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NEWSLETTER



JOHN COOPER
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Athletics

E. H. RYLE

EXTRACTS from a book bearing the above title and published in 1912 by Eveleigh Nash. The author was President of Cambridge University A.C. and represented Great Britain in the Olympic Games of 1908.

Clothing

"For running across country no clothes are required beyond the usual zephyr, shorts, which must not quite reach the knee, and sweater (the latter never to be left off on training runs, whatever the weather may be), whilst a scarf, worn loosely and not wound tightly round the neck, is also desirable if the day be cold. Of far greater importance, however, are shoes. For mere training runs, sand shoes as favoured by the seaside youth of the nation on any summer's day are the ideal if there is a yard of road on the course. If not, leather shoes with spikes can do no harm to the feet and are most suitable also for racing over a course with a minimum of path and road work. For racing over a light, firm course, leather shoes with leather studs should be worn, as they give a firmer grip than india-rubber shoes—even when fitted with india-rubber studs—can possibly give; and a complete control over the ground traversed is essential. With either kind a low heel is permissible. Socks, or some other form of lining, should be worn between the shoes and the feet for obvious reasons. Both spiked and leather shoes should be worn sparingly, as they can only be expected to survive a comparatively small number of races with such rough usage, even when fitted with steel plates. When either spikes or studs begin to come through don't blame the maker, for the perfect cross-country running shoe is to be the invention of the twentieth century—if not after. They should be as light as durability will permit. Steadiness can never compensate for lightness. Corks may be carried in the hands, as they are of material value when passing a rival or at the finish of a race, but when surmounting or getting through obstacles they are apt to be a positive nuisance. Their usefulness on the whole outweighs any possible inconvenience.

Before competition

"It is most difficult to turn out for a competition in the right state of mind, though I believe it to be very important; the whole thing is such a nervy affair, yet extreme nervousness is fatal. The ideal state to enable a jumper to put the necessary 'devil' into his work is a reckless sense of enjoyment, but I fear I have few hints to offer as to how to summon such buoyant spirits, they are so much a matter of temperament and temperature. I think a good piece of advice is not to be the first to turn out; on an occasion of this sort it is better to keep people waiting than to be kept; also on this subject I may mention that I do not think a confirmed smoker should give up his tobacco unless it is done in sufficient time to enable him to get used to such abstinence, since, after all, smoking is a sort of vice, though a harmless one, and to suddenly break off the habit must at first produce a nervous and irritable effect on him, however, I think too many cigarettes are certainly a bad thing.

Sprint start

Owing to the amount of muscular strain which the crouching method of starting entails, it should be practised in moderation. If due precautions are not taken, the muscles of the thigh and back may be strained or even snapped. It is not wise to attempt the "all fours" posture until they have become supple and elastic from use. It is quite possible to practise fast dashes to improve the speed by trotting up to a mark on the ground and then sprinting on hard, as if from the pistol. When running these sprints or practising with a pistol do not ease off suddenly but gradually, "without putting on any brakes."

In training for a hundred yards a man should not often run the whole distance. Once in the day is quite enough, but always, if possible, run the distance accompanied by or paced by a friend, and always finish right out and beyond the hundred-yard mark.

After the race

If you have been successful in one or two events do not boast or set yourself up as a critic and adviser of all men in the changing room. I have known several charming men who have been completely spoiled socially by success on the track. Success in such an individual kind of sport seems to have a worse effect on some people than even victories at golf. Don't always talk running "shop" in and out of the changing rooms. It really is the most boring of all shop, and does not do yourself or your unfortunate listener any good.

Drink

Most trainers have their favourite beverages which they recommend to the runners in training who are under their charge. At Cambridge, old Jack White (once well known as "the Gateshead Clipper," and a famous four-miler) used invariably to advise runners to take what he called "a glass of burmuny" at their meals. Probably a pint of red wine—which I believe is what he meant to imply—is an excellent thing to drink at dinner, if you can afford it, and certainly the Cambridge men in training quarters at Hunstanton both followed and benefited by his advice.

On the whole I think good draught ale is the best "staple" drink while in training, unless a man has a distaste for it. My advice is to abstain from all bottled drinks and all spirits, though a mouthful of brandy after a stiff heat, and before the final of a race, is sometimes beneficial. I consider such beverages as lemonade, etc., both insipid and lowering.

When a man is really stale and feeling run down and good for nothing, he should give up all running for a day or two, and (if he can afford it) dose himself with a bottle of champagne.

The Loughborough Summer School

GODFREY BROWN

"THE Mecca of Athletics." This was how Geoffrey Dyson, in one of his characteristic expressions, liked to speak of the Loughborough Summer School. Certainly it not only draws there year after year a steady stream of student coaches, but it brings together all the National Coaches for an extended period in company with a number of the country's best amateur coaches, a group of visiting lecturers expert in many fields, and in most years a majority of the country's leading performers in various athletic events. Last year all the Olympic medal-winners to be were seen demonstrating at the Summer School.

The School has established such a reputation that not only do students come from all over the Commonwealth and outside it, but coaches from other countries—including the U.S.A. are frequently to be found there as visitors and even as students.

The elementary course is designed to meet the needs of those who wish to broaden their knowledge of athletic events with a view to taking up general coaching in clubs and schools, and the majority of students are active athletes nearing the end of their competitive careers. Now that other courses of a similar nature though of shorter duration are arranged at various other places, the popularity of the elementary course has tended to wane. Nevertheless there can be no doubt that such elementary instruction is better provided at Loughborough than anywhere else if only because of its taking place alongside the advanced course. The latter continues to be as popular as ever, and it is on this course that the bulk of Britain's Senior Coaches are prepared. While it is intended to cater for the need for specialisation among the Senior Coaches and is thus split into groups studying running and hurdling, the jumps, and the throws, there have always been students coming back in succeeding years until they have covered the whole of the athletic programme.

The Summer School is like a good University in that it supplements the ordinary course of instruction by opportunities for discussion and exchange of ideas. Though my own contacts with active athletes are nowadays very much restricted I find that my yearly visits to Loughborough in an administrative capacity provide me with an exceptional opportunity to keep up with new developments.

There are no doubt many present day followers of athletics who have no idea how and when the Summer School started. It began as an attempt to try and improve the admittedly dismal performance of British athletes in the field events, and from its foundation in 1934 until the outbreak of war it was confined to these. When it was restarted in 1947, it was extended to cover both track and field since by then the sensible conclusion had been reached that our knowledge of running was equally backward. (I remember asking a student at the 1947 Summer School how fast a boy who ran the mile in 4 mins. 40 secs. should cover the first lap. When I expressed surprise that he thought 60 seconds was about right, the student—who was a club coach—replied that unless he did, "He would never get up in a handicap.")

The Summer School was erected by the combination of the enterprise of Captain F. A. M. Webster, then on the staff at Loughborough College and certain leading members of the Achilles Club. They obtained the backing of the College authorities on the one hand and the A.A.A. on the other, an alliance that has continued ever since. Two of the original Achilles members actively concerned in forming the School, M. C. Nokes and R. St. G. T. Harper, returned after the war and became respectively the Chairman and the Secretary of the A.A.A. Coaching Committee. Our national coaching scheme was therefore an offspring of the Summer School.

In the early days of the Field Events School it was impossible to staff it adequately without calling in help from abroad, and a number of foreign coaches of international standing were persuaded to make their services available. My first acquaintance with Loughborough was as a student at the 1938 School, shortly before I left to compete in the European Games in Paris. Here I renewed acquaintance with the Finnish coach of Harvard University, the delightful Takko Mikkola. One day he produced the following memorable statement, "Lowborow I can understand, and Luffboruff: but Luffborow I cannot."

For most of my time as a student on that course I found myself in Franz Stampff's squad, but I had the advantage of being instructed at one and the same time by a young man who had been extracted from service in the Army by F. A. M. Webster to become a member of his permanent staff at Loughborough College. Anyone who has heard Geoffrey Dyson in full cry will understand what I mean by "one and the same time" he needed nothing less than a whole stadium to himself, such was the force with which he drove each point home. To Webster must go the great credit for picking Dyson out and giving him the backing and opportunity to lay the foundations of his remarkable career.

When after the war the A.A.A. decided to start its coaching scheme, Geoff Dyson was the obvious choice as Chief National Coach. He was appointed in 1947, and the Summer School renewed its since unbroken history. With Nokes as Head Tutor and with Harper assisting, Dyson established the programme of the fortnight's work with its strong insistence on learning by doing. Actually that particular School of 1947, in the flush of post-war enthusiasm, went on for a whole month, and left the staff in a complete state of exhaustion; but the fortnightly pattern which was established then proved to be so successful in its planning and conception that very little has subsequently been done to alter what was in essence Geoff Dyson's creation. The two most notable developments since he left the service of athletics in this country have been the introduction of a special study group of amateur coaches with professional experts to assist and guide them in researching into some of the more difficult problems; and the attendance of groups of schoolboy athletes to act as coaching material for students on the advanced course.

I have now attended eighteen Summer Schools in all three capacities—as student, instructor and administrative officer. During that time I have observed that the general quality and background knowledge have advanced remarkably. Nothing but the best and most up-to-date will satisfy them now. However, I know that many will agree with me when I say that without "Nokey" and Geoff Dyson the School can never be quite the same again. They were an inimitable team, and try as hard as we can the rest of us can never hope to be what they were. We can only seek to preserve and further their ideas and traditions.

The New Kuts ?

NEIL ALLEN

THE Olympic Games always have a series of endless postscripts written by those who failed to carry the heavy burden of responsibility laid on their shoulders, by the supporters and sports writers of their own country. None has been busier at redeeming himself than Ron Clarke, the Australian distance runner, who went to Tokyo as world record holder for the 10,000 metres and finished third in that event and ninth in the 5,000 metres and marathon.

Towards the end of the Australasian athletics season Clarke added the world records for three miles (13:7.6) and 5,000 metres (13:33.6) to his laurels and showed that, even if he still has much to learn about combating the pressure of the major competitive occasion, he possesses remarkable strength.

Clarke made news as far back as 1956 when he was the world's fastest ever junior miler with 4:07.6. At the Melbourne Olympics of that year, Clarke was chosen to carry the Olympic flame into the stadium and was widely praised for the way he withstood the pains of burns upon his arm from a spluttering torch.

