

A.A.A.



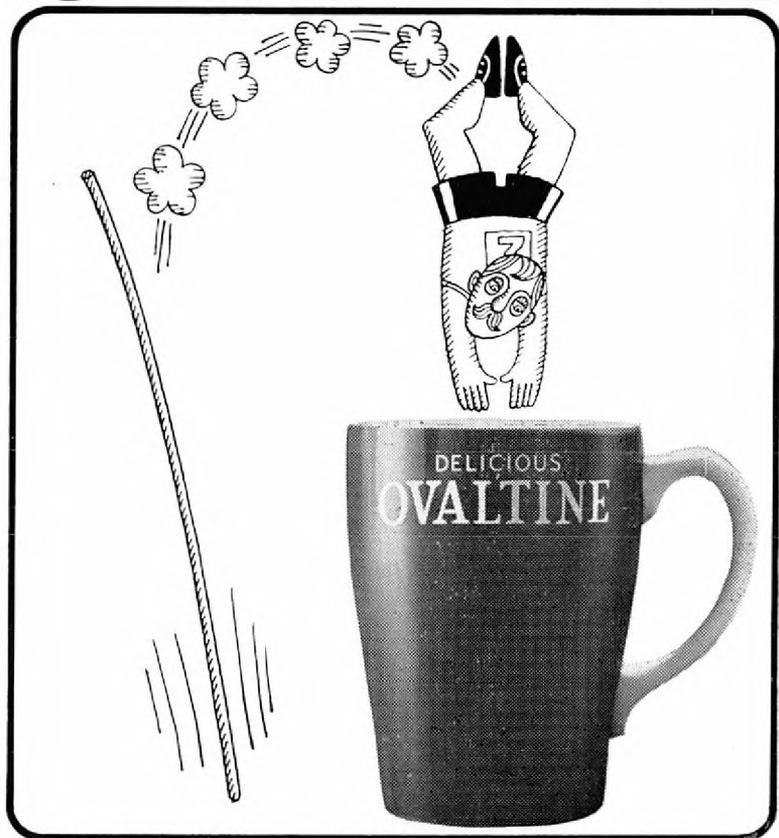
CLUB

NEWSLETTER



JEFFREY TEALE
(Doncaster Plantwork A.C.)

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.

Enterprise in the Desert

T. D. BETT

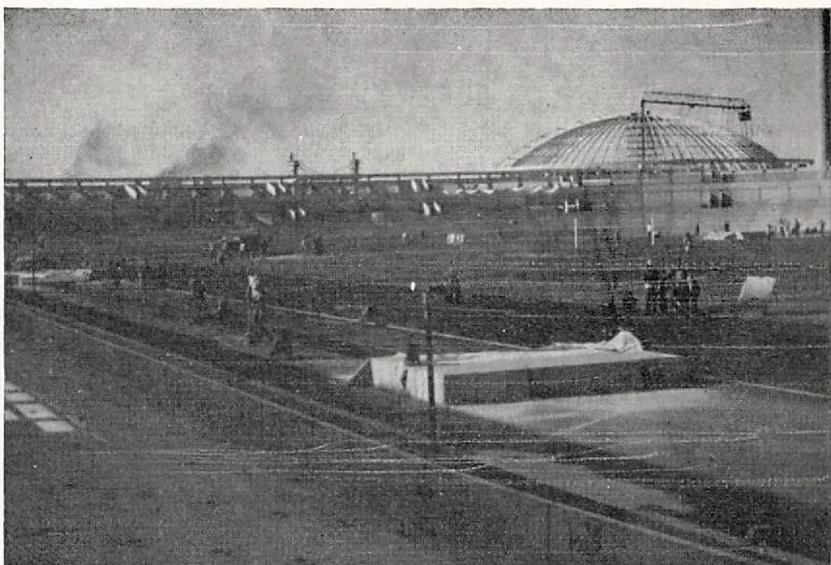
AS I write the eyes of the world of athletics are very much directed towards Mexico City and the 19th Olympiad next month, where already two firsts are certain: first at an altitude of some 7,000 feet, and the first on a plastic surfaced track. Meanwhile thousands of miles away on the sunny shores of the Mediterranean developments are already well advanced, which must surely in the not too distant future result in us turning our eyes in that direction for an Olympiad. Apart from anything else it would bring the athletes back to sea level!

The Government of the Kingdom of Libya is providing two enormous Sports City complexes at the two major cities in the Country, Tripoli and Benghazi. When completed each of these, by the facilities that will be offered to both participant and spectator alike, will be the envy of many throughout the world. Both are designed to provide the finest possible conditions for all the most popular world wide sports, such as athletics, soccer, lawn tennis, swimming and diving, cycling, hockey, gymnastics, basketball, boxing, wrestling, in fact, almost any sport that can be named.

The Tripoli Sports City is situated some 15 kilometres from the town centre. Although there are few buildings in the immediate vicinity at present, the Sports City is not as easily visible from the road out as one would expect in flat desert country. In this particular area the terrain is slightly more rolling, and for that part of the world comparatively well treed. However, arriving at what will be eventually the entrance road, rather like the Wembley Way approach to that Stadium, one is immediately aware of the massive towering circular concrete floodlight columns, which indeed are an impressive sight. At the moment only the first phase of this vast project is complete, but even so merely to walk around the Stadium, the swimming and diving pools, the tennis courts, basketball courts, outside multi-purpose playing pitches, modern living quarters, and over the vast expanse of car park areas, takes a full morning, and then one has not gone into detail.

The Benghazi Sports City is situated in the town itself, and adjacent to the water of the inner harbour. Approaching from the Airport some kilometres away, the site is clearly distinguishable by the same huge floodlight columns, which across the miles of flat desert dominate the Benghazi skyline. In the town the Sports City is perhaps rather more impressive than Tripoli as it is viewed across the water, and one of the main features apart from the floodlighting columns is the huge copper-bronze dome of the Sports Hall. Again as at Tripoli one marvels at the superb facilities which are being provided, and cannot help but be particularly struck by the elevated walkways, which will enable spectators to watch several different activities as they wander through the City. Again within this complex every conceivable sport is provided for, and the programming of the development has here brought the magnificent Sports Hall into the first phase, whereas living accommodation as provided at Tripoli will be brought into the next phase, and vice versa. In addition at Benghazi, by virtue of its siting, they have almost ready-made facilities for water sports, special jetties having been constructed out into the inner harbour which forms a large lake ideally suitable for sailing, water skiing and the like.

The Government of Libya appointed a well known British firm of consulting engineers as consultants, and to draw up the detailed plans and specifications. The successful tenderers for the first stage of the development for each city was the Bulgarian State Civil Engineering Company, Technoexportstroy. The majority of the specification calls for the work to be carried out to British standards, and indeed a large quantity of British materials and equipment have been used. The En-Tout-Cas Company Limited was nominated by the Government of Libya to provide the athletic track surfaces, the hard tennis courts, and also numerous items of equipment for athletics and other sports at both cities.



General view of work on the main stadium at Benghazi Sports City. The 'K' type track is being laid. Note dome roof of new gymnasium in background.

At Tripoli and Benghazi the 'K' surface has been supplied and laid in the main athletic stadiums for the track and field event run-ups. 'K' surfacing is granular rubber chippings, coated with plastic binder, laid on to a bituminous macadam base and wearing course. Using a no-fines aggregate the whole becomes fully porous, allowing any event to be carried through without any affect on performance however much rain has or is falling at the time. This British surface is the only one of those non-attention materials available to-day, mainly American in origin, which is fully porous. One may ask why a track of a porous nature could be an advantage in a desert country such as Libya, but it is a fact that in the winter season when conditions as far as temperature is concerned are probably more conducive to athletic activity, there is also quite a considerable rainfall from time to time which could leave non-porous surfaces or cinder tracks affected for quite a considerable period, and the advantages of porosity apart from any other desirable quality in a surface are by no means completely lost.

All materials required in the construction of the 'K' surfacing were exported from the United Kingdom, and mixing was carried out on site, laying in situ directly on to the bituminous base. A technical expert took with him a team of three specially trained layers, made up of a skilled foreman in charge of laying operations and two assistants. Further assistance as necessary was provided by the Main Contractor using Bulgarian, Libyan and Sudanese labour. The laying of this material is an operation requiring considerable accuracy to achieve the precise levels required, to finish within tolerances laid down by the I.A.A.F. In both Benghazi and Tripoli the laying was not carried through without having to overcome local hazards, although in June and July when the work was done there was no hindrance from rain. The work was usually carried out in temperatures not less than 90° Fahrenheit, and on occasions well over 100°F. Rather than rain storms the "ghiblis" or sandstorm, which indeed resembles a London smog, lasting sometimes for a day or two, did present our layers with their problems, as of course at its "pouring" stage the material must be kept sand-free. However all difficulties

EN-TOUT-CAS

RUNNING TRACKS

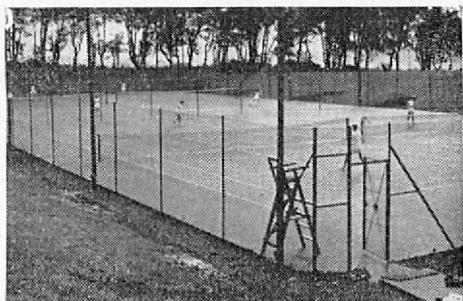
Where excellence in Track Surface is the requirement

EN-TOUT-CAS

are the contractors. Track surfaces ("K Track "Prestrac" and Olympic Track) for Schools, Colleges, Universities and International Tracks.



TENNISQUICK



The perfect 365 days per year surface for Tennis, due to its instant drainage, giving the ball natural bounce and possibly the best foothold of any Tennis Court. Ideal for Sports Hall surfaces, for any game where the bounce of the ball and true foothold are essential.

En-Tout-Cas are also specialists in a wide range of Athletic and Sports Equipment

Write for full details to:

THE EN-TOUT-CAS CO. LTD.

SYSTON, LEICESTER

PHONE: SYSTON 3322/7

were faced and overcome by the layers using their ingenuity, to the point when both tracks were completed in July. A colourful picture was certainly provided when viewed from the white mass of the huge concrete stands, by the green central soccer field, the brilliant red 'K' track surfacing, and the considerable black bitumastic surround areas between the track itself and the stands. Whether or not this was by design or by chance is not definitely known, but it so happens that the colours of the National flag of the Kingdom of Libya are green, red and black !

In the first phase at Benghazi there is also a further full sized track included, for which the En-Tout-Cas Red Olympic cinder type surfacing has been selected. This surface is of course already well known in many parts of the world, having been used for two Olympiads since the war, and many other important Games in the United States, West Indies, Africa, etc., over the last twenty years. A similar track is included in the second phase of development at Tripoli, and we understand that there is a possibility of further tracks being laid at both cities in the future. One marvels at the practice potential on the spot for important occasions such as the Olympics.

It is interesting to note that the Libyan authorities have decided to provide cinder tracks in addition to the two non-maintenance tracks. The reason is that they wish to ensure that their athletes in the future have suitable training facilities for whatever type surface they are asked to compete upon in any part of the world. It seems to indicate that although the non-maintenance athletic track will probably eventually supersede the traditional cinder track as the recognised surface for athletics on account of there being so many advantages, it will only be over a considerable period of time, and there will be meanwhile the necessity to be prepared to perform on the traditional surface.

Perhaps it is not particularly appropriate to an A.A.A. Club Newsletter, but nevertheless it forms an important part in the development of the Sports City complex, is the game of lawn tennis. As for the track surfaces, The En-Tout-Cas Company was here again selected to provide the specialist surfacing. A number of courts have already been completed, some with the En-Tout-Cas Red Championship material, this may be described as the traditional surface. Others are surfaced with the relatively new Red Coloured Concrete Surfacing—"Tennisquick," which like the 'K' surface track provides first class playing conditions, porosity, and is completely non-maintenance. Here again the Company sent specialist layers for each type of surface, and were assisted by local labour. As in the case of athletic tracks so with tennis courts, there are more yet to be laid before these vast complexes are complete, and it looks as though the Company will be sending specialists into Libya from time to time over a considerable period yet.

