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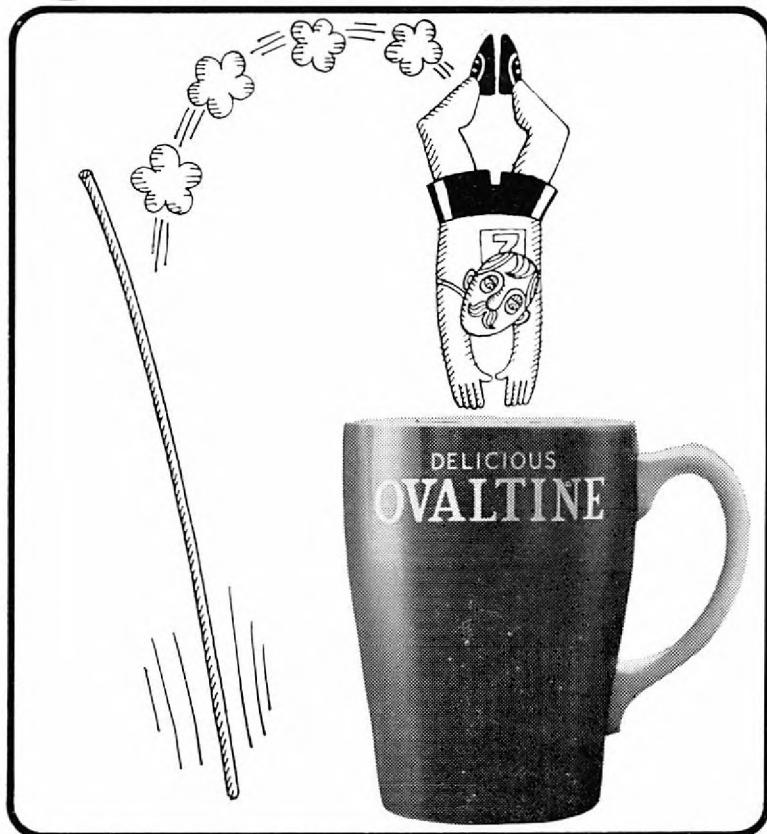
CLUB

NEWSLETTER



JOHN FITZSIMONS
(Polytechnic Harriers)

Join me in a cup of **OVALTINE**



it helps put back what the day takes out

Photographs were supplied by Mark Shearman, 23, Lynwood Drive, Worcester Park, Surrey.

Some Problems and Pitfalls of Sports Publishing

REGINALD MOORE

Managing Editor of a London publishing house

SOMEBODY, sometime had to make a plea to sports publishers. This is it. In the main, publishers do a noble job with sport: there is very little possibility that a really worthwhile biography, memoir, instructional or record book—to mention only a few divisions of the subject—could slip through their eager hands and remain unpublished.

Moreover, many of the best sports books originate in publishing offices. I have been largely responsible for the sports lists of two publishing houses over the past fourteen years, and it has always been my policy, if I find that for one reason or another my own house cannot take a MS that holds a certain promise, to advise the author where next to submit it. And this has also happened in reverse.

So the sports books reach the public, via bookshops and libraries (but rarely in paperback, more's the pity) in an unending flow. Sport is not unique in this respect. Altogether 26,000 new book titles are published in Great Britain every year and the literature of every specialized interest is well served.

Nevertheless, there are sure signs that too much run-of-the-mill stuff is having its effect on sportsbook buyers, on those who read the sports pages of Sunday newspapers, too. Recently I was told by the most enterprising of our sports literary agents (or 'managers' if you prefer the Fleet Street term) that he had been unable to interest any daily or Sunday newspaper editor in the views of a top international footballer. And of course, in the normal process of things, this material was being offered to book publishers at the same time: they too had turned aside.

The main reason for this, in my opinion, is that the more selective publishers' editors, and now even features editors, are beginning to reflect the larger lack of interest in whooped-up reminiscences, dressing-room gossip, and 'My World Eleven.' Sportsmen's biographies, more than any other field of sports publishing, have been churned out with little regard for originality, vital content or style.

The player whose book the agent was trying to sell is a very good player and has done a great deal for English soccer; he must have much of value to tell us about the modern game. But he is suffering for the sins of others. For years now we have been assailed in print by second-rate opinion written by mass-production specialists on behalf of non-literary sportsmen. The ghosts have done a good job of scaring us away.

Ghosts and others

A man whose name appears on the title-page of a book together with the 'author's' is not a ghost: it is acknowledged that a person devoid of literary talent needs the assistance of a trained writer. Sometimes, too, a ghosted book is first-rate. But there has been far, far too much repetitive thinking and repetitive writing. Not long ago it had reached the stage in the production of cricket books when whichever cricketer was proud within the fabroleen covers, you knew exactly what reforms to county cricket he was going to demand—since the fingers on the typewriter were the same in each case.

John Arlott has always been a strong opponent of indiscriminate and rush-to-press ghosting, and it is a pity that more people in publishing have not heeded his warnings. Then we would not have reached the time when even the genuine sporting life causes the publisher sleepless nights as he pores over his production estimates and wonders how many copies of the book he dare risk in the first instance. (For those unfamiliar with publishing economics, the size of the first printing determines the retail price of the book: the smaller the print, the higher the price.)

There is another aspect to all this. About the time that my own firm were publishing the life story of a great Irish footballer, I happened to meet the man to whom we had offered this book in proof form as a newspaper serialization prospect. He worked for a big group of newspapers. I asked him why he had not taken it. He said, 'It's a nice little story but there's nothing to excite the reader. Now if you'll put a bit of dirt in it, we'll think again.' My reply was that we had not become known and respected as publishers of books on every aspect of sport by ladling out 'dirt'—and that I was perfectly certain my managing director, the author and the journalist who had written his book (name on title-page!) would feel the same way.

This may sound prim, and without question it was unbusinesslike if being a good business man is synonymous with prostitution, but what are we dealing with—sport or another kind of racket?

The 'big name'

Yet readers themselves must shoulder some of the blame. I would wager that if, as an experiment, one published the same book (1) by a famous player and (2) by a first-class sports writer, (1) would sell over 8,000 copies while (2) would be lucky to touch 3,000. In sports publishing all too often it is simply the name that sells the book; and the corollary to this is that publishers are tempted to sell any kind of book under the 'big' name.

But let's be constructive about it. Something can be done to improve matters. First, those who handle players' business affairs must be less greedy. The soaring advance payments on royalties are quite out of proportion to what the book can reasonably be expected to bring in, though there are exceptions, of course. Professional sportsmen who have been spoilt by the offers they have received from big-circulation newspapers and never seem to understand why book publishers cannot make the same kind of offer. The publisher is usually granted, albeit grudgingly, a percentage of what the agent receives from serialization of the book material. But against this many people, when they have read a player's story in a newspaper (it may be only part of the story but they are indifferent to this fact), have no wish to read it again in book form.

Publishers are often considered grasping. But consider the risks they take. Imagine yourself a publisher. The manager of a leading football club, a man with a bulging experience of the game both as a player and administrator, offers you a book. His club is doing well; his own reputation is high. The book is written, printed, proofs are read and corrected; sheets are collated, the book is bound. Nine months, possibly a year, have passed. We are in another football season. By publication date the club has suddenly struck a bad patch, the team has inexplicably lost form, it is being laughed at in the sports columns, the manager is fired. The one person who cannot raise a laugh is—you.

It is a sad fact known to all publishers with a sports list of any size that certain very popular sports have nothing like the same draw in book form. Athletics is one of them. On his retirement an Olympic-class athlete naturally wishes to pass on to younger men what he has learned from his years of rigorous training, the memorable battles he had with other champions. But he will be a lucky man—and so will his publisher—if by the time his book comes out the headlines blazing his success, applauding his efforts for his country, linger in many of those minds so conditioned to the big noise of the day.

Rugby football is another curious sport in that its followers consider themselves a cut above those of soccer in literacy—yet until *The Art of Coarse Rugby* the sale of even the most excellent writing on the game compared poorly with the average soccer book.

Then there is lawn tennis. Every little district of every town and city has its club; it is played in every public park on weekday evenings and in the weekends throughout spring and summer, and the nation's sporting mind is centred on Wimbledon for a fortnight each June. Yet this is a sport which has sent more than

one publisher diving to his sal volatile bottle. The reminiscences of one great Wimbledon champion—a woman, I grant you—sold barely 3,000 copies, which, with the advance on royalties that had to be paid, must have been far below the unfortunate publisher's break-even figure.

Books by women

My own experience in sports publishing has taught me to be extremely wary of books by women in sport. Admirable as their performances are, no one ever seems to want to read their books. Perhaps it is something to do with the fact that women are drawn to the feats of men, but men—the atavistic beasts—cannot get worked up about women's physical prowess, not in the world of sport at any rate. Moreover, and this is the vital factor, women themselves have no wish to read about women.

Without doubt the most literate—or, if you like, the most desperate—sportsmen of today are the golfers. They read practically everything on their sport. They do not object to paying quite a high price for an instructional book—and even champion golfer's autobiographies smack of instruction—but the illustrations must be of a high professional standard and preferably have a dash of colour about them. Is this because the golfer looks at the world through green-coloured spectacles ?

The loyalists

The sportsmen most loyal to their sport?—cricketers, of course. The literature of cricket in itself must be a considerable problem to the British Museum. This game, more than any other, lures the writer. It lasts through every lunacy of the weather; it has its ceremonial pauses and denouements; it gives both player and spectator ample opportunity for reflection. And its addicts are born with a high sense of the absurd. No one is more delighted than the cricket-lover to see a dog or a cat interrupt a match. Cowdrey may have only a limited life in the statisticians' record books—that is, only a life of fifty years or so—but if he is forced to spend five minutes pursuing a yapping mongrel from slip to long leg and back again, he is assured of immortality, for journalists, novelists, MCC presidents and cabinet ministers will all write up the incident in their works.