With the arrival upon the scene of the even more talented Herb Elliot young Clarke disappeared from the headlines though he continued to race intermittently between 1958 and 1962. It was somewhat unexpected when, a husband and father of two children, he exploded back with world records for 10,000 metres (28:15.6) and six miles (27:17.6) in 1963. His successes were the result of twice daily training for a total of four hours a day. He added to this, on Sundays, a long run of about 25 miles over hilly country.

On 17th January this year Clarke lowered the 1957 World 5,000 metres record of Vladimir Kuts by two tenths of a second to 13:34.8. Before the month was over he had run two miles in 8:33.0, and 8:47.0 and six miles in 27:39.6. On 1st February at Auckland a crowd of 8,000 saw him pass the mile in 4:18.0, 2 miles in 8:46.0 and 3 miles in 13:7.6 before covering the remaining 172 metres in 25.6 seconds.

Clarke's ambition is to become the first man, since the immortal Paavo Nurmi, to hold all the world records from 3,000 metres to one hour. It remains to be seen whether he has sufficient basic speed (his fastest mile is 4:03.4) to become the fastest ever at 3,000 metres or two miles. I believe he is certainly strong enough to run 10,000 metres inside 28:10.0 and to cover 10 miles inside 47:20.0. The official world record of 47:26.8 is held by Britain's Mel Batty.

Even more intriguing is, whether Clarke can become regarded as a great racer as well as a great record-breaker. In Tokyo he front ran, without intelligently and cruelly varying the pace as Kuts and Zatopek used to do, and merely acted as a magnificent hare for the rest of the field. His chance to prove that he is really the "new Kuts" will come at the 1966 Commonwealth Games in Jamaica when he will be 29.

A Closer Look at the American Track Scene

RON PICKERING (*A.A.A. National Coach*)

WHEN talking about the American Track scene, one of the most common clichés used in attempting to explain the reason for their greatness is to refer to their "hothouse for competition." To be more specific, the tremendous standard of competition that exists on the West Coast of America, particularly at high school, college and University level. The Americans have been quick to point out that they would do even better if able to develop a great Club system like our own, for there are few public facilities in the United States and this is the major reason for them

losing so many great athletes on leaving full time education. However, having seen the need it seems that they are now developing their Club system and it is this aspect of American athletics that I would like to take a closer look.

It has long been a subject of great interest to me, but in June, 1964 I was able to see it at first hand. The 1964 A.A.U. Championships were of a very special significance to me, Lynn Davies and not least to all American athletes taking part.

They were held at Rutgers University in the State of New York, and being on the East Coast rather than the West meant that it was much less expensive for Messrs. Courage, Barclay & Simonds, Ltd., to agree to sending Lynn Davies there. I had long felt that when Lynn was ready for it, his most vital need was to meet the great long jumpers of the world as often as possible. In this way he would discover they were human after all and not just a name that appears all too frequently in the record books. If only the athlete can rub shoulders with them often enough, they lose their giant-like stature and once brought down in size, if only in the athlete's imagination, they become vulnerable.

When the Association backed my suggestion to send Lynn, Courage were quick to agree for he was one of their first Award winners. Again, because the Championships were on the East Coast and more important because my wife agreed with me on the importance of going, we scrapped our annual holiday to make it possible for me to go to America with Lynn.

The 1964 Championships had an unusual significance for the American athletes because the meeting decided three things:—

- (1) The 1964 A.A.U. Champions in 19 events;
- (2) The American participants in the annual dual meeting with the Russian track team; and
- (3) The qualifiers for the 1964 U.S. Olympic Trials.

Three years out of four, the A.A.U. conducts its running events in linear distances, but every fourth year with the Olympic Games in mind they switch to the metric system. This was such a year and it meant that everyone who was anyone in the track scene would be there barring injury. It certainly turned out to be a fantastic meeting although the Californians present claimed that times and distances would have been even better had the Championships been held on the West Coast.

Many of those taking part were entered as individuals and they included many of the 'big' names, but it was interesting to see the strength of some of the Clubs entered as a team. I took particular note of the Southern Californian Striders who were probably the strongest team entered. They, of course, had an enormous transport cost—with 54 athletes and 2 team coaches their food bill alone cost 700 dollars!

Let's take a closer look at this fantastic team and you will quickly appreciate that to win a Club championship in California you may have to break an Olympic record!

Event	Best 1964 performance up to the end of June	Comments
100 yards	5 entered, slowest 9.5 Ashworth and Morris 9.3	Ashworth 10.3 metres.
220 yards	9 entered including Larrabee, Plummer, Beatty, Young, Range: 20.6—21.1	(Olympic 400 m. champion)
440 yards	Ulis William Mike Larrabee Adolf Plummer Forest Beatty Earl Young	World Record holder. Olympic Champion. 44.6 400 m. W.R. 46.3 440 yards. 46.4 440 yards.

880 yards	Dupree, Haas, Pelster, plus 6 others sub. 1:50.0.	
1 mile	Best only 4:2.0. E. Nelson	
3,000 metres	No entry.	
5,000 metres	1 entry.	
10,000 metres	1 entry: Clark 28:57.4.	
120 yds. Hurdles	Power and James both sub. 14.2.	
High Jump	Quite fantastic!	
	J. Rambo 7' 1½"	A.A.U. Champ. 3rd Olympics.
	L. Hoyt 7' 1"	
	C. Dumas 7' 0¾"	1956 Olympic Champ.
	E. Caruthers 7' 0"	2nd A.A.U., 8th in Tokyo.
	O. Burrell 6' 10¼"	
	L. Durlay 6' 10½"	
	E. Johnson 6' 10¼"	
Long Jump	R. Boston 27' 4½"	1960 Olympic Champ. W.R.
	W. Clayton 26' 2"	Rep. Jamaica in Tokyo.
Triple Jump	R. Boston 51' 1½"	
	2 other representatives.	
Pole Vault	M. Hein 16' 5½"	
	S. Kirk 16' 3"	
	P. Wilson 16' 1"	
	R. Morris 16' 1"	
	J. Cramer 16' 0"	
	M. Flanagan 15' 9"	
Shot	D. Castle 60' 4½"	
	L. Mills 60' 2"	N.Z. rep. in Tokyo—7th.
Discus	L. Mills, plus 2 others over 180'.	
Hammer	M. McKeever 175' 8"	
Javelin	L. Stuart 252' 2"	
	2 others over 242'.	

Here it must be pointed out that these were the entrants worth sending 3,000 miles to compete and does not show total Club strength! In the same area as the Southern California Striders there are other enormously strong Clubs, e.g. Santa Clara Valley Youth Village, and Pasadena Athletic Association who include:—

R. Stebbins	9.3 and 20.6.
R. Ragsdale	9.4 and 20.6.
R. Day	3:58.9 mile.
G. Greenwood	13.9 hurdles.
Rex Cawley	20.7, 46.0, and Olympic Champion 400m. Hurdles.
Dallas Long	66' 7½" Shot W.R. and Olympic Champion.
Parry O'Brien	63' 10" Shot, twice Olympic Champ., but not Club Champion!
J. McGrath	62' 10" Shot, 190' Discus.
R. Babka	203' Discus.
R. Humphreys	191' 10¼" Discus.
W. Neville	193' 4" Discus.
F. Corelli	261' 11" Javelin.
R. Ullrich	254' 2½" Javelin.
J. Sikasky	247' 9" Javelin.
E. Thruber	240' 0" Javelin.

It is easy to appreciate that Southern Californian Striders could beat most countries in the world without being able to guarantee beating the other Californian Clubs. It is also quite conceivable that America left behind a far greater team than

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most countries in the world were able to take to Tokyo. Whilst we claim that in track and field athletics we have the nearest thing to an individual world championship, the Americans have to leave behind many athletes capable of finishing in the first six at any Olympic Games.

Even so, in the men's events at Tokyo the U.S. track and field team came away with 12 gold medals which could only be equalled by the rest of the world put together! There is little doubt that the most inter-bred society in the world produces the right animals—has the right weather—the greatest facilities—and the tremendous public interest makes it the track and field 'Mecca' of the world!

Having accepted this, and on the weight of evidence we must, should we not put forward a very strong argument for a greater number of entries being accepted from countries like U.S.A. who have tremendous strength and depth in some events. There are many who rightly point out that the Olympic Games is not a contest between nations but of individuals and the International Olympic Committee are determined to keep politics out.

Should we not, therefore, think very seriously of finding a way to make it possible for all those individuals who are well qualified to compete, to enter the Olympic Games. For those who remember the early Olympic Games of this century with a preponderance of Americans taking part, it might seem like putting back the clock. The tremendous distinction, however, would be that anyone taking part can only qualify by achievement on the athletic track rather than in the field of high finance. Seemingly the only qualification in the past was to be able to afford the journey there and back.

This might well involve having to raise the Olympic standards to keep numbers within reason, and we may find a large number of Russians in the Hammer Throw, Americans in the Pole Vault, Sprints, Hurdles, Jumps and Throws, but we could also find a fair number of British 10,000 metre men. Perhaps in this way the gold medals from our Middle and Long Distance runners which have eluded us for so long might come our way.

Putting Tokyo in Perspective

RICHARD SZRETER

NOW that the Olympic fanfares have well and truly died down, it's time to sit back and take stock of what Tokyo meant for the onward march of international athletics. It's time to look into the past, at least as far back as Rome, and into the future to Mexico City.

For instance: was the Tokyo show of track and field prowess once again: "the greatest ever!"? Well it was, and it wasn't. Every Olympic Games has produced its crop of heroes and memorable duels, and the quadrennial cry refers to the standards of performance. Here the number of Olympic records broken provides the most obvious yardstick. How did the Tokyo Games compare in this respect with the other post-war editions? (I omit the 1948 Games, when international sport was far from recovered from the ravages of the war, and a number of important countries did not participate.)

This article is concerned with men's athletics, and in the 24 men's events, in 1952 only **three** records stayed intact (19 broken, 2 equalised); in 1956 **five** records remained unbroken (18 broken, 1 equalised); and in 1960 **four** remained standing (19 broken and 1 equalised). So the average of surviving records from these three OG's was **four**; in Tokyo it was twice as many—**eight**, or one-third of the total number. Some might even question the value of the new records in the pole vault and the 4 x 100m. relay, which were 'modernised' with the aid of new-fangled equipment and favourably altered rules respectively, but I think they were broken by sufficiently large margins to discount these changes, and to accept them unreservedly.

