exceptions. Most Olympic winners succeed because they have a moment of inspiration. Where does it come from ? It may come in many ways. It could be from devotion to a coach, it could be from devotion to a cause. It can never come if a man is running or jumping for himself. I am convinced that the great surge forward of the Russian athletes, as shown in the Rome Olympics, has nothing whatever to do with better facilities, semi-professionalism etc., but because of their determination to show the capitalist countries that they are best. Until our athletes get this inspiration, perhaps from a National Coach whom they all believe in, but better still from some ideal which is bigger than themselves, the gold, silver and bronze medals will go elsewhere.

And another thing. Don't let's get it wrong about athletics being fun in those easy days between the wars. Without television it was that much easier to be a star; but international athletics, and even the University Sports, were never fun. They were hard, anxious, wearing work. But what fun you had, as everyone still has, when your event was over, or being with friends and fellow-victims at Rottingdean before the Sports, or in the Olympic village. Out of a kaleidoscope of memories I remember singing 'Alouette' at Rottingdean; the bumber cars with Roly Harper in Brussels; Soldier's Field and an incident with a Chicago cop; Emrys Lloyd introducing me to a puny Greek discus thrower called Hercules; a party in a restaurant looking over the Rhine after the 1931 match v. Germany; the Los Angeles Olympic village where we were offered cold tea to drink at meals instead of water; playing paper games with Bonzo Howland on a trans-Atlantic ship and dear old Jack, the Oxford masseur who believed in oil, not baths, and who took away with him for the week-end a minute bag which contained his precious oil, a towel and a shove-halfpenny board.

Athletics in our Universities

ROLAND St. G. T. HARPER

(Hon. Sec. Oxford University Athletic Club 1929; Past President and Life Vice-President Manchester University Athletic Club 1947)

IT is a far cry from those days between the wars when almost the only professional coaching of athletics in this country was to be found at Oxford and Cambridge, when the Achilles Club (confined to Oxford and Cambridge athletes) was probably the strongest athletic club in the world and so much the strongest in these islands that eventually, having secured a virtual monopoly of the Kinnaird Trophy, it split its teams for this competition into Oxford and Cambridge. It is not perhaps really so surprising as some thought that when, immediately after the war, the A.A.A. coaching scheme was launched, the three officers of the committee were all old Oxford men.

There is nostalgia too at Manchester—and no doubt many another "Red-brick" university—for those inter-war years when entries for the university sports ran into three figures and the day itself provided, in addition to the keenest competition, a splendid social occasion, with the support of a large and happy band of spectators.

Why, despite the great expansion in undergraduate numbers and the increase in facilities during the last decade, should this situation have arisen? The reasons are complex.

The halcyon days are over when at "Oxbridge" every day was a half-holiday and at "Red-brick" the backbone not only of the rugger fifteen but of most sports, including athletics, came from the Medical School where it was not unknown for the keen sportsman to spend ten years qualifying.

Now, all universities provide two fearsome hurdles; that of getting in and that of staying in. No longer can exams be re-sat year after year. Even the dreaded "terminals" can spell disaster at any stage of an undergraduate's career, and, of course, the summer term exams, whether terminals or finals, are nearly always the all-important ones. Failure in terminals or Part Is may mean no job in the long vac because of work and then the vital and only re-sit in October.

This means that from the point of view of sport, the summer term is a wash-out—and I don't mean one caused by the weather though this often makes its own contribution. Not only athletics but cricket and lawn tennis are blighted by the bogey of examinations. The situation is aggravated by the fact that there is no consistency in the dates at which these are held. The keen athlete who has trained throughout the year will usually be available to compete except when his exams are actually in progress. There is, however, a quite extraordinary variation between the dates selected by universities for their examinations, and the range covers the whole of the months of May and June. Consequently, inter-university athletic matches during these months are rarely

truly representative, and often little more than farces. This even applies to the annual championships of the Universities Athletic Union and will almost certainly affect those of the newly-formed British Universities Sports Federation.

All would agree that the examination system provides the major obstacle, but there are others. Peter McIntosh, an old Oxford Athletic blue, then on the staff of Birmingham University, attributed the trouble largely to the emphasis placed these days on record-breaking, the hard grind entailed to-day in getting anywhere near the top, and the relative lack of the social side in comparison with sports such as Rugger. I agree that all these play a very large part, but even the most persistent efforts to counteract them, and I can certainly claim that these are made at Manchester and, I am sure, most other universities, achieve very little.

These efforts are naturally primarily concerned with the Freshman on his arrival. Considerable experience over a number of years in dealing with him have led me to the following conclusions.

The astonishing fact is that the tremendous advance in standards and participation in athletics at schools since the war (largely as an indirect result of the coaching scheme) has detracted from rather than added to support at university level. The great majority of boys on moving from school to university seem to wish to try out something new in the way of sport. It has astounded me how often a boy who has had an extremely promising athletic career at school and who has been brought to my attention on arrival at university has just decided that he prefers not to carry on with athletics but take to sailing, mountaineering, or some such new interest instead. At " Oxbridge " this situation is somewhat counteracted by the lure of a " blue " but, unfortunately, university representative colours at " Red-brick " do not carry the same prestige or commercial value in later years as does a " blue."