Like so many North African and Middle East countries, oil, and other mineral resources have resulted in vast wealth, and very considerable and rapid development is taking place. It is gratifying indeed to see a country like Libya in the midst of its programme to bring itself in line with the modern world, so rightly attaching importance to the matter of recreation and the provision of the proper facilities for athletes and sportsmen of all categories. The investment in these Sports Cities can only be described as huge by any standards. I doubt if any country has taken more care in planning and at the same time proportionately invested so much capital to ensure active participation in sport being encouraged for all ages, and to attract International events to its Country. To my mind Libya will always stand out as a shining example to us all in this respect. It is to be hoped that as a reward for their enterprise we shall see their sportsmen figure high in the honours lists in world competition and that the Olympic Games will be staged in Libya in the not too distant future. If not, it will not be for the lack of facilities.

I am indebted to Mr. Bett for providing the photograph illustrating this article.

What Athletics Means to Me

JOHN BOULTER

OF all sports athletics is the simplest—unless we count Bingo as a sport. Even in these days of brush spikes, anabolic steroids, fibreglass poles and high altitude training camps, the basic aims—to run faster, jump or throw further or higher—remain uncomplicated. Running is the least complex activity of all. To throw the javelin 250 feet or high jump 7 feet, both demand the learning and constant practice of a difficult technique. There is a skill, as well as strength and fitness, involved in running 100 yds. in 9.5 seconds or a mile in 3mins. 55 secs; but there is no new set of movements to be learned, nor does the runner have to memorize and obey a complicated set of rules as the cricketer or rugby-player must. The runner's skill is the refinement of something which everybody does naturally. The best poetry, I think, is that which does least violence to language—so for me the best sport is the most natural, the simplest.

Sheer joy in movement, in running efficiently and fast—this is part of what athletics means to me. But this is not enough; the spice to what might otherwise be a rather bland dish is competition. Bruce Tulloh points out in his recent book



JOHN BOULTER
(Achilles Club)

on running that in athletics it is possible to make progress without trampling on the aspirations of others; one can always improve personally, regardless of the performance of others. This is true, but fast times are not so satisfying as well won races. The competitiveness of the runner is a more refined and civilised form of the aggressive instinct which once ensured man's survival and which now threatens his existence. We sublimate our urge to fight and win on the running track, and those who suffer and rejoice with us at the White City or in front of the television set are able to channel their aggression too.

Not that one thinks of this sort of thing in the heat of a race. 'Screw the bastards'—to quote a phrase often heard on the last tour abroad by a British Team, is more the sort of thing which goes through my mind on the starting line. It is the race and winning it that counts, and that is why, Ron Clarke apart, my admiration goes rather to the Olympic Medallist than to the World-Record Holder.

These are reasons why I have enjoyed running. At University I enjoyed the struggle to get a 'blue,' I enjoyed improving my best times, I enjoyed travelling to away matches, I enjoyed the post-match dinners, I enjoyed training and did not feel guilty if I had to miss a few days because of work. The height of my ambition at the age of 21 was to compete for Oxford against Cambridge. I thought I had reached the top when I was invited to travel to the U.S.A. and Canada with a university team because Herb Elliott was unavailable. Athletics was fun and nobody asked me what it meant to me or why I ran.

Then in 1963 I improved by 2 or 3 seconds over 880 yds. Suddenly what had been a pleasant relaxation changed into something so different that it is hardly recognizable as the same sport. Most international athletes still manage to enjoy running for the sake of running. But the enjoyment becomes increasingly difficult to maintain as each race is analysed and criticised, sometimes by well meaning followers of the sport, but sometimes also by seekers of 'a good Story.'

Tension always builds up before a race; for the international athlete to-day the tensions become at times almost unbearable. If I had to sum up in a single word what athletics means to me now I think the word would be 'waiting'—(I write this in Mexico City three weeks before the Games begin.) Waiting for selection, especially for the letter from Buckingham Palace which signifies selection for the Olympic Games; waiting for the race, unable to face food or to read the expert predictions in the papers; in the race waiting to make the effort which will justify the years of training or will find me wanting.

Despite the pressures, the incessant grind of training, the disruption of family life, I cannot deny that athletics has been good to me. Apart from the pleasures of running, I have been able to travel the world in a way no schoolmaster could aspire to without private means. To have done something moderately well gives me personal satisfaction and a self-confidence in everyday life which I might otherwise lack. Each year I think might be my last as a runner and each year I come back for more. There must be something about athletics.

Crystal Palace as a Home for Athletics

EMLYN JONES

THE concept of Crystal Palace National Recreation Centre was succinctly summed up in Sir Gerald Barry's report to the London County Council. Sir Gerald, Director General of the Festival of Britain (organised to mark the centenary of the Great Exhibition of 1851 for which the original Crystal Palace was designed) was, following this event, employed as the Consultant to the London County Council on the re-development of the Crystal Palace site. In proposing the building of what he called a "National Youth and Sports Centre," he said,

"It may perhaps seem remarkable that the British nation, which invented and bequeathed to others most of the forms of sport which are now enjoyed throughout the Western world, should have no central home for sport of their own, to which their own athletes and those of other nations can look

as a focal point. Several other, much smaller, countries possess such institutions, and the existence of such a place here, with the prestige which it would bring, would be likely to act as a sharp incentive to athletes and trainers throughout the country."

The emphasis was on a home for sport and a focal point with the side issues of prestige and incentive. Athletes were specifically mentioned but, presumably, in the wide rather than the narrow sense of the term. To what extent has this concept been fulfilled?

We are a conservative nation with a small 'c' and it has been no easy task to persuade the sports bodies of this country to adopt a new 'baby,' even one worth three million pounds. Such a process takes time and patience and, like all things British, one has to be content with a slow evolutionary process. The first problem was to become accepted, to become part of the sporting scene. In the first four years we have reached the end of the beginning and Crystal Palace has become synonymous with sport in general and some sports, such as swimming, in particular.

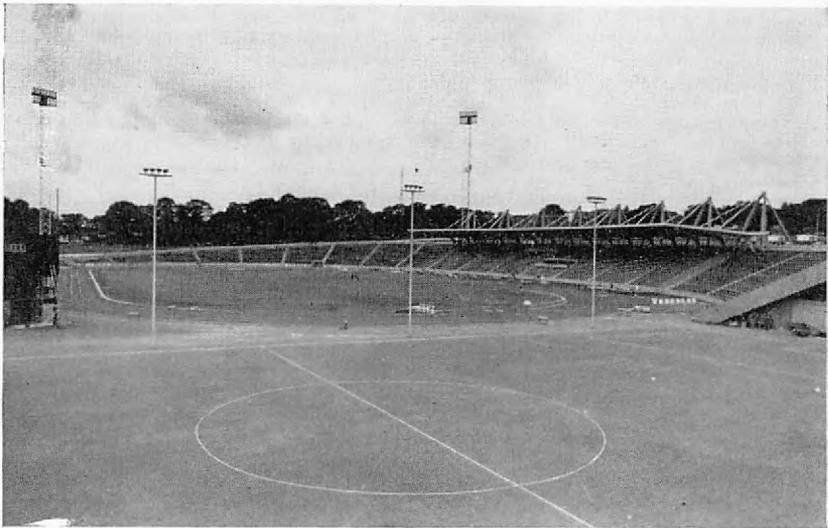
The fact that this country was in at the birth of most sports has meant that over the years some of the sports bodies have acquired or adopted a home of their own. Twickenham, Wimbledon, Wembley and White City are all synonymous with a particular sport. The first three centres referred to are firmly established but there is some doubt about White City continuing as the foremost centre for international athletics. One of the major questions is whether Crystal Palace would provide a suitable alternative.

Crystal Palace was planned in relation to what was available in the country in general and London in particular. A compact 12,500 seater stadium was provided and, wisely, the planners resisted the temptation to reproduce any of the existing stadia. It begs the question—should a stadium have been built at all? It has certainly been the least productive of the Centre's facilities but it must be remembered that Crystal Palace was planned in an era when stadia were an inescapable part of the British sporting scene.

Can Crystal Palace offer an alternative to White City? It has the only Tartan track in the country provided by grants from the Department of Education and Science and the Greater London Council for the immediate purpose of pre-Olympic training and competition. There is certainly no shortage of athletic tracks in the London area but this new surface has provided a unique addition to the Centre's facilities. The track has been well used for training and competition during the summer, in particular by the Olympic possibilities nominated by the B.A.A.B. to whom the C.C.P.R. offered free training facilities. Above all, the provision of a Tartan track at Crystal Palace has forged a strong link with athletes of international and potential international standard through the B.A.A.B., the I.A.C. and individually. During the summer there have been signs that a step has been taken towards providing a literal home for athletes at the Centre. They have come and gone in groups and on an individual basis as and when they could put in time on the Tartan track as part of their Olympic preparation. It has been a pleasure to be associated with these athletes.

Crystal Palace has been a little short on quality in terms of competitive events with the exception of the Women's A.A.A. Championships and the Coca-Cola Invitational promoted by the I.A.C. However, among other things, these events have proved that the stadium has an intimate atmosphere and the re-siting in front of the stand of the long/triple jump and pole vault pits gives the spectators a sense of participation.

Furthermore, it is plain that the population of South East London is prepared to support big time athletics. A change of venue for major athletic meetings would inevitably mean in part, at least, the wooing of a new clientele. South East London is not so well provided with attractive sporting events that it could not support a few more and athletics, too, is not so well supported that it could not do with a few more followers.



General view of the Athletic Track and Stadium at Crystal Palace.

Crystal Palace has been described as inaccessible. It is neither more nor less accessible than any other suburb on London's periphery. Many thousands of visitors over the years have, through familiarity, made Wimbledon, Twickenham, Wembley and White City seem more accessible than they are in fact. Familiarity with the venue can do the same for Crystal Palace.

That is not to say that communications by road and rail cannot be improved but they are not as bad as they are sometimes pictured. For motor racing crowds of up to forty thousand are assembled with no more inconvenience than at venues attracting similar gatherings. Furthermore, the increasing number of car users are well catered for at Crystal Palace which has space for fourteen hundred cars and can, if necessary, extend into other nearby areas made available by the G.L.C.

The 12,500 seater stand (5,000 under cover) is sufficient for all but the more attractive international fixtures. If a move from the White City were immediately decided upon, the spectator facilities and amenities would be sufficient to cope during the interim period pending possible improvements and additions.

The Byers Report states,

"There are some who are of the opinion that it would be of benefit to the sport if the big national and international meetings were moved about the country rather than remain at the White City. This may be so, but we would expect to find that the number of Centres to which meetings might be moved is a very limited one. Others have suggested that the Crystal Palace National Recreation Centre might become the venue for important matches. We find the suggestion attractive but we would point out that, so far as we can see, there would need to be carried through a considerable increase in accommodation for spectators to make the Crystal Palace arena adequate for major international events. We would support such a development and would hope that in time the Crystal Palace might be regarded as the social and athletics headquarters of the British Athletic Federation."

Join Gordon Pirie on the
**Complan course –
and win**



Like Gordon Pirie, all top athletes know the importance of a balanced diet containing every possible nutrient. That's why his squad of world-class athletes train on Complan. Gordon Pirie knows that Complan is the complete, scientifically balanced food that inspires medal winning performance.

"Complan is the key to peak performance," says Gordon.



Complan

1 lb cartons 5/- (recommended price)
available from your chemist

Complan is a Glaxo trade mark



Glaxo Laboratories Ltd, Greenford, Middlesex

Crystal Palace, ultimately, undoubtedly needs more covered accommodation and a greater degree of comfort. The conversion of the present accommodation to provide more cover and comfort would be a first step with, say, an additional stand if this was justified eventually by public support for the sport. The rational step might be a stadium at Crystal Palace to accommodate twenty-five to thirty thousand spectators under cover and in comfort but, in order to make this an economic proposition, an arrangement would have to be arrived at for a regular tenancy engagement with a soccer (possibly professional) or rugby club. Such a move for athletics alone could only be justified on social grounds as crowds in excess of twenty thousand are rare.