That the 'resistance' of old Olympic records stiffened by 1964 could be also seen from the number of competitors who managed to improve upon them. There were no wholesale breaches in the old wall, as there had been when, say, the first eight men broke the 1500 metres record at Melbourne, or eleven hammer-throwers (some—but no names—only in the qualifying round) exceeded the old standard in Rome. In Tokyo the record number of record-breakers per event was a mere four: in the 800m., 3,000m. St., and hammer throw (not counting, of course, the PV. Furthermore, I picked three events at random to check on the margins by which the old records were improved, and I found the following sequences:—

	10,000m.	margin	High jump	margin	Shot putt	margin
Old recd.	29:17.0		6' 8 $\frac{3}{4}$ "		57' 1 $\frac{1}{2}$ "	
'56 recd.	28:45.6	31.6	6' 11 $\frac{1}{4}$ "	3 $\frac{3}{8}$ "	60' 11"	3' 9 $\frac{1}{2}$ "
'60 recd.	28:32.2	13.4	7' 1"	1 $\frac{1}{2}$ "	64' 6 $\frac{1}{2}$ "	3' 7 $\frac{1}{2}$ "
'64 recd.	28:24.4	7.8	7' 1 $\frac{3}{4}$ "	$\frac{3}{4}$ "	66' 8"	2' 1 $\frac{1}{4}$ "

We can see the margin of improvement steadily diminishing, and the conclusion from it all is, that it is getting harder and harder to smash the old records every four years.

This is, naturally, in keeping with the general slowing-down of improvement in the track and field standards at the top over the last five years. The fantastic rate of progress we witnessed through the 1950's just could not be maintained, although there has certainly been no halt, let alone any decline in standards (readers interested in more detailed calculations will find them in my article in the 1962 ATFS International Athletics Annual, or in Roberto Quercetani's tabulations in the 1964 edition). I think this trend will continue in the coming years. I would expect no orgy of record-breaking in Mexico City in 1968—about half should be broken, and in nearly every case the breaking of a record ought to suffice for a medal.

That, at least, is what I get from a rough projection of the trend spotlighted above. There is an important reservation to any forecast of the 1968 Olympic prospects. In their wisdom, the dignitaries of the International Olympic Committee chose as the venue of the next Games a place 7,000ft.-plus above the sea level. On the whole, this is expected to affect favourably what might be termed the 'explosive effort' events, and to damage the standard of performance in the 'sustained-effort' ones. As to the degree they will be affected, I wouldn't like to hazard a guess. Besides, it is difficult to classify events even along these simple lines: the PV, for instance, is, basically, an 'explosive-effort' event, but when competition drags on for 6 or 7 hours—as recent Olympic ones were guilty of doing—it also becomes a 'sustained-effort' event; and, on the other hand, with suitable conditioning and training we might be able to extend up to, say, 1500m., the resistance to the rarefied air of high altitudes that seems to last only up to about 400m. for normal top-class athletes. So I have no option but to hedge my bets, as it were, for 1968.

This goes, too, for individual favourites. I expect confidently to see a good many upsets of form at Mexico City, in marked contrast to Tokyo, which will surely go down in the annals of track and field as a wholesale triumph of the favourites. Only one complete outsider—Mills—and two comparative outsiders (Nevala and Holdorf) snatched gold medals from reputedly much better men. In three events (5000m., long jump, and hammer throw) **one of the favourites** came top, and thus in 18 out of the 24 events it was the favourite who won! (among them it seems to include Schmidt and Bikila Abebe, once fit). This was a remarkably high proportion—75%—and I expect it to be exceptionally low in 1968.

Where did the winners and other medallists hail from? Have any mighty ones fallen, or any meek and poor risen in the kingdom of international track and field?

The general impression many people got at the time of the Games was that the U.S. came back with a bang, after a rather disappointing showing in 1960. However appearances can be deceptive. In fact, the Americans won 20 medals at Tokyo, having won 22 in Rome. The 20 they won last October was their lowest post-war total (this, no doubt, means lowest-ever, too). Moreover, it continued a downward trend, reading thus: 1952—30 medals; 1956—27; 1960—22; and 1964—20. From

this trend, one would expect the Americans to collect 'only' 15—17 medals when they go "over the border, down Mexico way." Their recent 'strength in depth' has been so impressive that I, for one, won't be surprised if they reverse the trend in 1968—even though, once again, the time of year (October) will not be favourable to them.

Why did it appear then that Uncle Sam did so well in Tokyo, as compared with Rome? I think the shock of seeing the Americans lose all three sprint events in Rome (Hary took the 100m., Berruti 200m., and U.S. team was disqualified in 4 x 100m.), having lost none for thirty-two years, made us all reel. In Tokyo they duly won the three sprints, and, incredibly, took the gold medals in both distance track races, having never won any since these events were introduced in 1912! (their gold-medal count, be it noted, was 12 in Tokyo and 9 in Rome). So it passed comparatively unnoticed that in 1964 the U.S. team was unable to win any 'grand slams' of all three medals per event, while in Rome they had accomplished this feat four times: in both the hurdle races, the shot putt, and the discus.

In fact, it was for the first time in modern Olympic history since 1896 that no 'grand slams' were won at all. The distribution of top class talent is now, apparently, very wide not only in athletics as a whole but also in any given event. Gone are the days of little 'corners' such as the Finns, say, enjoyed in distance racing between the wars or the Americans in the high hurdles or shot putt after the war. And when Nevala won the javelin for Finland it was a sentimental occasion for the oldtimer, and a shock as big as when Finland failed to win the javelin gold medal in 1936.

As for the other track and field giant, the U.S.S.R., the first impression was that the Russians slipped up (or down) at Tokyo a good bit, and in this case the hard facts confirm it. In Rome they took 13 medals including 5 gold; in Tokyo they had to be satisfied with 11, including only 2 gold and 7 bronze. No catastrophe this, but it enabled the Russians to indulge in a good deal of self-criticism on return home. Said chief national coach Gabriel Korobkov (in an article in the magazine 'Sovetski Sport'): "we failed to draw the right conclusions from the way the international events of the season were pointing and we overestimated the chances of some of our competitors, e.g. of our distance runners on the basis of their fine performances in the national championships at Kiev where they were running against their friends and following plans drawn up by the same coaches; we underestimated the U.S. progress in the distance races and in women's sprints; for the first time in years the appraisal of scientists, medical men, and coaches, was erroneous; in the end only 39 out of our 93 competitors performed up to their usual standard, and we scored 40 points fewer in the final reckoning than in our 'sure' paper calculations before Tokyo." Well, it will be most interesting to see what steps Soviet athletics leaders will take now to recapture their position at the top. They have only themselves to blame, for the signs of their stagnation were there for all to see: in Belgrade they managed to present but one new star since Rome (Lusis), and then in 1963 the Russian Republic was thrashed by over 40 points by Poland and again by 16 points by Gt. Britain, both times on their home ground. It will also be interesting to see whether they manage to 'invade'—as the Americans have invaded the long distances—events where they have never yet managed to produce many class performers, i.e. all races up to 1500m. (unless you take their sprinter's clockings seriously).

Big things were expected after Rome of the 'underdeveloped'—or as they prefer to be called, with an uncomplimentary implication for us, 'developing'—nations. In this group, track-and-field-wise, I include: Africa, minus S. Africa; Asia, minus Japan; and S. & C. America, minus the West Indies. Taken as a whole, this assortment of up-and-comers took 2 medals (not counting the U.S.-trained Yang) and 5 other places in the top six in 1960. In 1964 they got 4 medals and 6 minor placings, and the improvement was certainly marked though not astonishing. As in their economic progress, many of the countries in this group seem to me to have entered a stage in their athletics where they are not merely progressing but the rate of progress is increasing, and the 'group' may well double its score in 1968.

This group provided also the man who, I have no doubt at all, will in the long run (no pun intended!) be generally accepted as the No. 1 hero of Tokyo—Bikila Abebe. No man had ever won two Olympic medals—even two bronze medals—in the

Marathon. To have won a second gold medal, therefore, even forgetting the Ethiopian's recent operation and the margin by which he won, was a peerless achievement. And while I yield to none in my admiration for Peter Snell's greatness, I am again sure that posterity will acknowledge not him but Al Oerter as the No. 2 hero of Tokyo. For there have been quite a few fine track 'doubles' like Snell's in Olympic history, but the kind of 'triple crown' that the American discuss thrower attained in Tokyo had only been won once before, in the days of far less intensive international competition, when Flanagan won the hammer in 1900-04-08.

If the U.S. only appeared to sweep the board, if the U.S.S.R. showed a definite deterioration and the 'new nations' only a moderate gain, then was there anybody who exceeded all expectations? Yes, and the answer has already been shouted from the rooftops: Great Britain. Looking, again, at medals only: Britain's men with their 2 'golds' and 5 'silvers' did nearly as well as in their best two post-war O.G.'s put together; these were the '56 and '60 editions and they added up to 2 gold, 2 silver, and 5 bronze 'platters.' It was a very far cry indeed from the low ebb of 1952 when the 3rd places of McDonald Bailey and Disley were our top achievements. . . .

For once at Tokyo the British team (and it is a pity this article is about men only!) did themselves a little more than justice all-round. There were several pleasant surprises and not one unpleasant one. In saying the latter I have Robbie Brightwell very much in mind. For I felt it both irritating and inexplicable that our Press had decided to build him up into a big gold medal hope (as they had done with no more reason to Bannister in 1952), when Brightwell's competitive and stopwatch record in 1963 and particularly in 1964 consistently pointed to the 3rd or 4th place. In the event he got the 4th, and then truly surpassed himself in the 4 x 400m. final to snatch the silver medal from the great Mottley, thus continuing the glorious Olympic fighting tradition of British quarter-milers in this event Brightwell apart, however, it was good to see the Press itself putting up a very fine performance this time. No constant references to the unfair advantages of state-aided competitors from other countries, few extravagant and insularly uninformed forecasts before the Games, and due credit given—at long last—for medals other than gold and even for places in the top six. . . .