Added to this is the great expansion in the breadth and scope of physical activities available to undergraduates over recent years. At Manchester, for instance, whereas there were 21 clubs affiliated to the Athletic Union in 1945, the number to-day is 32. No longer are the playing fields the hub of university sporting activities. Gymnasia and indoor facilities generally have become a standard feature for the first time during the past decade. While it is true these are helpful in providing the dedicated athlete with valuable opportunities for indoor winter trainng they also provide a great many alternative attractions to the not-so-dedicated. The fashion too for getting out of the big cities in which the majority of " Red-bricks " are situated is catered for by cycling, sailing, mountaineering, canoeing, riding, rowing and an ever-increasing list of activities organised on a competitive basis by student clubs.

Efforts to build up club spirit and create a strong and loyal team in the university has been be-devilled by the first-claim rule. Here again the development of athletics in schools has had its adverse influence. Nowadays by the time a boy comes to university the odds are he has already joined a club of which he will automatically be first-claim. It is true that it is only open events that are affected but it precludes universities from entering strong teams in these, and every effort to get the complicated rules changed in order to help and encourage universities has met with defeat.

I suppose television, more than any other single factor, has killed the university sports as a social event and, in doing so, has influenced the whole attitude to athletics in the university. The inevitable demands of the calendar force the selection of cup-final day for these sports—enough said !

To end on a more cheerful note. I hope those who are not associated with universities and who are inclined to throw stones at them on the ground that they are not pulling their weight these days will recognise that every effort is being made to meet the problems. For the keen athlete there are better coaching, increased facilities, especially for winter training, outside by floodlight or inside in the new gymnasia and sports-halls and steadily increasing winter competition. Also despite everything, at the universities as elsewhere, records continue to be broken, and perhaps in the normal swing of the pendulum we may find a revival in support if we continue to work for it hard enough.

Leading Ladies

IAN BUCHANAN

AS it has now been agreed between the Club and the Women's A.A.A. that women members may be accepted, it is perhaps an opportune moment to study the records of some of Britain's leading women Internationals.

It is rather difficult in the case of women to decide clearly what constitutes a "full" International but I feel that it is appropriate to apply that term to those who have represented Britain in (1) the Olympic Games, (2) the European Championships, (3) dual matches in which the team was drawn from the entire United Kingdom (thus including the pre-war matches against France in 1923 and against Germany in 1929, 1930 and 1931), and (4) the four major variously-styled World Games of 1922, 1926, 1930 and 1934 held at Paris, Gothenburg, Prague and London respectively. To these should be added representatives in the annual Triangular Pentathlon meetings against Belgium and the Netherlands.

It is probably well-known that of the males Peter Hildreth has represented Great Britain on more occasions than any other athlete, but I imagine that the following list of Britain's most honoured women athletes (as at the start of this season) is perhaps not so well known:

S. Farmer-Allday	25	S. J. Needham	16
T. E. Hopkins	24	H. J. Armitage-Young	15
A. M. Williams	17	M. D. Bignal—Rand	15
D. J. B. Odam-Tyler	16	J. F. Foulds—Paul	15
D. S. Leather-Charles	16		

As is to be expected, all these athletes are, with partial qualification in the case of D. J. B. Odam-Tyler, post-war competitors, and it is therefore worth recording that, based on the above definition of a "full" International, there were only eleven opportunities between 1922 and 1939 of achieving international recognition. The most honoured ladies in that period were E. M. Hiscock-Wilson with six appearances and M. A. Gunn-Cornell, N. Halsted, H. M. Hatt and M. O'Kell with five each.

It is perhaps interesting to note that whereas the men lost their first home International against France at Brighton in 1925, the ladies were not defeated on home soil until the Russian visit in 1957. One could go on almost indefinitely making interesting comparisons of this sort; for example, the youngest male athlete to make his International debut was W. A. Land at the age of 16, and the youngest women were two 15 year-olds: high jumper M. Milne-Dumbrill (Mitcham A.C.) in the 1929 German match, and S. J. Needham (Spartan L.A.C.) against France in 1950.

The oldest male athlete at the time of his first representing Britain was probably T. W. Green, the 39 year-old Gold Medallist in the 50 kms. walk at the Los Angeles Olympic Games in 1932. I feel, however, that I should perhaps not name the lady who matches Green's dubious distinction, as, apart from the fact that it would be singularly ungallant so to do, I am not closely acquainted with the terms of the Editor's Libel Insurance policy.

Athletics at the Empire Games

THE celebration of the Empire Games at Perth in November 1962 will only be the seventh in a series which began in 1930. Yet it is a series which might well have begun before the modern Olympic Games ! In 1891—the year before Baron Pierre de Coubertin proposed the revival of the Olympic Games—a certain Mr. Astley Cooper wrote to the London Press putting forward a plan for a " Pan Britannic Festival." His idea attracted a fair amount of attention but unfortunately little in the way of tangible response. Several subsequent attempts brought no further success.

