

A.A.A.



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NEWSLETTER



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The Athlete and the Public

by JOHN RODDA of 'The Guardian'

HOW far is athletics an entertainment? This together with the question 'What shape is the sport's public image?' must have crossed the minds of many, particularly promoters of sports and athletics meetings, and particularly after the second series of indoor meetings at Wembley.

All athletes, at some moment, conjure in the mind the possibility of appearing at the White City, of winning a title, of breaking a record, of representing Britain—and so on to the winner's plinth in the Olympic arena. But how many are ready to live with success? Imagination is a spur to success; for some the sweat and toil of training suddenly becomes sweet with a break-through to the top class. Body and mind are conquered, a new life is begun. But in his dedication an athlete often becomes introvert. In striving to achieve a goal he builds around him a cubicle. Success brings those walls down, a world is watching and the athlete often is quite unprepared for his new responsibilities—a responsibility to a paying public and the responsibility of presenting a public image. The former applies of course to any athlete who competes at a meeting for which admission is charged, but I want to deal with the question at its higher level.

Some athletes are quite bewildered by success. An unexpected winner of a major event at the White City is trotted across the ramp to 'H' block to face the press. The questions pour down; 'What's your height, weight and date of birth?' comes hot from one of the 'heavies' (Times, Guardian, Observer, etc.) and 'Is your grandmother Irish?' from the populars. The latter probe for the unusual; 'Do you train on sand dunes?', 'Why do you run barefoot?', until the victim suddenly lets a plum drop like 'Well, I couldn't afford the fare from Balmoral so I had to cadge lifts.' Whoosh! The boys are in and you can see tomorrow's headline 'Hitch Hikes to Four Minute Mile.' But the end product is publicity for athletics. Some people might be pricked by the reader's obvious question 'Why wasn't his fare paid?', but this no more than emphasises the true financial state of the sport. How many times in the last decade have you read of an athlete who has to travel miles each day to his nearest track? The repetition of this story undoubtedly has had something to do with the increase in the number of tracks in this country.

But the journey across the White City ramp and the success that went before it have opened a new door. The athlete must be wary of accepting invitations for races on the same day. New loyalties take root which often can mean a tug-of-war. There are suddenly a lot of people around wanting your services. Travel abroad comes into it; understanding team managers who do not always seem to understand you. A closer look at the government of the sport may make it appear more baffling, perhaps, than it did from a distance. There is no A.A.A. pamphlet or publication, no 'course' to guide the brave new athletics star.

Beyond the hard core of athletics followers are the spectators who go only to watch the star runners. None of the athletes is of course under an agreement to run, but there is an invisible contract between athlete and spectator. Gordon Pirie and Derek Ibbotson at their peak knew that a large bulk of the White City audiences were there to see them and their continental rivals. Pirie had pulling power and I suspect that some of his outbursts were due to an awareness of this power over which he did not have ultimate control or direction. But what he did on the track and what he said off it all amounted to a large number of single column newspaper inches; it was publicity in one direction or another for athletics.

Ibbotson, more flamboyant, more cheerful, was (and still is!) a far better public image of athletics. He could live patiently with publicity and bounce back after some unkind stories; his criticism of officials to the press was always calculated. There were smears about the purpose of his running at so many small meetings in 1957, but he took top class athletics to many parts of the country.

The athlete and his relations with the public, through the press, is a sort of no man's land within the sport. Some athletes are marooned in it; others enjoy it and enhance their reputation and that of athletics. That nothing positive is done to guide them is probably because this would be an admittance that the athlete at some point is an entertainer; the idea is obnoxious to some people and the word runs too close to 'professional' for many. But the athlete does entertain and that can be accepted without anyone having to change his attitude towards amateurism or professionalism. The public image of the athlete is important—and not only individually. I have often felt that a little more attention should be paid to the turn-out and **attitude** of those international athletes who take part in the pre-match parade. If we are going to have this sort of spectacle, which after all has nothing to do with athletics, then it must be done wholeheartedly.

Athletics officials cannot always foresee the coming of a new champion—at least not like newspapermen—but when one arrives then something should be done to prepare him for public relations. However delightful his voice, no new pop singer is going to be hustled on to the stage until he knows how to face the public; but that of course is in the professional world.

The whole subject of athletics as an entertainment has been brought sharply into focus during the second series of indoor meetings at Wembley. Here indeed the sport is under a magnifying glass, the blemishes are clearly seen and the public just have not been enticed to support the venture. If indoor athletics in this country is to survive then it must be more entertaining. There seems to be a grudging admittance of this in the dress of the officials, evening wear with a coloured sash, but the presentation and the quality of the athletics has not matched this facade.

The empty seats at Wembley and the White City are a problem for the sport. If they are to be filled, then someone must start thinking about the sport's public image, individually and collectively, and about the sport as an entertainment. If these ideas are wholly obnoxious, then we shall just go on hopping from one windfall from a commercial enterprise to another.

Some Medical Problems in Sport

K. S. DUNCAN, M.B.E.

General Secretary, British Olympic Association and British Empire and Commonwealth Games Council for England

THE pressures of International Sport increase yearly, and still the standards are rising due to increased competition and new and improved methods of technique and coaching. The effects of these are, however, lessening to some degree, and undoubtedly the major advances in the future must come from help given by medical and applied sciences.

Sport is beginning to look to the Medical profession for advice. It asks, however, for definite advice, since such advice must be used by Sports administrators and coaches who have insufficient knowledge to interpret it within the framework of the variety of limiting factors appreciated only by doctors. This the Medical profession finds very hard to supply.

Nevertheless, much progress is being made, and great help is being given to sport by the Honorary Medical Officers of the Governing Bodies, and by the British Association of Sport and Medicine and other Bodies. We are, however, lagging behind many other countries in terms of full-time medical staff for Sport, and medical research facilities. It is to be hoped that this handicap can be overcome in time.

As one whose task it is to make arrangements for and to manage our Olympic and Commonwealth Games Teams, a variety of medical problems present themselves, some of which are set out below. The answers to some of these may indeed be known, but as yet there is no clear cut official guidance generally available. Furthermore, there are the inevitable gaps in the pattern of Sports Medicine co-ordination in this country.

The following details and problems are, therefore, listed, not in the way of criticism, but to show the sort of service that Sport would like to have were finances available, and the sort of problems with which it is faced.

1. There is a great need for a centralized office for Sports Medicine with permanent staff. This can issue digests of recent Sports Medicine research projects, keep Governing Bodies informed and co-ordinate research, etc.

2. What is really known about diet? Is it in truth sufficient to say "A little of what you fancy does you good"? What of extra protein or even increased carbohydrates intake some days prior to competition? Wheat germ oil? Extra vitamins?

3. Can any simple system be devised to guide young boys and girls into the sports to which they are best suited, and to overcome the great wastage which exists? Somatotyping certainly helps, but surely other factors exist such as lung and heart capacity, reaction time, "floatability" and "an eye" for ball games. Certainly many on race courses look for certain "points" in horses and greyhounds as being essential for good performance. As well as this, race horse stud owners are convinced that speed or stamina are hereditary factors.

4. Have we attained the full advantages that breathing exercises can give, in view of the fact that few people use their lungs to their best advantage? Is there anything to be gained in rhythmic breathing in middle distance running?

5. Acclimatization and adaptation present a whole series of problems. How long does it take to adjust satisfactorily after a 24 hour airtrip? After arrival in a town of greatly increased humidity and temperature? After an eight hours time change? After a considerable change in altitude? How long after arrival should hard training be undertaken in these various circumstances? What can be done in a practical way to acclimatize in this country before leaving? In hot chambers? At home?

We are told that it takes three months to acclimatize fully from a temperate country to a hot country. No sports team can be absent for this time. What sort of compromise can be made in these circumstances as regards FULL training and competition? This must surely differ as regards high temperature allied to high humidity, and as against high temperature and low humidity. How soon should full training start in places of high altitude?

6. Marathon runners also present considerable problems with regard to dehydration and lack of salt. How can these best be dealt with, and what is the best way of re-introducing salt without causing nausea?

7. The science of the treatment of injuries in athletes is growing steadily, but much has yet to be learnt. When will it hold a more respectable place in Medical Schools? The same techniques apply to industrial accidents which cost this country considerable sums annually in time away from work. How can a sportsman be sure that his G.P. knows anything about this?

8. Doping—We are still waiting for a generally acceptable definition of "Doping" which can be adopted by the World Sporting Bodies, and act as a "code of ethics" for the full-time doctors employed solely on Sports Medicine problems in many countries. What simple tests can be devised to enforce this definition?

9. Psychological problems also present a major challenge. Far more races are lost off the track than on it. An athlete must be happy, determined and confident. He must be master of himself and of the situation. Good team management can often get these results but is it enough? What of psychological training? And a burning point . . . What of hypnotism and would this be ethical?

10. What is the best approach to the possible time of menstruation falling on the Final Day? Are adjustments either ethical, necessary, or likely to be satisfactory? What side effects are detrimental, and how can they be minimized? Fluid retention?

11. Finally, there are a whole variety of problems on which definite advice is needed. Stiffness? Staleness—its causes, symptoms, early diagnosis and cure? Warming-up?