Will British athletes reap another such grand harvest in 1968? The facts and figures I've assembled are just insufficient to risk any forecasts—even if you add that they seem to like the Games late (Melbourne—Nov., Tokyo—Oct.) as they will be in Mexico City (Oct.). The altitude factor must certainly be fully considered in their long-term preparations—and by long term I hope that they have already started! Judging by the size (relative to strength) of the team G.B. sent to Tokyo at £500 or so per head the money is available. Let us hope it will be matched by technical know-how and administrative skill in assisting the country's most promising athletes in their preparations, so that no excuses will be offered after Mexico City—because none will be needed.

Athletics in the Army

Col. CHARLES REIDY

THE connection between sport and military training is an obvious one and for this reason even sports which have no direct military value have been encouraged over the years for their contribution to the physical fitness and morale of the fighting soldier. More directly the Pentathlon of wrestling, running and jumping events of the ancient Olympic Games was devised to suit the all-round military athlete who combined strength with agility and skill. Today when the combat soldier may, within twenty four hours of leaving his UK base, be on active duty in the dry desert heat of the Middle East or the humid tropical heat of Malaysia, sport plays an important part in assisting a more rapid acclimatisation to his new surroundings.

When after 1200 years the Olympic Games were summarily ended by imperial edict in AD 393 organised athletics were neglected for another 1450 years. It was, therefore, no coincidence that the revival of track and field athletics, which occurred in England in the mid-nineteenth century should have been fostered by members of the Army.

Although there is some evidence that organised athletic sports took place at the Royal Military College, Sandhurst as early as 1810, it is believed that the first organised athletic sports meeting since the ancient Olympic Games was that held on 6th October 1849 at the Royal Military Academy, Woolwich. At this meeting the Gentlemen Cadets competed against each other in the "100 yards sprint, the 80 yards hopping race, the half-mile, the mile, the half-mile with 6 jumps, the standing and running High leap and Wide leap, the High Leap with a pole, the Hop Step and Jump, and putting the 21 pounder shot."

At the second meeting held in 1850 Captain Eardley-Wilmot earned athletic immortality by presenting a Silver Bugle as a perpetual trophy to be awarded annually to the winner of the most events at the Royal Military Academy meeting. The Silver Bugle was, except for the war years, presented annually to the outstanding Gentleman Cadet athlete at Woolwich right up to 1939.

With the amalgamation of the Royal Military Academy, Woolwich and the Royal Military College, Sandhurst in 1947 at Camberley as the Royal Military Academy, Sandhurst this same Silver Bugle, the oldest athletic trophy in existence, is still awarded annually to the outstanding Officer Cadet athlete of the year.

In 1860 Captain Charles Hawker of the War Office Company of the South Middlesex Volunteers promoted a sports meeting, open to the War Office staff, at which were included running, walking and other sporting matches. It was probably from this meeting that the Civil Service Athletics Association came into being.

In the same year Major Hammersley the first Inspector of Gymnasia started the Army Physical Training Corps with twelve NCO's. Six years later, in 1866, he was also one of the founders of the Amateur Athletics Club which later developed into today's Amateur Athletic Association.

From 1872 Army athletes appeared regularly in the pre-1914 English, Scottish and Irish Championships, the most famous of these being Lieut. W. Halswell, Highland Light Infantry, and Lieut. the Hon. H. R. L. C. Alexander, Irish Guards. Halswell represented Great Britain in the Olympic Games of 1908 and Alexander, now Field Marshal Earl Alexander of Tunis, won the Irish A.A.A. Mile Championship in 1914, and represented Ireland in the Triangular International the same year.

However, despite the large part played by individual members of the Army in the revival of athletics in the modern world and notwithstanding the fact that the Woolwich meeting had become an annual affair, it was many years before there were any definite Army athletic championships. It was not until 1908 that an event called the Unit Relay Championship was introduced and with it some additional events which comprised the Army Individual Athletic Championships.

The 1914-18 War delayed the formation of an Army Athletic Association until 1919. Since that date the Association has carried on its work in connection with athletics and cross-country running, together with the administration of the sport in the Army, and the organisation of the annual Individual and Team Athletic Championship.

In the five Olympic Games between the two Great Wars twelve Army athletes represented Great Britain, among them Lieut. Lord Burghley, Grenadier Guards, Lieut. G. L. Rampling, R.A., and 2/Lieut. C. H. Stoneley, R. Sigs. Burghley, Rampling and Stoneley with Hampson set up a European record in the 4 x 400 metres relay when they came second to the USA quartette in the 1932 Olympic Games at Los Angeles.

Since World War II there has been considerable expansion in the activities of the Army Athletic Association which is now responsible for the organisation of all Army Championship meetings in the UK, including Army Women's, Army Juniors', Army Youths' and Tug-of-War Championships

The home of Army Athletics is the Aldershot Stadium where the Army Athletics Championships are held annually. Thanks to the help of the Aldershot District Athletic Association continual improvements in equipment and facilities at the Stadium have made it one of the best athletic centres in the country.

Although it is the policy of the Army AA to increase the number of fixtures against Civilian clubs there is little time in the Army athletic calendar to include more than three or four such fixtures in addition to the traditional matches against the other two Services, the RMA Sandhurst and the British Universities.

The annual Inter-Services Championship is the highspot of the season as this is the match for which Army Colours are awarded.

The Army Individual Championships give the star athlete the opportunity to display his prowess, but without doubt the most popular fixture of the year is the Inter-Unit Challenge Cup for which each Unit fields in numbers the equivalent of two rugby or three soccer teams. Up to eight teams qualify for the final by elimination through Command Competitions in the UK and BAOR. Normally more than 100 teams enter the competition, half of them in BAOR. There is the same keen competition in the Inter-Unit Cross-country Championship for which as many as 140 Units enter teams.

Wherever abroad there are sufficient troops you can be sure that athletics will be organised. Thus Individual and Inter-Unit team Championships are held annually in BAOR, Singapore and Hong Kong. In Malaysia many Army athletes compete for the various States in the All-Malaya Championships at which the Singapore State team generally has a high percentage of Service athletes.

The exigencies of modern Army life would not seem conducive to producing first rate middle and long distance runners, so it is not surprising that since the end of the war Captain R. A. Morris, R.E. and L/cpl. E. Pomfret, 10 Hussars are the only Regular Army athletes to represent Great Britain in the Olympic Games in track events.

On the other hand the facilities available for the Field Events specialist are better for the Serviceman than for his opposite number in civilian life. For instance, of the eleven Army athletes selected to represent the A.A.A. in 1964, six were throwers, three were jumpers and only two were track. Similarly, of seven 1964 Army County Champions four were throwers, one was a pole vaulter and only two were track.

All three Army athletes selected to represent Great Britain against Benelux in 1964 were Field events specialists; Sgt. Instructors M. Morris and P. L. Lyons in the Pole Vault and L/cpl. E. Tancred in the Discus.

Probably the greatest shot in the arm for Army Sport has been the growth and development of Boys' Units within the structure of the Regular Army. Today, there is a Junior Leaders' Unit for every Arm of the Army with an overflow Unit—the All Arms Junior Leaders Regiment—at Tonfanau. There are over 3,000 boys undergoing training at these Junior Leaders Units. The four Army Apprentices Schools at Arborfield, Chepstow, Harrogate and Carlisle have some 3,000 apprentices undertaking craft training. In addition there are more than 1,000 boys training in Brigade Bandmaster Units. Within a decade the number of boys in Boys Units has more than quadrupled. Most of these Units have playing field facilities at least as good as and in many cases better than those at longer established boarding schools. Staffed with specially selected young officers, many of them outstanding in their own special events, the standard of performance in these Units is rising yearly.

Until 1957, there was no separate athletic competition for Boys although some events for Boys were included in the Army Individual Championships. In 1957 a separate competition was instituted which conformed with the AAA ruling regarding Youths and Juniors.

There has been an Inter-Unit athletics competition between the Army Apprentices Schools since 1944 and in 1949 the RAF Apprentices School at Halton joined in what is now a five-sided Competition.



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A boys' Inter-Services Championship is now under way and it will be interesting to see what future Service champions emerge.

Athletics makes more demands than most sports on the services of officials and coaches and only self help can keep the supply of qualified officials and coaches anywhere near the number required. Today there are over 120 officers and other ranks who are qualified Amateur Athletic Association officials and over 700 Army Athletic Association officials. This is largely due to the work of the Army Athletic Officials Association which was first set up in 1953 and is now firmly established.

Through the Army School of Physical Training at Aldershot and the Command Physical Training Schools at home and overseas Track and Field judges are able to obtain their Army Class II Grading. The Army Athletic Officials Panel is responsible for the upgrading of Army Class II officials to Referee and Army Class I Judges, Timekeepers and Starters.

Army AA officials are encouraged to take the AAA written test for further qualifications as AAA officials. This is done through the Services member of the AAA Officials Committee who co-ordinate the written examinations for Service officials overseas. At home the individual official can make his own arrangement direct with his County or Area Committee. A recent development of great importance is the large number of young officers coming out of Sandhurst each year with their initial qualification as Army Class II officials in Field Events.

Similarly it is impossible to overstate the importance of maintaining a large nucleus of active Coaches. Since 1960 the three Services have held an Advanced Coaches Course. This originated under Geoffrey Dyson and is now carried on by other National Coaches. The ultimate aim is to prepare Service coaches to qualify as AAA Honorary Senior Coaches. In addition several Army coaches have attended the AAA Coaching Course at Loughborough College. In BAOR some Units are able to have the services of experienced German Coaches.

While encouraging its outstanding athletes the Army never loses sight of its main object which is to foster esprit de corps. That spirit is embodied in the principles laid down by the Army Sport Control Board:—

That all should be given equal opportunity of taking part in some form of sport, in accordance with the strictest amateur principles. That games should be played in a voluntary spirit and not as a parade. That no one should be struck off duty in order to train for competitions.

The European Cup

ROSS McWHIRTER

BBRITAIN'S athletics team has a clear-cut target for 1965, runners up to the USSR in the new European Cup competition for men and women. Flat out to stop Britain will be Poland, East and West Germany, who are competing separately, and France and Hungary.