Additional catering facilities are likely to be provided as part of a new Conference/Medical Research Centre which may eventually be built adjacent to the stadium. In the interim period, particularly as athletics is a summer sport, additional facilities can be provided in marquees as at golf tournaments and, when the Centre is accommodating only one event, considerable catering space can be made available within the Sports Hall to supplement the existing Restaurant and Bar.

The B.A.A.B., A.A.A., and C.C.P.R. are in the process of discussing what changes are necessary if Crystal Palace is to become the venue for major athletics meetings in this country. In the meantime, the Centre is being used for the many meetings at a lower level which are the life's blood of the sport. If the Centre is to become a true home for athletes, it must house meetings ranging from club to international level. The London A.C. arranged the inaugural meeting on the new track and this Club, and others, arrange fairly regular meetings at the Centre; Pentathlon and Decathlon (essentially events for the athlete) have acquired new lustre at Crystal Palace; the South London Schools' A.A. put on what is probably the largest athletic meeting in the world with eighteen hundred competitors and, above all, the impromptu Southern Counties A.A.A. Open Meetings have attracted up to four hundred competitors under atrocious weather conditions this summer. This is what athletics is all about but Crystal Palace needs the accolade of international competition to round off the image.

The emphasis, so far, has been on competition but, in fact, Crystal Palace has been used mainly as a training centre. Indeed, there are some who say that it was not part of its function to house major spectator events. If this were so then, presumably, seating for spectators would not have been provided in the stadium and, indeed, any other areas. But, without doubt, training is a vital part of the Centre's work.

In 1967 (the pre-Tartan era) the track was used by about 23,000 athletes—not a bad figure in view of the estimate of the Byers Report of a total of 25,000 men athletes in this country. Furthermore, during this period, the covered cinder track was the only unique feature of the Centre's facilities by comparison with several other tracks in the vicinity. For four years the Southern Counties A.A.A. has arranged residential training week-ends for potential Olympic athletes and the same body has made valiant efforts to use the Centre as a base for training coaches and athletes on a non-resident basis.

Since the advent of Tartan in mid-May, athletes of all standards have made use of the track and it is hoped that this training will have made a significant contribution to our Mexico prospects. There is no doubt, however, that the Tartan track has brought about an improvement in the qualitative as well as the

quantitative use of the Centre for athletics training. During the last few months, every effort has been made to accommodate athletes in the Hostel on a group and individual basis and one has the impression that many of our top athletes now regard the Centre as a second home. The younger element of the Mexico Contingent can, on their return, join with other even younger colleagues to use Crystal Palace as the jumping off point for Munich in 1972.

Crystal Palace has, among other things, two expensive built-in features—the swimming and diving complex and the facilities for athletic training and competition. It must, therefore, accommodate aquatic sports and athletics as a priority. It has become the home for swimming and in order to establish the Centre in the athletics world it needs to be used as the principal centre for international events, to become the base for a planned training campaign in preparation for Munich and, in the field of coaches' training, to house the A.A.A. Summer School.

The Byers Report expressed the hope, as stated previously, that it might become the "social and athletics Headquarters of the British Athletic Federation." The fact that it is a multi-sports centre means that athletes must learn to live with those practising other sports. The fact that it is a multi-sports centre also means that amenities such as catering and bar facilities, changing rooms, etc., should be of a higher standard than in the specialist club. It is hoped, therefore, that apart from providing first class facilities for athletic training, Crystal Palace can make its contribution towards the social side of athletics and thereby provide a homely home for the sport.

The 5th Congress of the European Track and Field Coaches

19th—21st APRIL, 1968

BILL MARLOW

THE Amateur Athletic Association, with the aid of a Government grant towards part of the cost, sent me to attend this Conference on Sprinting, held in Brno, the second largest city in Czechoslovakia, and the capital of Moravia.

It was not clear whether accommodation would be provided or if my Association were to be responsible for this expense. To be on the safe side my Bank applied to the Bank of England for permission for me to take money out of the country to meet this contingency. As there was no precedent for this some delay occurred and I only received the traveller's cheques at the airport an hour before my flight to Prague.

As it turned out I did have to pay for the hotel, and I still shudder to think of the situation had I not pressed this matter.

In the letter I received from the President of the Czechoslovakian Association, just prior to my leaving home, he said, "In our country, we lay stress on the trainer's work and esteem it as the most important activity in athletics." The hospitality I received during the whole of my stay showed the truth in the statement.

During the whole of the Conference there was instant translation, and unfortunately one of the two interpreters was not too good in putting technical data into English. Also some of my shorthand notes were made in darkness when films or slides were being shown. Nevertheless, attending this Conference was most valuable, particularly as reports on research carried out in Europe confirmed the results I had only recently been studying by Professor Michio Ikai of Japan.

Up to now we have tended to base our theories on the work of A. V. Hill, who told us that in a hundred yards top speed was reached in six seconds. On this basis the 9 sec. hundred man would reach top speed after the 70 yds. mark, whilst the less talented would do so sooner in terms of distance.

Research points to top speed being reached earlier in the race by all, but with the same pattern regarding talent.

Some of the speakers tended to be a little dogmatic on certain points, and it was refreshing to hear one of the French coaches, with whom I was most impressed, make what I thought was the most pregnant statement of the Conference. He said, "I do not know of a method to bring a sprinter to his best."

The facts and figures, which I hope to publish in "Athletics Coach" all bore out that sprinters are very individual in the way they do things and their conditioning must be tailored to their needs.

Sport and Art

DON MASTERSON

REPORTING on the Grenoble Olympics, an English journalist, himself a gold medalist of the Melbourne Games, described the performance of the Protopopovs' as transcendental of Sport and within the realm of Art. Oleg Protopopov was later quoted as saying "the expression of our feelings for each other comes out in our performance." Certainly their skating could be described as beautiful, creative and evocative of emotion. It aroused great feelings of pleasure within the skaters themselves and those who witnessed it, and because of these qualities it might well be defined as an art form.

But the characteristics of that performance might also be ascribed to other sporting activities. It is not unusual to hear spectators and the performers themselves describe actions as 'beautiful' and the reactions of the crowd to individual skills and group actions during games is evidence of their aroused emotions that requires no elaboration.

Can one therefore hypothesise that various sports are forms of Art? For some time the dance has been accepted within this category but can athletics, team games and individual sporting activities such as gymnastics be similarly categorised? If the term 'beautiful' can be given to human movement within these contexts is this enough to identify the practice of the sport as practice of art?

Aesthetics and Theories of Art

Aesthetics is that branch of philosophy which seeks to understand the meaning of Beauty and Art. Derived from the Greek *aisthanesthai*—to perceive, *aisthetica*—things perceptible, etymologically the name should have been given to the study of

perception, but it was applied to the theory of beauty by Baumgarten in the middle of the 18th century. He defined it as "the theory of the liberal arts . . . the science of cognition," on the grounds that the perfection of sensory awareness was to be found in the perception of beauty.

Since that time knowledge about art and beauty has emerged from the writings of philosophers, scholars and critics and theories generally divide into those which are based on the subject (that is the individual mind that creates or responds to beauty) and those occupied by the external, material object (i.e. the work of art created by the hand of man or an animate or inanimate product of nature).

Art, Play and Sport

Amongst the theories of art the one predominant at the beginning of this century was the Play Theory which identified artistic activity as play. To say only this of the theories of Schiller, Kant and their successors Spencer and Verworn would be a gross oversimplification, but to compare their conclusions about the character of Play with the nature of Sport is a relevant heuristic exercise in understanding the relationship between Sport and Art. Of course, there would be no problem if agreed definitions of both activities existed but unfortunately, despite the attempts of philosophy, play remains unsatisfactorily defined and the attempts of the International Council for Sport and Physical Education to define sport leave much to be desired.

Schiller described man as at the mercy of his sensuousness but constrained by his reason. The reconciliation of these simultaneous forces was via the freedom offered by Art which allowed the external world to be manipulated in a way that identified Art with Play—"Art, like Play . . . gives free rein to the inclinations that daily life does not satisfy." But sport also would appear to have this property because it too opens a world far from reality to the imagination of the players and spectators alike.

For Kant, Art and Play were activities practised for their own sake. They fully employed and satisfied the soul independently of the end toward which they were directed. Economic ends were unimportant. The deaths, in abject poverty, of Rembrandt, Van Gogh and Mozart are perfect examples of the insignificance of reward in art. This view is reflected in the value of sport for its own sake and in the Olympic ideal of de Coubertin.

The End Product of Art and Sport

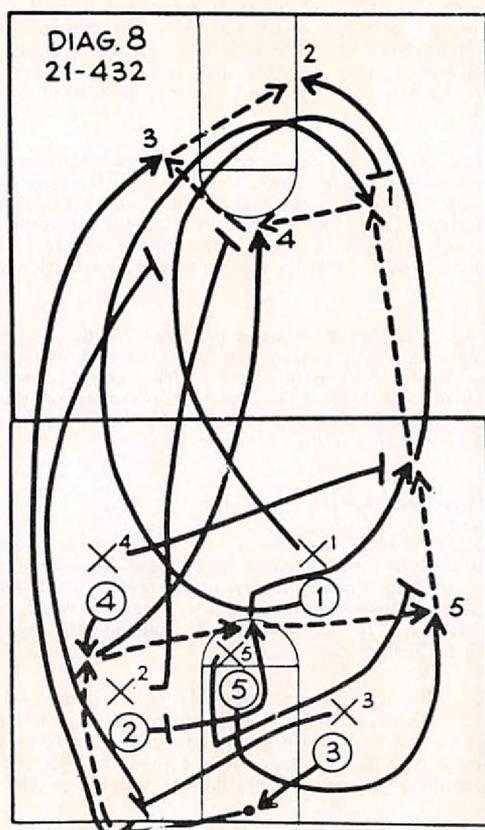
However, an end product usually results from artistic activity. It is the means whereby the creator communicates with his audience and may be a material object such as a painting or sculpture, or a series of sounds interpreted by performers from the symbolic notation of the creator's work, as in the case of music, poetry or drama. It is capable of arousing an experience within the spectator deemed to be aesthetic.

The end product of sport does not take this form. It can, of course, exist only as a fact, such as the result of a game or a record of an athletic achievement, but the artistic product of sport is in its immediate communication with the audience. It is in the 'sequence of acts,' an expression coined by Valery to describe the art of dance, that the contact between the participant and the percipient exists.

Sport, unlike the commonly accepted arts, has no means of notation whereby a record of all aspects of the event could be preserved. The great performances of the past are lost forever. Enthusiasts bemoan that they never saw the batting of W. G. Grace and, as no accurate account of his ability exists, comparisons with the moderns are not possible. Even the cinematographic records of Joe Louis are of no help in weighing his ability against Clay. Although 2,000 people witnessed John

Howard jump over 29 feet at the Copenhagen Fields in Manchester in 1868, there is no description of his performance and the details of his feat are confined to the simple statement entitling his portrait.

This lack of a standard system of notation has hampered the serious study of sport as an aspect of culture. It was only recently that the dance acquired various systems of recording movement. Prior to this ballet was choreographed from memory. Different sports have devised their own methods of notation and although cinematography can be used, it is only a partial answer. There exists no standardised technique as in music and although forms of dance notation such as Benesh can be adopted there is no method of symbolic description for the complete sport situation except in subjective verbal description and photography.



Basket Ball Notation

Aesthetic Aspects of Sport

The art content of Sport is in its performance. This is also true of music, poetry and drama, which may be recorded symbolically but whose essential creative act lies in the original conception. Even in the plastic arts the aesthetic object or work of art can be seen as a record of the process by which it was conceived. Ehrenzweig has said that the process of creating is always reflected in the work of art and Collingwood's expressionist aesthetic defined the work of art proper not as a material object but as mental activity. The physical attack of action painting conveys the violent movement involved in the process and expressionist painting portrays the emotional attitude of the artist.