All these problems and more arise, and often competitors taken overseas at considerable cost, do not give of their best due to lack of forethought or neglect. The British Association of Sport and Medicine and associated Bodies are doing sterling work, and certainly our Olympic Team in Rome was the best looked after medically, particularly with its supplies of "streptotriad" as a dysentery preventative. But there is much more to be done, and there seems to be a great deal more to be learnt.

CORRESPONDENCE

Need for Research

Mr. Duncan's stimulating article presents a picture of the consumer's requirements which those of us who practise Sports Medicine in whatever shape or form should be attempting to meet. There would seem to be three fundamental questions to be answered, and in his article Mr. Duncan has gone a long way towards answering the first, viz. "What is it that we want to know?" While obviously the pursuit of knowledge as an end in itself is admirable, it is in the practical application of that knowledge that the real value lies. Thus it seems essential that problems of the type set out by Mr. Duncan should be tackled in their context rather than as isolated academic exercises. In fact, many of Mr. Duncan's questions can be answered, at least in part, because much work has already been done on, for example, diet, acclimatization, dehydration and salt loss. However, since this work has not been done specifically on athletes and sportsmen, the results are often not readily available in the appropriate context. A search through the literature to follow up even a relatively minor point can be a formidable undertaking. Even the cumulative indices are of only limited value as they do not cover all sources.

This brings us on to the second fundamental question "What do we know already?" Immediately we come face to face with the problem of collecting and disseminating information. It would be possible in fact, with a considerable amount of research through the literature both English and foreign, to prepare a review and bibliography of all the published material relevant to Mr. Duncan's questions, but such a review would take up all and more of the space available in this journal. As it is, some comments on the present position vis-à-vis doping of athletes will be found elsewhere in this edition. In later editions it is hoped that more of these problems will be elucidated. Journals such as this and the Journal of Sports Medicine and Physical Fitness and other specialized publications have an important part to play in the dissemination of information, but it is of course impossible for them to carry all the available material.

Mr. Duncan has emphasized the need for a specialized central office for Sports Medicine and has indicated some of its possible functions. By the time this appears in print the first steps will already have been taken to fill this need. The concept of an Institute of Sports Medicine is not new, but for the first time it appears that substance is to be given to the idea. The development of such an Institute backed by such bodies as the C.C.P.R., the P.E.A. and the B.A.S.M. will go far towards answering not only the second but also the third of the three fundamental questions, namely, "How do we set about finding out the answers to what we do not know?" The third question cannot be answered before the second. Obviously a great deal of research is needed in many fields. It seems likely that much could be achieved by grafting on to already existing programmes additional limited projects to make use of trained workers and obviate the necessity for setting up elsewhere what might be costly equipment and facilities. Other completely original programmes might be dovetailed into the programmes of suitable departments with appropriate subsidies in manpower, material and finance. Finally, work not suitable for "farming out" could be undertaken in the Institute itself.

Mr. Duncan's article is a challenge to us all jointly and severally, and it is not putting it too strongly to suggest that the health and prosperity of this country's sport demands its acceptance.

(Signed) J. G. P. WILLIAMS,

Assistant Secretary of the British Association of Sport and Medicine.

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The English Sporting Scene

as viewed from the Welsh hills by

JOHN DISLEY

THERE are times when to be British but not English makes it easier to criticise the national scene. And so for the purpose of this article, the author intends to retreat to the crags of Cymru and take a long look at you and your sport in England. We, the Welsh, have no great ambition to be thought of as a 'sporting nation.' The Normans, Edward I and the Non-conformist Revival put paid to any indigenous games in Wales, and left us with a heritage of protest marches and male voice choirs. Admittedly, we have taken up your game of rugby and converted it from a rough Anglo-Saxon maul into a game of Celtic delicacy, but apart from football other games are still to some extent regarded in Wales as being a short cut to damnation, particularly if they can be performed on Sunday.

So you see, the Welsh can look down upon your English sporting problems with impartiality. And what a set of complex problems you have!

Dominating all your thinking is the 'tradition for being sporting' that you have. What other nation links history with such actions as bowls on Plymouth Hoe and cricket on the playing fields of Eton? It seems to us foreigners that all of your 'Come to England' literature is littered with pictures which depict you as a sports-loving people. There are photographs of smocked gaffers watching cricket on village greens; of fox hounds sniffing about under stirrup cups; of darts skimming low beams in pubs; of grey toppers being observed by flat caps at Ascot and of cocktail parties on yachts at Cowes.

This image may bring in the tourists, but they don't come to play with you, only to photograph you against a back-drop of elm trees, thatched roofs, pewter mugs and blue skies.

Neither will the shutter-clicking tourists need to use a movie camera very often to record the English at play. A still-camera will be sufficient to portray the scene.

The average Englishman reads about games, talks about games, watches games in his thousands and wishes to be thought by other people that he plays games, but by and large he does not sweat or perspire. Few English adults play games after they reach the age of twenty. And to be quite fair, he is given little encouragement and few facilities to help him change his physical procrastination.

The governments of your country have done little to confirm and advance your sporting heritage. Last year the exchequer gave to the governing bodies of sport the sum of £21,550. As this works out to something near one-tenth of a penny per person in the country, it can hardly be said to be lavish. The government, it would seem, is not keen on sport, especially when this amount is compared with that given by other 'non-sporting' European nations. Take the Italians for instance. Think of Italy and do you immediately think of sport? No, you think of olives and vines and la dolce vita. And yet how much did Italy give to sport last year? The Italian government gave fifty times more than your government!

Take the case of your well-conceived Wolfenden Committee on Sport. After two years' careful study, it produced a report which basically said that sport should receive five million pounds a year from the government.

'That's lucky,' said we impartial observers, 'that sum is the same as that suggested in both major political parties' election manifestoes. There can be no doubt that the Committee's work will be accepted, for who is there to vote against it?'

Well we were wrong, weren't we? The Report has not been adopted and you poor English sportsmen are either too lukewarm to protest or (and perhaps it's about time you faced this fact) there aren't enough of you to influence pussy, never mind parliament.

No, on reflection, I think I'm wrong. There are enough of you who love sport but you all love so many different games for so many different reasons, that you seldom if ever speak from the same platform and never in unison. The trouble is that your attitude to sport is a complex tie of snobbery, hypocrisy and sentimentality. Perhaps if you could untangle the strands, then you could all pull in the same direction for once.

In England, sport, like music, art and drinking habits, sets the seal on the social box that you live in. Sport seldom bridges the gap between rich and poor; in fact, it is more likely to underline it. No wonder you find it difficult to get things done or even to find a spokesman for your cause.

Special Preserves

There are sports that are the special preserve of the rich and privileged, such as fox-hunting, golf, polo, squash, rugby football and, with some reservations, cricket. Other games are the property of the masses, such as association football, coarse fishing, snooker and, again with some reservations, athletics and swimming.

The case of football throws the cleavage into high relief—rugger and soccer. Rugger is learned at public schools and played at Oxford and Cambridge where it dominates the sporting scene; the players are not paid and in no sense can they be considered professional. The apotheosis of rugger is the 'Varsity match at Twickenham, where the spectators are composed almost exclusively of Oxford and Cambridge men and women and those who try to ape them. The average stature is from six to eight inches taller than a crowd at an association football match and the car parks are filled with Bentleys and luncheon cartons from the Savoy. The game seen is invariably poor, but it is a social occasion. Rugby is reported at length in the more expensive newspapers, while the illustrated weeklies such as *The Tatler* and *The Sketch* publish photographs of rugger balls at such places as Grosvenor House.

Soccer, on the other hand, is the most popular game in England; several hundred thousand spectators watch about a hundred professional teams play every Saturday. Soccer also has its own newspapers and even has 'specials' produced which print nothing more than the reports of matches and the transfer of players.

Here you have already the 'Two-Nation' concept in Britain. Each game has its own section of English society supporting it, and its followers don't even know the rules of their other 'national' game. And, what is more illuminating, don't wish to know the rules of the other game.

And so it would seem that snobbery is going to be a great stumbling block along the road to reform.

Any pressure group wishing to convince a government that it should have more money and facilities must present its case with considerable logic. Unfortunately, in the case of sport, the battles to obtain recognition are all too often fought out on the wrong premises. A favourite argument adopted by the well-meaning sportslover is that competitive games produce a type of person who is a credit to the nation. In fact, they claim that sport produces character changes for the better.

This is a very doubtful statement and few educationists would give it credence. The detractors of sport can easily point out the fallacy in the argument. The correlation between fair play and sport is higher in theory than in fact. It is only necessary to listen to the shouts that accompany any scratch game of football or cricket on a suburban ground to realise that fair play is far from the players' minds. Cries of 'Trip him up!', 'Foul!', 'Goal!' when there was no goal, 'Off-side!' when the opponents score, 'L.B.W.!' whenever a ball strikes a batsman's legs, are continually heard. Spectators at professional matches are just as abusive and partisan as the players on the local recreation ground. Neither is the fondly-cherished principle of supporting the underdog much in evidence to-day. The empty terraces of a losing side soon show that nothing succeeds like success. Booming has been heard at Twickenham and the slow hand-clap at Lord's.

Another popular adage that has held you back as a sporting nation must be 'It is taking part that really counts—not winning.' As far as I can see, anyone who goes out to play a competitive game without wanting to win is doing the character of the game and his opponents a disservice.