Next to champion the cause was a Mr. Richard Coombes who was closely associated with athletics in Australia for a great many years. He constantly drew attention to the influence for good which could be wielded by a sports gathering restricted to Empire countries, but nothing concrete transpired until 20 years after the birth of the idea . . . at the celebrations which marked the Coronation of King George V in 1911. These celebrations included a " Festival of Empire " held in the grounds of the old Crystal Palace. Amongst the exhibitions and entertainments were five track and field events contested by athletes from the Motherland, from Australasia, Canada and South Africa. The United Kingdom registered wins in the 880 yards and the 120 yards hurdles but Canada won the other three events including a sprint double achieved by F. J. Halbhaus. (In the A.A.A. Championships of that year held at Stamford Bridge, Halbhaus won the 440 yards and was second in the 220 yards.) Boxing, swimming and wrestling were other sports included in this " Festival of Empire " and Canada won the trophy presented by Lord Lonsdale to the most successful country.

It is fitting, therefore, that it was in Canada that after four years of wars and a long and painful period of post-war depression that the idea of regular Empire Games was revived and brought to fruition. The initiative came from the Olympic Club of Hamilton, Ontario. Their Mr. M. M. Robinson travelled to Amsterdam in 1928 as manager of the Canadian team for the Olympic Games of that year and put his proposals before the sporting leaders of other Commonwealth countries who had gathered there. After preliminary talks the scene changed to London where Empire athletes, fresh from their Olympic successes—Canada herself having gained four titles—assembled for a match against the United States. Agreement was reached for the first Games to be held in 1930 and they were successfully staged at Hamilton in August of that year after two years of strenuous organisation by officials of the Olympic Club.

It was a great responsibility for a city of only some 150,000 people—for of course the first Games had to be a success. It is interesting to recall a dictum included in the official papers which were drawn up when the decision to hold the first Games was reached. It read : " It will be designed on the Olympic model, both in general construction and in its stern definition of the amateur. But the Games will be very different, free from both the excessive stimulus and babel of the international stadium. They should be merrier and less stern, and will substitute the stimulus of a novel adventure for the pressure of international rivalry." It is clear that the organisers succeeded in their intentions for the wonderful spirit, the happy atmosphere and in addition the overwhelming hospitality provided by the people of Hamilton are still recalled with nostalgia by those who experienced them.

Eleven countries sent some 400 athletes to the Games, amongst them reigning Olympic Champions, Lord Burghley (England) and Percy Williams (Canada). Lord Burghley, the England team captain, won both the 120 yards and the 440 yards hurdles. Williams, after an easy heat win in the 100 yards in 9.6 seconds, won a dramatic final; after pulling a thigh muscle with some 30 yards to go he succeeded in staggering first across the finish line in a time of 9.9 seconds. In the 880 yards England's Tommy Hampson finished ahead of Alex Wilson (Canada), third, and Phil Edwards (British Guiana), fifth. Two years later they finished in the same order in the Olympic 800 metres final at Los Angeles to take all three medals

for the Empire. The winning javelin throw of 207ft. 1½ins. by Stan Lay of New Zealand remained a Games record until 1954. The greatest all-rounder of the Games was South Africa's Harry Hart who won both the weight and discus, finished third in the javelin and sixth in the high hurdles.

There are other names in addition to that of Lord Burghley amongst the English team which are still well-known to-day in the field of athletics administration. Amongst them are M. C. Nokes (first, hammer), S. A. Tomlin (first, 3 miles), S. Ferris (second, marathon) and R. St. G. T. Harper (fifth, 120 yards hurdles).

To London went the honour of staging the second Empire Games. The venue was the White City Stadium which had been modernised and brought into athletic use only two years previously, having been virtually unopened since it was constructed specially for the 1908 Olympic Games. 16 countries participated, sending some 900 athletes and officials. An oath of allegiance on the Olympic principle was taken on behalf of all competitors by R. L. (Bonzo) Howland, the English shot-putt record holder. Women's events made their first appearance, and as was perhaps to be expected England proved the dominant country. Only Margery Clark of South Africa was able to break the series of home wins. She won the hurdles and the high jump, the latter at 5ft. 3ins., a height which was not beaten in the Games until 1954 and then only by Thelma Hopkins, the winner in Vancouver. Arthur Sweeney won both sprints for England, the only other dual winner being the South African Harry Hart. He retained the shot and discus titles he had won four years previously and his grand total of four individual titles still remains a masculine Games record. Amongst the winners were Jack Lovelock (New Zealand), Godfrey Rampling (England), Don Finlay (England) and Jack Metcalfe (Australia), who all went on to win medals in the 1936 Olympic Games at Berlin.

The 1938 Games were held in Sydney and it was something of a disappointment to the Australians that their successes as host country were so limited. Only two members of their team won individual titles. Jack Metcalfe successfully defended his triple-jump title but their other winner, Decima Norman, became the outstanding individual athlete of the Games. She won the women's 100 yards, 220 yards and long jump and ran in two winning relay teams, her total of five first places in one Games being a record that may never be surpassed.