Sports that only a few years back every publisher would have approached cautiously but are now building up considerable reader interest include basketball, volleyball, bowls, water skiing, canoeing. Of course all water sports are on the up-and-up, with small boat and catamaran sailing, and angling, heading the list as more and more of us turn to rivers, reservoirs, gravel pits and the sea for some escape from the hideous pressures of commuting life.

But in future, for the good of sport and its literature, could we not be more selective, more discriminating? Readers: demand the best and go on rejecting the worst. Sports editors: temper your 'sensations' and 'revelations' with constructive comment and intelligent reportage.

Publishers: get together a little more so that while helping good sports writing to be published, you may also arrest the trend towards over-production. There is always the need for a really new book on any sport—but let it be original and well done; and if you hear that another publisher is about to do a book on the same lines, don't try to beat him to the starting line but confer with him. Then, if both of you must go ahead with your books, at least overlapping and senseless competitiveness will be avoided.

"Reprinted from Sport and Recreation, the quarterly magazine of the Central Council of Physical Recreation."

It is of interest to note that the author of this article has subsequently taken over from Bob McKinnon as Editor of Sport and Recreation.

Aspects and Problems Associated with the Lovegrove Trophy Athletic Meeting Bournemouth

R. YOUNG (*Director of Parks, Bournemouth*)

THE construction of the athletic track and stadium at King's Park, Bournemouth was completed in 1960. During 1963 the Council accepted the recommendation of the Parks Committee to sponsor and manage an annual athletic meeting. During this period a trophy for athletics was presented to the Council by Mr. S. Lovegrove and it was agreed that the meeting should be known as the "Lovegrove Trophy" Meeting. At the second trophy meeting the Council was presented with another trophy for the junior participants at this meeting by Major C. W. Jukes, M.B.E. and is known as the "Jukes" Trophy.

The Lovegrove Trophy meetings are managed by the Parks Committee and the first was held in August 1964 and at the present time arrangements are being considered for the fourth meeting in 1968.

The problems associated with organising a series of meetings were many and I am pleased to say considerable help was forthcoming from the Chairman and Secretary of the Hants. A.A.A.'s. After the first meeting my Department was able to work from experience and although subsequent meetings have been similar in form to the first, consideration has been given to advice and suggestions from competing clubs and various officials.

It was decided at the beginning to design the meeting to attract the highest standard of athletics possible and the arrangements proceeded on these lines. Invitations were forwarded to possible interested clubs and in spite of difficulties resulting from the withdrawal of one club a few weeks before the meeting, six clubs finally accepted the invitation, and the Department were able to proceed with the detailed organisation. The six clubs are Bournemouth A.C., Birchgrove (Cardiff) Harriers, Bristol A.C., Polytechnic Harriers, Portsmouth A.C., and Reading A.C., which have been competing for the trophies since the first meeting.

My Council had hoped that this annual event would be self supporting, but initially agreed to certain expenses for staging the meeting without consideration for the income which, unfortunately, does not balance expenditure, and a small deficit has to be allowed in the annual rate fund estimates.

Items of expenditure are mainly hospitality to club and officials, plaques for winners of individual events and a proportion of the clubs travelling expenses. My Council accepts that the foregoing expenses are inevitable and, in fact, desirable for an invitation event of this kind and appreciates the mutual benefit obtained by both the competing athletes and the local public. It is doubtful whether the majority of these clubs would be able to compete without some assistance with travelling expenses and this is one way in which my Council can contribute to amateur athletics.

Income is derived from spectators paying at the gate and this has declined since the first meeting, although a considerable amount of publicity is undertaken every year. It has been noted that national and international athletic events have lost a considerable number of spectators in the last few years, although such events are popular on television. However, I am hoping this problem will be overcome to give the meeting and competitors the support they deserve.

I understand some inter-club meetings have reasonable spectator attendance with evening events, but in view of the travelling time required by the clubs competing in the Lovegrove Trophy, a Saturday must remain our only choice.

The programme of events is arranged for a three hour meeting and at the present time varies slightly from the first meeting. Changes have evolved from suggestions received from the participating clubs and persons officiating at the meetings. These suggestions are circulated to the clubs and if accepted, are adopted at the next meeting, providing sufficient time is available for administrative changes to be made. I am sure these arrangements assist the co-operation amongst clubs and officials and ensure a successful and friendly meeting year after year.

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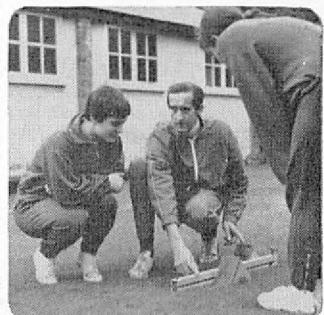
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There are certain problems of identification of competitors in each event and the method adopted at the present time is for each competing team to have a different number. As each athlete of each team will wear the same number this necessitates a completed entry form from each club stating named entries for each event. Unfortunately the printed programmes of competitors differ from competitors present at the meeting owing to holidays, sickness, representative selection, etc., so the public and the officials do not get an absolute clear picture of each event, although I am sure each participating club does its utmost to present the teams as in the programme. In the event of the programme entries being correct or nearly correct the system works admirably, but the officials do experience some difficulty in the Three Miles Team event where there are four representatives from each team. Suggestions have been received whereby competitors for this event wear an additional number to assist the officials with identification. This, of course, still necessitates named entries from each club and is being considered for the 1968 meeting.

One or two of the clubs are not happy with the system and have stated they have great difficulty in keeping to the named entries for the meeting owing to reasons afore mentioned. They favour a block entry form from each club printed in the programme with a different number for each individual member and the contestants for each event are made known at the meeting. As this method throws a considerable amount of work on to the Announcer prior to each event, it has not so far been adopted for the Lovegrove Trophy Meeting.

Every endeavour is made to staff the meeting with a full complement of officials as advised by the Amateur Athletic Association and every help is received from the Hampshire A.A.A. who annually circulate this event to qualified officials and forward to me a list of available persons who are then invited officially on behalf of the Council. The B.A.C. undertake such duties as press relations, recorders and announcer and in view of the splendid co-operation provision of officials is the least of my problems.

My Council acknowledges the interest and support of the officials who help to make this meeting a success in spite of travelling and other expenditure incurred.

I am much obliged to Brian Singleton for obtaining this article on behalf of the Club.

History – Hammer

TOM McNAB

THE exact origins of hammer-throwing are shrouded in mystery. The event began in England and Scotland as 'throwing the sledge.' This was not surprising, since the sledge-hammer was used by agricultural workers in their daily work, and it was only natural that they should take to throwing it in their leisure time.

Old prints of Robert Dover's 'Cotswold Olympic Games' (begun at the beginning of the 17th century) show athletes throwing the sledge-hammer and it is certain that the sport existed even earlier in the 15th and 16th centuries. Henry VIII was reported to be an enthusiastic and proficient hammer thrower. In Barclays 'Bclogues' of 1508 the following lines occur, 'I can both hurle and sling, I run, I wrestle, I can well throw the barre, No shepherd throweth the axletree so far': In the late 16th century, we hear of the men of Lancashire,

Any they dare challenge for to throw the sledge,
To jump or leape over a ditch or hedge,
To wrestle, playe at stocle-ball or to runne,
To pitch the barre or to shoothe of a gunne' . . .

James I in his 'Kings' Book of Sports' encouraged these activities but the middle of the 17th century saw England in the grip of Puritanism, and with it the consequent weakening of the English traditions of rural sports. Scotland, being more remote, was less affected by Puritan rule. Even before this, the nobility had been advised to drop such activities as hammer throwing. 'Throwing the hammer and wrestling' says Peacham, in his Complete Gentleman, published in 1622, 'I hold them exercises not so well beseeming nobility, but rather the soldiers in the camp and the prince's guard.' The Industrial Revolution, which came earlier in England than in Scotland, further weakened English rural sports. By the beginning of the 19th century English hammer-throwing had completely vanished.

This was not so in Scotland. Highland Games had continued unchecked since earliest times and the young Victoria's residence at Balmoral and interest in all things Scottish resulted in increased interest in the Games. The techniques used by the English in the pre 17th century period are not clear. Fortunately, the Scots have left a record of the techniques they used.

There is some evidence that turning throws were used by Scots athletes prior to 1860, but that this style was discontinued in the Games, because of the danger-factor. A pre 1860 thrower, J. Tait claimed 156' with the turning style and 210' with an 11lb. hammer. These distances are extremely doubtful since Tait rarely threw anything close to these distances in open competition.

The standing style used was an uneconomical one. The 'pendulum style,' with the thrower standing side on to his line of throw and swinging the hammer back and forward laterally was used until the 1860s. Coutts threw the 16lb. hammer 89' at Braemar in 1840, using this style, and C. McDonald threw a 20lb. hammer 80' 3 $\frac{1}{2}$ " at a Highland Games held in England at Holland Park in the same year.

The athlete given the credit for the introduction of the 'round the head' rotational standing style is the greatest all-round athlete of the 19th century, Donald Dinnie. From 1860-1890 Dinnie was almost unbeatable in high jumping, caber-tossing, weight-lifting and every form of wrestling.. He is credited with having won over 10,000 prizes. His greatest hammer-throwing feat was 138' 8" at Coupar Angus.