Amateurism

The wind of change is hardly likely to sweep through English sport while so many sportsmen, usually spectators or administrators, feel disinclined to alter the situation. In this connection it is the one word 'amateurism' that underlines the feelings of the sentimental. Many controlling bodies of sport make regulations to safeguard 'amateurism.' But so often it is not the 'spirit of the game' that they are preserving but an anachronistic situation which is at variance with the social change of the day. They rest, for the most part (cricket has woken up), in a shallow stupor of sentimentality. Sport is a growing complex which should change in character as the living and social conditions of the country alter.

Well it looks fairly hopeless, doesn't it? All that is to be seen is a picture of sports enthusiasts—all introspective, suspicious of their fellow games lovers, all of them clamouring for more facilities one moment and then the next moment deciding that financial help might bring change, so refusing aid.

Where then is the sword of Excalibur to be found and who will pluck it from the rock? Strange as it might seem, there is a way of overcoming the inertia of sport itself and the lethargy of the government. It is only necessary for you to look beyond Wales over the sea to America and Canada to see the solution to your problems. These countries are now physically aware.

And how did this change in the fortune of sport occur? Was it through agitation on educational grounds? Was it through the efforts of social workers worried about the adolescent; or was it because someone convinced the government that national prestige was related to sporting success in the international field?

No, it was because of none of these things. The awareness of sport happened because of the threat to national security that the poor health of the country presented.

You in England are too fit! You have, so far, resisted the lure of one-inch thick steaks twice a day. You still walk upstairs occasionally and refrain from chain-smoking. Not enough of you fail medical examinations; too few of you drop dead with coronary thrombosis before the age of fifty. Your shape, in fact, is still too good.

Still, there is hope for the sporting coffers yet; as your society becomes more affluent, the general level of health must deteriorate. Sooner or later your health will be a threat to the affairs of state. Then 'Bingo!', the politicians will begin to think of health, sport and money in the same breath. The defence of the realm will be threatened by spindly legs, fat paunches, dicky hearts and nervous afflictions. At once money will be poured into recreational facilities and your governing bodies will be ordered to produce mass coaching schemes.

It has already happened across the Atlantic. The White House is on a fitness jag and obesity is a dirty word. In Canada five million dollars a year has been given to an astonished Committee for National Fitness.

So take heart you English sportsmen, but on no account do anything to delay the slide of the nation to the physical depths. For only when the depths are plumbed will salvation be at hand. It is the story of the prodigal son over again—you have to be 'lost' before you can be 'found.' So get losing and drop dead!

Reproduced by kind permission of the Editor from 'Sport and Recreation,' the quarterly journal of the Central Council of Physical Recreation.

The New Look in Tug-of-War

W. G. HILLYARD

(Hon. Gen. Secretary, Tug-of-War Association)

THE era when the organiser of the Church Bazaar or the Village Fete shanghaied his team from the brawniest regular patrons of the 'local' has almost come to an end. To-day Tug-of-War has become an athletic science in which weight is second to controlled muscular pressure with applied psychology.

Now that planned and practised modern methods of strategy and technique have replaced "Heave! and hope for the best!" Tug-of-War has taken its place as a true athletic activity demanding the best of the competitor with the highest order of team spirit. Nothing but the maximum effort is good enough.

Tug-of-War is essentially a team sport that has no place for the "prima donna." It is the same kind of activity that demands many of the high qualities that were necessary to conquer Everest and is exercised by the University crews in their race from Putney to Mortlake.

Take physical fitness (developed by regular and intensive training);

Blend it with continuous determination;

Add self-discipline and subordination of ego in the interest of the team;

Flavour with the rare quality that can only be defined as "stickability," and you have the ingredients of the modern Tug-of-War Team. "Mens sana in corpore sano" is, in fact, a fair description.

Whilst Tug-of-War has been practised over very many years, on occasions with great skill, science and success for national prestige, it was not until 1958 that a band of enthusiasts got together and, with the blessing of the Amateur Athletic Association, founded the present Tug-of-War Association. During its short life this Association has become well established and made great strides.

Annual National Championships are held in various parts of the country and cater for extremes in weights—88 stone, 100 stone, 104 stone and catchweight—and to encourage new teams a special Newcomers' Competition is held. In addition, and on behalf of the Counties Athletic Union, the Tug-of-War Association organises and conducts the Inter-Counties 104 Stone Tug-of-War Championship. This particular Championship is frequently supported by isolated but enthusiastic Tug-of-War Clubs.

The Tug-of-War Association publish a monthly journal giving comprehensive information about fixtures, new members and other relevant details. Within the last year the Amateur Athletic Association have delegated the responsibility of examination and control of Tug-of-War Judges. This matter is being tackled with vigour and success in a desire to establish uniformity of control. Whilst the A.A.A. have themselves for many years held examinations for candidates who desire to become Tug-of-War Judges, the syllabus for the examination was not so specialised as is now the case.

Future development is planned to extend to International Tug-of-War on a wide scale, with the ultimate aim of re-introducing Tug-of-War into the Olympics.

During the past two years there has been an interchange of visits between this country and Sweden with great success, and it is pleasing to note that the Swedish Tug-of-War Association have agreed to accept the A.A.A. Laws on Tug-of-War as the basis for International Rules for the event, with the small alteration that measurements will in future be on the metric scale.

1963 saw a revolutionary break-through, and Tug-of-War is now taking its place alongside other spheres of athletics with Indoor Competitions, using a special British-made mat.

As always, Tug-of-War has great appeal to the public and this fact is becoming more noticeable at both indoor and outdoor events. It has frequently been necessary to put on Tug-of-War at such times as not to interfere with public interest in other spheres of athletics. The Tug-of-War Association and its many followers are very mindful of their responsibility and the part they can play in athletics in general. They therefore consider themselves part of the whole and have no desire to live in isolation.

Situations Vacant (Unpaid)

RON GOODMAN

(Hon. Sec., Officials Committee, Southern Counties A.A.A.)

IN writing in the A.A.A. Club Newsletter of the need for more Field Judges, Track Judges, Timekeepers and Starters, I ought to be "preaching to the converted." But am I? How many A.A.A. Club Members are A.A.A. Graded Officials?

Of course I know that some are and that some others work hard for Athletics in other ways. Also that others have given great help to our Sport in earlier years, and that yet other Hon. Members are welcome supporters without having the time available to give more active help.

Nonetheless there must be some who read this who can help by officiating at meetings or who can, in their capacities of Club Presidents or Chairmen, Coaches or Secretaries, encourage others to do so. You must be well aware that

there is constant criticism of the Officials who work on the Track, Field, Country and Road and that some of it is justified even if a lot is inexpert or unthinking. We can not expect to be free of criticism just because we are honorary officials, but it is just possible that there may be a little less adverse comment if there is available a greater number of more efficient officials than is so at present.

Please do not think I am implying that there are "situations vacant" at White City, or Wembley, waiting for new officials to apply. Normally we can staff the big meetings from those who are believed to be the better of the current graded officials, but to be able to get a constant stream of those who prove themselves good enough to go to the top we must have a much bigger stream coming in at Club and School level. Indeed it is at the Club and School levels that this question of more officials is of such great importance.

At Club and Inter-Club, and at School Meetings the young athlete has his or her first experience of competition and what they then learn may last in their minds for years. It is so important that in those early years of competition they shall be dealt with by officials who carefully implement the Rules in fairness to all the competitors and who are able and willing to explain briefly why a decision, whatever it may be, has been necessary. Yet it is in so many Clubs and Schools that the standard of officiating is very low. Even in some of the larger and well-known Clubs that have some good officials, the support they get is often lamentably poor.

This is a very serious state of affairs as the knowledgeable official can properly be doing only one job at a time, and at any given moment of almost every Athletic Meeting at least a dozen officials are at work in one part of the arena or another. Not to have willing help from others is additionally serious as, sooner or later, the most devoted of experienced officials may get jaded, tired or just "browned off" by the continual call upon his time.

There are so very few ways by which we can make it attractive to be an official. Unlike most other sports, Athletics requires many officials at each meeting and it is not foreseeable that there will ever be sufficient funds to pay expenses or to be able to offer inducements that cost money. Therefore we must rely upon those who really like to help for the personal satisfaction of doing so; ones who realise it is for themselves a healthy hobby, recreation and sport. Moreover, without being too grand about it, it is a useful social service in being of help and guidance to the youth of our country. What better than to be doing the latter in such a pleasant manner? It is undeniable that within Athletics so many have found friends with a common interest irrespective of job, class or creed. And whether it be Track, Field, Country or Road, it is nearly always in cheerful surroundings. I cannot suggest the official is likely to be working in fine weather—this is Britain—but I am sure that the vastly greater majority of Athletics Officials seem to be pretty fit so the vagaries of our weather ought not to be much of a deterrent.

So many thousands take some active part in Athletics up to the age of about thirty that it seems we have very many from whom we can get the numerous officials required. Yet, as I have written earlier, even the larger Clubs count themselves fortunate if they have more than a handful of regular workers. One realises that many do have very good reasons for not being able to give more help, but one also suspects that some do not get involved because they are just a little bit scared of the responsibility. Make no mistake, there is a responsibility in being willing to call fearlessly "No Jump" or to show one's result to the Track Referee within seconds of a close finish. Indeed, for many who are our staunchest workers, this is the challenge to themselves that helps to keep them working despite the sometimes inclement weather and the occasional criticism from those who sit in the stand.