England, with only a small team, lost their erstwhile supremacy, although Cyril Holmes, later to become a rugby international, won a sparkling sprint double in 9.7secs. and 21.2secs. and Bill Roberts won the 440 yards. Canada, with eight titles and South Africa with six were the dominant countries at these Games. Amongst their winners were J. W. Loaring (Canada), a Berlin Olympics silver medallist, and J. L. Coleman (South Africa) who had finished sixth in the Berlin marathon and placed fourth at the London Olympic Games 12 years later.

The 1950 Games were held at historic Eden Park, Auckland, where capacity crowds saw records fall like autumn leaves. For sheer quality of performance it was the women athletes who really stole the thunder. On the grass track Australia's Marjorie Jackson three times equalled world records in the sprints. She and her team-mate Shirley Strickland between them gained seven winner's medals and two second places. Yvette Williams, wearing the Fern Leaf of New Zealand, won the long jump. All three of these became Olympic champions two years later. It was left to England's Dorothy Tyler, winner of the high jump—Olympic silver medallist in 1936 and 1948 and still competing to-day !—to break the otherwise compete supremacy of the girls from "down under." England's Jack Holden gave a wonderful display of courage in winning the marathon after running the last seven miles in bare feet. But perhaps the outstanding victory was that of Duncan White in the 440 yards hurdles. In recording Ceylon's first Empire victory he hit one hurdle very hard but recovered brilliantly to win in a record 52.5 secs., only two-tenths outside the existing world record.

In 1954 the Games went for the second time in their short history to Canada, the great city of Vancouver acting as host. They were a great success for in spirit, performance and popularity they tended to outshine all that had preceded them. There were more countries, more competitors and more records than ever

before and the closing ceremony, performed by H.R.H. the Duke of Edinburgh, set the seal on a most exciting and significant athletic occasion. In a world in which power politics had permeated into sport these Games proved that friendliness and sportsmanship can flourish side-by-side with a grim determination to win.

Performances showed a remarkable rise in standards throughout the Commonwealth. In the men's events 15 new Games records were set and only four withstood the onslaught. In the women's events all six old records were broken and in addition fine performances recorded in the three new events introduced at these Games. Yvette Williams from New Zealand showed her wonderful versatility by winning the long jump, shot and discus titles as well as getting sixth place in the hurdles. Australia's Marjorie Jackson-Nelson emerged as the Games' most outstanding sprinter as she had done at Auckland four years previously and, of course, in the intervening Olympic Games. Victories in the 100 and 220 yards and a place in Australia's winning relay team brought her grand total of Empire firsts up to seven for a record that will surely take a lot of beating.

In the men's events Oxford University's great athletic traditions were well upheld by Derek Johnson in the half mile, Roger Bannister in the mile and Chris Chataway in the three miles. The most exciting of their victories was that of Bannister who clashed with John Landy (Australia), the first man to follow him through the four minute barrier. Bannister only gained the lead in the final straight to win in 3 mins. 58.8 secs., a time which survived the challenge of Herb Elliott in the 1958 Games in Cardiff. The exhilaration of the crowd turned to distress when Jim Peters in the marathon arrived back at the stadium in a state of semi-consciousness and staggered with tremendous courage towards the winning post that he was never to reach. But the English team triumphantly made amends for their lapse from grace in Auckland four years previously, amongst their other successes being wins in the long and triple jumps by Ken Wilmshurst, both events which England had never before won.

If the Vancouver Games had been a triumph, those in Cardiff in 1958 were an even greater one. With over 1,400 competitors and officials they produced performances which proved that the Empire and Commonwealth Games are one of the truly great festivals of athletics. Despite the illustrious names which follow, K. Gardner (Jamaica) must rank as the outstanding male athlete of the Games. He won the 100 yards and 120 yards hurdles, was narrowly beaten in the 220 yards, sharing the winner's time, and also ran a storming leg in the 4 x 440 yards relay. The middle and long distance races brought many disappointments to the English team and their supporters—but this was due only to the superb quality of the winners from the antipodes. H. Elliott (Australia) outwitted England's Hewson in the half mile, running the last lap in 50.5 secs., and then won the mile in under four minutes with the same complete authority he showed two years later in Rome. M. Halberg (New Zealand), first in the three miles, also showed the courage and tactics which were to win him Olympic gold in Rome. The six miles produced a great race between D. Power (Australia) and J. Merriman (Wales), the latter failing by only one second to gain the victory for which the home crowd were to wait in vain. Power showed his tremendous stamina by following this win with another in the marathon.

One of the three world records produced by these Games went to South Africa when G. Potgieter won the 440 yards hurdles in 49.7secs. England had to be content with only one win on the track, in the 4 x 110 yards relay, but had the rather unusual satisfaction of three wins in the throwing events through A. Rowe, C. Smith and M. Ellis. The men's high jump showed the extent, both in standard and in spread, of the improved athletic standards throughout the Empire. The qualifying height for the final was fixed at 6ft. 5ins., more than at that time had ever been required in even the Olympic Games. But 11 competitors cleared this height—and they came from 11 different countries !