Up till 1865, the ordinary sledge-hammer was used but the handle was so apt to get broken that the round ball became universal in the 1865-1880 period. This change also opened the door for longer, whippier shafts.

The turning style can be said to have developed in Ireland, America and Canada. With a 5' 6" handle and 4—7 turns the Scottish-Canadian McLellan threw a 10lb. hammer 285' (!) and a 16lb. hammer 180' in the 1865-1872 period.

Irish pre-1890 records are difficult to secure, but in New York, Mitchel, the first of the 'Irish Whales' threw a world record of 145' 0 $\frac{1}{2}$ ". Mitchel, a great all-round thrower, was succeeded by another Irish-American, John Flanagan, who smashed his way to 184' 4" in 1909. Flanagan used a 'jump' turn to win three Olympic 'golds' and was judged the most technically proficient thrower of his time. His successor, Matt McGrath, a physically more well equipped athlete, paid tribute to the help he had received from Flanagan. The massive McGrath threw 187' 4" in 1911, but was already under pressure from a fellow-countryman, Pat Ryan who answered with 189' 6 $\frac{1}{2}$ ". Ryan had a whole series of 185' plus throws in the 1913-1916 period.

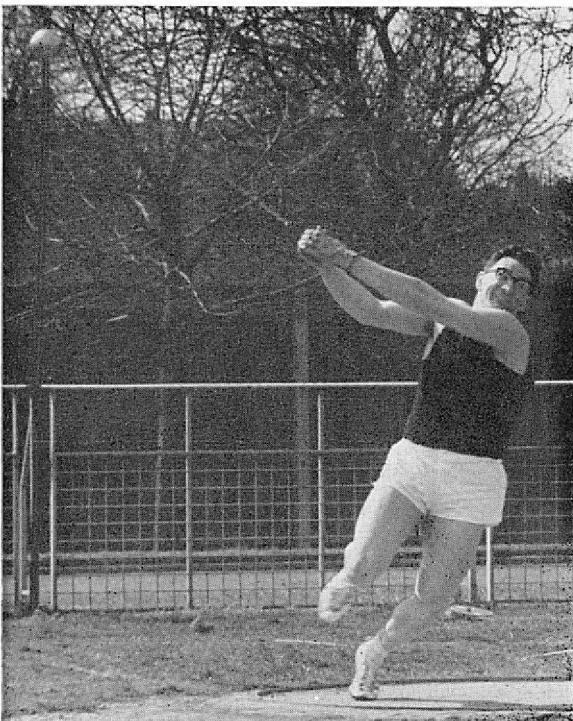
The event went into decline with the fading of McGrath and Ryan, though both appeared at the 1920 Olympics in Antwerp where Ryan won with 173' 5 $\frac{1}{2}$ ". Fred Tootell (U.S.A.) using a double-jump turn won the 1924 Olympic title with 174' 10", and was later recorded at over 210' in practice throws, when he had become a college coach.

British hammer-throwing received no impetus from the historical background of Scottish and Irish throwing. The professional Scottish Games continued with their traditional standing throws, whilst Ireland was being constantly bled of her best talent by immigration to America and the Commonwealth. The Scottish amateur Nicholson threw 166' 9 $\frac{1}{2}$ " in 1908, a Scottish record which stood for almost forty years. This was eventually raised to 173' 1 $\frac{1}{4}$ " in 1923 by M. C. Nokes.

The last flourish of the Irish occurred in the 1928 and 1932 Olympics, when the massive Pat O'Callaghan (a regular 6' high jumper) struck gold on both occasions. O'Callaghan's career was checked when the association of which he was a member, the NACA., was denied recognition by the IAAF. O'Callaghan had an unofficial 195' 4 $\frac{1}{2}$ " in 1937.

Up until the early thirties, there had been little technical development in hammer. True, straight arms were advised in most training-manuals but the throwers tended merely to give two or three quick jump turns and heave for all they were worth in the delivery.

The early thirties brought German method and thoroughness to the event. The Germans maintained ground-contact at all times with a heel ball foot action and took all the creases out of hammer technique. Hein of Germany won the 1936 title with 185' 4". In 1938, a fellow-German, Blask raised the world record to 193' 7".



HOWARD PAYNE (Birchfield Harriers)

The 1948 Olympic title went to Hungary, when the light Imre Nemeth won with 183' 11 $\frac{1}{2}$ ", having previously raised the world record to 193' 7 $\frac{1}{2}$ ". After further improvements, a fellow-countryman, Czermak achieved the first 60 metre throw at the Helsinki Olympics in 1952 with 197' 11 $\frac{1}{2}$ ".

The first man to break 200' was the Norwegian Strandli with 200' 11 $\frac{1}{2}$ " in 1952. The entry of the Russians in 1952 brought new concepts to hammer-throwing. The first major break-through came with Krivonosov with his lean-away and constant pull on the hammer; Krivonosov threw a record 207' 9 $\frac{1}{2}$ " at the Berne European Games of 1954 and later pushed the record to 217' 9 $\frac{1}{2}$ " in 1956.

1956 saw the return of the Irish-Americans, in the person of Hal Connolly. Connolly with a shortened left arm tended to 'drag' the hammer into the turns and his technique tended to be a blind-alley for many aspiring throwers. Connolly threw 218' 10 $\frac{1}{2}$ " and after battles with Russians, Krivonosov, Rudenkov and the Hungarian Zsivotsky raised the record to 233' 9" in 1965. In the same year, Zsivotsky raised the record to the present stupendous 241' 11". Zsivotsky, faster and stronger than his predecessor Czermak, added nothing dramatically new to hammer-throwing, but merely smoothed out some of the wrinkles from hammer-technique. His one noticeable idiosyncrasy was to bend the right arm, thus shortening the hammer-radius. Zsivotsky, though world-record holder, has never won an Olympic title and has recently been beaten by the consistent Russian Olympic Champion Klim. Klim uses a smooth, fast 'orthodox' technique, eschewing the bent right arm of Zsivotsky, with both arms long and loose in a classic 'isosceles triangle.'

What of the future? There is no evidence that any major technique-changes are about to take place. Four turns and the 'dragging technique' of Connolly have both proved to be cul de sacs for the majority of throwers. Weight-training has had a big impact on the hammer, but there is little evidence that its impact will be as great as that which it has had upon shot put. The future would therefore seem to lie in a steady, careful smoothing-out of present techniques.

Polytechnic Harriers – A Brief History

A. GLEN HAIG
(Hon. Secretary)

The writer acknowledges his immense debt and expresses his gratitude to Ernest Clynes, Esq., O.B.E. for kind permission freely to quote from "The Polytechnic Harriers 1883-1933," without which original work this article could not have been undertaken.

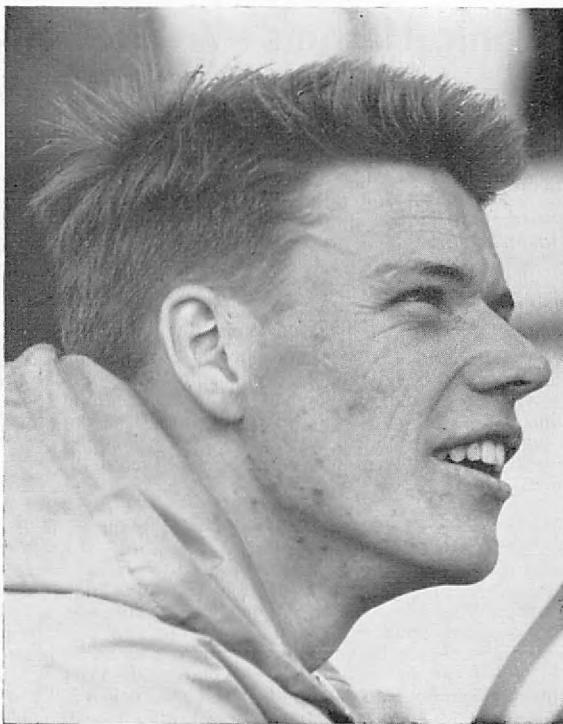
IN 1865 a young man named Quintin Hogg, an Old Etonian with a social conscience, began classes for street urchins under London's Adelphi Arches. Later he purchased an empty building in fashionable Regent Street which had been called the "Polytechnic" and which had enjoyed a certain popularity as an Institute for the "exposition of scientific novelties." From this humble and almost purely evangelistic beginning there developed something which its founder could not have visualised even remotely in its eventual form, The Regent Street Polytechnic.

If to define the word "polytechnic" is difficult enough, it is perhaps even harder to define what the Polytechnic itself is. The word, of greek origin, has no common meaning throughout Europe and even in Britain its interpretation differs widely. In London it connotes an institution providing not only technological instruction in many forms but also one which has certain social and civic ideals. In Glasgow, on the other hand, it can mean a large and popular store or shop! There are several Polytechnics in London, all differing in some respects from each other but all of which can be broadly classed as educational institutes. Only the one which Quintin Hogg founded acquired the simple title of "The Polytechnic" however and the scope of its activities became so wide that it could be regarded in whatever light each individual member cared to do so. Whatever the field of human interest, The Polytechnic set out to cater for it, be it Educational, Recreational or Spiritual and although it has inevitably changed over the years with changing human needs, it still endeavours to fulfil the functions which its founder had in mind, the nurturing of mind, body and spirit according to individual requirements.

Membership has always been open to anyone of whatever nationality, colour or creed. It is now administered by a Governing Body consisting of representatives of the G.L.C., the City Parochial Foundation, members of the Men's and Women's Council, Academic Representatives and Co-optative Members and its finances are largely derived from the G.L.C.