The aesthetic appeal of sport is twofold. Firstly the individual skills of the players arouse the spectator who finds delight in them. J. G. Hedder spoke of the beauty of man lying in the characteristic and energetic expression of his spirit in limbs, movements and gesture and Lotze elaborated this to show how the percipient enters the vitality of nature by transforming these properties and those of inanimate objects into himself. This aesthetic empathy or *Einfühlung* has been extended to suffuse people and things about us with feeling because they remind us by their shape, forms and actions of certain states of our own body accompanied by particular feelings in time past. Displays of muscular dynamism tempered with athletic skill convey that exhilarating feeling of the vitality of youth. Further satisfaction from the performance of individual skills may be acquired by the spectator whose knowledge extends to a technical understanding of the event. For a cricket enthusiast the strokes of a batsman of class create more pleasure than the high scoring hits of a player who lacks finesse. Here, beauty is synonymous with the quality of the performance. The quintessence of the highest physical skills is in their refinement, apparent simplicity and ease, the same criteria which identify great art.

The actions of the individuals combine to produce group rhythms characteristic of the particular sport which are another aspect with aesthetic content. The sweep of an attacking three-quarter line, the geometric patterns traced by the soccer ball as the passes link the players together and the rhythm of the tensions mounted each time the bowler commences his run, culminating in the relief-giving stroke of the batsman are examples of this kind.

Together the individual performances and group actions lead to what Gebelewicz calls the aesthetic unfolding of the struggle itself. The drama of the contest, set against a background of ceremony and ritual, becomes apparent and is played out to the end when, and only then, the result becomes known. This is why a tele-recording of the match when one is aware of the outcome never has the same appeal as witnessing the game live.

The sports contest may not only be one between rival forces but also one of man against nature. This is particularly true of athletics where man struggles against time and distance. In life Death is Time's ultimate victory but in athletics Time has to be conquered and when this is done the performance arouses a sense of success and of an overcoming of nature's boundaries. The race that is decided by an emerging winner can be matched in excitement when the crowd knows beforehand that the competition is being deliberately staged by the participants so that one of them will break the record.

Aesthetics and Athletics

The beauty of athletics achieved its highest recognition in Ancient Greece. The eternal delight of energy was embodied in the athlete and hero without whom Classic art might have never evolved. From the vases awarded at the Panathenaic Games, on which were depicted that branch of athletics where the prize-winner excelled, stemmed the long history of the human form in action which stretches to the dancers of Degas and the interpretations of muscular dynamism and movement by Boccioni and Duchamp.



Running figures on a sixth century amphora.

Greek games were so surrounded and transfused by an atmosphere of imagination that their appeal was as much to the aesthetic as to the physical sense. They were, of course, primarily religious festivals and the accompanying sacrifice, prayer and choral hymns against the background in which they were set, created an experience of beauty in which the athlete played the vital part. The predominance of this element of poetry and art in the games is stressed by Lowes Dickinson, who describes how even the most brutal events were admitted themes for dedication to the Graces.

A work of art was not judged purely on its aesthetic value by the Greeks. Ethical considerations were equally as important. The two spheres were, in fact, never sharply distinguished so it followed that the good was identified as the beautiful and conversely the beautiful was conceived also as the good. Consequently, a beautiful work of art had also to appeal to the moral sense and so the athletic sculpture of the fifth century conveyed dignity, modesty and complete lack of arrogance as traits of the athletic ideal. These traits were part of the national philosophical ideal and were carried over into the conduct of athletics where success was recognised only by the simple crown of olive leaves. Greek athletics were infused with these concepts of behaviour and this helps us to understand how it was that they could conceive athletics to be educational.

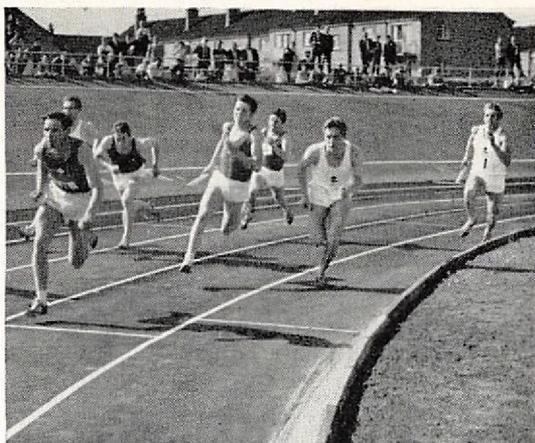
To-day man and his activities no longer seem to be the concern of modern art. Art has become dehumanised and is no longer occupied by the subject but by the technique. But sport still provides an area where man is the central figure and therefore it can satisfy the fundamental interest man has in himself, his ability and his limitations.

The author is the Director of Physical Education at the University of Salford and I am much obliged to him for the two illustrations.

RUB-KOR

the
all-weather
track—

**Needs No
Maintenance**



RUB-KOR IN USE:
BRITISH ISLES CUP 1967 AT GRANGEMOUTH

Rub-Kor is a new way of surfacing to make the finest all-weather track in the world. Developed in the United States, this patented composition of rubber and cork is now available in Britain and is incorporated with hot or cold rolled asphalt to provide a surface that has the springiness of grass with the advantages of asphalt.

1. No maintenance costs.
2. Unaffected by weather conditions.
3. Gives firm footing—yet is non-abrasive.
4. Greater resiliency reduces body fatigue.
5. Improves performances by better traction.
6. Marking lines are permanent.
7. Spike punctures are self-sealing.
8. Clean and attractive appearance.

RUB-KOR is recommended for—

- * PLAYGROUNDS * RECREATION AREAS
- * RUNNING TRACKS * LONG JUMP STRIPS
- * TENNIS COURTS * HIGH JUMP TAKE-OFFS
- * INDOOR SPORTS HALLS

Our Technical Representative will be pleased to call or send you our illustrated leaflet

RUB-KOR U.K. LTD.

7 High Street - Cheadle - Cheshire

Tel.: 061-428 2610

The Problems of the Reviewer

TOM McNAB

THERE are possibly three broad categories of athletics literature:—

- (1) The technical
- (2) The historical
- (3) The biographical.

Naturally, there is a good deal of overlapping. 'Modern Track and Field' by Kenneth Doherty, which might come into the technical section, covers both the technical and the historical, whilst the more recent 'Sprints, Middle Distance and Relay-Running' by Brightwell and Packer also covers all three aspects, but must be placed in the same section.

Even within each category there are sub-divisions. Dyson's 'Mechanics of Athletics' comes into the technical category, but so do two quite different books, 'Athletics—How to Win' (ed. Hildreth) and 'Athletics' (ed. Pearson). 'How to Win' concerns itself with a brief description of the mechanics of each event, but also deals with practical advice on training and conditioning, whilst Dyson's 'Mechanics' is solely concerned with technique-analysis. Pearson's 'Athletics' is a rich mixture, covering history, analysis and practical advice. Yet all of these books, and many others can be described (albeit loosely) as 'technical' books.

The same is true of the historical section. Quercetani's 'A World History of Track and Field Athletics' is possibly the 'purest' historical work yet written. Yet Webster's 'Athletics of To-day' and 'Great Moments in Athletics' must also be classed as historical works though of a much looser, more informal nature.

The biographical section also contains an infinite variety of works, from the 'ghost-written' or 'aided' topical works like 'Four Minute Smiler' (O'Connor) to more serious works like 'First Four Minutes' (Bannister) or 'Testament of a Runner' (Loader).

The writer has frequently been asked to review books on athletics. This is a task which he has approached with a mixture of pleasure and trepidation. Honesty (within the laws of libel) is an essential in book-reviewing. Anything less is an insult not only to the writers under review, but to countless others who have covered the same subjects.

The aim of the reviewer is to guide the specialist public for whom he is writing. In the field of non-fiction this is in some ways an easier task than in that of fiction, for the reviewing of fiction must of necessity be highly subjective. A non-fiction work is however a bespoke article, for it is aimed at a specific audience, and it must stand or fall by whether or not it reaches that audience. A book, for instance, which is aimed at school-children fails utterly if it includes material or adopts attitudes which are unrelated to the needs and nature of this audience. 'Sprints, Middle Distance and Relay-Running' (Brightwell and Packer), though containing some excellent material, fails badly in its avowed aims, because it throws in everything, history (some of it highly inaccurate), training, tactics and biography a great deal of it couched in terms quite unsuitable for its avowed audience. On the other hand, Dyson's 'Mechanics of Athletics' is a classic example of a book with a clear idea of its audience, clearly defined aims and terms of reference, which are followed and explored to the full.

Many of the meanderings from stated terms of reference by authors are due to pressures from the publisher. Writers are undoubtedly often coerced into 'padding' technical books with scrappy biography, or including material on events in which they have had no practical experience. This is possibly because there is a better sale for an all-event book than there is for a more specialist work. More rarely, authors are asked to write on the whole field of athletics without known experience in any event. Prime modern examples of this are 'Teach Yourself Athletics' (Creek) and 'Instructions to Young Athletes' (Bateman).

Reaching an aimed-for audience would seem to be the minimum required of any work, yet it is surprising how many books are seriously off-target. Yet even an off-target work can be of value, if an original and inventive mind has been at work.

'Athletics' (ed. Pearson) is a good example of an 'off-target' work of great value. The book is aimed at 'enquiring athletes' and each chapter is written by a different authority. Unfortunately, each writer seems to have worked under different terms of reference. Some include a historical section, others do not; some include ideas for beginners, others do not; some go into detailed technical and mathematical analysis, others do not. Nevertheless, such is the quality of the thinking of many of these writers that the book has a great deal to offer. The question is, at a price of 42/-, to whom? The word 'original' requires some explanation. There is, of course, a place for re-statement of conventional ideas within athletics literature, particularly if this re-statement is well-assembled and well-written. Unfortunately, few re-statements are either. They are often merely straightforward re-hashes of previous works, with little evidence of any serious re-thinking. This is a place for effective re-statement of conventional wisdom, but few books come into this category. There are even fewer which give evidence of any original thinking. The outstanding recent 'original' work is 'Greek Athletes and Athletics' by H. A. Harris. Harris goes over well-explored territory with a questing mind and produces a brilliant work, one of the classics of athletics literature. Equally fine, in a different way, is Norman Harris' more recent 'Lovelock—the Living Legend,' in which he almost creates a new type of athletics literature. Harris is a writing talent of great promise, and has surely some fine works to come. The most recent 'original' work of calibre is Lovesey's 'The Kings of Distance.' This is a remarkable piece of historical re-creation, for which no praise is too high.

It would seem more difficult to be 'original' in a technical work, but this is true only in a superficial sense. To be 'original' in a technical work it is not necessary to turn all previous technical ideas upside down. It is necessary for the writer to look with clear eyes at the ideas and methods of the past, to relate these to his own study and experience and to communicate his feelings effectively to a chosen section of a highly specialist audience. Here I stress the word 'section,' for there are few good 'general' athletics works. The author who feels that he has something to say and who knows his audience stands a very good chance of success. The author writing purely for profit rarely concerns himself with his audience and almost invariably achieves mediocrity. This dictum applies only to the field of non-fiction. 'Pulp' fiction writers write only for profit, but have to know their audience thoroughly. A recent prime example of a thoroughly bad and misguided work is Cerutti's 'Schoolboy Athletics.' In 'How to Become a Champion' Cerutti had written a classic of inspirational athletics literature, and more recently he has written a good technical work 'Modern Distance Running.' 'Schoolboy Athletics' was a ghastly error, because Cerutti moved into a field in which he was almost totally inexperienced.

The reviewer must therefore concern himself with a variety of factors. They are these :—

- (1) Does the book fill a gap in athletics literature ?
- (2) Is it tailor-made for its intended audience ?
- (3) Is the work a piece of 'original' thinking ?
- (4) If it is a re-statement of 'conventional wisdom' is there any obvious re-thinking of the basic material ?
- (5) Is it, in general terms, well written ?
- (6) Is it factually correct ?

All of this makes great demands upon the reviewer. The tendency in most athletics-reviewing is to take the easy course and lavish praise upon every work. The result of this is the devaluation of the whole currency of athletics literature. One recent work passed through the hands of at least ten reviewers, without any of them commenting on an illustration showing a shot-putter putting with the stop-board at the back of the circle! Failure to comment on this is similar to failing to comment on a statement in a geography book that Glasgow was the capital of Scotland!