The shape of these new contests is that each country is allowed only one competitor in each event, and the scoring will be six for a first place, five for a second, and so on, down to one point for sixth place.

The men's programme is over twenty events:—100, 200, 400, 800, 1,500, 5,000 and 10,000 metres, 110 metres and 400 metres hurdles; 3,000 metres steeplechase; 4 x 100 and 4 x 400 metres relays; and the eight standard field events. The women will compete over 100, 200, 400 and 800 metres; 80 metres hurdles; 4 x 100 metres relay; the high and long jump, shot, discus and javelin.

The European commission of the I.A.A.F., who have appointed the committee to run the competition, have seeded the major athletic countries in Europe and the rest, or what might be termed the minor countries will compete for places in the semi-finals. These are in three groups of six nations each and the top two in each group will proceed to the final, to be staged probably at Stuttgart on 11th and 12th September.

The women's entry, being smaller, requires no preliminaries and their three semi-finals of six nations each will produce the six finalists who will fight it out on 19th September at a venue yet to be decided, but also in West Germany.

As far as Britain is concerned our first engagement is the men's semi-final at Zagreb, against East Germany, Sweden, Rumania and Yugoslavia and the winner of the preliminary competition in Group A.

We are almost bound to finish in the top two, in which case if the seeding follows form, we shall meet the U.S.S.R., Poland, West Germany and probably France, but possibly Hungary, in the final three weeks later.

On the same weekend as our men will be in Yugoslavia, the women's team face Hungary, the Netherlands, France, Bulgaria and Belgium and should have no difficulty at all in reaching their final a month later, when they should meet the Russians, West Germans, Poles and East Germans. The government is going to be asked for a grant in aid to pay the British teams' expenses. By rule the men's team is limited to twenty-six competitors.

The organisers are far from unaware of the Eurovision T.V. network possibilities of revenue for at least the men's finals.

On the Olympic form of last October with the Germans divided into two teams, only the Poles present a major menace to our securing second place to the big U.S.S.R. battalions.

One weakness that can be foreseen in this competition is that the U.S.S.R. are likely to dominate it for the foreseeable future. It will be remembered that Great Britain beat the Russian Federal Republic in 1963 at Volgograd and this prompts the idea that Russia should be asked to confine her entries to genuine Europeans and leave out those domiciled in the Asiatic Soviets.

There is also a possibility of being even more severe and insisting on a European birth qualification. Apart from the U.S.S.R. such a decision would hurt the French and ourselves, who have always had support from colonial or former colonial territories.

The British entry this summer is stated by the British Amateur Athletic Board to be provisional. The whole execution of the competition will be closely watched—particularly the finances. If there are unsatisfactory features which are not resolved then we appear to reserve the right not to enter in future years.

EUROPEAN CUP DRAW

MEN

June 26/27 at Amsterdam	Group A	Netherlands v. Portugal v. Spain v. Denmark.
at Vienna	Group B	Austria v. Switzerland v. Greece v. Luxembourg.

SEMI-FINALS

August 21/22 at Zagreb	Group 1	G.B. v. E. Germany v. Sweden v. Rumania v. Yugoslavia v. Winner of Group A.
at Oslo	Group 2	U.S.S.R. v. France v. Hungary v. Finland v. Norway v. Belgium.
at Rome	Group 3	Poland v. W. Germany v. Czechoslovakia v. Italy v. Bulgaria v. Winners of Group B.

FINALS

September 11/12 The top two nations from each group at Stuttgart.

WOMEN—SEMI-FINALS

August 21/22 at Bucharest	Group 1	U.S.S.R. v. W. Germany v. Rumania v. Yugoslavia v. Norway v. Austria.
at Leipzig	Group 2	Poland v. E. Germany v. Czechoslovakia v. Italy v. Sweden v. Denmark.
at Paris	Group 3	G.B. v. Hungary v. Netherlands v. France v. Bulgaria v. Belgium.

FINALS

September 19 The top two nations from each group in W. Germany.

Our Own Headquarters

BOB BURGESS (*Vice-Chairman, Redhill and Reigate A.C.*)

TEN years ago it was only a dream—a dream in the minds of one or two members of Redhill & Reigate A.C.'s Committee; now the dream is realized, we have our own pavilion, virtually our own track, and the facilities that go with it. It has cost the Club a great deal of effort, but because we were prepared to put out that effort, others came to help us.

Our visions of a track were conceived in the gloomiest circumstances: our track training then was limited to a maximum of two evenings a week (weather permitting) around a sloping cricket pitch, with field events confined to the rough of the golf course beyond. Matches were held on the local football club's ground (to which all equipment had specially to be carted), on an egg-shaped track with a very rough 100. How ever could athletics flourish in such conditions? At the same time our balance sheet had an unhealthy red look about it—almost £100 in debt from holding poorly attended Open Sports Meetings in an attempt to build up the Club.

There are still clubs in scarcely better state today, and if our experiences can give some encouragement or even guidance, we are only too happy to share them. Today there is more help in the wings, in the form of Government and Local Authority Grants, better organised means of approaching such bodies, and other associations who are ready to give assistance. The A.A.A. Development Committee is more active and can also be a great source of help. Ten years ago we were all feeling our way, and having once taken the plunge and started, we were anxious to press on with all possible speed before we were overtaken by one of the recurring economic crises.

In 1954, despite our handicaps, we had not had a bad season by our standards, and at the A.G.M. we had a club of considerable spirit and enthusiasm. Fortunately the members were able to elect a strong and enthusiastic committee who were able to take the lead and give direction, knowing that they had full support. Both of these features are essentials for any club commencing such an undertaking as we were seeking: the effort will always fall upon the shoulders of the willing few—never have any illusions about that—but at least a good start can be made while the membership is keen. The effort needed over a long period by the Club and its members greatly strained the organisation and their loyalty, and there were two occasions when those who wished to abandon the whole project nearly had their way.

We were quite determined that one way or another we would have a cinder track, and with it full field events facilities. We had no idea where or how we might acquire one, but we appreciated it was a long-term project, and there were essential matters to be prepared first. Most serious of all was the state of our finances, which we proceeded to remedy by fund-raising schemes, these had to continue as our project progressed. By now we have run a large number of Jumble Sales, Christmas Bazaars (how much one learns about the human race at a "Jumble!"), Dances and Draws, we have issued a major and several lesser appeals to the more-likely local residents. Our initial efforts won us local confidence—with the Council and also with the Borough's business men; the local Rotary Clubs offered their help, and representatives from them joined the senior members of the Athletic Club committee to set up a Ground Development Committee. Thus bringing us the business experience and fund-raising talent, not to mention the invaluable contacts of Rotary.

Meanwhile, we had been very careful to cultivate the support of our local Councillors, and also of the permanent officers of the Council—particularly the Parks Department, with whom too often sports clubs are continually at war to the detriment of both parties. We found sympathy and preparedness to help as long as we showed our willingness as well. Closely allied to this "public relations" effort was a deliberate plan to improve our publicity in the local press. We bombarded them with reports, we flooded them with good pictures the day after the event;

invited them to all our activities, including Club dinners; and wrote our reports carefully, deliberately creating an image of some "star" athletes whose progress was paid special attention.

When we set up our joint committee with the Rotary Clubs, we had found a ground on which to site our track. Poor and small, we were in no position to consider buying our own land, especially as there is little level ground in this Borough, tucked into the folds of the North Downs. There was a rough field approximately the area of a 440 track, which had been levelled and drained by a far-sighted Councillor and Vice-President many years before, but which had been left so rough that it had not been used since.

Our first action was to arrange a five-year lease of this land with the Council. This established some rights over the ground, showed them that we were serious, and at least gave us a permanent ground, rough though it was. Rotary's help with the finances enabled us to move on. The Club Chairman, Secretary and Treasurer sought a meeting with representatives of the Council, and jointly we worked out plans to put before them. Returning the surface of the field would have been costly, and we persuaded them that a cinder track would be a fine amenity for the Borough. On behalf of the Club we agreed to erect our own pavilion, construct such field events facilities as required, and take control of the area of the track by means of a "Licence to Use." For this we worked out an ingenious rent: at the rate of 10/- per member over the age of 15, with a minimum of £30 per annum. This is remarkably cheap compared with many, and occasionally I become concerned that the Council may seek an increase. At present I am assured by them that they are quite satisfied, and our exercising control and carrying out occasional improvements is keeping their costs down. I would contend, if necessary, that we fully justify a substantial subsidy now, by providing organised sports facilities for over 150 youngsters in the Borough throughout the year on at least four days a week.

A joint application from the Club and the Council (the owners of the land) resulted in a substantial grant towards the construction of the track from the Playing Fields Association. We had to accept a track of moderate quality, to have insisted upon one of international standard would have invited such expensive estimates as to frighten the Council from even making a start. We chose to develop the ground piece-meal, as and when funds were available and the support in the Council sufficiently favourable. Nowadays Clubs are likely to receive considerable help and advice from the A.A.A. Development Committee; at that time our letters were ignored until the track had been completed, when we were criticised for accepting the lower standard. Yet, having now gradually incurred expenditure by the Council over a period of time I believe that we have a track sufficient for our needs, as those who have run on it will vouch.

In planning for the pavilion to be erected, again we deliberately set our sights at something we felt sure we could complete. There were no grants available at that time (there are several sources of grants now), and we planned for an expenditure of £500. Eventually with additions it cost us £600, and it was valued for Insurance at £2,000; but even £600 takes a lot of raising, especially when it is usually the same people who are learning a great deal about building construction the hard way. It was while warming-up for an East Surrey League 5 Mile Road Race at the Guards Depot, Caterham, that I came across some old army huts being pulled down, after the race the available members of the Club Committee went round to inspect them and to bargain, and we left as the owners of the top half of a wooden hut 20 by 60 feet, roof, windows, doors, etc., for £30. True, we had to dismantle it ourselves, store and re-erect it. It needed a concrete raft for a base (costing £100), and 4 foot brick walls, but it saved us considerable expenditure, and what was probably more important, gave us an impetus for further construction. We began to spend faster than we could raise funds but our bank was very kind to us, Club members learned brick-laying, glazing, plumbing and elementary electricity, helped by professional fathers and friends. Inevitably there were frustrations and disappointments: we had all our wood, nails and tools stolen one Saturday night before a great onslaught planned on the roof for the following morning. Three weeks later, in mid-June, an extraordinary gale blew off the roof before it was completely tied down, and we had to recover it from the far side of the track.