It could never have become what it is to-day, however, without the influence and devotion of two families, the Higgs and the Studds, who gave to it its unique character and form. Beginning with Quintin Hogg and J. E. K. Studd (later Sir Kynaston) at no time since has there been less than two members of each family serving on the Governing Body and frequently there have been more.

This background is necessary in order to deal adequately with the history of the Harriers, for whereas most athletic clubs derive from local, area or specialised interests, membership of Polytechnic Harriers has always been open to anyone who cared to join the Institute for whatever purpose, even for that purpose alone. The sports side of the Institute was organised prior to 1883 and for some years afterwards by the Hanover United Athletic Club, renamed in 1887 "The Polytechnic Athletic Club." In addition to Cricket, Football, Rowing and Swimming, the Club catered for "Pedestrianism" by organising races for members during the summer and holding a Sports Meeting annually on August Bank Holiday. The members of the Club did not, however, compete at "open" athletic Meetings.



COLIN CAMPBELL
(Polytechnic Harriers)

At its A.G.M. on 23rd November, 1882 it was proposed and carried "that Harriers be added to the list of sports promoted by the Hanover United Athletic Club," Mr. Quintin Hogg being in the Chair at this Meeting. It was not until 5th September, 1883 that a further Meeting was held to implement the proposal, when it was decided to form a Cross-Country Club, to be known as "Polytechnic Harriers," for the coming season. Forty-five members joined on that historic occasion and the subscription was fixed at 2/- a quarter. The opening run was held from the Old Black Lion, West Hampstead on Saturday, 6th October, when 20 members turned out for a $7\frac{1}{2}$ miles spin round Hendon. The first race, a 5 miles yacht handicap, was held on 17th November, when 24 members out of an entry of 38 turned up. In the following January the Club affiliated to the A.A.A. and the Southern Counties Cross-Country Association and by the end of that first season 70 members had joined. The first "open," a five miles Steeplechase Handicap, was held on 7th March, 1885, from what had become the Club's cross-country headquarters, "The Spotted Dog Hotel" Willesden Green. A local paper credited the Club with its first "record," an entry of 138, the best known at that time.

Polytechnic Harriers began as a cross-country club and it was not until 1886 that the first Open Meeting, organised by W. M. Barnard, the then Hon. Secretary, in conjunction with the Hanover Athletic Club was held at Wimbledon. Two years later, this time with the partnership of the Poly Cycling Club, a similar Meeting was held in which the eight open events attracted a total entry of 300 which included athletes from all over the country and cyclists from home and abroad. The following year the mile handicap alone drew an entry of 165, then the largest

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entry on record for a single race. This Meeting became a permanent feature of the club's activities and in a short while, through the initiative, hard work and perseverance of the small band of officials Polytechnic Harriers emerged from an obscure group of novices into an influential and well-developed athletic club, an "image" to use the modern idiom, which it has held on to ever since.

In 1893 Polytechnic began to promote open meetings at the old Wembley Park and for four years on every Whit Monday and August Bank Holiday seven or eight open scratch or handicap races were held there. It is interesting to note that as many as 40,000 people entered the Park grounds on these occasions, of whom between 10,000 and 20,000 watched the athletics. About this time, in 1895 in fact, the policy of encouraging Road and Track Walking by the Club bore fruit in the emergence of two walkers of world stature in Will Sturgess and Jack Butler. During 1895-1897 they placed over thirty World's and British records on the books at distances ranging from 1 mile to 21 miles. Sturgess gained the Club its first A.A.A. Championship by winning the 4 miles walk in 1895 and he won this in each successive year until it was discontinued in 1901. On three occasions in this event Poly filled all three places.

Here then is the first phase in the history of a Club, which from humble birth to emergence as a nationally known body, was to become one of the most famous athletic Club in the world. It is the next phase which puts it on the road to international fame, the period from the early years of the century to the outbreak of the first world war. In that time it was fortunate to have behind it men of great ability and influence in the world of sport and in the wider world of affairs, men such as its President from 1883 to 1923, the Rt. Hon. Lord Kinnaird; Sir Kynaston Studd, Bt., LL.D., Vice President from 1885 to 1893 and President thereafter until his death in 1944, who became Lord Mayor of London in 1928; and Sir

Douglas Hogg who later became the first Lord Hailsham and Lord Chancellor. These men were no mere figureheads but a source of very real support and influence at the disposal of the most remarkable band of club officials in the early history of athletics. Let us take a look at some of them.—W. M. (Will) Barnard, Hon. Secretary 1885-89, Hon. Treasurer 1884-5 and 1887-1911, who became Hon. Treasurer of the A.A.A. in the latter year and for the next 21 years until his death in 1932; C. J. (Charlie) Pratt, Hon. Secretary 1891-98 and 1903-4, (father of Charles Pratt, until this year Chairman of Chesea F.C.); C. H. (Charlie) Lee, Hon. Treasurer 1911-1957, a bullion broker in the City and eventually one of that small influential group which met every Monday morning to fix the price of gold; and certainly the most dynamic personality and brilliant organiser of them all J. M. (Jack) Andrew, Hon. Secretary 1904-12 and 1913-14.

These were the men who inspired and brought about two milestones in the history of British athletics, the Kinnaird Trophy Competition, begun in 1909, the first major inter-club competition organised in this country; and the Polytechnic Marathon Race, also begun in 1909 for the Sporting Life Trophy, but which had as its parent the 1908 Olympic Games Trial Race (Windsor Castle to Wembley Park) an event organised by Jack Andrew. This trial race was approx. 22½ miles. The 1908 Olympic Marathon from Windsor to the White City, was the first of the now accepted Marathon courses at the odd distance of 26 miles 385 yards and it was also organised for the Games by Jack Andrew, who thus started a classic distance which has persisted throughout the world ever since. My friend and colleague Arthur Winter, the present organiser of the Poly Marathon since 1935, has written an admirable history of the Race in these pages, to which nothing need be added here, except to say what he himself could not and would not say, that he is probably the greatest organiser of and authority on Marathon Races alive to-day. To him, what is perhaps the greatest single annual race in the athletics world has been a life's work of sparetime endeavour and the Poly in particular and athletics in general owe him an enormous debt.

The first Kinnaird competition was between Blackheath Harriers, Brighton and County Harriers, Herne Hill Harriers, Highgate Harriers, London A.C., Queens Park H., Reading A.C., Surrey A.C. and Poly. Appropriately enough the Trophy was won by Poly. There have been 47 contests since the inception of the Kinnaird Achilles Club, who first appeared on the scene in 1920 and won, have had 24 wins, Poly 14 and L.A.C. are next with 4 victories.

The Olympic year of 1908 confirmed Poly Harriers as one of the leading clubs in the country. Up to then they had, it is true, won 12 A.A.A. titles, but 10 of these had been by their two walkers, Sturgess and Butler. They were now to provide no less than 11 competitors for the British team. Bronze Medals were won by E. A. Spencer in the 10 miles Walk and L. F. Tremear in the 400m. Hurdles. That representation still stands as their largest and it is inconceivable that it can ever be surpassed in these days of intense competition. However, in Stockholm in 1912 they did not fall far short with 9 members competing, winning a bronze medal with W. R. Applegarth in the 200m. and having he and Vic D'Arcy in the 4 x 100m. team which won the Gold Medal. A further Bronze was gained by George Nicol in the 4 x 400m. Relay.

The years 1908 to 1914 were indeed remarkably fruitful for the Club. In addition to the Olympic honours already mentioned, they set or equalled 7 World Records, 13 British Records and a mixed bag of 12 English, Scottish, Irish, British All-comers and Continental Records. There were also 10 A.A.A. Championships, 13 Home Countries and Continental titles, 19 Area Championships and 38 County victories. The Club in this period began its pioneering work all over Europe and it is not too much to assert that they played a major part in fostering athletics interest on the Continent, when tracks were crude and rough, usually six or eight laps to the mile and when officials, including judges and starters, were quite inexperienced. Yet not one of these many visits, to Paris, Brussels, Vienna, Budapest, Dusseldorf, Munich, Amsterdam, Prague and other cities, was ever marred by the slightest "incident." The organising genius behind these ambassadorial trips was a young man named George Nicol, who had joined the Club in 1907 at the age of 20 as a novice and achieved Olympic status in the following year. Besides being an athlete of great natural ability from 100 yards to 880, he was a man of immense charm, an excellent linguist, a first-rate speaker and withal

went a gift for reducing the most difficult situations to minimal proportions. For sixty years he exercised these qualities on behalf of the Club and was to an enormous extent responsible for the status it achieved in the athletics world in that time.

Another member who was to exert a profound influence in a different but scarcely less important way was B. C. (Bert) Long, who had joined in 1905 and quickly became a prominent cross-country and track runner. He won his first Club title, the 10 miles cross country, in 1906 and his last in 1922 at the same distance. He was Cross-country Secretary for almost the whole period between the two Wars and served on the Southern and A.A.A. Committees, eventually becoming a Life Vice President of the A.A.A. In addition he found time to be an Olympic and International Timekeeper. In 1906 he led the Club to 4th place in the National Cross Country Championship and two years later to their first win in the North of the Thames Race. Although somewhat overshadowed by the track runners, the pre-war cross country and Walking teams and individuals were always prominent in the major fixtures. As early as 1897 the Club had organised a London to Brighton Walk and they did so four times between 1906 and 1914, supplying the winner in 1906 with Jack Butler.