Unwillingness to comment on such errors may be put down to either delicacy, ignorance or laziness. Reviewing in a country the size of Britain is admittedly a tricky business. Many of the reviewers are acquainted with the writers and are

therefore unhappy about criticising severely. However, book-reviewing demands fair and honest criticism. If the reviewer feels that he cannot perform this task, then he should leave it to others who feel they can. Rarely does one read any real criticism of an athletics book, yet it is obvious that athletics literature must contain the same range of good, bad and indifferent works as any other type of literature. Unfortunately, the reviewing of sports books is a non-professional business and is often looked upon as a perquisite rather than as a serious task. The reviewer is often unwilling to court unpopularity by speaking his mind.

There are few really good books on athletics; there are many moderately good ones, and quite a few poor ones. The task of the reviewer is to serve. To serve by picking his way through the literature of athletics and advising his readers on what to buy and what to avoid, what to accept and what to reject. I have often been tempted to end a review in the following manner. 'This is not a book which should be tossed aside lightly; it should be thrown with great force.' Fortunately, I have resisted.

The Role of the Announcer

A. W. EVES

IF "Athletics" is to survive as a major spectator sport everything possible must be done to ensure that the presentation is of the highest standard at every meeting whether it is a major international event or a small club league fixture.

The organisers of athletic meetings realise that the public are becoming more and more athletically conscious and knowledgeable and that they expect a high standard in the promotion and presentation at every meeting.

There is much that can be done towards the proper promotion of any meeting through good pre-meeting publicity, press build-up, programme planning, track layout and visual aids, all of which help towards making the event more exciting and interesting for both participants and the spectators.

Whatever previous preparation has been made, however, it is up to the Announcer and his team, through the aid of the public address systems, to "stage" the event and put up a "good show" for the public, whilst at the same time doing everything possible for the benefit of the athlete taking part.

The Announcer, and his team of helpers, create the link between the public, the officials and the athletes and must endeavour to create an atmosphere so that the public enthusiastically, appreciatively and even sympathetically is supporting the athletes in their endeavours to succeed.

Promoters of athletic meetings realise that the Announcer must be regarded as an important official. He is the man who can make or mar the meeting since his every word, his every mistake, is heard by every one present.

The athletics spectator has paid for, and expects, an afternoon of entertainment. He wants to be kept informed, told what is going on, given background information and details through commentaries, have his attention drawn to the climax of events and have every special effort highlighted.

He does not want to be overloaded with statistics and too much talking but he wishes to follow the programme without difficulty and without a continuous background blare from the loudspeaker system especially at the times when he is intent on watching the events in progress.

The announcer and his staff have an important and difficult task in fulfilling the many duties expected of them—duties and responsibilities which may vary according to the type of meeting—each needing different techniques and manner of approach varying from the informative and factual for the International or Championship Event at White City to the much more informed conversational approach for the local school or club fixture.

Announcing Staff

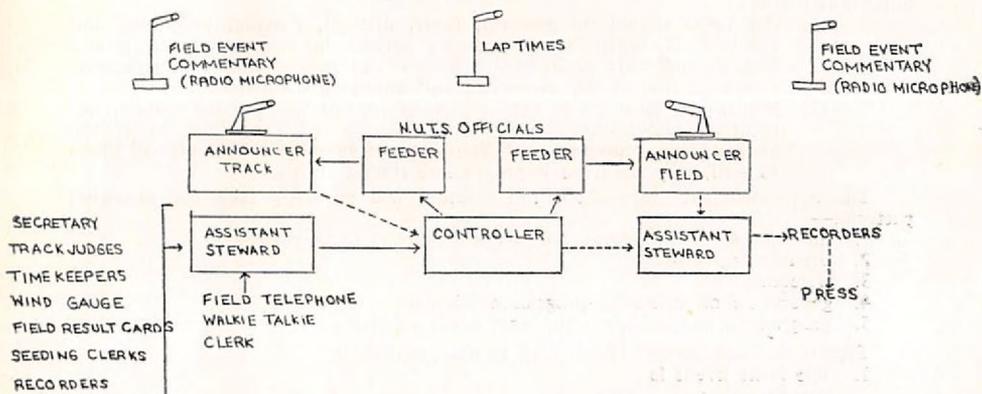
Public address is a team effort.

The announcer will need assistants to take down messages, check the result cards and second round slips. The Assistant must feed the announcer with material and see that there is liaison with other officials. He must maintain a smooth.

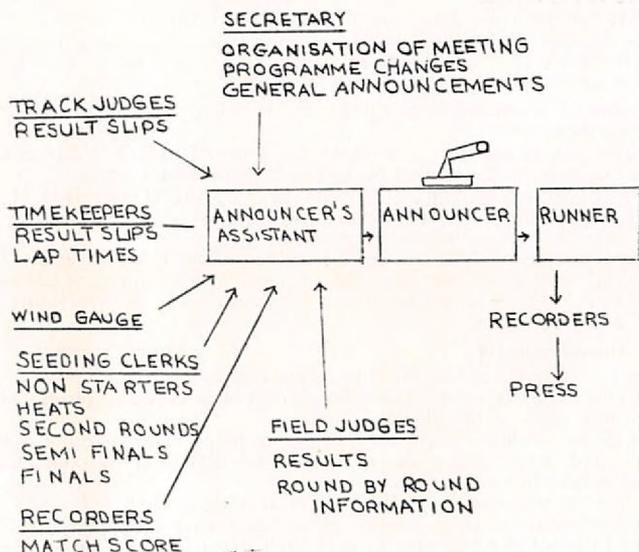
efficient flow of information which must be immediately available throughout the meeting and he must also ensure that the announcer is not unnecessarily interrupted.

At large important Championship meetings more than one announcer is needed and a Controller or Chief Announcer, must be appointed to co-ordinate the work of the team of announcers, to ensure that the field, as well as track events are fully covered, and to give track-side communications when the climax of field events needs to be highlighted.

MAJOR MEETINGS



CLUB MEETINGS



The Announcer should be athletically knowledgeable, have a suitable natural voice, and a personality capable of meeting the needs of presentation.

He must be capable of quick thinking and have the ability to make rapid adaptations to meet sudden changes of programme and the 'unexpected.'

The aims of the announcer are briefly:—

- (1) to assist in the organisation of the meeting according to the programme brief or as amended by the organisers or referees of the meeting.
- (2) to keep the public interested and informed through introductions, commentaries and the announcement of full results.

In carrying out his brief, the announcer has to take care on the following important matters:—

- (1) His voice should be pleasant, clear, distinct, flowing, unhurried and natural. He must be reassuringly correct in information, crisp and factual, and must avoid breathlessness, monotony, sharpness, jerkiness, shouting, snappiness, mumbling and annoying mannerisms.
- (2) His speech must be of the correct speed, not too fast for results, not painfully slow, but should allow time for correct filling in of the programme. Numbers and Times/Distances only or Names of Clubs as well, may be given if programme timing allows.

The announcements throughout the meeting will normally take the following pattern:—

1. time check—a warning to officials and athletes to be ready
2. pre-meeting music
3. welcome
4. general announcements—programme changes
5. programme commences with page, event number, etc.

Typical Announcements (According to time available)

1. **The Next Event is**
event number page
100 yds. for junior boys
here are the runners/non starters/heats
lane 1 etc.
2. **Introductions/Commentaries as necessary**
i.e. best Championship performance—holder, name, county
there will be 3 heats: 1st and 2nd in each heat to go into the final
3. **Here is the Result**
event number page description
first number time/distance
Commentary if New Best Performance
wind speed for this event

The timing of announcements in the intervals between the events is important. Avoid making them:—

- (a) whilst the competitors are under the starter's orders (chequered flag)
- (b) at the start of the run-up by competitors in field events
- (c) whilst spectators' interest is being held by the closing laps of a race, or an important field event attempt

Speed in giving out the results is essential.

The ideal timing would be to give result of event 1 before event 2 is started but it is often, because of the time lag to allow judges and time-keepers to work out results and delay in communicating results, necessary to give result of event 1 after event 2 has been run.

Priority in Announcements

- i. results of track events must have priority over field events
- ii. results of finals must have priority over any previous results—always give the full result of the Finals
- iii. as far as possible results should be announced in programme order, bearing in mind convenience of spectators in filling in results, according to programme lay-out

In the sprints—announce three heats at a time

In the middle distance events—give results after each heat

Try to avoid the necessity to turn back pages to fill in an odd heat result

In giving announcements the Announcer must take care to avoid :—

1. unnecessary repetition—if it is necessary to repeat vary the order of the wording and tone of voice
2. giving full results in the heats, i.e. six places when only two are required for entry into the programme (the timing of the programme will determine whether this is possible)
3. giving any personal comments or opinions
4. being loquacious—cut out all unnecessary words or phrases whilst covering essentials
5. giving introductions which might affect the morale of any of the competitors in the event
6. giving commentaries whilst a race is in progress which may assist the athletes so that, as a result of the announcement, they change their tactics

There are many problems that face an Announcer and prevent him from carrying out his duty efficiently.

His main difficulties will be :—

1. lack of information—false information (never announce when in doubt)
2. flood of unnecessary announcements
3. legibility—lack of accuracy and speed in presenting result slips
4. background noise—unnecessary conversation, the use of bad language in the vicinity of the microphone
5. sudden interruptions when speaking, especially from Officials who insist on talking to the Announcer only

So often in the past (even in Championship meetings) the appointment of the announcer is made at the last minute with no brief or information and not even an advance copy of the programme consequently the Announcer has no chance to present the meeting properly.

The Announcer must be appointed at an early stage in the organisation of any meeting so that he can make proper preparation.

He has to appoint staff, check the public address system and siting of his announcing box, check the methods to be used to give information, walkie talkie, telephone or runner.

He has to collect organisation information from the secretary regarding the ceremonies, the names and details of V.I.P.'s of the day who will be making the plinth presentations and taking part in the prize distribution.

He needs an advance copy of the programme. He has to work out the timing and speed of the meeting, and underline the circular or straight track event if two events are being run at the same time. He must refer back to page, event and best performance. He must prepare his introduction, commentaries and ceremonies, and extract all useful information for use during the day.

The Announcer is an important Official.

There is a need for more men to undertake this duty—courses of training similar to the one held at the 1968 Loughborough Summer School Course should be organised and lists of announcers graded according to suitability, similar to that for other officials, should be drawn up in each area throughout the country.

The aim of the Announcer and his team is to involve everyone in some way in the meeting, spectators as well as the athletes and officials. If at the end everyone leaves feeling pleased to have shared in the success of the meeting, then the Announcer and his staff too, will gain a great sense of satisfaction.

The author, who is Hon. Secretary of the Schools' Consultative Committee, was in charge of the first ever Announcers' course held at the Loughborough Summer School this year.

Comparing the American and British University Athletics' Set-up

DAVID HEMERY

I HAVE been asked to compare the athletics' set-up in Universities in the States, with those of Great Britain. Since my athletics, for the past four years, has been connected with Boston University in the States, most of my knowledge is of the set-up on that side of the Atlantic. I will attempt to show why I feel that, in general, the young people in the States have a better chance of fulfilling their athletic potential than their peers in the U.K.

There are a great variety of Universities in the States. Almost all of them have at least one athletics coach. Boston University has one track coach and one field event coach. This is considered to be a minimum staff. Other Universities where athletics is a more important sport may have two or three times this number of personnel connected with just this sport. These coaches are always on the look out for "athletic talent." They go to high school meets, and area championships in order to watch for this possible show of talent. They will also use their University graduates as spotters and spokesmen all over the country and even overseas (e.g. Villanova). If a high school athlete has potential it is unlikely to go unnoticed.