Whether or not, by all this, I shall persuade anyone to "have a go" is doubtful. I have not been able to suggest that to become an Athletics Official means a sunlit way of spending a casual hour or two, or that it will quickly lead to the "Big Time" at White City. To be blunt, where we want the many officials is at the several hundred Club, Town, School, and such-like smaller

meetings throughout the country. Ones who are willing to swot the Rules and then be willing to work at meetings, in rain or sun, so that the Athletes may get plenty of competition with scrupulously fair officiating.

To those who are not already "converted" in this regard, please do try to make time to help at your Club's meetings, and/or use all your influence to get others to do so. Thinking of the future it is the current competitor of around 25 upwards whom we must imbue with the idea that he needs for his own satisfaction to continue in the Sport as an Official, but almost at any age up to about 50 is a good age at which to start. Do not worry too much about the cry against the elderly officials, everyone of us seems old to those who are younger, and if we did not have the regular and willing services of many of those who are thought, by some, to be too old Athletics just would not exist in many areas of the country.

Swot the Rules, get in as much practice as possible, walk in and offer to help, take the A.A.A. Test for Officials examination in whichever class, or classes, of officiating you are most interested. (See pages 49/50 of 1963 A.A.A. Handbook). Your County or District Association should be holding Written Tests sometime between October and April. Their Hon. Secretaries addresses are all in the A.A.A. Handbook. If they have not yet fixed dates for holding the exams, ask them why not? Remember that a County or District Committee is not likely to put effort into organising something that may not be supported. But if interest is being shown someone will put himself out to do the organising.

After reading over what I have written I feel rather like the asylum inmate who called to a passer-by, "Come inside, you silly fool!" Nonetheless, "come inside"; there is a lot of good fun and satisfaction in being a Track/Field/Country/Road official.

A Training Philosophy

GEOFFREY DYSON

THE principles governing training for track and field athletics are derived partly from the sciences and, in part, from the experience, observation, and opinion, of coaches and athletes. Athletic training is still more of an art than a science, however, although certainly more scientific now than twenty years ago.

In many ways, the challenge of track and field is greater and more demanding than that of many other sports, for both would-be champions and those who aspire to only a small degree of athletic competence. It calls for considerable enthusiasm, determination, thought, physical effort, patience, and some self-sacrifice. But if training for athletics is more demanding, I believe it can also be more rewarding than many other sports; for, in my view, sports which make demands can be of the greatest value to young people; the habits of mind and body I have mentioned can carry over to very good purpose in their after years; in the sweat and struggle of training they can often "find themselves"—an experience which might otherwise be denied them in a mechanized, industrialized, and urban society which tends to reduce the physical side of life.

By patient, regular, and intelligently-applied training an athlete makes the most of his or her natural ability and derives a fuller measure of enjoyment and real profit from athletics. I have said that some self-sacrifice is essential to success, but in the quest for athletic improvement, everything else worthwhile in life need not go by the board. The long history of the sport is rich with the names of champions who have successfully reconciled training requirements with academic, domestic, business, and other responsibilities, and these men and women have found time to develop other interests as well. I do not think even with performances as remarkable as they now are, that an athlete need train more than once a day, five or six days a week, to win an Olympic gold medal.

Any rational programme of athletic training will take other aspects of life into account, for there is considerable evidence to suggest that the everyday wear and tear of work, study, travel, and social obligation, influences athletic

performance as do emotional conflict, disease, lack of sleep and rest, inadequate diet and climatic variation. For this reason, the rigid adherence to training schedules planned weeks in advance has become a thing of the past in enlightened athletic circles.

So, too, has the "steam-roller" philosophy of training, which seemed based on the principle that it does not much matter what an athlete does in training so long as he does more of it than anyone else! By yesterday's standards, this approach produced remarkable results but could hardly be regarded as scientific. More often than not it was responsible for the piling up of chronic fatigue and, eventually, a marked falling off in performance. Loss of weight, joint and muscle pains, tummy upsets, irritability, insomnia, and other physical effects were symptoms of this "staleness."

While, admittedly, athletic performance in itself must be regarded as the ultimate and best test of training efficiency, there is nonetheless a growing tendency for coaches and athletes to seek immediate information on the results of training through tests and measurements which detect physical weaknesses, estimate potential, provide useful guides as to further types and quantities of exercise, and which encourage the athlete in his preparations. For not only should he and the coach know where that preparation is leading, but he must get to know how much he has within himself.

There are tests (post exercise, pulse-counting, stepping, shuttle running, vertical jumping, chinning, dipping, weighing and various strength tests with dynamometers and barbells) which coaches can conduct. Others require fairly specialized laboratory equipment (bicycle ergometers, spirometers, electrocardiographs, treadmills) situated, preferably, close to the training ground, with trained scientists working in close co-operation with the coaches.

Some of the tests as yet lack reliability, but they will be improved, and applied science and research will then give athletes great advantages over their predecessors; for much of the "hit or miss" character of athletic training will have been eliminated.

There was a time, now so very long ago, when United Kingdom sprinters, hurdlers, and field event athletes especially concerned themselves almost exclusively with skill-training to the detriment of basic fitness—their strength, speed, endurance, and flexibility. When beaten, they looked to their technique when, often, they were losing to fitter athletes. For just as one cannot do justice to Mozart, Beethoven, or Chopin on a broken-down piano, so, in track and field, first-class performances require first-class instruments.

Happily those days are over. To-day British international teams comprise superbly fit young men and women—a fine example to a nation which tends to take less and less exercise. Fitness-levels in club athletics are also high. In fact, I believe that the United Kingdom's marked post-war improvement in athletics has been due much more to an enlightened approach to basic fitness than anything else.

The above extract was taken from 'ATHLETICS—HOW TO WIN,' edited by Peter Hildreth. Copyright William Heinemann Ltd., 1963.

Scottish High Jumping

PATRICK MACKENZIE

CONTRARY to the popular conception of Scotland as being a land of large kilted hairy shot putters and caber tossers who eat nothing but porridge, steaks and haggis, there appears to be there an abundance of high jumpers—by British standards anyway. An examination of the 1963 U.K. high jump performer list (as at 3rd October) reveals the fact that the four athletes at the top of the list are Scottish, although two of these live permanently in England. However with Valeriy Brumel (U.S.S.R.) having recently pushed the world record up

to 2.28 metres (7 feet, 5 $\frac{3}{8}$ inches) in Moscow, one might be tempted to think that there is a deficiency of English high jumpers rather than a surplus in Scotland.

The following list tabulates the best-ever from Scotland, the figures in the left-hand column indicating their position on the U.K. all-time best performer list as at 3rd October, 1963—

1	Crawford Fairbrother (Victoria Pk. AAC)	6' 9 $\frac{1}{4}$ "	Edinburgh	23rd June, 62
3	Alan Paterson (Victoria Park AAC)	6' 7 $\frac{1}{2}$ "	Glasgow	2nd August, 47
8eq.	William Piper (VPAAC/Glasgow Police)	6' 6"	Dunoon	27th August, 55
	Patrick Mackenzie (Brighton AC/RAF)	6' 6"	Brighton	3rd June, 61
11eq.	David Cairns (Springburn H)	6' 5 $\frac{1}{4}$ "	Glasgow	22nd June, 63
	Alexander Kilpatrick (London AC)	6' 5 $\frac{1}{4}$ "	Glasgow	22nd June, 63
13eq.	Alexander Davies (Hampstead H)	6' 5"	Bedford	30th April, 60
18eq.	David Chadderton (Edinburgh AC)	6' 4 $\frac{1}{2}$ "	Leeds	3rd June, 59
35eq.	John Michie (W. of Scotland H/SLH)	6' 3"	White City	3rd Aug., 34
	Alan Houston (Victoria Pk. AAC)	6' 3"	Welwyn Gdn.	
			City	28th July, 62

All the present-day athletes listed above affiliated to English clubs are also members of the Anglo Scottish Athletic Club. Club affiliations for those still competing are those for which they are competing at present, and these do not necessarily correspond precisely with those for which they competed at the time of their best mark. Our next list shows the 1963 U.K. top five for 1963, with Scots and Anglo Scots in the first four places—

Crawford Fairbrother	6' 8"	(1)	Glasgow	18th May
Patrick Mackenzie	6' 5 $\frac{1}{2}$ "	(1)	Cambridge	7th September
David Cairns	6' 5 $\frac{1}{4}$ "	(2)	Glasgow	22nd June
Alexander Kilpatrick	6' 5 $\frac{1}{4}$ "	(3)	Glasgow	22nd June
Gordon Miller (S. London H)	6' 5"	(1)	Loughborough	30th May

Crawford Fairbrother, born at Paisley, Renfrewshire in December 1936, is the present holder of the U.K. National Record. He has broken the record on five occasions as indicated below, the first breaking Paterson's 6'7 $\frac{1}{2}$ " set in 1947—

6' 8"	(2)	G.B. and N.I. v. W. Germany	White City	1st August, 1959
6' 8 $\frac{3}{8}$ "	(3)	G.B. and N.I. v. U.S.S.R.	Moscow	5th September, 1959
6' 8 $\frac{3}{8}$ "	(2)	International Meeting	Rome	10th October, 1959
6' 9 $\frac{1}{8}$ "	(1)	A.A.A. Championships	White City	15th July, 1961
6' 9 $\frac{1}{8}$ "	(1)	Scottish Championships	Edinburgh	23rd June, 1962

His international championships record includes 7th place (6' 6") in the 1958 Empire Games; 10th place (6' 6 $\frac{3}{8}$ ") in the 1958 European Championships; a qualifying round mark of 6' 4 $\frac{3}{8}$ " in the 1960 Olympic Games in which he did not reach the final; 13th place (6' 4 $\frac{3}{8}$ ") in the 1962 European Championships (6' 6 $\frac{3}{8}$ " in qualifying competition), and a tie for 8th place (6' 6") in the 1962 Empire Games. He has appeared in the last 27 consecutive matches and championships for the full G.B. and N.I. team to equal the record of Peter Hildreth from 1950 to 1958 inclusive. However Fairbrother has to compete twice more to beat Hildreth's record of 28 appearances which also included the 1960 Olympics.