In the women's events it was the Australians who stole the limelight. M. Matthews-Willard won the 100 yards and also the 220 yards, in the latter equalling the existing world record. To further wins in the high jump and the hurdles were to be added a new world record in the javelin by A. Pazera, a Pole

who had stayed on in Australia after the Melbourne Olympics and become an Australian citizen. But one event the Australians did not win was the relay in which the English team left them well behind in winning in a new world record time.

The Games ended with athletes from all over the Commonwealth mingling together happily in the centre of the stadium, and their only regret was that their Queen was unable, through illness, to attend the closing ceremony. The disappointment of the Welsh crowd was, however, turned to joy when Her Majesty's recorded voice informed them that the heir to the throne was henceforth to be known as Prince of Wales.

And so to Perth in Western Australia for the Games of 1962. While we wait with keen anticipation for the news of athletic feats on the other side of the world which will cheer us this winter it is interesting to see from the following table how the leading nations concerned have fared in earlier Games.

	MEN			WOMEN		
	Gold	Silver	Bronze	Gold	Silver	Bronze
Australia	19	22	25	19	10	6
Canada	20	26	23	2	9	10
England	40	35	24	11	15	15
Jamaica	5	2	2	—	—	—
New Zealand	9	6	14	5	5	7
Nigeria	1	5	2	—	—	—
Pakistan	1	3	3	—	—	—
Rhodesia	—	—	—	1	1	2
S. Africa	16	13	14	4	2	2
Scotland	4	3	9	—	—	1
Wales	1	1	2	—	—	—

N.B.—The only events which England has never won are the men's high jump and discus throw and the women's 80m. hurdles and shot putt.

(The greater part of the above article is based, with permission, on "Empire Games Athletics," written prior to the 1958 Games by Stan Tomlin, winner of the 3 Miles in the Games of 1930). B.E.W.

Modern Champions

NEIL ALLEN

BOLOTNIKOV, PYOTR is the Russian athlete who has produced the most astonishing performance in standard distance track racing . . . 28:18.2 for 10,000 metres. He achieved this on 11th August at Moscow in the U.S.S.R. national championships and so beat his own world record, set in 1960, by 0.6secs. In this remarkable run of 28:18.2 Bolotnikov reached the 3,000 metres in 8:21.0, the 5,000 metres in 14:04.0 and covered the last 1,000 metres in 2:43.7. He must have reached 6 miles (which was not timed) in, at worst, 27:25.0 and there was a report that he was unofficially timed in 27:20.0. The world record for 6 miles is 27:43.8 by Sandhor Iharos of Hungary. Bolotnikov began athletics aged 24, is now 32 (born 8th March, 1930), trains twice a day under Nikiforov, who also trained Vladimir Kuts. He is 5ft. 8ins. tall, weighs 140lbs. and has run 1,500m. in 3:46.0 and 5,000m. in 13:38.2.

CONNOLLY, Harold is another "veteran" who has made history this season. Competing against the Russians for the United States he threw the 16lb. hammer 231ft. 10ins. In 1960 he became the first man ever to beat 230ft. and 70 metres. Born on 1st August, 1931 at Somerville, Mass., he is 6ft. tall and weighs about 220lbs. Harold, whose left arm is shorter than his right, has conquered much injury and pain to reach the top and has also had the disadvantage of being a hammer thrower in a country where the event is not popular in spite of his own 1956 Olympic gold medal at Melbourne. Connolly is married to Olga Fikotova, who won the Olympic discus title for Czechoslovakia in 1956. After experimenting reasonably successfully with 4 turns in the circle this season he returned to the customary 3 for the match with the Russians. Before this meeting he was considering retirement but now he intends to compete until 1964. He trains the whole year round using isometric weight training plus exercising and running and throwing for form.

The Pole and I

JAMES COOTES

"YES," I said to Trevor Burton, the pole vaulter, "I'll give you a lift to London." After all, we were only 55 miles away, on the Cambridge University athletics track at Milton Road.

But how do you fit a glass-fibre pole—worth about £40—with its carrying case, in, or on, a small family convertible ? Putting it in the boot was out of the question. So we stuck it in the middle of the floor, so that some 13ft. extended skywards, and carefully secured it fore and aft, only to decide that the sight of a ship's mast proceeding at speed down St. John's Street would be too much even for the long-suffering Cambridge police.

The best suggestion seemed to be to lash it to the side of the car. This we did by attaching it to the wing mirror, door handle and the neck of the petrol filling pipe. This was a fairly routine matter, for like all good pole vaulters Trevor Burton travels equipped with lengths of rope and multi-coloured scarves to protect the car's paintwork.

In case of trouble we left the car hood down. Unfortunately it rained—so persistently that we seriously considered hoisting the mast, attaching two T-shirts signifying distress and baling out. Instead up went the hood.

So far the pole was the only thing that had not given any trouble. But 10 miles farther on the adhesive tape over the lid of its cover came loose, and, like a frozen snake, the pole began to wriggle its way out.

To the accompaniment of derisive and unnecessary hooting from other vehicles we stopped and made the pole secure. But even this did little to make the behaviour of other road users less bizarre. Perhaps they did not realise that the only way to attach the pole to the car was to have a three-foot overhang at either end.