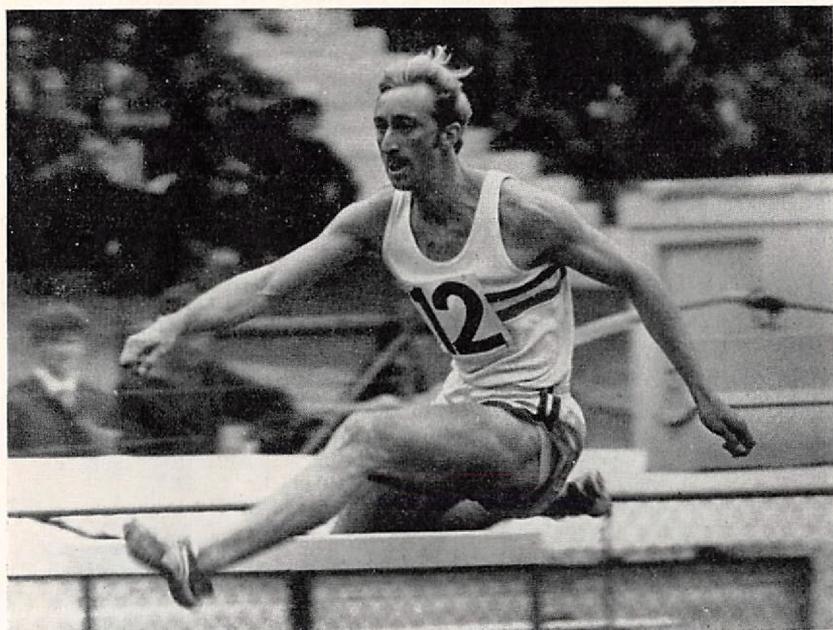
Each University differs in its policies—but will generally aid the athlete financially, i.e. they may pay for part of his tuition costs or maybe his room and board. Some athletes who are considered to be a great asset to the name of the University may receive a "full ride." This means that the University pays for everything—his room and board, tuition and even his books. As I said though, the policies vary greatly. At Boston University, for example, the athlete must first be a student. If his educational record is not up to par he will not be admitted to the University no matter how good an athlete he may be. Boston is also a member of the N.C.A.A. (National Collegiate Athletic Association) and if a student is accepted by the University he may not participate in inter-varsity sports unless he maintains a 70% overall average in his studies. Another limiting situation for Boston University's athletics programme is that they do not give athletics scholarships. The University gives grants to the students whom they feel need financial assistance in order to be able to afford to go to this University.

It is up to the good athlete to make a choice of where he would like to go to University. If he is intelligent his choice may be greater than if he is not very intelligent. The good athlete who is intelligent may choose a good University which is able to offer him a large scholarship. Or he may try for a good education at the University of his choice and pay his own expenses. If the athlete is not able to get into a very good University because of his brain, then he will probably aim for the best financial offer at a mediocre or poor University. In some exceptional cases good educational Universities may also enjoy a good name in athletics. Here an athlete of relatively mediocre academic talent is allowed into the University and is helped through his courses. This is, of course, not advocated or publicised, however, it does take place.

It can quite quickly be recognised that sport is taken quite seriously in the States. Although the student athlete is receiving an education which can only help him during the remainder of his life, at the same time he has a serious obligation to fulfil his athletic potential while competing for his University. The athlete is usually given every opportunity to do this.

One of the greatest differences between the University set-up in the States compared with the U.K. is the coaching. In the States the coach is a professional and in order to coach, at University level, must have a degree in Physical Education. A senior coach at a University in the States is quite well paid.

Consequently competition is quite keen among coaches. They try to produce good athletes to promote their own advancement as well as for the benefit of the athletes and for the love of the sport. In Britain either you have a coach who is dedicated to the sport and does not mind if the remuneration is slight, if not non-existent, or else you have an inferior coach who is only coaching as a second line or second assignment, after P.E. classes for example.



DAVID HEMERY
(Hillingdon A.C.)

Having this full time coach in the States it makes it extremely easy for the athlete to schedule his day to include a regular training time. At most Universities you have a choice of class times when the same subject will be taught. I, for example, scheduled all my classes between 9 a.m. and 1 p.m. daily. I was able to train every day between 2.30 p.m. and 5.30 p.m. and had the evenings to study.

Although all of the athletes had different classes we usually scheduled them to coincide as much as possible so that it was possible to train together. This brings me to another very important advantage which the athletes in the States have over their European cousins and that is the weather. (Warm weather is a prerequisite for good speed work and many parts of the States enjoy this for the greater part of each year.) During the autumn it was a habit of the Boston U. track team to run four or five miles before breakfast. This is a perfect time of year in New England since it's usually about 65° early in the morning and will only go to about 75° by the afternoon. This part of the States, however, is famous for its intense winters. Consequently the indoor facilities for training are quite good. This means there is the possibility for indoor competition. Since so many athletes are involved in University sport it is not hard to find competition. Most Universities have Inter-Varsity competition every week-end for about 10 weeks in the winter. A couple of these would be invitation meets held in Boston or New York, and this would always provide some intense competition. This is of course, a key for bringing the best out of an athlete.

At the end of both the indoor and outdoor athletic seasons the inter-area competitions take place i.e. at Boston U. we competed in the Greater Boston Championships—this involved the 8 large Universities in the immediate area of Boston. From this meeting provided the athlete met the standard, he would represent his University in the New England Championships. Our next step was the I.C.A.A.A.'s which is an Association of almost all of the Eastern colleges and Universities. The final competition of the season for the University athlete is the National Collegiate Championships. For many of these athletes all these meets add up to a lot of travelling. Each University decides whom they want to represent them and they will pay for the plane tickets, hotel and meals. Since the big indoor meetings are quite well attended—10,000 to 15,000 spectators—the meet directors will pay the University for certain athletes or a relay team to compete and depending on whom they feel is a crowd drawing performer they will subsidize the University expenses accordingly.

The number of away trips involved in one season brings each University team into quite a close knit fraternity. To an extent these meets are a social occasion since one makes many friends during four years of competition. However these trips also a devastating toll on study time. Athletics must be considered your major recreation. There is time for very little else. A steady girl friend of mine two years ago claimed to be a "track widow." It isn't possible to be a part time athlete in the States. There are too many people who can take your place, if you are not around. But if sport does play a necessary part in one's life then some sacrifices are to be expected.

In order to do well in any sphere of life one must work hard. I feel that in the States if one is prepared to work, then one will be given the opportunities needed to pursue one's goal.

Editorial

BY the time you read this, the Olympic Games will be over and we shall all know how our team of athletes has fared. There will also have been the usual inquests held in the Newspapers, and on Radio and Television. Once again it will appear from the majority of reports that the sole guiding line of success is the number of medals the team has won. Whereas any athlete who reaches the Olympic Final or achieves a personal best performance will deserve our congratulations. Such is the progress of athletics that some athletes will achieve performances well in excess of those which won a Gold Medal at Tokio in 1964, yet still fail to be among the medal winners.

This year, for the first time ever, it looks as though we shall be able to see the various events live, by means of a satellite, and I, for one, am hoping that this includes all the field event finals as well. This sector of the British athletic scene has for long been the poor relation, particularly in the 'heavy' events. I have therefore featured Jeff Teale on the cover of this issue. At the start of this season his best performance was 56' 4" in the shot putt, yet at the time of his departure to the Olympics he had improved to 62' 11", a truly remarkable improvement in such a short period and also at this level of competition. This dedicated Yorkshireman has overcome numerous handicaps and the reason for his success is best typified, for me anyway, by the way after the shot putt competition in the Great Britain v. the Rest match at Portsmouth had ended, he proceeded to throw alone for a quite considerable period of time. With a competitive spirit sharpened by his upbringing in Yorkshire and such dedication I feel sure that this man is destined for great things, he is certainly a worthy successor to the great Arthur Rowe.

There is one other member of the Olympic team I should particularly like to mention and this is Howard Payne, who, at the age of 37, has twice this year improved upon Mike Ellis' previous U.K. National and A.A.A. National records and this is some six years after he set his previous best performance with the hammer. To my mind Howard is one of this Country's best ambassadors and also, as our readers will know, from reading articles which he has written for previous issues of the Newsletter, no mean performer with the pen. I am sure that Howard's

WEBBER-HERCULES

Covers the World of Sport



Athletics



**Weight Training
Measuring Tapes
and many others**

CHARLES WEBBER & Co. Ltd.

INCORPORATING HERCULES SPORTS

**MANUFACTURERS OF SPORTSGROUND, SPORTSHALL
AND GAMES EQUIPMENT**

For details write to our London Sales Office at—
**PHOENIX HOUSE, 11 WELLESLEY ROAD, CROYDON
CRO. 2AG. ENGLAND**

Tel. 01-688-9073

success has given great pleasure to Dennis Cullum, to whom all the Hammer Throwing fraternity owe so much. Just prior to the Olympics Mrs. Mary Rand announced her retirement from athletics, as tragically she had been unable to recover from injury in time to depart with the team. Mary Rand was called the 'Golden Girl of Athletics' and rightly so, because she was the first British female athlete to capture the imagination and interest of the general public. Her vitality, enthusiasm, charm and personality will long remain in the memory of all those who saw her and athletically she was the finest woman athlete this Country has ever produced. She became a household name not only in Britain but throughout the World and the good she has done for the sport, both as an athlete and as a person, can never fully be measured. Mary overcame the depths of despair in Rome in 1960 to reach the highest pinnacle of success in Tokio, when not only did she win the Gold Medal but also set the present world record. Naturally one hopes that she will not be entirely lost to the sport but will benefit others by coaching in the same way as Dorothy Hyman has done. However, whatever she finally decides to do, I am sure all our readers would like to join me in wishing her every success in the future.

I should also like to take this opportunity of wishing every success to Don Thompson, the 1960 Olympic Champion in the 50 kilometres walk, who has also just announced his retirement. Nobody who was fortunate enough to be present in Rome will ever forget the excitement as Don appeared through the gates into the stadium to win the Gold Medal. Size is no criterion, for in his small frame there lurked a tremendous determination to win and yet despite this Don remained one of the friendliest and best liked competitors in the sport. Undoubtedly he was one of the finest ambassadors either walking or athletics has ever produced. His departure will leave a gap which will be well nigh impossible to replace. I am sure we all wish Don every success for the future.

No doubt our readers will be interested to know that the articles by John Boulter and David Hemery were written in the Olympic Village prior to the Games. Once again my thanks to both of them for finding the time to write for us, particularly as the pressures must have been tremendous at that time.

Finally may I thank every member of the British Olympic Team for the immense pleasure they have given me and many others, I am sure, during the past season and also wish each of them every success in Mexico.



The A.A.A. Club Girls

IN the above photograph, taken at the White City during the A.A.A. Championships, are featured seven of the A.A.A. Club Girls together with John Davies, the winner of the award for the best performance by a British Athlete under 21 in the Championships. At the present time there are ten girls and by the beginning of the next track season it is hoped that this number will be increased to at least fifteen. The Girls appeared at a number of major meetings this year including the Women's A.A.A.'s Championships and the meeting organized by the International Athletes' Club. Undoubtedly the girls created considerable interest and, apart from looking very attractive as the picture readily illustrates, they also handed out leaflets giving details of the Club's aims and objects and answered questions about membership. They also fulfilled a very important function by collecting money for the British Olympic Appeal Fund at various meetings. We hope to use the Girls this winter at our Socials and the various activities which we plan for next year. Great praise is due to Ron Murray whose original idea the Girls were. Ron has also been responsible for both their selection and their striking uniforms. Unfortunately we cannot use colour photographs otherwise the colour of the outfits would speak for themselves. It consists of a white dress with a red and white collar, pillar-box red cape and a boater with a red band on which is printed 'A.A.A. Club.'

Book Reviews

"THE WORLD TO-DAY IN HEALTH, PHYSICAL EDUCATION AND RECREATION" by C. Lynn Vendien and John E. Nixon
(Prentice/Hall International 74/6)

THIS is a textbook and general reference book for undergraduate students but will be read with interest by a wide variety of others who are interested in the world of sport and physical education. There is a growing demand to-day for appropriate information to support a new development in the area of Comparative Physical Education and it may be that this text will serve as an important source of reference for many years. In the past the difficulty has been that much necessary information was not readily available and not only were primary sources greatly dispersed but good accurate English translations of non-western papers were hard to come by. The present text gives a great deal of fundamental information of the present position with regard to Health, Physical Education and Recreation in twenty six selected countries representing a world wide panorama. The report for each country is written by an undoubted expert and deals with historical and cultural influences, programmes and practices, basic concepts, professional aspects and with current problems and future trends. Surveys of France, Federal Germany, Great Britain and Scandinavia are comprehensive and fully adequate but the really exciting information for English readers is to be found in the sections dealing with India, Japan, and the Communist states.