Fairbrother jointly holds, with Gordon Miller, the U.K. National Indoor best performance, with 6' 9" off the board surface at R.A.F. Stanmore Park on 11th February, 1961. Although Fairbrother has a personal best $\frac{1}{4}$ inch better than Miller, and has a better record of consistency and quantities of good jumps, he was beaten by Miller in the last three of the five international championships listed above. He should, however, become the first U.K. high-jumper to clear 2.10 metres (6' 10 $\frac{3}{8}$ ").

Alan Paterson (b. 1928) had a better run with international championships, collecting 2nd place in the 1946 European Championships and winning four years later, both with 1.96 metres (6' 5 $\frac{1}{8}$ "). His record of U.K. "bests" was as indicated below. The first equalled B. Howard Baker's 1921 mark—

6' 5"	(1)	Coventry	15th May, 1946
6' 5 $\frac{1}{2}$ "	(1)	Belfast	8th June, 1946
6' 6 $\frac{3}{8}$ "	(1)	Antwerp	7th July, 1946
6' 7 $\frac{1}{2}$ "	(2)	Glasgow	2nd August, 1947

The first full international between G.B. and N.I. and U.S.A., at the White City in July, 1961, saw the first occasion on which two Scots competed in the high jump together for Britain. Fairbrother and Mackenzie were the pair on this occasion. Fairbrother led both Americans on failures right up to second round attempts at 6' 10". The Americans? None other than John Thomas (7' 3 $\frac{1}{4}$ "—1960) and Bobby Avant (7' 0"—1961). They finished in that order, both with 6' 10", with Fairbrother third (6' 8"). Fairbrother and Kilpatrick competed together in three of the 1963 fixtures.

Houston and Cairns were the outstanding "youngsters" in Scotland in the late 1950's, collecting several Scottish junior and youth titles between them. Houston, 1962 Inter-Services champion, achieved his best when jumping for Combined Services against A.A.A. and English Universities, while Cairns and Kilpatrick set personal bests in this year's Scottish Championships on the 2 $\frac{1}{2}$ -year old cinder track of Glasgow University at Westerlands, Glasgow.

With improved coaching and training facilities, the standard of Scottish high-jumping will continue to rise. Indoor high-jumping has already been tried several times, including at the Kelvin Hall, Glasgow. Only with indoor facilities for competition AND training can Scotland hope to show her full potential, especially in view of the bad outdoor conditions with which the athlete has to contend during the winter months. One is tempted, however, to advise those who wish to reach their full potential to move to the South of England. There, and only there at present, can they obtain regular indoor competitions during the winter and intensive competition outdoors throughout the summer.

Who knows? Perhaps the United Kingdom's first seven-foot (2.134 metres) high-jumper will be of Scottish ancestry. Thinking in the metric system, however, this height does not present such a psychological barrier.

The author of this article would like to point out that much of the statistical information above was taken from the following N.U.T.S.—Compiled Publications: "British Best Performances of All Time"; "British Best Performances 1961" (also 1962); "United Kingdom Best Performers of All Time." All are obtainable from Mr. A. Huxtable, 78, Toynbee Road, Wimbledon, London, S.W.20. Prices on application.

The Specialist Clubs

Commander F. W. COLLINS, R.N. (retd.)
(Chairman, Specialist Clubs Committee)

"A CLUB or group existing solely to further the interests of any particular event or events." Not a very clear definition but the one adopted at the first meeting of the Specialist Clubs Committee on 28th February, 1956 and fully understood by all members of the Hammer Circle (Founded 1952), Whip and Carrot Club (High Jumpers, 1952), Javelin Club (1954), Hurdlers Union (1955), Discus Circle (1957), Kangaroo Club (Long and Triple Jumpers, 1959), Pole Vaulters Association (1959), Barrier Club (Steeplechase, 1959), Shot Circle (1963) and the British Milers Club (1963). Also by the National Union of Track Statisticians (1959) whose special interest, whodidwhatwhen, connects all the others but none-the-less stands on its own.

It all started sixteen years ago in the enquiring mind of D. N. J. Cullum who, aware of the lack of official encouragement for hammer throwing but conscious of the great enthusiasm for this event among the throwers, decided that discussions among throwers and coaches would pool what knowledge there was in England of this highly technical event, to the benefit of throwers and coaches alike. As a result the first Hammer Week-end was held at Winchester in April 1947 and, following other gatherings organised by Dennis Cullum, the Hammer

Circle was formed at Alperton in August, 1952. The Club now has branches in Great Britain, Australia, New Zealand, Pakistan and South Africa and, because its basic ideas have been adopted by the others, an outline of its objects will give the best description of what each Specialist Club is striving to do. The Hammer Circle's objectives can be summarized thus:—

To bind together the fraternity of British Hammer throwers; to provide an incentive to throwers by setting a qualifying standard for membership; to encourage throwing, particularly among juniors, by advice, coaching and provision of facilities; to increase the number of competitions; to keep members informed of alterations to the rules and their interpretation and act on their behalf in these matters; to raise and maintain the status of the event both athletically and in the public esteem.

Following the successful establishment of the Hammer Circle, performers, either active or retired, in other Cinderella events realized that the new entry could be encouraged and the status of their events enhanced by similar single event clubs and within the next three years the Whip and Carrot Club for High Jumpers, the Hurdlers Union and the Javelin Club were formed. In international competitions and, apart from women high jumpers and hurdlers, in world ranking lists, our standard in all the events was low and one of the reasons for the clubs being formed was that, despite its excellent coaching scheme, the governing body was not doing anything particular to set this state of affairs to rights. By deliberate design the Specialist Clubs did not, and still do not, seek affiliation to the A.A.A., Scottish A.A.A. nor N. Ireland A.A.A. because their object is to help all their members with the technical side of each particular event and they never in any way want to undermine the allegiance of their members to the latter's own athletic clubs. Furthermore as most of them have wide international membership they cannot be subject to the control of the governing body of one particular country.

However, it was found that, so far as England and Wales are concerned, it would be helpful if there was some official contact with the A.A.A., so in 1956 the Specialist Clubs Committee was formed to "further the interests of and, when desirable, to act on behalf of its constituent members." One of the main achievements of this Committee has been the improved presentation of field events at important meetings, which can be improved still further if the expert team of announcer/commentators for all big occasions (for which the Committee has been pressing for many years) is brought into being.

As to the individual clubs, in addition to helping United Kingdom athletes, most of them have members throughout the Commonwealth and several have honorary foreign members, while the Discus Circle has world wide membership. Nearly all issue news bulletins of which the Barrier Club's "Splash" is most lively and these circulating around the world, keep alive the interests of many athletically lonely jumpers, throwers and runners, as well as pooling technical knowledge and providing a forum for discussion among many who may never meet in the flesh.

Some clubs run postal or locally organised competitions, the Kangaroo Club being the leader with monthly Schools Postal Competitions for Long Jump and Triple Jump in all three classes, Boys, Youths and Juniors, and regional contests for members and others interested, 14 of the latter being held in 1962. The Javelin Club has taken particular interest in the manufacture of javelins, maintaining close liaison with the makers, and was the first club to represent successfully to the A.A.A. that Juniors of to-day are best served by using the Senior missile. This problem of encouraging the juniors is always in the forefront of Specialist affairs; we have never forgotten that the 1948 Olympic Decathlon champion was a Junior and would not have been allowed to compete under A.A.A. rules.

The Discus Circle, at present the largest club, has totalled over 300 paid up members from eleven countries and, like most of the others, it arranges an annual reunion, though difficulties of booking accommodation in advance and the inability (dare one say reluctance?) of members to commit themselves months ahead, make the organisation of such affairs a real nightmare. However,

the new National Recreation Centre at the Crystal Palace in South London may solve this problem; all facilities will be first class, the track and field training areas were originally planned by two Specialist Club members, and the resident Director of the Centre has already promised a ready welcome to such annual gatherings.