Once the pavilion was completed we turned to the field events, and now we have cinder approaches for long jump, high jump, triple jump, pole vault and javelin. Also concrete circles for shot, discus and hammer with a stout hammer cage, steeplechase hurdles and a water jump, and the use of a set of hurdles purchased for us by the Council. This year we have constructed our own pole vault stands for £7, and are now in the midst of laying kerbing along the javelin and pole vault approaches.

No doubt we will continue to find projects which need our attention. Though it may be difficult to persuade members to help, once they do so it makes a remarkable difference to Club spirit, and I am certain they appreciate all the more the facilities they have. The great effort, however, is now past; we have our own "home" where we can train whenever we like, and from which we can run our meetings now with comparative comfort and efficiency. What really makes it all worth while is the great increase in active membership, and the great improvement in standards. There should be no reason why these should not continue.

"And who should we get to mind the children this time?"

HOWARD PAYNE

WHEN we first met at the 1958 Empire Games I thought that she had promise as a discus thrower and married her so that I could coach her—that's how much I love athletics. Now Rosemary is the U.K. record holder and we have twin boys—see what a good coach I am!

Seriously though, this family of two young children and both parents, who are international athletes, has its problems and its joys. When we are both selected for the same match we have to search through our dwindling list of friends to find someone to look after the children. If it is an overseas trip an S.O.S. goes out to Rosemary's aunts who hurry down from Scotland . . . sometimes. It is not only the international matches that causes these emergencies. Nearly every Saturday during the season we have to examine the situation critically and decide whose competition is the more important—for we have to save our babysitters for the times when we both have big matches. At some venues it is possible for us to take the twins and leave them to play(?) at the side of the track. In this way we spend more time looking for lost twins than in searching for lost hammers or discoli. The steeplechase water jump, especially when it is filled with water, seems to have a fascination for the twins. The whole lot of us were drummed out of a certain stadium once, when the groundsman found the two terrors throwing spades, starting blocks, broken glass and odd spikes into his water jump. That groundsman must have been a good angler for we didn't hear of any lacerated steeplechasers thereafter.

Speaking of groundsmen reminds me of our University groundsman who used to be my friend. He pointed out one day, that the children were gradually making a large flat mess of his carefully raised up pole-vaulting pit. Fortunately, the University doesn't have any serious pole-vaulters, for we discovered that the hurdle weights had been cunningly buried just $\frac{1}{2}$ inch below the surface of the pit. Despite my dire threats the other jumping pits are slowly getting lower and lower while the surrounds are getting higher and higher. Every now and then a jumper comes to me cursing and waving a small jagged toy which the twins had lost in the sand and he had found when landing on it.

It's not only what they do to the track that worries us so much—it is what they do to us too—have you ever tried concentrating on the throw you are about to make while a four year old screams from the side that he wants to go to the bathroom, or he is cold and wants to go home, or his brother is chopping him up with his kiddie beach spade? When there is a pool of water or mud around, it is always a race to see whether you can get a few throws in before one of THEM falls on his face into the mess and has to be rushed away to have his soaking clothes removed.

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They have a good sense of their own safety and stay well clear of flying hammers and discoi; though, one day, if they push me too far I may aim one at them!

On the credit side I must say that winter Sundays are always pleasant family days. We all go down to the gymnasium to play on the trampoline and the other apparatus; fortunately the fittings are good, strong and twin proof.

To ease the baby-sitting problem we do most of our weight-training at home. A flat we once lived in was an upstairs one. All was well and we ignored the complaints of the gentleman downstairs (he wasn't a weight-lifter and was smaller than I am) until he called us down one day to see the huge crack in his ceiling and the plaster on the carpet. In our present flat we don't have this problem as we lift in an attic above one of our own rooms, but the whole building trembles and threatens to collapse in a heap of rubble. The entire street must be aware of the clanking ironware.

Because we are both in the G.B. team and have two children some newspaper editors think we have mildly news-worthy possibilities so they occasionally send photographers round to get pictures of the family of freaks. The twins are now used to posing for them. Each of us must be doing something characteristic—Rosemary will be in the middle of a discus throw, I will be swinging a hammer and trying not to kill the twins who will be playing in the foreground—all crammed into one 8" x 10" picture! The twins have quite looked forward to these sessions ever since one photographer, insisting that they must be pictured playing in a jumping pit with buckets and spades, dashed away and bought the necessary props at the local toy shop.

All of us were film stars for a morning once, when our old friend Lionel Pugh brought a television filming crew to our training field. The twins bounced on a trampoline while I threw hammers in the background. Then we had to chase the children away from the microphones as Rosemary and I were interviewed by Lionel. The session was an eyeopener on the devices and fiddles of film making—the cameras would be on me as I threw a normal throw; then the cameras focussed on a spot on the ground and I had to lob the hammer onto that spot from six feet away; finally there would be a shot of Lionel running up to a stationary hammer shouting: "Good throw Howard!" When joined together these three separate shots would appear to be one short episode in a throw—not the complicated rigmarole that had taken an hour to film. As it was we spent the whole morning filming for one minute on the "box"—and then we couldn't even see it because it was shown in a region from which our sets couldn't receive!

Rosemary and I decided that because we inflicted so much athletics on our children it would be nice to give them a special treat and all go back to Birmingham by aeroplane after watching Rosemary compete in the W.A.A.'s Championships last year. They were very excited at the prospect of their first flight and talked about nothing else in the week before the Championships. However it was a long, hot day and by the time we reached London airport the twins were looking a little worse for wear. Heads were nodding as we sat ready for take off. The first was asleep after about two minutes in the air and the other followed soon after, in spite of our efforts to keep them awake to enjoy the trip.

Being a loving father I once made the boys (they were three at the time) a 1 pound hammer. The experiment ended on the first attempt at throwing—the wire wrapped around his neck until their heads collided. Which brings me to contemplate the future . . . will the twins be athletes? At this stage all we can get out of them is that they both want to be hammer throwers, for according to them: "Discus throwing is only for ladies!"

The Editor of the Newsletter

WHEN Barry Willis was appointed Assistant Honorary Secretary of the A.A.A. we realized that the magnificent contribution to the Club that he had made through the Newsletter could hardly continue. However, Barry very sportingly offered to produce the next issue and to help with the one after that. Barry has not let us down. He has done much for this issue itself; but above all he has as Editor set a standard not only for future issues of the Newsletter—but for the Club itself.

I know that I shall be voicing the views of all members if I here thank Barry on their behalf for all the hours of hard work he has put into the Newsletter and for all the interest and enjoyment he has provided for us. We all congratulate him on his recent election as Honorary Secretary of the A.A.A. which reflects great honour upon our Club, and we wish him happiness and success in the discharge of his very onerous duties.

J.S.

Presentation to Ernest Clynes

AT the Annual General Meeting of the A.A.A. held in Birmingham on 13th March, 1965, Ernest Clynes retired from the post of Honorary Secretary of the Association. He had held this post with the greatest possible distinction for the past eighteen years, a period which saw more expansion of the sport of athletics in this country than any other comparable period.

To mark the occasion, our President, the Marquess of Exeter, presented to Ernest a silver salver and tea set. The following inscription was engraved on the salver above a facsimile of the President's signature:

"Presented to E. H. L. Clynes, Esq., O.B.E., by the members and Clubs of the Amateur Athletic Association in appreciation of his distinguished services as Honorary Secretary, 1947-1965."

All members of the A.A.A. Club in addition to the Clubs affiliated to the Association were invited to contribute to the appeal fund and they did so very generously.

Ernest has asked us to say how overwhelmed he feels by the generosity with which Club members contributed to the Appeal. He cannot hope to send a personal acknowledgement to all concerned in view of the numbers involved and he hopes that they will accept this expression of his gratitude.

Social and Membership News

ROBERT STINSON

IT does not seem very long since December, 1964. But even so, quite a lot has happened in the time. On 9th January the Club's first Midlands Dinner was held at Warwick, the detailed arrangements having been made by Godfrey Brown: as many will have read elsewhere 49 people sat down to dinner because fortunately the weather was reasonable for that time of year, and fog and ice did not descend. Squire Yarrow, with the aid of Godfrey Brown and W. D. Capper, will no doubt be carrying on the idea of a regional gathering, but probably in Birmingham.

On 22nd January Norman Cobb organised a most successful Brains Trust or Panel, which followed John Le Masurier's film of the Tokyo Olympics. About 95 people attended a most enjoyable evening, and we are most grateful to Shell Mex and B.P. for the use of the cinema at Shell Mex House and not least for the refreshments which were provided in the interval by Shell Mex and B.P. I am sure that evenings like this are of tremendous value in fostering the social side of the sport, which can only be beneficial in every way. Those of you who managed to attend the Club's A.G.M. at the same place will have greatly appreciated Norman Cobb's efforts in obtaining an excellent film, and the kindness of Shell Mex and B.P.

In order to gain the maximum result whilst the Olympic spirit was abroad, and in particular because of the quite remarkable successes of the British Athletic Team at the Olympics, tremendous efforts have been made to increase the Club's membership. Success has crowned these efforts because compared with the usual monthly average of 9 or 10 new members, at the time of going to press the monthly figures have been as follows: November, 16; December, 16; January, 40; February, 25; March, 24. Unfortunately it was necessary to strike out after the A.G.M. a little over 100 members who had not paid since 1961. If you have not paid your membership dues since 1962 please put it right as soon as you can.

It is hoped that arrangements will have been made with the United Sports Club of Whitehall Court for facilities for Club members at the special reduced rate of £2.2.0d. per annum and that those members who have availed themselves of this offer will find it worthwhile. For the groundwork in this we are indebted to Tony Turnbull.

Again by the time that this goes to press, it is hoped that Ron Murray will have been able to make arrangements with the Cafe Royal for a monthly dinner on a regular date which members of the Club could attend from time to time for a pleasant evening, with a speaker. If the idea is successful the running of the dinner would fall to a suitable sub-committee.

As you can see, your Committee has been trying to provide more facilities for its members to make membership more worthwhile—and the more members you get, the more we can do for you. If you haven't found a new member for the Club yet this year please use your powers of persuasion NOW.