It was in this "golden period" 1908-1914 that the Club began the remarkable run of relay successes which has persisted to the present day, a tradition which in its course has provided a succession of British and A.A.A. Club Records. In 1912, 1913 and 1914 the same four athletes, Percy Mann (880) Billy Applegarth and Vic D'Arcy (220) and George Nicol (440) carried off the A.A.A. Medley title, the first and last occasions setting new British Records. On the last Saturday prior to the outbreak of World War I, running in Glasgow with the one change of Albert Hill for Percy Mann, the quartet broke the World Record with 3m. 28.8s. and so closed an era which remains one of the proudest in the history of the Club.

It is convenient to divide this history into three periods, 1883-1914, 1919-1939 and 1946 to date. On 14th September, 1914 the Club ceased to function at the close of the Committee Meeting on that date. The first Committee after the War was held on 10th January, 1919 when not one active runner could be traced. However, it was decided with astonishing optimism to arrange a full pre-war programme and Stamford Bridge was booked for a Marathon Meeting. In March the Club possessed only five active members but by November membership had risen to 250 of whom about one-fifth were pre-war members. The Marathon Race Meeting was duly held with the help of L.A.C. and a substantial sum was handed over to the funds for disabled men. Cross country headquarters were found at Perivale and by the end of 1920 membership was up to 600. In 1929 when the headquarters moved to Barnet the record figure of over 800 had been attained. The Kinnaird was restarted in 1920 but in the previous year the Club was already back on its feet with two A.A.A. titles at 880 and 1 mile, both won by Albert Hill and 1st place in the Medley Relay Championship. In 1920 Harry Edward won the A.A.A. 100 and 220 and P. Quinn, in winning the Discus, became the first Poly Harrier to win a field events title. Harry Edward repeated his performance in 1921 and surpassed it in the following year by adding the 440, a feat which it is safe to say will never be repeated. Meanwhile Albert Hill in winning the mile in 1921 set new British and English Native records of 4.13.8. In this between-wars period the Club won 33 A.A.A. Championships, including 5 Relay titles.

Prominent in these years besides Albert Hill and Harry Edward, was Fred Gaby, who from 1922 to 1930 won the 120y. Hurdles 5 times and was placed 3 times, his winning time of 14.9 in 1927 being a British Record. This was at Stamford Bridge on grass. Fred had been converted from an average sprinter to a champion hurdler by that magnificent coach Sam Mussabini, who had charge of training from 1913 until his death in 1927. He it was who laid the foundation of the Club's predominance in sprinting which marked the immediate pre and post war athletics scene in this country, when almost every one of the then many heats of the A.A.A. 100y. Championships would be won by a Poly Harrier. On one occasion the Club took on a rest of London team at 8 x 220 and won handsomely. With names like Jack London, Harry Hodge, Bill Simmons, Cyril Gill, Harry Edward, Alec Ellery plus a host of adequate reserves to call upon, this was not surprising.

Inevitably this degree of specialisation tended towards a certain neglect of the longer distances and it was not until 1935 that the Club won its first A.A.A. title at a distance exceeding the mile. In that year Aubrey Reeve, who had earlier defeated both Jack Lovelock and Sydney Wooderson in the Southern mile, staggered the redoubtable Walter Beavers from the North, famed for his terrific finishing, by outsprinting him in the three miles in 14.38. In the same year A. J. Norris won the A.A.A. Marathon and Stan West the High Jump. There were somewhat lean times to come however, for in 1937, 1938 and 1939 no A.A.A. titles were won. As some balancing compensation the cross country section, whilst not winning any major victories, always figured prominently in the big events. W. W. Clift (1931 and 1932) had followed Arthur Muggeridge (1928-29) in gaining an England vest and later R. W. S. Hadland also achieved this distinction. In V. W. G. Stone the Walking section kept their particular flag flying bravely with a win in the 7 miles Walk in 1936 and he also gained international recognition.

The between-wars Olympics were at first hardly less successful than the previous Games had been for Polytechnic. In 1920 five members were sent to Antwerp and one of these, Albert Hill, landed the Club's first Gold Medal, two in fact, by winning the 800 and 1500m. H. F. V. Edward also brought home two medals, being third in the 100 and 200m. The Paris Games of 1924 saw seven of the Harriers in the G.B. team, but only R. N. Ripley returned with a medal, in the 4 x 400m. Relay in third place. Amsterdam in 1928 formed the last of three great Olympic years for the Club, six being chosen, of whom Jack London won a silver in the 100m., equalling the Olympic Record in doing so. He and Cyril Gill ran in the team which won the bronze in the 4 x 100m. The following two Olympics were lean ones for Poly although Aubrey Reeve, Stan West and Vic Stone achieved selection.

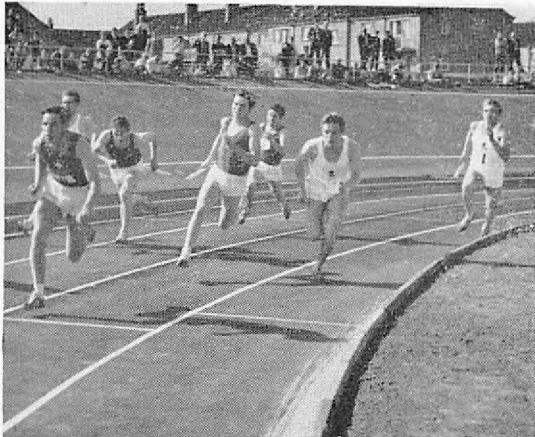
During the 1939-45 war Polytechnic Harriers did not cease altogether. This was due mainly to a different national approach from that prevailing in 1914 and to the fact that, in possessing officials who had experienced the difficulties of restarting after that previous conflict, people such as Bert Long, George Nicol, Jimmy Tucker and others, there was a realisation that the serving members all over the world should be kept interested in what they had left behind. Bert Long took over as Hon. Secretary and a news bulletin was compiled and sent at frequent intervals to all members, whose last subscription was held to cover them until they returned. A loyal and hardworking band of enthusiasts found this a labour of love and they also organised gift parcels which were distributed to all parts, as the writer, who received his in India, gratefully remembers.

When the A.A.A. Championships were resumed in 1946 Polytechnic quickly atoned for those three blank years 1937-8-9 by annexing no less than 8 titles, with a clean sweep from 100y. to 1 mile. McDonald Bailey and Arthur Wint began their long series of wins by taking two each and Doug Wilson rounded off with the mile. Squire Yarrow won a never-to-be-forgotten Marathon by inches from McNab Robertson, the sight of the tall Poly Harrier and the diminutive Scot battling down the home straight after 26 miles must remain imprinted on the memory of all who saw it. Dennis Watts, now A.A.A. Area Coach in the North, also won two events, the Long and Triple Jumps, thus giving his club their record total, which, without reference to the figures, must surely be unsurpassed by any other club in one year. Following a further five wins in 1947, Olympic year unaccountably showed only one victory and that by a Norwegian member Moesgaard Kjeldsen in the Decathlon. Then came a wonderful sequence of 4, 4, 4, 7, 5, ending with the last victories of those two great West Indians McDonald Bailey and Arthur Wint, who between them carried off the astonishing total of 19 titles. Understandably, in these eight years of their dominance Poly won five relay titles; and their tally of A.A.A. Championships from 1946 to 1967 reached the incredible figure of 55.

The first post-war Olympics, at Wembley in 1948 saw Poly almost emulating their golden era of pre-1914 with 8 competitors, although two of these, Les Laing and Arthur Wint represented Jamaica. McD. Bailey (100 and 200m.), Martin Pike (400), Doug Wilson (1500), Rene Howell (Steeplechase), Stan Jones (Marathon) and Ron Pavitt (H.J.) wore the Great Britain vest and of course Arthur Wint won a tremendous duel with fellow Jamaican Herb McKenley in the 400m. to gain Polytechnic's third and to date, last, Olympic Gold Medal. Nothing like this

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representation has been achieved since, but the flow of Olympic athletes has continued, Peter Hildreth, Brian Shenton, Tim Graham and Jim Hogan being some of those who achieved the coveted distinction. Tim Graham earned the Club its first Medal since 1948 when at Tokio as a member of the 4 x 400m. relay squad he handed over a first leg lead which eventually brought third place. In the 400m. event his time in an unexpected 6th place was faster than that of Arthur Wint at Wembley. He thus became the fastest one lap runner in the history of the club.

There is not space to list the other highlights of the post-war period, but mention must be made of Brian Shenton's European 200m. victory in 1954 and Jim Hogan's Marathon triumph at the last European Games. Another Gold Medal was that of John FitzSimons at Jamaica when winning the Commonwealth Games Javelin in a new British Record of 261' 9", also in 1966. Perhaps one should single out that particular year of 1966 as being one of the most remarkable in the long history of the Club. In addition to the European and Commonwealth titles just mentioned, Tim Graham won a Bronze as a member of the 4 x 440y. Relay in Jamaica; Bill Tancred won the A.A.A. Discus; Tim Graham and John FitzSimons each gained a second place, both being the first Englishman in their event; Three Track and two Indoor Relay Championships were won; Four members had victories in International matches; and NINE International vests were awarded, which with two others in the previous year made a total of eleven active internationals in the Club. To set the seal on all this, Poly were awarded the N.U.T.S. "Birds Eye Foods" Trophy as the Top Track Club of 1966. This was retained for 1967.

Since the last War the track performances have, true to tradition, predominated; but walker Bob Clark was good enough to gain his International vest and win a number of major races; the standard of Road Running was such that in 1955 the team were second in the National London to Brighton Relay; and a number of cross country runners gained selection for England, Wales and Ireland.