This extra length did not make driving any easier, as a surprised scooter-rider soon discovered. We had drawn up behind him at traffic lights and when they changed I tried a modified racing start with a quick swing of the wheel to get clear. The scooter-rider got the start—propelled by a prod from the pole.

A great deal of tact sorted that one out, and for the next 20 miles everything went smoothly—except that the pole, swinging against the door, knocked the catch and Burton nearly fell out; the wing mirror swung over on its pivot, leaving the fore-end of the pole within six inches of the ground, and I had to fill the petrol tank.

A routine matter ? Usually, of course, but this time it took two attendants to do it. The first, an eager young man who ran round the blind side, nearly impaled himself. The other refused to make more than a tentative approach until we had convinced him that what we were carrying was not alive.

The rest of the trip was fairly straightforward, except for one problem. How do you get a 15ft. pole through the swing-doors of an hotel ?

(Reprinted from the Daily Telegraph with the kind permission of the Sports Editor.)

Social News

FOR the third consecutive year the annual A.A.A. Club and Championships Dinner was held in the Members' Dining Room at the House of Commons, this year through the sponsorship of the Rt. Hon. Philip Noel-Baker, M.P.

As has been the case on the previous two occasions, there were more applications for tickets than there were seats available. (The greatest possible number that can be accommodated is 186).

In view of this, has the time come for a change of venue ? The first year that the Club undertook to arrange the dinner on Championship Night, it was

held at the Connaught Rooms and the members attending barely reached the seventies. It is true it was the first year, and the publicity given to it, both to Club members and to potential champions, was not what it might have been. We have learnt a lot since then, in particular with regard to publicising the Dinner to potential champions with the object of getting as many of them as possible to accept our invitation. The success of this can be gauged by the fact that on the first occasion six champions were present, whereas on the last three occasions (House of Commons) the figures were thirteen, fifteen and seventeen respectively.

How much the success of the Dinner is due to its being held at the House of Commons is difficult to assess. Certainly as far as the Champions, and more particularly those from overseas, are concerned it must be a great attraction combining as it does visits to both Houses. This must also be an attraction to members who bring guests. On the debit side it does mean that each year some members are disappointed at not being able to attend. There is, of course, another disadvantage to the organisers in having to cater for a strict limitation of 186 whilst not being sure of how many champions are going to accept.

Well, what do you as a member think about it ? Has the time come to make a change ? Should we try a change for one year just to see the result ? Or are the advantages at the House of Commons such that we should continue it and thus build up a tradition ? Perhaps those of you who are interested would let me know your views; they would help the Committee to come to a decision.

For the more or less immediate future the Committee are planning a social evening in conjunction with the International Athletes' Club on a date yet to be finalised, but sometime between the return of our athletes from the European Championships and their departure for the Empire and Commonwealth Games. It is hoped that this will take the form of a general get-together, possibly at the Honourable Artillery Company's Headquarters, with a film of the European Games, and a discussion with some of our international athletes on their experiences in Belgrade and hopes for Perth.

It is unfortunate that at the time of writing these notes I cannot be more specific, but perhaps by the time we go to print I may be able to add details of time, date and venue. If this is not possible I shall hope to notify as many as possible through the medium of the press and various athletics journals.

C.N.C.

Book Reviews

MECHANICS OF ATHLETICS by G. H. G. Dyson
(University of London Press, 30/-)

FOR many years the study of human movement, especially in sport, was based upon fashion, the form of champions with their idiosyncrasies justified rather than their techniques analysed, and in some cases an intelligent empirical assessment. Athletics with its standardisation, records, and reasonable accuracy in timing and measuring, led the way in seeking improvements in individual techniques.

Geoffrey Dyson was one of the pioneers in the application of established mechanical principles to human movement. He has many times stated that he is not a mathematician or physicist, and this may be true, but after many years of careful study he is an acknowledged expert in this special aspect of the subject.

His book reveals his sympathy for the non-mathematically minded for he has set out to do two things. In the first place he has defined his terms in such a way that they are easily understood. This comprises about half the book and with examples from many sports makes very good reading for anyone concerned with efficient movement. It is also a very interesting study of pure mechanical principles that many schoolboys would find more enlighening than some traditional text-books. The second half of the book is concerned with the application of these principles to track and field athletics.

I can imagine that some coaches may say " I can coach well enough without all this technical stuff," but they will be less able to analyse movements for themselves. They will tend to imitate rather than develop. Others may say " I have heard Dyson before," but never have any student's notes been as full, as comprehensive, as factually correct and as lucidly explained as the writings in this book.

The book is well illustrated and, with perhaps one or two non-track and field exceptions (and I am being rather fussy), the drawings are accurate in all detail. A compliment to the artist and to the author.

Some may feel that 30/- is a lot of money for a book but for the serious coach it is going to be an essential text-book. Students of physical education must buy it.

" TRAINING WITH WEIGHTS " by Eric Taylor (John Murray, 15/-)

This book sets out to deal with the broad aspects of training with weights for purposes other than competitive weight lifting, but it is a pity that the preface does not acknowledge the assistance given by B.A.W.L.A. to development of the activity outside the Olympic sport.