It would certainly save a lot of searching by your Honorary Secretary and his staff if all of you would send him your changes of address as soon as you move.

Book Reviews

**"THE ENCYCLOPAEDIA OF ATHLETICS" compiled by Melvyn Watman
(Robert Hale, 18/-)**

Our last Newsletter included a review of R. L. Quercetani's "World History of Track and Field Athletics," an exhaustive account of the development of each event in men's athletics. (One hopes that a corresponding volume on the women's events will follow in due course.) Melvyn Watman's encyclopaedia is in a sense complementary to Quercetani's book, though it does cover women's performances as well.

Watman is known to followers of athletics in this country as one of our most enthusiastic and knowledgeable sports journalists and a leading statistician (with all that implies in terms of careful recording of a mass of facts and figures). His book sets out to be a true encyclopaedia, an A to Z (Abrahams to Zybina, in fact) of world athletics, a bold venture indeed and one which succeeds to an astonishing degree. The problem of what to leave out must have troubled the learned author sorely, but the average "man in the stands" will find it hard to fault the selection he has made and will be grateful for such a wealth of information.

All the major records and champions (Olympic, European, Commonwealth and British) are listed. Here too are the answers to many of the questions which crop up in conversation between athletics enthusiasts everywhere: Who first cleared 6 ft. and 7 ft. in the high jump? Who has won most A.A.A. championship titles? Which is the oldest existing athletic club? Who was the youngest British International?

The short biographies of leading athletes are particularly interesting. Here the problem of whom to include and whom to omit must have caused the author much thought. He settled on a list of 40 British athletes (30 men and 10 women) and 100 from abroad (75 men and 25 women) who, in his opinion, made an outstanding contribution to the advance of our sport. Again, few will quarrel with the selection made. Buy this book and see if you agree with me; it will prove an invaluable book of reference.

"THE TECHNIQUE OF JUDGING FIELD EVENTS" by Victor C. Sealy
(A.A.A., 3/6d.)

This is a companion volume to that on the judging of track events written by the late Walter Jewell in 1950. The considerable length of time by which track was given priority over field may be regarded as both regrettable and significant.

No better choice could have been made as regards the authorship of this latest in the valuable series of A.A.A. Instructional Booklets. Vic Sealy combines unrivalled experience (Field Referee at the Cardiff Empire Games and at over 20 international matches) with great modesty and regard for the athlete. The first paragraph of his book includes the following: "If the study of this booklet stimulates a desire to press for better conditions and facilities at these smaller meetings then something quite valuable will have been achieved and the athletes will benefit as a result. This would seem to be the place to emphasise the fact that it is the **athlete** who must be considered first. The rules are made to govern the competitions in which **athletes** are taking part and they are designed to ensure that no competitor has an unfair advantage over another. It is unfortunately true that a few over-officious officials appear to think they are designed for the purpose of giving them an opportunity of "catching out" the athlete. . . ."

After a useful chapter on the duties of a referee, this booklet gives extracts from the rules for the various jumps and throws followed by advice to judges as regards interpretation of the rules and conduct of the event. The suggestions as to where judges should position themselves are particularly valuable.

In all, the job of writing this treatise could hardly have been done better. Nor could one sum up more clearly than the author the qualities required by the field event judge: "a thorough knowledge and **understanding** of the rules; good powers of concentration; quick reactions; tact; common sense; a brisk decisive manner; meticulous care in measuring and recording and a thorough understanding of the needs of the athlete and the requirements of the competition."

"INTERNATIONAL ATHLETICS ANNUAL—1964" (World Sports, 10/-)

"BRITISH ATHLETICS—1964" (British Amateur Athletic Board, 6/-)

If you are fascinated by the facts and figures of the eminently measurable sport of track and field athletics, then these two annual publications are essential reading for you. The 100 best performances in each men's event in 1963 and the 50 best by women, the best performances by juniors, the world's all-time best performers, national records, results of international matches, etc.—all are here in the World Sports annual for your delight. The B.A.A.B. booklet provides the same service for the British scene—45 milers under 4 mins. 10 secs. in 1963, 38 2-milers under 9 minutes, etc. Dates of birth are now shown for most athletes in the excellent index. Best-ever youth and junior performances, shown at the beginning of each section, would provide an interesting comparison with the season's best, but it is almost unfair to ask for more statistics in this annual labour of love which must represent countless hours of hard work on the part of the members of the National Union of Track Statisticians. In the near future the 1965 issues will be published, to delight their readers.

"TACKLE ATHLETICS THIS WAY" by Denis Watts (Stanley Paul, 12/6d.)

As one would expect from this highly knowledgeable, modest and loyal National Coach, this textbook is a model of clarity and of compression. Each young athlete who reads it will be perfectly clear on the essential technique of his event—and know that strength and mobility must be allied to this technique if success is to be his. Invaluable advice is given in the form of specimen training schedules for winter, spring and summer. The value of strength training (isometric as well as with weights) is stressed throughout, and diet is also touched on. The drawings illustrating exercises as well as techniques achieve the same admirable clarity as the text.

Most coaches will surely find here food for thought—even argument (will all shot putt coaches favour practice with an overweight shot?). The general spectator too will find gems of information which will enhance his appreciation of what he sees. For instance, we read that in the 440 yards hurdles “a right leg lead means running an extra 3 yards in the race since the hurdler must run towards the outside of his lane to avoid fouling with the trailing (left) leg.”

The author has not omitted to stress the determination necessary for ultimate success. In all, this book would be extremely difficult to match for concentrated good advice and value for money.

**“IMPROVE YOUR ATHLETICS” 1. Track Events by Peter Hildreth and
2. Field Events by John Le Masurier (Penguin, 6/- each)**

Should we accord a welcome to yet another treatise on the strange mixture of events which constitutes track and field athletics? In this case the answer is a definite “yes.” The cost of hard-cover books is so considerable these days that it is good to see first class advice on athletics offered in paper-back form. In one way it seems a pity to part track from field, for this country is still slow in ridding itself of the feeling that the latter is the poor relation, of less importance than the former; but if this split helps the young athlete afford the volume which concerns him most, then it is to be welcomed. Perhaps the price of 6/- is just a little disappointing in the circumstances—but it is presumably due to the wealth of excellent pictures, integrated well into the text, with which each volume is illustrated.

There could have been no better choice of author for the volume on track events than Peter Hildreth, 28 times an international, thrice an Olympian, five times a A.A.A. champion, and now a practised sports writer. It is good to find him stressing the importance of enjoyment at a time when training schedules are becoming ever more rigorous and athletes ever more specialised. His reviews of each event in turn include a shrewd selection of points from the rules as well as schedules used by current champions in their training. Tables which show sectional times in the course of record runs are used well to support statements on pace judgement and distribution of effort. This volume indeed covers the track events in all their aspects with admirable clarity and contains much good advice based on wide experience.

The volume on the field events is just as praiseworthy. Who has done more for these Cinderella events in this country than John Le Mas, to whom throwers and jumpers from Mark Pharaoh to Mary Rand owe so much? He sets down here in distilled form the great knowledge he has acquired over the years. The first-class picture strips, the work of that fine German athletics photographer Toni Nett, are alone worth the cost of this volume; in conjunction with the advice of one of Britain's most respected coaches they form a bargain which all young athletes and budding coaches should not miss.

“YOUR BOOK OF ATHLETICS” by Rex van Rossum (Faber and Faber, 10/6d.)

This book is one of a series which deal with subjects as varied as acting and aeromodelling, weaving and wild flowers. Presumably the object is to attract the interest of the very young—so the first page is devoted to a description of the last 3 laps of the 5,000 metre final in Rome. With 19 pages devoted to photographs (one of them duplicated!), this leaves only 48 sides with maximum 33 lines each in which to describe the varied techniques of all the events which make up track and field athletics, plus chapters entitled, “Training,” “Competition,” “Coaching,” “Facilities and Equipment” and so on. Inevitably the text is superficial in the extreme; all the throwing events, for instance, are covered in a total of less than 100 lines. What are given is sound enough—but it all adds up to poor value for half a guinea.

**“UNITED KINGDOM INDOOR TRACK AND FIELD HANDBOOK”
by Andrew Huxtable and Patrick Mackenzie (3/-)**

This booklet, the first devoted exclusively to indoor track and field statistics, is written by two of the most knowledgeable experts in their field. It lists the best performances by both men and women, as well as World and European records. It is perhaps interesting to note that Derek Ibbotson set the records for both 2 and 3

miles as long ago as 1962. Indoor Athletics has an important rôle to play for our star athletes and it allows the spectator to study the techniques required for each event, something he is unable to do outdoors. The authors also list the Indoor Tracks in the United Kingdom, once again demonstrating how dependant we are on the R.A.F. for indoor facilities. This booklet is remarkably good value and should be on the bookshelves of all Athletic enthusiasts.

"1965 HANDBOOK OF THE ENGLISH SCHOOLS ATHLETIC ASSOCIATION"
(1/- post free from Mr. A. Foyston, 16, Cavendish Road, Hull, Yorks.)

The report of the 40th year of the Association reveals the high-lights to be the Sixth Young Athletes Course at Lilleshall, the 34th Annual Championships at Hendon and the 5th Cross Country Championships at Leicester and the 4th Schools International Match. The high standards were again maintained and many of these youngsters will be the backbone of our future National Team. The list on page 14 shows former E.S.A.A. Athletes who competed in the 1964 Olympic Games at Tokyo and only goes to emphasize what has already been achieved. With such dedicated and enthusiastic school masters and mistresses the future is even more exciting. The performance achieved last year showed how much talent is available and with the necessary facilities and coaching the standards will continue to improve.