In this brief history of one of the oldest clubs in the country the difficulty has been not what to put in but what to omit. Few clubs can have been so successful for so long; none, surely, can claim as many A.A.A. Championships won as Poly's grand total of 110. This includes victories in every recognised track event except 10 miles, Steeplechase and 440 Hurdles; and every field event except Pole Vault and Shot. They would be the first to agree that they have been fortunate and favoured; fortunate in having the facilities of a great Institute behind them, which, with the opening of Polytechnic Stadium in 1937 provided what must be the finest facilities of any "open" club in the country; and favoured in being London based and thereby being a natural attraction for countless Commonwealth and foreign students and athletes living here for varying periods. Perhaps fortunate most of all in enjoying the patronage of two great families beginning with Quintin Hogg and Sir Kynaston Studd and continuing down to the present day, an unbroken stretch of more than eighty-five years. More than half of the club subscription is retained by the Polytechnic towards the enormous upkeep of the Institute and the Stadium. From what is left, probably less than the amount of most other club subscriptions, the Harriers have had to be entirely self-supporting as an autonomous club within the framework of the Polytechnic. In those years when no outside sponsorship has been forthcoming it has stood to lose heavily and sometimes has, on its various promotions. It gratefully acknowledges the generous financial help of Callard & Bowser, Ltd., of Butterscotch fame, in the Kinnaird and Marathon projects; of the B.C.C. and A.T.V. from time to time; and now the Ceylon Tea Centre which is currently backing the Sward Meeting.

When all this has been acknowledged however, it can be claimed for the Harriers that they have made the most of their opportunities. A succession of imaginative and far-sighted Officials has given them an enviable reputation as pioneers and innovators. The Kinnaird was the first major inter-club competition; the Poly Marathon was the first and remains the oldest race of its kind in the world; the Sward Meeting for a Trophy presented in 1947 by a Swedish member "in memory of happy days" was the first Meeting for men and Women devoted to the encouragement of field events; and the many tours which the club undertook prior to World War I certainly awakened interest in athletics throughout Europe, where it is now probably the major sport.

Material successes are the life-blood of a club and Polytechnic Harriers have had a goodly share, as has been demonstrated. Of these, perhaps it is most proud of its prowess in the sphere of relay running, in which it has annexed no fewer

than 19 National titles and has held four out of a possible six National Club Records. It has also dominated Indoor Relays in recent years. Baron de Coubertin has been credited with observing that "participation" is more important than winning. The Poly are one of the few clubs which has participated and that with some distinction, in every part of the athletics whole, be it track, field events, cross country, road running and road relays and walking, throughout its history. In addition, over and above its services to athletics as promoters, it has provided the sport with at least three outstanding long-serving Officers; Will Barnard, Hon. Treasurer of the A.A.A. for 21 years; Ernest Clynes, Hon. Secretary for 19 years; and Bert Long, a Life Vice President of the A.A.A. and a member of the General Committee for several decades.

The future of the Club would appear to be no less encouraging than the past, provided that the flow of Officials necessary to conduct its manifold activities continues. In the early 1960s two products of the local Chiswick Grammar School in Bob Frith and Andy Ronay joined the Club straight from school, where they had helped their school team to win the A.A.A. Schools Relay in record time. They quickly made their mark with Poly and have been the mainspring of the many relay successes achieved since. It is appropriate that they are both serving on the present Committee of the Club, together with other current Internationals, Colin Campbell, Nick Overhead, Peter Beacham and Leon Hall.

There are plans afoot for improvements at Chiswick, including the building of indoor training facilities. When this comes about, the Quintin Hogg Memorial Ground should provide a thoroughly appropriate setting to mark the life's work of the Founder of The Polytechnic, who himself did so much to provide healthy enjoyment and recreation for the youth of London.

Reading's Lands End – John O'Groats Relay Record

OXFORD University Tortoises, the University's second cross country team, initiated the "pebble relay" from Lands End to John O'Groats or vice versa in 1957, in a light-hearted student fashion.

Someone had the bright idea of carrying a pebble from Lands End, the length of the land. The challenge of this unusual form of adventure caught the imagination, and one had only to read the reports of the teams who have subsequently taken part, to sense their enthusiasm. Some of these have been from smaller clubs, and of these, the tale of Exeter University cross country club in June 1959, lives in the memory.

Exeter converted a coach into a travelling headquarters; half the seats were taken out, and the floor space covered with mattresses for sleeping. These were strewn with bodies attempting to sleep.

Disaster struck in Shropshire, when Emery was lost. He was very tired when it happened at one of the change overs. He went into the bushes, and the coach moved off without him. It was three stages further on before he was missed. "There were a number of bodies lying on the floor of the coach, we rolled them all over and looked. Dick was not there. I rushed into the first available telephone box. "Cheshire County Police." "This is Exeter University cross country club, I am sorry to trouble you. You see we are running from Lands End to John O'Groats, yes, from Lands End to John O'Groats, and we have lost one of our runners. Yes, on the road south of Whitchurch. He's dark haired, and unshaven, he'll probably look rather wild, and he's carrying a toilet roll."

The police never found Dick. He found them. He walked five miles to Whitchurch and reported himself to the police station there. Later he took a taxi to Tarporley. In Tarporley police station he enjoyed an argument with the taxi driver who insisted on 28/- for the trip, whereas Dick and policeman could only raise 10/- between them.

However, Jim Manning, "Sunday Dispatch" sports editor came to the rescue, paid the taximan and brought Dick back to the coach.

THE RECORD

Oxford's time for the first relay was 105 hours 35 minutes. What "that other place" could do, Cambridge could do better, and in 1959 they recorded 94 hours 23 minutes. Oxford has said that, had their run been against the clock, or against another team, much of the fun and enjoyment would have been lost. However, the conditions soon became standardised by mutual consent. Eight men and two reserves, although now it is customary to use all ten men from the start, and if sickness and injury occurs, the individual stints are adjusted. There are no set relay stages or route but ferries must not be used.

The race for the record was on. Birmingham University beat the Cambridge time the same year with 92 hours 19 minutes. It was not too difficult to bring together a university team for a week during the summer vacation, but not so easy for an ordinary athletic club.

Reading Athletic Club were the first to do so in 1960, and they reduced the record to 87 hours 5 minutes. This was short-lived, as Cambridge recorded 86 hours 26 minutes the same year. Rotherham Harriers, under the leadership of Chris Fleming Smith, ran 85 hours 55 minutes the following year and in 1962, Cambridge reduced the time to 82 hours 42 minutes, the record which Reading Athletic Club beat this year.

The successful outcome of this unusual undertaking depends, apart from running ability and fitness, heavily on organisation, in particular on transport, route finding and the optimum use of the runners. The speed has been pushed up by shortening the stages, which means that each man runs more frequently, with shorter rest periods.

The runners must be at the required place at the right time. When injuries, sickness and fatigue occur, alterations in plans must be made on the spot; otherwise it is panic stations.

READING'S RECORD

Reading owe much to the relay organiser, Cyril Parr, who ably coped with all situations; misdirection on the route, stomach troubles, knee troubles, groin and thigh injuries, and plain exhaustion. The Reading team comprised Don Stevens (Captain), Mike Davies, Brian Bacon, Barry Bridgett, Ron McAndrew, Mike Hamlin, Mick Casse, Ken Darlow, Gerry Stevens and Pete Meredith. All are first claim members of the club.

The team was split into five pairs, each pair was in a caravanette. Four of the pairs covered 20 miles each, the fifth pair covered 10 miles only, and was held in readiness for any emergency. Should any of the others have to reduce their distance, they were ready to step up theirs.

Thus it was 20 miles on and 70 miles off for four pairs. Each pair had sleeping accommodation in their Caravanette, and moved on to their next stage after covering the 20 miles. However, once the relay had started, it was virtually impossible to get much sleep. Lack of sleep during four nights on the road, imposed the greatest strain to which the runners were subjected.

Reading's plan was to use the shortest route from Land's End, via Tiverton, Taunton, Bristol, Severn Bridge, Monmouth, Leominster, Shrewsbury, Whitchurch, Warrington, Preston, Bolton-le-Sands, Kendal, Shap, Carlisle, Gretna Green, Bonar Bridge, Golspie, Wick, John O'Groats.

This route involves leaving the road north of Stirling to cut across the 2,500ft. Corrieyairack Pass on the 18th century military road of General Wade over the mountains. The climb was taken by Mike Davies of Three Peaks and Ben Nevis fame, the club's specialist on this type of terrain. He set off with a compass strapped to his wrist. Valuable time was saved by going over, and not round, the mountain.

The total distance of this route is 821 miles, but due to going off course in two places, and missing two short cuts, the actual mileage covered was 826; 10 miles less than Cambridge in 1962.

Each pair chose to cover their stages in short relays, each man running 2 or 3 miles alternatively. This enabled a high speed to be maintained. Bristol (194 miles) was reached in 5 minutes 25 second miles. Warrington to Lockerbie was covered by 5-36 miles and the following hundred miles, when muscular troubles set in, at 5-51 miles.

Paarlauf tactics were used over the last hundred miles, each man running a mile, and then being quickly ferried forward several miles down the road. This final stretch was covered in the remarkable time of 8 hours. The total distance run by each man varied from 74 to 94 miles. Reading left Lands End at 9 p.m. on Sunday, 30th July, and reached John O'Groats at 4.40 a.m. on Thursday, 3rd August. Their time of 79 hours 40 minutes beat the previous record by 3 hours 2 minutes.