In addition to the inter country comparative evaluation the text includes a number of well written chapters on other general issues which are particularly welcome. In particular the article by Ethel Alpenfels, Professor of Anthropology, on "The Body . . . A Physical Design for Culture," Pearl Primus' "Dance as a Cultural Expression" and "The Roles of Physical Education and Sports" by the co-authors are contributions which make a scholarly contribution to our knowledge.

The book will be well received in England as a stimulating and thought provoking book by the growing numbers of physical education undergraduates in Colleges of Education. To many others too, who wish to understand the world of sport and recreation, this book will provide fascinating background reading.

JOHN KANE.

"THE ADMINISTRATION OF INTERSCHOLASTIC ATHLETICS"

by Chalmer G. Hixson. (Prentice/Hall International 37/-)

It is often a source of great amazement to visitors from abroad who attend our schools athletics meetings in this country, that the planning and organization of the meetings are of such high quality. Even those of us who are used to seeing well ordered athletic meetings are often filled with admiration for those who undertake so successfully, such gigantic tasks as are involved in the English schools athletic championships each year. While many of the planners and organisers have had some introduction to athletic administration in their teacher training courses, many have developed an expertise from their own logical analysis of the 'job' problem as they see it. Even in the Colleges of Physical Education, the amount of time given to courses in the administration of interscholastic athletics is very small, and the main source book of information is the small pamphlet published by the A.A.A. which is in itself of immense worth.

The text written by Mr. Hixson, deals with the organization, administration and supervision of schools' athletics in a most comprehensive way. He outlines a course of study in these areas which will be read with interest by all those interested in sound planning for athletics. In different units of the proposed course the problems involved in the management of the meeting, the organization of the personnel, the ways and means for financing the projects, the planning of facilities and equipment, the safety and welfare of participants and suggestions for the development of good community relations are given full coverage. Typical charts and score sheets are outlined and appropriate procedures for committee interaction are dealt with in addition. All in all the text gives the impression that the author is a person of wide experience in organization, who has met the problems himself, and has capably analysed the best ways of overcoming them.

JOHN KANE.

"HISTORY OF BRITISH ATHLETICS" by Melvyn Watman

(Robert Hale 25/-)

This book deals with the history of British Athletics, from its earliest beginnings up to the present day. The first athletic meeting in the British Isles is believed to have been the Tailteann Games, which were staged in County Meath, Ireland, about 1829 B.C. The author then goes on to give a detailed history of each athletic event. He also devotes a chapter to Women's Athletics. Melvyn is the ideal person to write such a book and the immense hours of research which must have gone into the production of this publication makes the mind reel. Each generation believes their Champions to be the best, and consequently are inclined to belittle the achievements of previous Champions. In his introduction Melvyn says "Athletics is a sport which is dominated by statistics and there is a risk of each new generation scorning the times and distances of the old champions, who, in many cases, would be 'also-rans' if the stopwatch and tape measure were the only criteria. Perhaps the only method of comparing athletes of the different eras is to assess their degree of superiority over contemporaries and measure the duration of their records, and this I have tried to do." He has, to my mind, achieved this admirably and, as a result, produced a compelling book. The history of the sport in this country has been attempted only once previously by the McWhirter twins in 1951. Though, of course, Robert Quercestani wrote a "World History of Track and Field Athletics" quite recently. The only tragedy is that we have had to wait some 17 years for yet another volume on the subject to appear. The danger is that the great names of the past are all too easily forgotten, men such as Donald Finlay who, between 1933 and 1939, only lost nine high hurdle races and won the A.A.A. title seven years running. He climaxed his career by winning the 1949 A.A.A. title on a flooded track in 14.6 and he also defeated Dick Attlesey, who was to become the future world record holder. Mr. Finlay still managed to run the high hurdles in 14.9 seconds in 1951 aged 42. In the previous year he took 4th place in the Empire Games. Just to prove that our older members need not feel too discouraged, let me cite the case of Polish-born Konstanty Maksimczyk, a naturalized Briton, who threw the discus 160 feet 8 inches in 1966

aged 52. Also while thinking about this event we must not forget that the present A.A.A.'s Honorary Secretary has thrown the discus in his county championships quite recently, surely an achievement unmatched by any previous Secretary while in office. Many great athletes both past and present are featured in this book, which at 25/-, must be essential reading for anyone interested in the sport.

"TACKLE ATHLETICS THIS WAY" by Denis Watts
(Stanley Paul 18/- Hardback and 7s. 6d. paperback)

This book by Denis Watts aims to help the young athlete and in a clear and concise manner deals with each of the events which make up the athletic programme. Mr. Watts includes only the essential technical points necessary to fully understand and master each event, as a result the reader does not get bogged down with a wealth of technical detail, which appears to be the case with certain other books of a similar type, which I have read. The author also gives a suggested Training Schedule for the whole year in each event covered and these will prove to be of the greatest assistance to the young aspiring athlete, who all too often has no coach or experienced athlete to guide him in his formative years. Mr. Watts also makes very good use of line drawings to illustrate his text relating to the field events. The author emphasizes the importance of mental and physical preparation in his introduction. It seems to me that some coaches nowadays are perhaps too apt to concentrate almost entirely on the technical aspects of each event, to the exclusion of all else. Without the right mental attitude the young athlete will never achieve the success he deserves and, undoubtedly, the coach has a duty to help his young charge in acquiring the qualities of determination, resilience and singlemindedness of purpose, all of which are essential if he is to improve and reach his own level of attainment. There can be no finer example of the importance of these qualities than Lynn Davies, who has the ideal competitive spirit. This is proved by his ability to produce top class performances when the pressures are really on. I am sure that we can all think of occasions when Lynn has won a major competition with his last jump, the mark of a truly great champion. The author also makes the very important point that the young athlete is all too often unable to perform his event properly because he lacks the requisite physical strength. I remember reading a report some years ago which said that many of the athletes going on the Young Athletes Course sponsored by a well known Company were lacking the necessary strength to perform their event properly and if this is true of the cream of our young athletes, think how apt it must be in the case of the average young athlete. This is a very good book and is undoubtedly to be recommended to any young athlete who wants to improve his performances in his own particular event, at whatever level of competition.

"ILLUSTRATED GUIDE TO OLYMPIC TRACK AND FIELD TECHNIQUES"
Edited by Tom Ecker and Fred Wilt. (Faber and Faber 45/-)

This book, edited by two of the leading Track Coaches in America, features sequence photographs of some of the world's leading performers, these are then analyzed by a coach or ex-athlete, who is a recognized authority on the particular event covered. It is no coincidence that fourteen of the contributors to this book are British and yet again ample proof of the number of outstanding coaches which this country possesses. The majority of the photographs were taken by Toni Nett, the world renowned German photographer and coach, and these combined with the authoritative text which goes with each event described, make this an unique and fascinating book for anyone interested in athletics. Obviously its appeal is mainly for the coach and athlete. My only disappointment is that there is not one British athlete featured, except in the section on baton changing in the Sprint Relay, however the athletes included read like a who's who of World Athletics. In the 36 chapters the authors have included two athletes in each of the Field events except for the High Jump and Pole Vault where there are three and the Triple Jump which features only one. If one takes the list of World Record Holders, as at the 1st February last. we find that in the section on Field Events, the relevant World Record Holder is featured in every event except the Pole Vault. This provides

an unique opportunity for the reader to see the world's greatest performers in action and to study the techniques used by each. I also liked the use of a slightly larger and clearer type of printing. The various photographs chosen show clearly the power, grace and technique needed for each event and the authors are to be congratulated on the range of their selection. It is also fascinating to compare the form of perhaps two or three athletes in the same event, this is particularly true of the field events, and to see the differences in technique however small, between them. This surely drives home the fact that at such a level it is possible for there to be variations between the different performers in each event, though obviously there are basic principles common to each. I am particularly glad to see Al Oerter featured, as he is endeavouring to win his fourth successive Gold Medal, with a competitive spirit such as his no one would dare say, at this stage, he will not succeed. I think that in view of the excellent photographs and first class text it is excellent value at 45/-.

"TULLOH ON RUNNING" by Bruce Tulloh. (Heinemann 30/-)

This book by Bruce Tulloh demands respect and attention on two counts. Firstly as the Author has been running for some thirteen years and in that time has achieved many successes, including winning the 1962 European 5,000 metres title. Secondly he is a highly intelligent young man who is able to analyze what is relevant in each of the differing theories and methods used by the world's leading athletes and coaches. In the opening chapter the author answers the question "Why do you go in for running long distances at all?" In the process the reader begins to appreciate the philosophies which have made Tulloh such a successful runner initially, and coach latterly. The race which he feels his greatest ever is a 2 mile event run at Hamilton in New Zealand in 1962 and I can do no better than to quote his own words, "This I feel to be my greatest race not because of the times, which could have been better, but because I felt I had put the best of myself into it, and because I had come so close to beating the Olympic champion in a level race. I have always had a great liking and respect for Murray's (Halberg) iron will, his refusal to be beaten. The exhilaration of that last-lap battle is something I shall always remember." I think that by choosing this race rather than his victory in the European Games in 1962 the author gives us an insight into his character and a most important one at that. There is a fascinating chapter entitled "Standards" in which he uses graphs to illustrate age improvements in various events and also shows the progression of World Records in certain events since 1900. He goes on to offer his own suggestions as to how these improvements have come about, namely a wider participation in athletics, better nutrition and thirdly, economic reasons. For many athletes success opens up opportunities for a good education which would not otherwise have been available. Athletes to-day train harder than ever before and more scientifically, this too has played a major part in improved performances. The author lists his predictions as to possible World Records in 1960 for the standard events from 880 yards to 6 miles, together with their equivalent metric distances and also the 3,000 metres steeplechase. He feels that, for instance, the figures for the mile, 3 miles and six miles will be 3.46., 12.30., and 25.50. respectively. In view of the phenomenal improvement in performances over the last ten years who is to say that these times will not be achieved. There are chapters on the basic principles of training and on analysis of training methods, both of which are of immense value not only to the athlete but also the coach. It is of particular value to schoolmasters, for whom it is essential there is a book setting out in clear, concise, easily assimilated language, the various points which it is essential for them to understand if their charges are ever to achieve their true potential. This book adequately fulfills such a need. It gives suggested training schedules covering all events from 800 metres to the marathon, for athletes of varying standards, together with an explanation of each schedule. There is a very interesting chapter on racing strategy and tactics in which the author describes his plans prior to the European 5,000 metres race in 1962, together with the tactics employed by the winning athletes in some of the major competitions such as the Olympic Games. These afford the reader an unique insight into performances which would otherwise have remained statistics in the record book. There are chapters dealing with running in schools and athletic

problems, such as the question of warming-up and staleness, etc. A really excellent book which will be of the greatest interest and assistance to all runners, coaches and schoolmasters.

"SHOT PUTTING" by Ron Pickering

"THE LONG JUMP" by D. C. V. Watts

"TRIPLE JUMP" by Tom McNab

(The above Instructional booklets are obtainable from J. Hitchcock, 2, Burn Close, Oxshott, Leatherhead, Surrey, at 5/6 each post free)

As the author of this, the third edition of the Association's Instructional booklet on Shot Putting, has coached both Mike Lindsay and Alan Carter, he is obviously well qualified to write on this event. In the opening chapter he deals with the historical background, including brief profiles of the greatest exponents of the event from George Gray, the Canadian who was ten times A.A.U. Champion and raised the world record from 43' 11" to 47' 0" in 1893, to the present world record holder Randy Matson, who on the 22nd April, 1967, at College Station, Texas, threw 71' 5½". Obviously the longest profile in this section is devoted to the almost legendary Parry O'Brien, who revolutionised shot putting from a technical and distance point of view. O'Brien was the first well known thrower to completely turn his back to the direction of the throw and he developed this technique, which is now used by almost all the World's leading throwers. He also raised the world record from 59' 0½" to 63' 4". It is interesting to note that he achieved his best competitive performance of 64' 7½" in 1966 when aged 34. In the second chapter the author describes the technique of this event and it is interesting to note that the twelve men finalists in Tokio averaged 6' 3" in height and 17 stone in weight and undoubtedly the majority of the world's most successful shot putters either fall into this category or are bigger. Obviously the correct use of weight training plays a very important role in the development of the successful competitor, coupled with a good knowledge of the basic mechanical principles of the event. The author says that "The technique of good putting is determined by the proper use of leg, trunk, and arm extensor muscles working in that particular order to produce the optimum angle of release and the even more vital maximum release speed." The sequence photographs of Arthur Rowe and Randy Matson taken by Toni Nett readily illustrate these points, as well as helping to augment the text. There are also suggested training schedules, which will be of great interest to both the aspiring athlete and also the coach. This is another first class publication which will undoubtedly prove to be a winner for the A.A.A's.

