

# NUTS NOTES

Volume 2 Number 2

Edited by  
Pat Brian

March 1964

## EDITORIAL

I would like to thank all those who wrote to me after publication of the first of the 'new-look' NUTS Notes. I was pleasantly surprised to find that no-one had criticised our work and I appreciate all the kind words and suggestions for the future. However, one thing did stand out and that was the complete silence from any member living outside a twenty mile radius of London. I would be very grateful to all provincial (or non-London based) members, if they would drop me a line in the near future and enclose a few paragraphs on their pet subject for publication.

One of the skeletons in the NUTS cupboard has been the appalling lack of co-operation with the Hon. Treasurer on the subject of accounts, with particular regard to the payment (or should I say non-payment) of outstanding booklet sales and annual subscriptions. The NUTS accounts have been looked upon usually as a big laugh, but from what a little bird told me recently, those who have been laughing may find themselves being laughed at by a professional body that is too big to fight. I will say no more other than this quiet warning to the non-payers.

I must apologise for the untidy heading to the last NUTS Notes. Having spent half the night typing it, I decided to duplicate it straight after the typewriter keys had stopped. I find that I work better on NUTS work between 10 o'clock and 2 a.m., but this is now subject to doubt as I had the 'page one' stencil reproducing off the duplicator at a fast rate of knots, before realising I had not printed the heading! Have you ever tried printing on an inky stencil with a biro pen at 2.35 in the morning. If not, I recommend it as a test of one's nervous system. I might add that, as a result of my escapade, I shall be duplicating this edition tomorrow night.

## FRENCH CHAUVINISM by Bob Phillips

Those members of the NUTS who are regular and avid readers of that ubiquitous French daily sports paper, L'Equipe, are often to be heard complaining bitterly at the chauvinism which is displayed with such joyful regularity by the French scribes who contribute to the column labelled 'Athletisme'. I suppose it will come as no surprise to the linguistically-minded gentlemen in the NUTS ranks that chauvinism in French sports journalism is by no means restricted to 'L'Equipe'.

Of course, casual reference to 'Football', 'Rugby Xiii' or even 'Hippisme' on the other pages of L'Equipe shows that their respective contributors can be as anti-British as Messrs. Pariente, Maupas and even, let it be whispered quietly but firmly, G.M. himself. I feel sure, though, that 'Athletisme' can be claimed as a special case. After all, what other sport can boast a record in its country's Hit Parade, sandwiched between "C'est bien joli, mes deux copains" by a youth named Petit Pascal and "Twistez-moi, cherie" by the Beach Boys (surely it should be Garcons de la plage?).

Anyway, getting back to French chauvinism, the members of the NUTS may not be too familiar with a publication called France-Marche, which is the official bulletin of the French Walking Union. Reference to the December, 1963 issue finds in very large letters on page 3: HENRI CARON - CHAMPION DU MONDE 1963. One's immediate reaction is 'Who?' It transpires that H. Caron, a walker of no great international reputation, won a 100km event at Laval last September, in the French province of Mayenne, in a time of 9hr 46m 03s.

There were all sorts of red-hot walking countries taking part: Luxembourg, Martinique, Belgium - to name but a few. But the valiant French, shades of the Siegfried Line, repulsed all rivals. In fact, they had 11 of the first 13 finishers. I bet Colin Young never realised what a force these hommes are. On another page of France-Marche are the rankings for 1963 over 20km and 50km throughout the world, and there's not one word of explanation as to why there isn't a single Frenchman among the top 25 in either. Not to worry. There are separate rankings by countries and France comes out top over the 100km and long-distance (how long can you get?) and those mouldy fig Russians have to be content with a mere top ranking in the 20km and 50km combined. French mathematics being what it is that gives France deux top rankings, USSR un and tous les autres zero, zero, zero. TOUJOURS LA DIFFERENCE!

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WEIGHTLIFTING by Andrew Huxtable

Here are what are believed to be the only NUTS records in this exacting sport (world records are shown in parentheses):

Lightweight - 148 $\frac{3}{4}$ Ian Smith:

press	153	(298 $\frac{1}{2}$ )
snatch	165	(287 $\frac{1}{2}$ )
clean & jerk	230	(359 $\frac{1}{2}$ )
total	530	(920)
continental & jerk	240	
full squat	270	
dead lift	402	
right arm clean & jerk	115	

Heavyweight - over 198 $\frac{1}{2}$ Mike Ellis:

press	185	(419 $\frac{3}{4}$ )
snatch	165	(370)
clean & jerk	255	(468 $\frac{1}{4}$ )
total	595	(1228 $\frac{1}{2}$ )
full squat	420	

The International Weightlifting Federation (Fédération Internationale Haltérophile et Culturiste - official title; abbreviation - F.I.H.C.) was founded in 1920. In 1928, at the demand of the IOC, the competition lifts were fixed at two hands press, two hands snatch and two hands clean and jerk.

Landmarks in the history of the sport: the first lifter to total 1,000 lb. was Steve Stanko (USA) on 19.4.41 with 1,002 lb., while the first to aggregate 500 kg. in one competition was Paul Anderson (USA), who achieved 1,142 $\frac{1}{4}$  lb. on 16.4.55.