One of the most interesting and novel ideas in the world of training for athletes was thought out and put into action by the Whip and Carrot Club in 1956. This was an investigation into the value for athletes of the training done by ballet dancers, which drew an immediate and enthusiastic response from the Royal Academy of Dancing and ready co-operation by the A.A.A. Coaching Committee. The R.A.D. organised classes for athletes in London and a famous demonstration by an athlete and a ballet dancer was given at the A.A.A. Summer School at Loughborough in 1958. Before an audience of 200, mostly sceptical schoolmasters or hard bitten Service P.T.I.'s, the two young men, identically dressed, did identical exercises. Far better physique, control, balance and rhythm were displayed in every exercise by the same man—the ballet dancer. Lessons learnt will not easily be forgotten.

The latest club to be formed, the British Milers Club, provides an interesting comment on the views of some track men in 1963, who thereby summarize the views of all their predecessors. "We aren't good enough; let's do something about it ourselves." Do it yourself is certainly fashionable these days in many walks of life, but one also remembers that the ordinary athletic clubs elect their representatives to develop, as well as administer, our sport.

The Limit

PETER HILDRETH

WHENEVER I meet a prominent coach I ask his views on the theoretical limit of human performance over the mile. I choose this distance because it is a classic, and it takes long enough to draw them out on this alone without going into the pole-vault or other highly technical events.

My researches began some ten years ago when a mysterious Mexican named Gomez was reported as having run 10,000 metres in a shade over 23 mins. On a brief calculation this revealed that he must have covered each of six consecutive miles in well under 4 mins. His alleged 1,500 metres personal best was, if I remember rightly, 3 mins. 20 secs. Gomez never appeared in any major competition to provide evidence of his phenomenal powers so we must assume that his story was apocryphal, but since his day giant strides have been taken towards what must inevitably be the limit of miling speed.

We all know how Roger Bannister first achieved the hitherto "impossible" by running 3 mins. 59.4 secs. on 6th May, 1954. Many of us saw Derek Ibbotson run 3 mins. 57.2 secs. at White City in 1957, then a world record and still on the books as a U.K. National record. As many of us were presumably staggered when Herb Elliott chopped off the biggest slice since official records were first listed in 1913, when he ran 3 mins. 54.5 secs. in 1958. Setting aside Peter Snell's present world record of 3 mins. 54.4 secs. which is not really a significant improvement on Elliott's mark, it can be said that no real gains have been made in the last five years.

Perhaps this is, therefore, a good moment to take stock. After the great Herb's fantastic trot at Dublin in 1954 Roger Bannister wrote in the *Sunday Times*, "Three and a half minutes is impossible." He went on to say that between the existing record and that mark was a kind of no man's land through which athletes would advance in ever-decreasing increments, to what point he did not hazard a guess.

Last year I met the ubiquitous Igloi, coach to Iharos, Rozsavolgyi, Beatty and others, whose experience of middle distance running since he ran 1,500 metres in 4 mins. 6 secs. in 1935 must be pretty well unequalled. In the course of a long walk in Hyde Park I managed to nail him on the subject of limits. He agreed that 3 mins. 40 secs. was impossible (even more conservative than Bannister) stating rhetorically "Who will run the first half in 1 min. 49 secs.?" After several bids from me he finally settled for 3 mins. 48 secs. as being the foreseeable limit in his time.

Reading through Arthur Lydiard's book we find a similar prognostication though he mentions 3 mins. 48 secs. as being Snell's potential and not an ultimate.

Tom O'Hara, America's miler of the future, whose present is quite lively at 3 mins. 56.9 secs., told me he thought about 3 mins. 46-48 was possible but admitted that he had heard others postulate that as a limit.

More generous in his estimate of human mile pace was Bruce Tulloh who told me "I can foresee a man running four 55s to complete a 3 mins. 40 secs. mile." Presumably he meant someone wearing spikes!

Taking the biscuit for sheer exuberant optimism was Roger Moens, former world 800 metres record holder and a "reasonable" miler in his day at 3 mins. 58.9 secs. "Limit—there's no limit" he protested when I spoke to him recently. "What is the world record for 4 x 440 yards relay?" he asked me challengingly. "About 3 mins. 4 secs." I replied. "Well then," he pronounced, his teeth gleaming in a smile of great assurance, "one day a man will run the mile in 3 mins. 5 secs."

I divided feverishly by four: 46.25 secs. per lap, or allowing for a "gentle" one of 47 secs. in the middle, perhaps a final lap in something under 46 secs!

Well, there it is milers. You must get to work on those sub 50 repetition quarters. Or who knows, maybe Gomez will make a comeback!

Modern Champions

NEIL ALLEN

SILVESTER, L. JAY is the uncrowned king of discus throwing. Born at Utah on 27th August, 1937 he cannot claim the honours of double Olympic champion Al Oerter. But many throwers, including our own record holder Roy Hollingsworth, regard him as the heir apparent as far as the world record is concerned. Silvester is 6ft. 2½ in. tall, weighs 225lb. He threw the discus 157ft. 10in. in 1956, jumped to 172ft. 4½ in. the next year. Then his annual bests were 181ft. 8in. (1958), 184ft. (1959), 190 ft. 11in. (1960), 199ft. 2½ in. (1961), 199ft. 7½ in. (1962) and this year 204ft. 4in. in the United States, a winning throw of 201ft. against the Russians and in Mainz, Germany a personal record of 204ft. 7½ in. compared with Oerter's world record, also in 1963, of 205ft. 5½ in. In 1961 Silvester had what would have been an historic effort of 210ft. 2in. but sloping ground made it invalid. This year he had a warming-up throw of 213ft. In 1962 this likeable giant won the A.A.A. title with 199ft. 7½ in. which is the U.K. all-comers record.

HOLLINGSWORTH, ROY came to this country from Trinidad where he was born on 28th December, 1933. He is 6ft. 3in. tall, weighs 208lb. which he hopes to build up to about 230lb. with intensive weight-lifting this winter. He has had a glorious season, smashing Michael Lindsay's U.K. national record of 181ft. 6in. and beating 180ft. in five successive international competitions. In the last match at the White City this year he reached 186ft. ½ in. compared with his 119ft. in 1959! He was first a 440 yards man with a best of 49.8 and an 880 time of 1:57.2. In 1960 he beat 174ft., having been largely self-coached (as befits a physical education student at Loughborough), but was helped by Doug. Mannion when he was around the 165ft. mark. Hopes for 200ft. next year. Of the great throwers says "Rink Babka has the near perfect technique, Al Oerter is the competitor and Silvester the future world record holder."

Correspondence

To the Editor,
"A.A.A. Club Newsletter."

8th October, 1963.

Dear Sir,

INDOOR SHOT PUTTING

Some points arise from Cecil Dale's article "Indoor Tracks" in the No. 11 issue (May, 1963).

The shot used at Wembley in 1962 was not leather covered, and was put onto portable turf sections. Except for the fact that the circle was wooden, and not concrete, it was a close approximation to outdoor conditions. The 1963 conditions (leather-covered shot from board circle) meet up to the conditions required by the American A.A.U. for an American Indoor Record.

At Feltwell, ordinary outdoor shots are put from a concrete circle onto a sand area. There are two disadvantages here. Firstly the level of the sand is a little above that of the circle, and secondly, unless the sand is well watered, the shot makes a large mark. Both these tend to decrease the distance measured for any given put.

The most recent occasion on which I was at Cosford was some 18 months ago. Conventional shots were put from a concrete circle onto coconut matting. The disadvantage here is that it is difficult to find a precise point from which to measure the effort.

Yours faithfully,

P. S. MACKENZIE.

Social and Membership News

THE outstanding, indeed the only, social event of the summer has been as usual the Annual A.A.A. Club and Championships Dinner. Held once again in the Members' Dining Room of the House of Commons, this year under the sponsorship of Sir Wavell Wakefield, M.P., 160 members and their friends, including some twenty Champions and guests attended.

The venue for this dinner is fast becoming traditional and despite a slight drop in numbers this year the committee hope to arrange next year's dinner also at the House of Commons. There is little doubt that the Palace of Westminster is a great attraction both to our own members and to our champions, particularly those from overseas, and constitutes a big factor in the high proportion of champions accepting our invitation.

Most of you will have been aware of the presence of the A.A.A. Club Girls at recent White City meetings, and they have through the medium of club literature distributed been the means of augmenting club membership by some 60 new members. Since the Club took over the administration of the Honorary Membership scheme on behalf of the A.A.A. there has been a total of 172 new members enrolled.

Unfortunately this does not mean an increase in club membership of that number because sad to relate in the same period nearly the same number have had to be struck off the register for non-payment of subscriptions.

This is a sad state of affairs which can be remedied to some extent by all members signing banker's orders and I am happy to say that most of our new members have been doing this.

It is obvious that we cannot afford to carry large numbers of members who are out of date with their subscriptions, and this year some 112 members who last paid in 1960 will have to be struck off the list. This is despite a personal letter by the Honorary Treasurer drawing attention to their lapse. This will have to be a continuing process and there are, I regret to say, quite a number of members who last paid in 1961 and whose names, unless a subscription is forthcoming, will have to be struck off the register next year. If you do happen to be one of these why not obtain a Banker's Order Form through either myself or the Honorary Treasurer and avoid this happening to you!