Denis Watts has written the latest edition of the booklet on Long Jumping and in his introduction the author says "This little book is designed to give the young athlete the know-how of this event in simple language, without over-complicating the necessary technical points." This, to my mind, is surely the basic reason why these instructional booklets are so very popular and successful, not only in this country but throughout the world. The author states that successful long jumping demands the qualities of speed, strength, agility, mobility and spring. In the following pages he sets out, for the young athlete, the technique necessary to achieve success. The importance of the run-up is stressed and also the fact that the athlete must always be able to hit the board no matter what the conditions and also that it is the last few strides which constitute the most vital stage of the jump. The author says of these "It is here the competition is generally won or lost, rather than through good or bad form in the air or landing." He then goes on to explain in detail how to master both the Hang and Hitch-kick, which is the style employed by the majority of the present day leading jumpers. The use of sequence photographs of Klein of Germany, Boston and Lynn Davies greatly add to the reader's understanding of the two techniques. The author also deals with major faults encountered and gives his views as to how these can be corrected. There is also a suggested schedule for the young jumper to base his training upon. I particularly like the way he describes the two styles of jumping in easily understood language, together with how to teach the other parts of the jump, namely the approach, take-off and landing.

Tom McNab's booklet on the Triple Jump is the first to appear, as previously this event was included in the booklet on Long Jumping. It is also, as a result, the longest of the three booklets referred to, consisting of some 56 pages. As in the case of the booklet on Shot Putting Tom starts with a history of the event together with progressive World-Lists for the period from 1860-1967. This is followed by a chapter entitled "The Technical Fundamentals of Triple Jump," in which he deals with each aspect of the event in detail and describes the three groups of triple jumpers, the 'natural' jumpers, the 'Russian' jumpers and the 'Polish' jumpers. The author uses sequence photographs of Kreer and Schmidt, the present world record holder at 55' 10½" and Olympic Champion in 1960 and 1964, to illustrate the two latter groups. Tom also sets out clearly various technique-factors together with basic faults which may occur with each factor and the possible reason and what course of action the coach can take to eradicate the fault. There is a section on "The preparation of a Triple Jumper" in which Tom sets out the various 'pure' fitness factors required in the triple jump, namely running speed, leg and back strength, leg-power and flexibility and a general background of fitness. He also deals with each of these factors in greater detail, finishing with specimen training programmes. I particularly like the way Tom uses photographs to illustrate the power and flexibility exercises and line drawings for the various conditioning activities shown. He finishes with a "Guide for the Beginner," which will prove of the utmost use to the young aspiring athlete and another section for the more advanced athlete follows together with various competitive tips. Using the form of question and answer is an excellent idea and, to my mind, is invaluable in the case of the young athlete, especially when it is as well thought out as in this case.

"INTERNATIONAL ATHLETICS ANNUAL—1968" (World Sports 10/-)

Once again all the old favourite sections are included. As usual the most important section is that giving the 100 best performances in each of the men's events and the 50 best by women, achieved in 1967. The section on the National Records and Championships of some 49 countries from Argentina to Yugoslavia makes fascinating reading. It is interesting to note that of the records listed for Mexico between 1,000 metres and 10,000 metres, only those for 1,000 and 3,000 metres were set in Mexico, the remainder all being set out of the country. In the men's events 14 of the athletes who lead the rankings in their particular event were American, surely ample proof of the tremendous power of this country in World Athletics. In the women's ranking lists Americans only lead in three events, though they were ranked second and fourth in the 800 metres, second in the 80 metres hurdles, second in the high jump and second and third in the javelin, apart from heading the rankings in the 100 yards, 100 metres and 400 metres, events in which they traditionally do well. If the women athletes in America had the opportunities, coaching and facilities that their European counterparts are apt to take for granted, then they too would dominate women's athletics as do their male colleagues. There are also lists of World, European and Olympic Records for both men and women, together with the results of the major meetings held during 1967, and also sections on indoor athletics and World and Junior best performances, to mention just a few. There is also a section of photographs showing 16 of the leading men and 4 of the leading women. This is undoubtedly the best annual of its type to be found anywhere in the world and at 10/- is really excellent value. The state of my copy bears testimony to the constant use to which it is subjected during the track and field season and I am looking forward eagerly to the 1969 edition.

"THE KINGS OF DISTANCE" by Peter Lovesey (Eyre and Spottiswoode 30/-)

This is a book which concentrates purely on distance runners, and by only choosing five, the author has treated each one in depth. In picking out the five distance runners, Deerfoot, George, Shrubbs, Nurmi and Zátopek, the author covers a period of 95 years from Deerfoot's first race in England in 1861 to Zátopek's final appearance, when he finished sixth in the Olympic marathon in 1956 in Melbourne. Each of the five athletes chosen were the most outstanding of their era. It is revealing that the author feels that, from all the athletes it would be

possible to choose, there are only 5 who would qualify for the title 'King.' It is hard to say which of the chapters are more enjoyable. At the risk of perhaps offending the amateurs of the sports world, I most enjoyed reading about Deerfoot, an out and out professional. The early development of athletics in this country certainly owes much to the exponents of pedestrianism, during the late 1800's and early 1900's. It would, I think, be fair to say that each of the early runners came to the top when there was little real opposition, but then there are those who maintain the clock is a far more exacting master than another athlete. These may vary according to fitness, but the clock remains implacable. Deerfoot revolutionized distance running by bringing in his concept of sharp alterations in speed, as opposed to his British adversary's idea of even paced running. Walter George who, after being the top amateur, was forced to become a professional in order to race against the one man, Cummings, who presented a real challenge to his supremacy, was a theorist. Although he had proved himself to his fellow athletes, he had not satisfied himself that he had developed his pace judgement to the full. He was perhaps the first man to make a lap by lap analysis of his times and be capable of adhering to it. Shrubbs came to the fore where there were scarcely any other distance men of quality on the track. He was totally dedicated to the idea of victory, defeat did not really enter his mind. He ran as he felt not to any schedule as he found this irksome. He ran more races than any other runner of his era competing in track and cross country races more than 100 times a year. To me, Nurmi does not come alive to such a degree as the other athletes featured in this book. His cold, mathematical approach to all his races leaves one with a feeling of someone, who although dominating his races, allows himself to be dominated in turn by the clock. He was an outstanding athlete and to this day his record of four Gold Medals, in one Olympic Games, in Paris in 1924, has never been, or will be bettered. Zátopek is perhaps the greatest of the five athletes chosen. At the time when he was running the opposition was of a higher overall standard than that which the other athletes had to face. Zátopek, I feel, has done a great deal for athletics—in that by his open, friendly attitude and willingness to share his philosophies on running with other athletes, was the complete opposite of the secrecy employed by Nurmi. To win the 5,000, 10,000 metres and the Marathon in the 1952 Olympic Games, shows a strength and determination of a very rare order. Yet in spite of this Zátopek appears a genuinely likeable and friendly man who enjoyed making friends wherever he went. I thoroughly enjoyed reading this book, particularly as Peter Lovesey has the ability to bring to vivid life the races and the circumstances in which the races were held. This book contains several very useful appendices as well as excellent pictures of the athletes featured. It will add greatly to any enthusiast's bookshelf.

E.A.

"OUT IN FRONT" by George Gretton

(Pelham Books 30/-)

The author of this book covers the history of middle and long distance running, from its origins in ancient Greece to the modern day. The ancient Greeks were interested in sport as a means of building a cohesive nation. Their winners in the Pan-Hellenic Games although they only received an olive-wreath as a prize were subsequently treated by the town for whom they were competing as very important persons, deserving of the greatest honours. The author cites the example of Athens where, in the time of Solon, the winner of a gold medal would receive 500 drachmae as well as a front seat at all public festivals, free meals and even tax-exemption. Gradually the professional athletes took over, there grew up a band of athletes who would go from competition to competition where large sums of money would be offered as prizes and, as a result, the competition became very intense and standards improved considerably. Because of the Roman influence the various athletic festivals died out and were replaced by public spectacles unrelated to the sport. Between that era and the 18th Century athletics was almost non-existent except in the form of village games. From the 18th Century onwards considerable sums were wagered on foot races by the gentlemen of the period and, because of the betting element, which was an essential part of the races the bookmaking fraternity were to be found at hand. In 1720 when Mr. Diston's running footman beat the Duke of Wharton's footman in a race of four miles he won his master

the sum of £1,000. Obviously with sums of money like this involved and the competitors eventually competing for backers, the risk of 'fixed' races grew and gradually as a result the sport fell into disrepute. The origins of the sport in this country owed much to pedestrianism. By the time the Amateur Athletic Association was founded in 1880 professional athletics was on the decline. The Association's formation was due to the officers of the Oxford University Athletic Club, who persuaded the Amateur Athletic Club, the London Athletic Club and the other various dissident parties to attend a meeting in Oxford on the 24th April. The influence of Oxford and Cambridge was very marked at this time, consequently the Victorian concept of amateurism influenced the rules and regulations concerning the running of the sport. According to the author this concept is still very much in evidence, even to-day, in British Athletics and he feels that until the athletes who have competed since 1946 take over the running of the sport, this will continue. The A.A.A. Championships have always been open to all comers and the first overseas athlete to win an event was the American, Myers, who won the 440 yards in 1881. In the 1968 Championships seven titles went overseas. The author describes the leading athletes and their approach to running from Walter George to Ron Clarke. He devotes a chapter to Emil Zátopek, who completely revolutionised distance running by his dedicated approach to training and the intensity of the work he did. The author also deals in greater detail with the mile and the marathon by showing the improvements that have taken place between the beginning of this century and the present day. Zátopek began the era in which world records in the middle and long distance events were improved more rapidly than ever before. In the penultimate chapter the author gives the motivating factors behind each of the athletes mentioned in the book. The final chapter is devoted to the improvements in tracks, training, coaching knowledge and facilities generally. I feel that the author attempts to cover too many aspects of the sport and as a result the book lacks cohesion. I found the author at his best and most interesting when describing the sport in its earliest times and the environment which shaped its progression.

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.

Honorary Secretary of the A.A.A. Club: C. R. C. Johnston, 9 Sebright Road, Boxmoor, Hemel Hempstead, Herts. Hon. Editor of Newsletter: P. S. Lenton, 38 Rugby Avenue, Wembley, Middx. Hon. Treasurer: R. K. Farmer, 9 Porlock Close, Gayton, Wirral, Cheshire.



Lodge
sports
equipment

There is a free catalogue
waiting for you from:
Lodge Equipment Limited
Dept C, Island Farm Avenue
West Molesey, Surrey

LODGE LEADS



Five Gold Five Silver Three Bronze

At the 1968 Mexico Olympics, the British team won five gold medals, five silver and three bronze.

As before, they'd been provided with Horlicks. *Helped* by Horlicks. Because Horlicks at bedtime helps to promote the right kind of sleep—sound and refreshing. Throughout the night Horlicks helps nourish hard-working bodies and relax strained nerves, keeping you fit, calm and alert.

As for Olympians in Mexico, so for mere mortals at home who want to get the most out of each new day, nightly Horlicks is a winner every time.

**...and a
nightly cup
of Horlicks**