The accompanying officials included Frank Orton, the Referee, and Timekeepers. At 5 a.m. on the Thursday Don Stevens performed the stone-throwing ceremony. Accompanied by Cyril Parr, he threw a Lands End stone into the sea off John O'Groats. Cyril Parr said, "I take my hat off to these boys. I think they have done a really great job, and what has impressed me so much is that they have retained their sense of humour all the time." The run cost £495 of which £200 was met by the athletes and the club officials; the remainder came from sponsors, of whom Reading's Evening Post was the largest contributor.

Such was the interest in Berkshire, that while the relay was being run, the circulation of the Post was doubled.

This article is reprinted from the Road Runners Club Newsletter, to whom I am very grateful.

The Evolution of Athletics Coaching and Teaching

TOM McNAB

THE father of English coaching is undoubtedly F. A. M. Webster. Webster's prolific writing life began in 1914 with 'Olympian Field Events,' a precocious work which showed that the young Webster possessed a grasp of the fundamentals of athletics' techniques which none of his contemporaries could match. Up till Webster, coaching had been carried on in the main by ex-professional athletes all of them runners, and most of them possessing a similar status to that of groundsmen. These coaches were employed by major universities and older-established clubs

Webster's entry to the world of coaching was rather premature, because English athletics was far from ready for his methods and attitudes. The English concept of a coach at that time related entirely to running and was a combination of masseur and witchdoctor. Webster's main impact was made in public schools and the success of the boys of Bedford Modern School, where he taught in the early thirties, showed the calibre of his work. At this distance, it can be seen that Webster was a voice crying in the wilderness. Outside the universities, British athletics was a running-orientated sport, for field events activity in the clubs was negligible. Schools athletics was confined to public and grammar schools and even there often only to the bleak months of March and April. Although the strong British running tradition produced masses of top-class middle distance runners such as Hill, Webster, Harper and Wright it produced little in other events and it is clear that Webster was able to make little impact upon the deeply conservative club structure. Nor was this surprising, since he had no official position. It is only relatively recently that national sports associations have undertaken responsibility for the improvement of standards within their sports. Up till the end of World War II their main responsibilities lay in the provision of competition and the enforcement and creation of legislation. The climate in which pioneers like Webster worked was therefore hardly conducive to the production of successful coaching.

In the mid-thirties, Webster initiated the A.A.A. Summer School, a coaching course, which was to have a profound effect upon British coaching, and in 1936 he became Director of the School of Athletics Games and Physical Education, an institution which was to be the breeding-ground for some of Britain's top post-war

athletics coaches. Among the instructors at the School was an ex-army corporal G. H. G. Dyson, an outstanding hurdler, who was to return as a Major from World War II to become Britain's first National Athletics Coach in 1948.

It might at this point be worthwhile to sum-up Webster's approach to teaching and coaching. In coaching Webster was trembling on the edge of the mechanical analysis of athletics techniques which was later to be carried to its logical conclusion by Dyson. Webster's approach was extremely formal, with large numbers of progressive practices. The teaching of athletics in schools was in its infancy and no clear distinction was made between teaching and coaching.

Dyson's mechanical analysis of athletics techniques appealed immediately to the rapidly developing post-war physical education profession. The word "dynamic" is often misused, but no other word can be applied to the restless, aggressive Dyson, whose impact can still be felt on British athletics. By the mid-fifties, athletics possessed the most talented band of amateur coaches in the country.

The mechanical approach to coaching did, however, produce many problems, particularly at lower levels. Many coaches became engulfed in technical detail and lost sight of the fundamental techniques of their events. Too much time was spent in talking about the event, rather than practicing it. As yet, no clear distinction had been drawn between the differing aims of teaching and coaching and many teachers were sacrificing the butterfly of enjoyment at the altar of technique. On the coaching side, the stress on technique often resulted (Webster had fallen into the same trap) on too little stress being laid on physical conditioning.

The proliferation of physical education activities and the rapid development of the coaching schemes of other sports has meant that athletics no longer has the massive lead in coaching that it had in the 1948-1956 period. Two recent changes in attitude may, however, mean another surge forward in athletics teaching and coaching. One is the increasing interest shown by the Coaching Scheme in the teaching of athletics at school level and the recognition that the needs of children in the class situation are different in kind from those of the committed athlete. The other is the recent A.A.A. ruling that, with Area Association permission, coaches may accept fees for athletics coaching. This opens the way to paid athletics coaching in Evening Institutes, a factor which may lead to the re-vitalising of athletics in small towns.

Till recent years, coaching has been looked upon as the 'open sesame' to higher standards, but athletics authorities are now realising that it is only one of many factors which will produce the depth and breadth of performance which we in Britain so sadly lack. Only if coaching develops hand in hand with effective club and competitive structures can its effects be fully felt.

British Glass Fibre Vaulting Pole

THROUGH the efforts of a member of the Club's Committee, Alan Neuff, who is also an A.A.A. Senior Coach. Britain has at last produced and manufactured a fibre-glass pole. These poles are being produced by Bantex Ltd. at a price of £18.10.0d. including purchase tax (carriage extra at cost). At the present time the range of these poles is from 120 to 150lb. body weight and there are three models used. Alan, who is at present doing chemical research, was able to bring his specialized knowledge acquired from this work and ally it to his technical athletic knowledge, gained in coaching this event and the result is a durable and cheap pole which is ideal for the younger vaulter. As well as being exceptionally good value compared with the other poles which are available in this country, they will stand up to normal wear and tear quite readily. This is obviously a major consideration, particularly from the point of view for use in schools. Alan is also to be congratulated on producing these poles as he encountered many frustrations and disappointments during the initial period of their development and it says a great deal for his perseverance and determination that he continued and surmounted all these obstacles.

Wanted

One of our Members wishes to obtain back copies of issues of the Newsletter numbered 1-7 inclusive. If any Member can help would they please contact Mr. Andrew Huxtable of 78, Toynbee Road, Wimbledon, London, S.W. 20.

Book Reviews

"THE SCIENCE OF MOVEMENT" by R. A. R. and B. J. K. Tricker
(Mills & Boon, 1967, 45/-)

THIS non-mathematical book, written jointly by a physicist and a biologist, gives a very good, simple, survey of most aspects of the science of movement.

It is not, however, confined to track and field athletics. The early part of the book develops the necessary background information which is then applied, in very general terms, to the scientific problems of the individual events. The athletes used are school athletes, and the diagrams of the athletic events are usually drawn from motion film.

Wide ranging, the book includes chapters on the biological aspects of balance, action of muscle, conservation of momentum, bird flight, dynamics of running, jumping and throwing, movement on land and in water.

The 21 chapters and six appendices are well illustrated and many of the scientific principles developed are illustrated by simple experiments.

The authors, wisely, do not attempt a mechanical analysis of each event but devote their attention to the general principles. (The reviewer believes that too much emphasis is, to-day, being placed on detailed mechanical analysis of movement without any understanding of how this may be applied to the coaching of the events.)

Even at 45/-, this book is good value and is recommended to anyone wanting a general book about the science of athletics and it is strongly recommended that it be read before reading any other book about the mechanics of athletics.

A. T. Neuff, B.Sc., A.C.T., A.R.I.C.

"THE JIM RYUN STORY" by Cordner Nelson
(Pelham Books 30/-)

This book is about the most outstanding young athlete the world has ever seen. Jim was born in Wichita on the 29th April, 1947 and it is obvious from reading this book what an important influence both his family upbringing and environment have had on him and to quote from the book, "This combination of church and family worked on Jim to produce a complex personality. The values he places on modesty and humility frequently come into conflict with his fierce efforts to prove himself. The result is a somewhat withdrawn boy with the tough fibre of a Stotan." He has always had a compulsion to do his best in everything which he undertakes and his coach believes that his greatest characteristic is his persistent pursuit of perfection no matter what. On the 7th September, 1962 he ran his first ever mile at the age of 15 and clocked a time of 5min. 38secs. However, some six months later, he ran another mile race on the same track and this time he recorded 4min. 26.4secs. His coach, Bob Timmons, believed that he could run a mile in under four minutes while still in high school and he based this belief on the experience he gained through previously having coached Archie San Romani Junior, as he believed Jim possessed more natural ability and talent. Timmons was to be proved correct and his influence, guidance and advice have contributed immensely towards Jim's success and it is obvious that they have also developed an ideal Coach/Athlete relationship. In Ryun's first big invitation race in the California Relays at Modesto, he was then only 24 days past 17, he ran 4min. 1.7secs. to finish third with a last lap of 55.7secs. and only two weeks later in Los Angeles he broke the magical four minutes barrier for the first time when running 3min. 59secs. yet only finished eighth. These two performances were obviously of great significance and his subsequent successes were only confirmation of his great talent and ability culminating in his selection for the Olympics, by finishing third inches ahead of Jim Grelle

in the final Olympic Trial with both men sharing the same time. We all know how he was eliminated in the Semi-Finals of the 1500 metres, this was partially explained by his catching a virus shortly after arriving in Tokyo and, instead of staying in bed, he got up and went out training. Certainly many more mature athletes than he would have blown up or lost all interest on their arrival home, but here again his tremendous competitive temperament is shown very clearly. In my opinion, the next most significant performance was when he defeated Peter Snell, his one time hero, in San Diego, after this victory he really believed that the world record was within his grasp. The climax was reached at Berkeley on 17th July, 1966 when at the age of 19 years he beat the World Record for the mile with a time of 3 min. 51.3secs. and, in the process, he carved himself a niche in athletics' history. It is a sobering and somewhat frightening thought that this performance was achieved less than four years after his first ever mile race. He has, of course, subsequently broken the World's 880 yards and 1500 metres records as well, and those who were fortunate enough to see him run at the White City last year will readily appreciate why this young man appears to be unbeatable. He did not just beat Keino he annihilated him and I, for one, have never seen such a majestic performance. The only possible reason for Jim not achieving even greater heights in the future, excluding injury, would appear to arise in 1969 when he will be in his senior year at Kansas and whether he will be able or willing to devote so much time to training when he leaves College to take up a job. In this book Cordner Nelson has managed to give the reader a great insight into what makes this young man tick but even after reading it I felt that there were still areas of his makeup which were shrouded in mystery. Cordner also deals in some depth and detail with the major races run by this young man, not only the actual race itself but also the pre-race build-up, which is something all too rarely covered. Undoubtedly another major factor in the book's appeal are the 202 pictures taken by Rich Clarkson, surely one of the World's greatest athletic photographers, which present a unique and detailed record of Ryun's development. A really excellent book which must rank amongst the finest ever written on an athlete's personality and also excellent value for money. Congratulations are due to Pelhams, both on this score and also for adding yet another outstanding publication to their list of successes.