A large section of the book is rightly devoted to photographs and explanations of the techniques involved in many lifts. Many of these lifts will be of use to body-builders and sportsmen alike, but the sections on schedules which follow this part are not as helpful as they might be. The novice, however, would be well advised to read this book, and provided his weight training coach had also done so it would help to give him a greater understanding of this form of training. The layout of the book is pleasant and the early photographs are very good, but later on valuable space is given up to irrelevant photographs or ones showing poor technique.

R.C.

" HINTS ON ATHLETIC INJURIES " by C. Bould, M.C.S.P. (A.A.A. 5/-)

This book is obviously written by an expert in the physiotherapy of athletic injuries.

The larger part of the book is devoted to a careful technical description of the treatment of various common athletic injuries; any physiotherapist, likely to engage in treating such injuries, will find in it many valuable hints, and will be well-advised to read it. But chapters 1, 3, and 5 deal with the causes and prevention of such injuries, and athletes themselves will find much useful knowledge and advice in these chapters. The book is nicely illustrated with some good sketch pictures and radiographs.

J.B.L.

" JUMPING " (Know the Game—Coach Yourself Series, Educational Productions Ltd., 2/6)

A new booklet which the young jumping enthusiast may find interesting. There are sections on high jump (western roll and straddle); long jump; triple jump; and pole vault. It is quite well illustrated and is written for athletes of both sexes.

The author, J. Dodd, Principal Lecturer at Carnegie College of P.E., covers the long and high jump well, with progressive stages for each event easily explained. Similarly the triple jump. Perhaps the all-important " rhythm " of this event should have been mentioned, and the illustrations, depicting a double-arm take off in the jumping phase, whilst mechanically sound, may prove confusing to the young reader since there is no mention of the movement in the text.

Nevertheless, this omission is more than compensated by the description of the pole vault, and lead-up to the event, which are of a high standard, as would be expected from Mr. Dodd, the leading vaulter in Britain during his competitive years.

In brief, a good half-a-crown's worth which should form part of every young jumper's bookshelf.

D.H.

" CAMBRIDGE DOCTOR " by Dr. Rex Salisbury Woods (Robert Hale, 21/-)

In inviting me to review Rex Wood's autobiography " Cambridge Doctor " our editor suggested " No doubt you will deal with the parts on athletics." The book, however, is neither about athletics nor even much of it about medicine. It is essentially about people and the circumstances under which the author came to meet them.

I am sure that the book will prove most readable to anyone whose path has run in any way parallel to Rex's, whether athletically or medically. One closes it at the end none the wiser than when one opened it at the beginning but, quite obviously, it was not the author's intention that one should. Many people will, I am sure, derive pleasure and amusement from it. Perhaps it is the author's " whimsical sense of the ridiculous " as ascribed by him to A. E. Housman, that carries the reader along. Certainly his thumbnail sketches of innumerable well-known and titled figures of this century have real vitality.

R. St. G.T.H.

" TRACK AND FIELD " by Don Canham (Sterling Publishing Co. Inc., N.Y.; available only through the C.C.P.R., 12/6)

This book is one of a series of handbooks of sport published for the Athletic Institute, a national organisation formed to encourage Physical Education and recreation in the U.S.A. It is written primarily for the beginner, and gives instruction in all the standard High School events including relays.

The most pleasing feature of this book is the use the author has made of photographs, 150 in all. The reader is taken stride-for-stride through each event by means of a sequence of ' stills ' extracted from film of college athletes. Each photograph is either half or quarter-page size, and for clarity the athlete is set against a black background, with only the important details of the event remaining visible. Some of the events are augmented with ' training tips,' which appear at the end of the book together with a glossary of athletic terms.

Both the strength and weakness of this book is in its photographs. Whilst it is commendable that a book for the beginner should have a strong visual presentation there were occasions when I thought that some photographs were either unnecessary or irrelevent to teaching the basic technique of the event. This was particularly true in the section on middle-distances. Many of the events could have been more profitably introduced through a series of lead-up exercises rather than a visual description of a champion in action. In the section on hurdling, though technically good, only a sketchy reference is made to the action of the trailing leg over the hurdle, though experience suggests that this is one of the most difficult skills for the novice hurdler to master. Very few beginners will have the ability faithfully to copy this unnatural action from one or two photographs.

In general the filmed champions showed sufficiently good technique as not to mislead the reader, a notable exception being the javelin where the " perfect throwing position " looked posed and very far from perfect. Some unfortunate camera angles made the straddle appear confusing in comparison with the western roll and could have been left out altogether at the beginners level. It was refreshing to find that the instructions which accompanied each photograph were kept to a minimum. So often at the elementary stages the essentials can be lost in the details, and the reader either becomes bored or confused.

" Track and Field " will be of particular use to the school or club library and will serve as a useful pictorial reference for the beginner.

D.J.M.