"A DIARY OF THE XVIIIth OLYMPIAD" by Christopher Brasher
(Stanley Paul, 21/-)

This book has set a record by taking six weeks from the closing of the Olympic Games to being in the shops, this is only appropriate as it deals with the greatest performance by any British Olympic Athletic Team. The sixty-one members of the team won four Gold, seven Silver and one Bronze Medal and this spirit was typified by Alan Simpson who fell on finishing in the 1500 metres after reaching the point of utter exhaustion. Whether fortunate enough to be there or watching on Television, nobody could fail to be proud and moved by these great achievements. Chris Brasher is well suited to write this book, firstly as a former Olympic Gold Medalist and secondly a journalist who has mastered the required skills with the same determination needed to win the first. Of course there will always be criticisms about this type of book, a certain disjointedness, only a few events covered come to mind immediately. By and large the author has produced a good book which is both interesting and informative. It is difficult for the ordinary observer to fully appreciate the often fractional margins between victory and defeat and this point is clearly brought out, also the events covered are brought to life by Mr. Brasher's observant comments. The Gladiatorial contests are over and now we can study the emergent heroes. Few will disagree with the author's choice of Abebe Bikila as the dominant figure of the Games and the courage he showed is synonymous with the Olympic spirit. The Gold Medalists emerge as fascinating individuals with widely differing temperaments but all have one common factor, the possession of great personal courage and determination. The importance and effort involved in preparing for the Olympic Games are best described by Robbie Brightwell when he said, "All year I have known that on a certain day in mid-October I am going to run my bloody guts out." This again raises the controversial question whether complete dedication is really necessary for success and if so, is it desirable?

"THE LEGEND OF LOVELOCK" by Norman Harris (Nicholas Kaye, 25/-)

In every era there emerges one man who stands head and shoulders above all others, surely one of this small select band must include Jack Lovelock. His victory at Berlin in the 1936 Olympic Games must rank as one of the finest and boldest tactical successes of our age. The masterly execution of so simple a plan by a quiet intelligent man who for four years had planned for this race and learnt from defeat so that he became able to analyse not only his opponents but more important himself. This book is written by one of the best young athletic writers at the present time and a fellow New Zealander, Norman Harris. Lovelock emerges as an interesting but remote man and the only criticism one could offer would be at the finish there is a slight feeling of anti-climax and we would like to know more about this man. Though in all fairness to the author, it is apparent that even his closest friends never really knew Lovelock. He was a man of great singleness of mind and had tremendous faith in his own ability, this is well illustrated by his comments

after losing to Beccali at the Student Games in Turin, "Two wins to him, the third is mine!" Though a New Zealander, he spent nearly all his athletic life in England and the time at Oxford cultivated the seeds of ambition and skill first shown in his home country into the full blossom of success. Since he first discovered athletics in 1928 at Timaru Boys' High he never let anything get in his way to succeed at this, his chosen career including sacrificing a first-class medical degree for a gold medal. He was one of the first to realize fully, the importance of medical knowledge and its application to his own event. The one and only thing he hated was failure yet for all his apparent self-confidence he was always careful to try and create a good impression. The only jarring note in his career was surely running at Princeton after having reached the pinnacle at Berlin. It must have been obvious to him that any other race after this would be a tremendous anti-climax but he ran and though running his second-best ever time over the mile he lost. His career should have ended on a golden note and not a sour one. Still, how many modern athletes have learnt the same hard lesson. Through Norman Harris's skill at his craft you will be there at Berlin and suffer just as Harold Abrahams did when giving his famous broadcast commentary of the race.

"SPRINT TO FAME" by Dorothy Hyman (Stanley Paul, 18/-)

I thoroughly enjoyed this book and feel that Dorothy Hyman comes to life before our eyes. This is undoubtedly due in no small measure to the skill of Phil Pilley who transcribed their conversations into print. Miss Hyman is a forthright, plain speaking young woman who has sacrificed her social life since the age of 14 to become a great athlete. She has been influenced by three men in her life, Eddie Fleetwood who helped initially and Dennis Watts who then took off the remaining rough edges. Both of these men were quiet but what a contrast to the man who was, and perhaps still is, the dominating factor in her life, her father. A strong and at times unreasonable man who drove his daughter on to success. I don't think it is fully realized what a strong inner determination and courage Dorothy possesses. This home loving young woman has done more for our sport through her success, charm and sincerity than any other athlete for many years. I, for one, will miss seeing Dorothy on the track, she always gave everything and could ask for more, what a joy to coach she must have been. Her record is superb and if only she had not been injured during the earlier part of last year with such courage and determination she might well have won an Olympic Gold Medal to climax an already distinguished career. This is a good book about a very interesting person who has overcome many hardships and difficulties, which most people would long ago have given in to, to become the most successful sprinter we have ever had and perhaps more important, a figurehead for youngsters to look up to and admire. She has shown that no matter what the handicap, be it economic, social or however apparently unsurmountable, these can be overcome and yet she still retains all the qualities we admire most. Miss Hyman is going to coach young athletes in the future and I feel that this new phase may well be even more important than the first. I am sure the British women's team are going to miss her as a captain, who could fail to give of their best with such a fine personal example and inspiration for all to see. People have watched Dorothy since 1959 when she emerged as our leading sprinter and seen her conquer nearly all but let us remember that at Tokyo she was still only 23 years old.

PETER LENTON.

**"THE PHYSIQUE OF THE OLYMPIC CHAMPION" by J. M. Tanner, M.D., D.Sc.
(Allen and Unwin, Ltd., 60/-)**

The determinants of outstanding physical abilities are not well understood. Experts in the field are constantly seeking to explain the consistent improvement in the records that are set for human athletic performance. Mechanical and physiological analyses have certainly improved techniques and coaching while increasing attention is being paid to the psychological factors in competitive success. It is surprising however, that so little rigorously collected data is available on the champion athlete's physical endowments. There is, in fact, very little evidence even to support such generally held assumptions that present day Olympic champions are bigger, stronger and physically more gifted than earlier champions.

Dr. Tanner's report on the physique of 137 Olympic athletes is a unique charting of the anthropometric dimensions that are associated with outstanding athletic achievement. With the possible exception of the study by Cureton in 1951 (and possibly Kohlrauch in 1929) this text must now be regarded as the authoritative reference in this field. To this the author has included a substantial appendix listing all the raw data so that subsequent researchers may have indices for comparison and further calculation.

The report considers both the shape and the size of the athletes in relation to their events. It is clear from the somatochart plottings that only half the body shapes (or somatotypes) present in the general population are represented in these Olympic track and field participants. There were no endomorphs or endomorphic ectomorphs. Track athletes and jumpers had somatotypes ranging from 253 to 235; the throwers averaged 362. The regression towards ectomorphy and away from mesomorphy as the running distance increases which has previously been suggested seems to be supported. The sprinters were the most mesomorphic averaging $2\frac{1}{2}53$ while the 400 metre men averaged $2\frac{1}{4}4\frac{1}{4}$ and the long distance runners $2\frac{1}{4}44$. A remarkable wide range of somatotypes was found among high jumpers, the variation extending from 262 to 236, although the most successful were all above 4 in mesomorphy.

In general Dr. Tanner's findings tend to show a much wider spread of somatotypes within each event than has been appreciated. Winners, moreover, tend to be just as often at the periphery of the distribution for their fellow competitors as at the centre of it. Certainly there would seem to be no "golden" somatotype for each event. The author goes to great lengths to point out that, in any case, "somatotypes by no means cover all aspects of differences in physique."

The variation in size between athletes in different events were investigated on the basis of the anthropometric measurements taken. Discriminant regression equations where a number of measurements are considered together (e.g. sitting height, muscle width and leg length) were used to compare the body proportions of the athletes. On the basis of these analyses it is easy for instance, to distinguish physically between the 400 metre runner and the marathon runner. The rather more subtle structural differences apparently existing between athletes in different events are teased out by the author within the limits imposed by the small size of the sample.

An interesting but brief discussion on Negro-White differences is included. The contribution of this study to a scientific explanation mainly lies in reported differences for calf size. Negroes have considerably less muscle in the calves and although in theory this would seem to argue less muscular force (e.g. in sprinting), in fact the lighter calf, producing a lower moment of inertia, may allow a faster leg recovery.

This study was not designed to investigate the extent to which physical differences between athletes were inborn or acquired by training. Nevertheless, all those who seek further insight in this compelling discussion will find a great deal of new evidence and well supported arguments. The book must rank as a pioneering classic.

The author summarises what he considers to be the real purpose of his report in his final sentences: "More and more children in the world are being given the chance to see if they have the sort of physique and mind and skill that enjoys one or other athletic activity. More and more coaches in the schools and colleges are engaged in the search for the exceptionally talented and for those to whom athletics brings the joys of skill and freedom, struggle and conquest. It is our hope that this book will sharpen their eyesight."

J. E. KANE.

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.

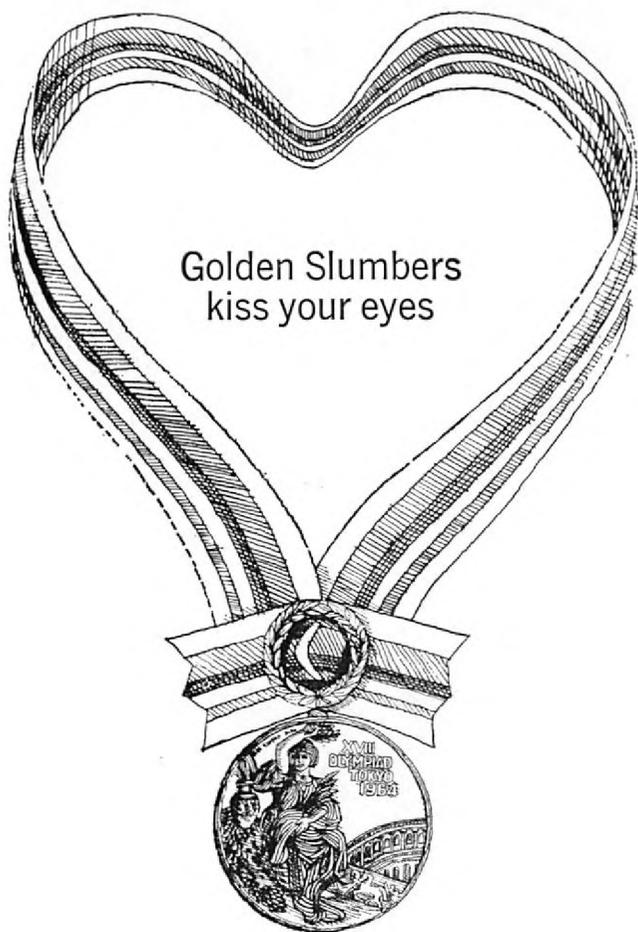
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