"NUTS NOTES" special 10th Birthday Issue

(copies obtainable from A. Huxtable, 78, Toynbee Road, London, S.W. 20.—
3/6d. post free)

In the ten years since its formation the National Union of Track Statisticians has fulfilled a very useful and essential role, which everybody connected with the sport should acknowledge. Speaking from a purely personal point of view I should like to say a big 'thank you' to this body of men for the many fascinating and enjoyable hours which their labours have given me. I can think of no sport which is better suited to the art of statistics than ours and, in the fourteen pages which constitute this publication, statistics relating to every conceivable aspect of athletics are covered. However, apart from the pieces with an obvious statistical bias there are some extremely interesting articles by Bob Sparks on the next ten years of the N.U.T.S., Peter May on fifteen runners' efforts to relay continuously, day and night, a lighted torch from Los Angeles to Williams in Arizona, some 481 miles away. The idea of this run was to show to the International Olympic Committee the unanimous support of the whole American nation for the latter City's bid to host the 1968 Olympics. There is also a fascinating piece by Maeve Kyle, who is surely her country's greatest ever ambassadress, on the Taitteann Games and also a piece by Chris Thorne on time keeping, which is of considerable interest. These are but a few of the many articles to be found in this publication and I cannot recommend it too highly. Each of the contributors has a small biographical history at the end of his or her piece and I was particularly intrigued by the choice of Sophia Loren as one of the interests listed by Les Crouch, so I thought that at least these fellows are human after all! a feeling which has not been shared by all those I have come into contact with. Then suddenly I see listed against Richard Szreter's name his interest as gathering edible fungi "for strictly gastronomical reasons" and I am tempted to wonder whether perhaps I am wrong after all!

"THE BOOK OF THE OLYMPIC GAMES" by Robert Bateman
(Stanley Paul 27/6)

The author of this book has had considerable experience of reporting the Olympic Games and at Tokyo in 1964 he was Independent Television's main commentator. He covers all the athletic events which constitute the Olympic programme in both the men's and women's events. There is also a chapter dealing with the origins and early history of the Olympics which makes fascinating reading. The Olympics have grown at a quite phenomenal rate from the Games of 1896 which were held in Athens, near the site of the original Games, so much so that it is doubtful whether their founder Baron Pierre de Coubertin, would recognise the recent Games or even wish to be associated with them!

Each Games has produced its own particular hero or heroine from Spiridon Loues, the Greek shepherd boy who won the Marathon at those first Games to Abebe Bikila who in 1964 won this event for the second time. Moreover this victory was achieved only five weeks after an appendix operation. Somehow the Olympics have a special and completely unique position. Once every four years the world's leading men and women compete knowing that all those long agonizing hours of training and competition will mean nothing unless success is achieved. All the world remembers the victors and unlike the world record holder his or her name will live for posterity, but how many will remember the vanquished. Certainly a far cry from the worthy Frenchman's ideals and beliefs. There is no doubt that we are now in the era of the Nationalistic approach, as the World's Nations see success in the Olympics bringing them greater prestige and also, in some cases, a vindication of their own way of life. This surely is one of the worst and least desirable attributes associated with the Games. The author in the very last sentence of this book says "that while sport could break down barriers of race, religion and colour every four years we would prove we have a little more sanity than we show at other times." What laudable sentiments these are and tragically, in the light of the events of the last few months, how far we are from attaining these ideals. However, to my mind the Olympics present the only possible opportunities for achieving these ideals. The Olympics, from the author's viewpoint, must surely present one of the easiest subjects on which to write. There is no need to manufacture emotions in this case as every one is to be found in the annals of these Games. I enjoyed this book and the only criticism is that of price, as it seems to me that 27/6d. is a great deal to pay for 70 pages of text and some 41 pages of results. There are also some 16 illustrations which add considerably to the enjoyment. The author also includes short chapters on Swimming and Diving, Boxing, Fencing and Cycling but the book primarily deals with athletics and as such forms a useful addition to the library of all those connected with, or interested in, our Sport.

"THE TECHNIQUE OF JUDGING TRACK EVENTS" by Victor C. Sealey
(5/6d. post free)

"DISCUS THROWING" by John Le Masurier (5/6d. post free)
(both the above Instructional Booklets can be obtained from Mr. J. Hitchcock,
2, Burn Close, Oxshott, Leatherhead, Surrey.)

Mr. Sealey's experience in all aspects of athletics' administration is considerable and it would be very hard to find anyone better qualified to write this booklet, which replaces the one written by the late Walter Jewell in 1958. In the 36 pages which constitute this booklet, the author deals with the duties of officials, general hints on judging, rules for records and Competition rules, amongst other chapter headings. I must say that from a purely personal viewpoint, I found the chapter on the Photo-finish Camera to be of the greatest interest and the use of photographs showing the Olympic 100 metres Final, both at Wembley in 1948 and Helsinki in 1952, help illustrate the Author's text. The author also deals with the functions and duties of all officials concerned with the track events. In his opening paragraph on General Hints on Judging Mr. Sealey says, "It is probably true to say that good track judges are born, not made. A man may know the rules perfectly, but unless he has certain attributes he will never make a top class track judge. First he must have what may be termed the 'judging eye,' i.e. the ability to see and record in his mind's eye the order of competitors crossing the finishing line. Some people just haven't this gift, no matter how hard they try. Secondly, a track judge needs an ice-cool brain and must never get flustered, particularly when faced with a 'blanket finish' in which four or possibly six competitors finish almost in a line. He must

have exceptional powers of concentration; he must be able to ignore all external influences, noises, announcements, a competitor falling just before the finishing line, a commotion in the crowd or on the arena. Concentration must be on the actual finish and nothing else." After reading these words it becomes obvious what an extremely difficult and skilled job judging track events is. It is obvious after reading this booklet that the men who undertake this task are owed a tremendous debt of gratitude by us all and one which is not often enough acknowledged publicly. This book is a must for anyone interested in athletics, a worthy companion to the author's booklet, published in 1965, covering the field events.

The author of this, the latest edition of the A.A.A.'s Instructional booklets on Discus Throwing, needs no introduction. John Le Masurier is one of the best known Coaches in Europe and his selection as one of the Coaches who travelled with the European Team which competed against the Americas last year, in Montreal, was adequate proof of the very high esteem in which he is held. Incidentally it is interesting to note that John wrote the first booklet on this subject is 1957 and he is now able to draw upon his vast knowledge and experience acquired in the succeeding years to make this new booklet a must for all those interested in athletics, be they coach, athlete, teacher, or merely spectator. John has the rare ability of being able to put his thoughts into print in clear, concise and easily assimilated terms. In this booklet he deals with Technique, to which he devotes some 14 pages together with two really excellent sections entitled 'For the novice—Learning to throw and 'Notes for the teacher.' The progressions which John describes for the novice should serve as a basis for both the aspiring thrower and teacher alike. If we are to improve our standards in this event, it must be initially through greater interest and improved coaching in our schools. It seems to me that one of the greatest services these booklets do, is to enable the average School Teacher, who probably has little or no technical knowledge of athletics, to get a thorough and correct grounding in the fundamentals of each event covered. There are also further chapters on Training and Training Schedules and both the thrower and his coach will find the section on Rules and their application invaluable. The world class Discus thrower must possess speed, balance, agility, strength and rhythm in addition to the more obvious requirements of size and weight. The sequence photographs of Silvester, Oerter, Danek and Christine Spielberg, the European Champion, taken by that great German Coach and Photographer, Toni Nett, demonstrate these requirements admirably and considerably add to the reader's understanding of the written text. The remaining photographs were specially taken by Mark Shearman and readers of this Newsletter will be only too aware of the very high standard which this young and extremely talented photographer achieves.

"OFFICIAL RULES OF SPORTS AND GAMES 1968/69"
(Kaye and Ward Ltd., 36/-)

This, the eighth edition covers some 24 different Sports from Athletics to Water Polo and it is without any doubt the most comprehensive and accurate reference book of its kind in existence. How often has one been to a sporting event and, on coming home, wanted to look up the rules only to find that there was no copy of these to be found in the house. One need search no more, for here amongst its 716 pages, are to be found the answers to those nagging queries. Also by knowing and understanding the rules it is possible to considerably increase one's own enjoyment. The section on Athletics is adequately covered in some 44 pages and these give a clear, concise, though of necessity, a somewhat abbreviated coverage of the rules governing its operation. This book, though obviously of greatest interest to physical educationalists as a work of reference, must also appeal to anyone interested in or competing at any of the sports covered and, as such, should find a place on the athlete's bookshelf.

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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