" THE YOUNG ATHLETE'S COMPANION " by John Disley (Souvenir Press, 15/-)

" ATHLETICS " by Peter Hildreth (Arco Publications, 15/-)

It is interesting to compare the methods used by these two great British athletes of recent vintage in attempting to distil into 150 pages the overall knowledge of track and field events which they have accumulated over the years. Peter Hildreth shows greater interest in the development of our standard events, introducing each with a review of the history-makers and other incidental information which would stand one in good stead in an athletics quiz. (Q: Which 2-man Olympic team won 2 gold medals. A: Ireland's O'Callaghan and Tisdall in 1932, *vide* p. 149). In the sections on the 440, 880 and mile he quotes the sectional times of various record-breaking runs in valuable paragraphs on pace judgement. Techniques and training schedules are presented clearly and throughout the whole book are countless thought-provoking statements and felicitous turns of phrase which make it a pleasure to read.

John Disley's approach is naturally more that of the professional physical educationist. He has had the co-operation of a fine artist and the pages illustrating warming-up and weight training exercises are excellent. So too, having regard to the space available, are the sections on tests and measurements and circuit training and the examination of the mechanical principles involved in running, jumping and throwing. His explanations of techniques and training schedules are clear, and the whole is enlivened by flashes of humour. I think John must be a very good teacher !

Both of these books are illustrated with well-chosen photographs; both can be recommended to the young athlete entering our sport.

" FLYING FEET " by Brian Hewson, as told to Peter Bird (Stanley Paul, 21/-)

Once upon a time there was an English miler who retired and didn't write a book . . . If I am numbered amongst those who are hoping that the next athletics autobiography will not be by a runner, it is only because I shall welcome this sign of increasing public interest in field events. I can indeed say that I sat down to read Brian Hewson's book with keen anticipation. The Olympics in Melbourne and Rome, the European Championships in Berne and Stockholm, the Empire Games at Cardiff—here is an athlete who took part in all the biggest festivals of our sport in the last eight years and more, not to mention numerous other trips abroad, and I looked forward to hearing his version of them.

Inevitably every devotee of the sport will find much of interest in following Hewson's rise and fall. After his ' blooding ' in Berne came glorious failure in Melbourne, and Hewson pays tribute to Franz Stampfl for the inspiration he derived from that great coach. 1958 proved both bitter and sweet. After beating Herb Elliott over two laps in the A.A.A. Championships, Hewson was outwitted by him in Cardiff—at least, that is how I interpreted events, and Brian's disappointingly sketchy account of his running there has not made me alter my opinion. But soon came his finest hour in Stockholm, and while the glory is his alone it is interesting to know that he spent the evening before the 1500m. final analysing his opponents and deciding his tactics with the National Coach who accompanied the team.

Rome, preceded as it was by nagging injury, brought only bitterness, and it seems a pity that this episode was selected to introduce the book. This, as well as the style of the whole book (which I found irritating), should presumably be ascribed to the gentleman to whom the story was " told." Criticism of officialdom is voiced frequently, so one notes Hewson's statement that he " may well return to athletics on the administrative side " and hopes that he will decide to do so.

This book is not as meaty and mature as those by Bannister and Elliott, and in comparison seems rather highly priced.

INTERNATIONAL ATHLETICS ANNUAL—1962 (World Sports 7/6)

BRITISH ATHLETICS 1962 (British Amateur Athletic Board 6/-)

Let it be made clear at once that these publications are indispensible to anyone who wants to have amongst his reference books all the important facts of world and British athletics in 1961. The former contains ranking lists of the top 100 men and 50 women athletes in each event, indoor and junior rankings, all-time best lists, the results of international matches, national championships and records, etc., etc. The latter gives ranking lists for British athletes—seniors, juniors, youths and women, detailed results of our international matches, etc., and has a very useful index.

Full of admiration for all the work which goes into assembling all these tables—and getting them into print—I dare to ask for more. In most sports we cannot be sure how the present champions compare with those of the past—whether Joe Louis would have beaten Patterson, or whether the Oxford XV of 1951 would have beaten the Cambridge XV of 1961. In track and field athletics the watch and the tape measure do provide a guide to overall standards (though they cannot prove that Bolotnikov would have beaten Nurmi by so many yards). What I would like these annual publications to tell us (by means of such devices as the average of the top ten performers, or the number of athletes beating this or that mark) is how to-day's standards compare with those of yesterday. I therefore welcome the article " The Olympic Spur—Fact or Myth ?" by Richard Szreter in the International Athletics Annual in which he shows that in the past decade it was the three Olympic seasons which produced the greatest overall rise in standards.

METRIC CONVERSION TABLES (Modern Athlete Publications, 3/-)

This booklet contains direct conversions for every centimetre and every half-inch over a wide range covering high, long and triple jump measurements, pole vault and shot putt, with a scale for reductions down to the nearest millimetre and eighth-inch. For discus, hammer and javelin there are direct conversions for each ten centimetres and foot, with a scale for calculation to the nearest centimetre and eighth-inch. It has the advantage of a spiral binding and linen cover which will help it withstand the hard use to which the avid track and field statistician will put it.

B.E.W.

We are grateful to all those who have contributed articles to this issue of our Newsletter. Their views are, of course, not necessarily those of the A.A.A.

The cover photograph was supplied by Gerry Cranham, 29 Greenwood Road, Mitcham, Surrey.

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