NORMAN COBB.

Track of the Future?

AN article in a recent issue of *Rubber Developments* suggests that one day in the not too distant future athletes will compete on tracks surfaced with a composition of rubber and plastic.

This is the highly promising conclusion from four years' research and development work by En-Tout-Cas Ltd., a company already well known in the sports field for its tennis courts. This work came to a head last summer with controlled tests at the Loughborough College of Technology where leading amateur athletes carried out trial runs on an experimental strip of the new material laid on the College sports field.

This composition track, while more expensive to install, is said to offer two main advantages over the conventional track. It is virtually maintenance-free, and tests to date indicate that it yields faster times.

The new track is composed of $\frac{1}{8}$ -inch granular rubber bound together with a plastic binder. It sets into a rough, hard yet resilient track affording maximum traction. There is no loose surface nor dust and weather conditions do not appear to affect it. Yet it absorbs rain immediately and it has passed with flying colours a 500-hour test involving alternate freezing and thawing. To increase efficiency still further, a light fibre glass net can be laid over the surface and incorporated into the track.

Trial sprints over thirty yards, using starting blocks, returned a mean result of 4.06 seconds, compared with 4.21 seconds on the conventional College track.

Reprinted from the April, 1963, issue of "Sport and Recreation."

Book Reviews

"MODERN WEIGHT-TRAINING" by Al Murray (Nicholas Kaye, 25/-)

Early in this book, Al Murray writes, "There are two big problems existing on the sporting side which I am repeatedly asked to solve. First: how can weight-training be adapted to suit the special needs of sports which differ widely in their mechanics of movement? Second: how can the sportsman know in what proportion he should mix his competitive training with his weight-training?"

To answer these questions fully in one book would require the writing of something more resembling a volume of the Encyclopaedia Britannica. However, this book's general advice co-ordinated with the advice from one of the more specialized publications, such as "Weight-Training for Athletics," should go a long way to answering the beginner's weight-training problems.

Among the contents are sections on body mechanics, anatomy, weight-training terms, schedule construction, and isometric work. Some of these sections are of more value to the coach than the athlete, although it might be argued that a fuller knowledge of what is happening and why makes for better training than just working and feeling stronger.

Weight-training being a purely personal thing, after a short period of lifting most athletes have already established definite ideas of what type of work they require and enjoy. Reference to this book, will better enable an athlete to select the exercises most suited to his event. The different exercises are well covered in the last section of the book, probably the best. It gives details of 56 weight-training exercises, together with descriptions of starting position, movement, breathing, and purpose. One hundred and ten photographs of key positions in the exercises save much time by giving clear ideas of how the exercise is done.

The major fault that I found with this book was the lack of an index. This was especially necessary when attempting to find, say, the method of performing the Shot Side Bend, an exercise with an intriguing title.

I do feel that this book is of main value to people just beginning weight-training. This field has been covered before in several other books, Mr. Murray having written at least one. The book that I would welcome from him is one for advanced weight-trainers and weight lifters, a section of the sport which has been severely neglected, probably due to the restricted demand and consequent lower financial returns available to an author on such a subject. But it is surely in this field that Mr. Murray has most to offer with his specialized knowledge.

M.R.L.

**" COACHING FOR TRACK-AND-FIELD ATHLETICS " by Victor C. Sealy
(Museum Press, 10/6)**

The author has called upon his vast knowledge and experience in the field of athletics to compile a very useful little book.

He sets out to give a general outline of the coaching for eleven athletic events that can put the teacher or coach on the right lines. He sticks to the conventional and well tried methods in the main, but introduces nothing new, unfortunately.

I feel that since this is a book for the beginner, greater use could have been made of illustrations to show some of the common faults as well as correct technique. It is important for the coach to know what is wrong and to have their remedies explained.

I think the explanation of the preliminaries of the Long and High Jump rather laborious, and feel that too much coaching can dull the event; natural talent must be allowed to develop. It should be remembered that jumping is one of the few athletic events taught in Junior Schools.

There is a 'play safe' aspect throughout the book which, although perhaps wise, is rather unrealistic in the light of the achievements of young athletes. For instance, the "danger of too much racing in Cross Country," the advocating of "not more than two or three trials each week" over the Hurdles and guarded remarks in the Triple Jump. It is very natural for a boy to want to try everything and whilst the teacher or coach must show the accepted way to achieve the best results, the boy must "learn by doing" and this means constant practice and repetition, if he wishes to be any good at all.

The inclusion of a chapter on Safety Precautions for Field Events is very useful, for care and supervision cannot be over-emphasised.

The author has included the Technique of Judging, no doubt because so many of our young coaches and teachers do not know the rules or how to implement them, and this section will prove to be well appreciated.

To sum up, I would commend Victor Sealy on the contents and arrangement of the book. I feel it is the right size to carry around for reference at any time and whilst I have made various criticisms, it is because I feel we should educate our young athletes towards a tougher approach to the sport, since getting to the top is a tough assignment.

JOHN W. A. HODGES.

" CHAMPION IN REVOLT " by Arthur Rowe (Stanley Paul, 18/-)

I have read most of the books of recent years by our athletes. Faced with such a title as 'Champion in Revolt,' I at once thought "What, another one with a chip on his shoulder?" But after reading through the first few pages I soon found I was wrong. Some of the stories of Arthur Rowe's visits abroad, though, I take with a pinch of salt. Of course there is the usual hit at officials, but praise is given to many where it is due.

This should be a good book for the up-and-coming youngster, if only to show what dedication through long hours, months and years Rowe showed in training on his home-made circle in the Tollgate pub car-park. A first-class chapter on body-building, followed by useful tips on training, will be put into practice by many.

There are many pages on the action of shot putting with the "do's and don'ts" and the various faults of technique one can soon get into. Although the book is not meant to be technical, it does show the novice the many pitfalls there are in putting the shot.

There are many photographs of Rowe but one would have liked to have seen more of him in action, especially in his many winning performances, instead of those which show him training in the pub yard (athletes in Russia and in other countries found it hard to believe this was his training ground).

To sum up, the title 'Champion in Revolt' appears to be misleading, at least to us in the field event world. Perhaps this was done for selling purposes. Despite this, the book proves that even at the top the path to success is not smooth. I shall say to many shot putters, "If you want to succeed, you should read Arthur Rowe's book to find out what hard work really is."

GEORGE E. SMITH.

"SCHOOLBOY ATHLETICS" by Percy Cerutti (Stanley Paul, 15/-)

Percy Cerutti's "Schoolboy Athletics" claims to be 'a world-famous coach's guide to the champions of tomorrow.' Most of the book is taken up with advice to the runner, and there are splendid chapters on early training, basic movements and middle-distance racing, all of which should inspire any keen young runners and set them on the right paths. Cerutti warns against too early specialisation and rightly stresses the need for basic conditioning, particularly the acquisition of strength. There are also some sensible remarks on food, and the need to relax and avoid tension during full-out effort. In all these chapters Cerutti provides the schoolboy athlete with the benefit of his long experience and proved ability as a middle-distance coach and maker of champions.

It would have been helpful to have had some simple line drawings to help explain the technique of sprint starting, and at times the author's enthusiasm for better performances leads him to exaggerate what can be done, as in such statements as, "Any good schoolboy can run one quarter around 50 seconds" (page 35). One chapter—the longest—"some hints for specialists in Hurdling, the Jumps, and Field Games," would have been best omitted. The schoolboy thrower or jumper needs to have some clear practical advice on what to do, on what is the correct technique—aided by simple diagrams or drawings. It is a pity that Cerutti attempted to give advice on the field events about which he obviously knows very little. What he says will either confuse the young athlete or set him working along incorrect paths. Advocating that a right arm lead should accompany a right leg lead in hurdling is probably his most absurd suggestion, but he gives bad advice in the Triple Jump and he doesn't understand the use of the free leg swing in the High Jump. In fact he believes it is wrong to teach young athletes the correct technique in field events; they should not be inhibited by the teachings of a coach but should experiment and practise and use their own intelligence to judge their success. This idea would have more plausibility if it did not come from a coach who believes in teaching runners how to breathe properly—surely a more natural activity than discuss throwing or high jumping.

There are 16 pages of photographs designed to illustrate certain points in the text, but here again the comments on the field events performers are not likely to help a young athlete. Each chapter has a short summary at the end—omitting these there are less than 100 pages of writing. This would be poor value at 15/- anyway; containing so much that is bad advice the book cannot be recommended to any schoolboy or schoolmaster.

A. C. ELDER.

"SKILL IN SPORT—THE ATTAINMENT OF PROFICIENCY" by B. Knapp (Routledge, 30/-)

In her book "Skill in Sport," Miss Barbara Knapp has delved into a field of study in which there is a great deal of empirical opinion but remarkably little that can be classified as proven fact. The term "skill" means different things

to different people but at the beginning of the book it is stated that "skill is the learned ability to bring about predetermined results with maximum certainty, often with the minimum outlay of time or energy or both."

It is suggested that after reading Chapter I one may either carry on through the book in the normal way or jump to Chapters VII, VIII and IX before reading Chapter II. The early chapters deal with the practical issues and the later ones with a study of the theoretical aspects. I read straight through but I am not sure that I would not have been better to take the alternative order.

A great many sports are used as examples to illustrate the points under discussion and Miss Knapp calls upon several hundred references. This is, in itself, a great service to harassed teachers and coaches who seldom have time to read the many researches, even if they have access to them.

Of the many points raised, one that is of particular interest concerns a division of skills into two main types:

(a) A skill such as shot-putting where the aim is to provide as nearly as possible identical conditions every time and where outside influences are reduced to a minimum. The dividing line between this type of skill and "habit" is problematical.

(b) A skill such as volleying a football when the player needs to be aware of and react correctly to many outside stimuli such as wind, ball height, position of opponents and team mates, etc. Clearly this can hardly be habitual.

It seems likely that some skills fall between these two extremes and, if so, could it be that the element of adaptability is something that is frequently ignored?

Happily the authoress does not leave the reader merely to flounder amongst a great many different opinions for she seeks to give weight to those which, after due consideration, seem most likely.

This book is likely to be a student's reference book rather than a coach's guide and (although good value at 30/-) not the sort of book that all two thousand A.A.A. honorary coaches (or even the 200 active ones) are likely to buy. R.C.

"ATHLETICS—HOW TO WIN" edited by Peter Hildreth (Heinemann, 21/-)

Ten of the greatest British athletes of recent years (Radford, Wrighton, Hildreth, Johnson, Disley, Pirie, Elliott, Ellis, Matthews, Savidge) have contributed chapters to this book in which they analyse the event(s) in which they specialised. These are preceded by an essay from the pen of the former A.A.A. Chief National Coach, Geoffrey Dyson, part of which is quoted elsewhere in this magazine. The resultant volume is lively, shrewd, and packed with excellent advice, one which ought—for a start—to be in every school library.

The anecdote I recall most readily concerns Lord Burghley who ran a leg in a 4 x 2-lap steeplechase relay in the British Empire v. U.S.A. match of 1928. His technique at the water jump, it seems, effectively destroyed the opposition—an 18ft. long jump clean over hedge, rail and water! And the chapter which I found most closely argued and thought provoking?—I would select Derek Johnson's fascinating contribution on the middle distances.

Apart from individual studies, a number of excellent action sequences filmed by Toni Nett, official I.A.A.F. photographer at the 1960 Olympic Games, complete this excellent book.

"INTERNATIONAL ATHLETICS ANNUAL—1963" (World Sports, 7/6)

"BRITISH ATHLETICS 1963" (British Amateur Athletic Board, 6/-)

If I say that these two volumes provide the mixture as before, this is intended as the highest possible praise. Year by year the "track nuts" of Britain and of the world co-operate to produce deep ranking lists of performances during the past athletics season. Here in the B.A.A.B. booklet we have the facts and figures for all standard events and for seniors, juniors, youths and ladies—and fascinating reading they make. The 100th best British miler of 1962 clocked 4m. 14.4secs.; 51 runners beat 30mins. for the 6 miles, and here they are lined up for our inspection with date and place duly recorded. The addition of championships results and records completes the picture of the home season last year, and there is an excellent index.

The "World Sports" booklet provides similar information covering the world scene. Indoor athletics is dealt with too, and all-time ranking lists are also provided. In addition an article by that supreme statistician Roberto Quercetani entitled "The Athletes of the Century—Decade by Decade" will prove a fruitful source of argument. The author lists the three athletes he considers the greatest of each of the six decades of this century. 10 of the 18 hail from the U.S.A., and only one from Great Britain. His name? Alfred Shrubbs. B.E.W.

"ATHLETICS" edited by G. F. D. Pearson (Thomas Nelson, 42/-)

The book is intended to take athletes and coaches beyond the elementary stages covered by A.A.A. booklets and it largely fulfils this aim. The authors are all men with intimate knowledge of their events; some have Olympic and International qualifications, most are A.A.A. Honorary Senior Coaches, and their contribution to this book is undoubtedly a tribute to the A.A.A. Coaching Scheme. Roland Harper selected most of the writers and he has chosen extremely well. Their contributions contain some pithy phrases:

"... because something is good, it does not follow that more of it is better." "It is not practice, only correct practice, which makes perfect . . ."

Sprinting. Godfrey Brown discusses intelligently various aspects of sprinting and there is some good commonsense on baton-changing. Inevitably there is talk of Jesse Owens. The author is a little reserved on the benefits of weight training, but admits to some slight acquaintance with strenuous activity other than running which apparently did him little harm!

Middle Distance. The fallibility of records is underlined but the reader is left in no doubt of the work involved in producing good performances. Tony Elder will find many who support his dislike of flat cross-country courses. He addresses coach and athlete, relates training to personal needs and conditions, and makes a plea for quality in training, not merely quantity. There are useful summaries on running action and injuries.

Long Distance. This is an area for men of fortitude. Harry Wilson talks of perseverance, the training diary and keeping-fit all the year. Coaches and systems are compared. Training means preparing, not only with physical attributes but mental toughness, strong shoe-laces and blister prevention.

Hurdles. With the support of a long and successful hurdling career, Peter Hildreth talks plainly about what is worth doing and what is not. One might infer that he underplays the need for stamina in these events. He assumes an intelligent approach to training by his readers. Certainly he takes the mystique out of hurdling and may well attract many new men to this branch of athletics.

Steeplechase. Almost half of this article is a history of the event but this is intended to make good an existing deficiency. John Disley has played a most significant part in establishing British steeplechasing and provides a good picture of this tough and once-obscure activity. He writes clearly of the problems to be met and training to overcome them. Of interval running he suggests that athletes may choose to run flat-out in order to tire quickly, when the real work begins.

Hammer. Don Anthony gives a concise and lucid exposition of this complicated event. The chapter will be a great help to any hammer athlete or coach. He acknowledges the vital part played by Dennis Cullum in fostering hammer throwing, and makes reference to current developments in technique. The section is well illustrated.

Shot. The emphasis is very much on technique and strength. Geoffrey Pearson's fascination for and knowledge of this event appear to increase as his association with it lengthens. A marathon of detail. Mr. Pearson has obviously thought himself through every inch of the movement a thousand times. What a revelation to see, in tabulated form, the astounding size and sporting prowess of some world class putters.

Discus. Herbert Lockwood refers to discus throwing as a practical art rather than an applied science, but nevertheless submits the most technical essay in the book. There is a detailed, straightforward account of technique, some good

advice on training methods and a pertinent discussion on whether 'power comes from the ground' can have any exceptions. The worth of good serial photographs is well demonstrated here. This chapter is the best value of any.

Javelin. This is an engaging, often lighthearted section, but there is no doubt that Ken Brookman holds strong opinions and states them forcibly. There is plenty to read on technique, with ideas for training ranging from ballet work to overarm throwing of 12lb. shot. The suggestion that it is not too late to begin javelin throwing at 40 years is the remark of a real enthusiast!

Pole Vault. Father J. Coulthard writes a fascinating chapter. Obviously, new breeds of pole are here to stay. We get the story of fibre-glass and a careful description of technique. It is exciting to read how the pole is pulled underneath the inverted vaulter because 'he may need it,' and to learn of the speed attained on the runway by vaulters during their approach. Well-tryed practices are explained. Pole vaulting must be one of the few events where 'land-drill' is useful. Excellently illustrated.

High Jump. Arthur Gold writes most competently on an event in which he has excelled as an athlete and as a coach. He has long been an advocate of Western Roll jumping, and he gives his reasons here. Serial photographs of current 7-footers might have been an improvement on the drawings used and would have shown the straight leg swing recommended at take-off. There are good notes on curing faults in experienced jumpers and on working the 'tie' system to advantage. (One wonders to what height M. J. Brooks lifted his centre of gravity with his 6ft. 2½ins. jump in a tucked position, in 1876?).

Long Jump by John Whaling. Speed, mobility and strength are emphasised for the long jumper, and stages in the hitch-kick are detailed against drawings of Gourdine. There are some fine photographs of Boston's incredible jumping. The suggestions on training do not seem to measure up to the recommendations on strength in the text and too little work is required of the athlete.

Triple Jump. The technique is plainly described. George Pallett has immense coaching experience and writes succinctly. He has made good use of serial drawings, but it is unfortunate that there is not available a series of photo frames to illustrate balance and body positions in relation to a background. While the author recommends plenty of strong work in the winter, there does not appear to be adequate opportunity in his summer training to maintain leg, hip and abdominal strength.

Weight Training by Geoffrey Pearson. This section gives a comprehensive list of exercises, some under less-usual names, with full instructions and guidance on their use for all athletic events. One omission is Biceps Curl, as 'Chinning' is not always adequate or practicable. Exercises which attempt to simulate technique are of dubious value. The shot putter's 'Form' exercise might best be considered as strengthening only, and not tied too closely to putting action. The few pages on isometric exercises could save many weedy males the embarrassment of writing for correspondence courses in body building, or the cost of purchasing weighty equipment.

Most chapters would have been improved if serial photos of the quality shown in Pole Vault and Discus sections had been generally available.

The book contains a fascinating variety of coaching phrases, athletic jargon and writing styles. The personalities of the authors show through their work which, taken collectively, is a valuable contribution to athletic literature. Unfortunately the price of 42/- may limit its usefulness.

J. A. CHESTER.

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.

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