PACE-MAKING by Colin Young

Further to Les Crouch's interesting article in the last NUTS Notes, the true greats of distance running - Nurmi, Zatopek and Kuts - had no need of such a thing. However, Les is clearly thinking of the mile when expressing his thoughts.

I would go as far as to say that, as yet, we have not had anybody "big" (from a courageous viewpoint) enough to attempt to annihilate his rivals over the full 4 laps while operating at sub-60s. per lap pace. Obviously many (the majority?) people will say it is not possible to lead and "burn off" everybody, and still clock under 3:55.0 - it remains to be seen.

Whenever pace-makers have been used, the stars have followed, but (with the probable exception of Haegg and Andersson) when the "hare" dies, instead of blazing by they have dithered and "sat in" for that extra half lap or so, before plucking up the confidence to assume the "hot seat".

In conclusion, it would seem while sprinters and distance men like to show their pace and confidence, half-milers and milers are collectively shy and modest, and like to display their speed only at the last possible moment!!

WHAT A PACE-MAKER - An Afterthought by Colin Young

It has suddenly occurred to me why Les Crouch wrote an article on pace-making, because the lad himself has had quite an athlete doing the chore for him. I had the honour to be present at the famous Malmo track on the 3rd of September, 1957, when, at around noon, "our Les" attempted a "fast" half. With yours truly holding the stop-watch (so you can accept the time, lads!), Les started off and was paced and verbally encouraged by a full track-suited Gordon Pirie.

The result? A personal best (it still stands, Les, doesn't it?) of 2 minutes 2.8 seconds.

By way of a post script to this story, the following evening, D.A.G. ran a 4:00.9 mile and a 14:13.0 5,000m, with a 45 minute interval between them.

AUSTRALIANS HIT TOP FORM by the Editor

Margaret Burvill broke the world record for the 220 yards with 22.9, at the same time equalling the best mark for the metric distance; Ron Clarke sped round the 'boards' in New York to claim an indoor world best for 3 miles with 13:18.4; and an Australian sprint team (with two comparative unknowns) clipped a tenth of a second off the world record for the 4 by 110 yards round two turns, held jointly by the USA and G.B. & N.I. Stirring stuff indeed, but it is not beyond the realms of impossibility that British athletes could, with the right approach, oust these top Aussies from their perch this year. We shall see.

NUTS RECORDS (as at 1.1.64) compiled by Andrew Huxtable

The following list contains the best known performance for each event by a member of the NUTS:

100y	9.8	Adrian Metcalfe	(1)	Oxford	19 Apr 61
	9.8	Adrian Metcalfe	(2)	Belfast	27 May 61
	9.8	Adrian Metcalfe	(1)	Hamilton, Ont.	17 Jun 61
	9.8	Adrian Metcalfe	(1)	Oxford	17 May 62
100m	10.6	Harold Abrahams	(1)	Colombes	6 Jul 24
	10.6	Harold Abrahams	(1)	Colombes	7 Jul 24
	10.6	Harold Abrahams	(1)	Colombes	7 Jul 24
200m(t)	21.2	Adrian Metcalfe	(1)	Stockholm	29 May 62
	21.2	Adrian Metcalfe	(1)	White City	7 Jul 62
220y(t)	21.3	Adrian Metcalfe	(1)	Blackpool	26 May 62
400m	45.7	Adrian Metcalfe	(1)	Dortmund	2 Sep 61
440y	46.4	Adrian Metcalfe	(2)	White City	21 Jul 61
880y	1:48.9	Michael Fleet	(1)	Brighton	1 Sep 62
1M	4:17.2	Michael Fleet	(1)	Croydon	18 Jul 62
2M	9:16.0	Hedydd Davies	( )	Coventry	29 Jun 63
3M	14:12.4	Hedydd Davies	(1)	Cardiff	27 Jul 63
6M	30:00.8	Hedydd Davies	(1)	Birmingham	1 Oct 63
10M	53:10.0	Hedydd Davies	(13)	Hurlingham	13 Apr 63
3000mSt	9:12.6	Hedydd Davies	(2)	Bracknell	1 Jul 63
120yH	17.2	Royston Brisley	(1)	Battersea	5 Sep 55
HJ	6' 6	Patrick Mackenzie	(1)	Brighton	3 Jun 61
	6' 6	Patrick Mackenzie	(2)	Edinburgh	24 Jun 61
	6' 6	Patrick Mackenzie	(3)	White City	15 Jul 61
indoors	6' 7 b	Patrick Mackenzie	(1)	Stanmore	2 Nov 63
PV	10' 6	Royston Brisley	(2)	Tooting	24 Apr 55
LJ	24' 2½	Harold Abrahams	(1)	Woolwich	7 Jun 24
TJ	43' 4	Adrian Metcalfe	(2)	Manchester	14 May 60
SP	42' 3	Michael Ellis	( )		13 Jun 59
DT	136' 1	Michael Ellis	( )	Loughborough	15 Jun 57
HT	213' 1	Michael Ellis	(1)	Loughborough	4 Jun 59
JT	154' 7	Royston Brisley	(2)	Tooting	9 Jun 54
Dec	3,905	Royston Brisley	(5)	Battersea	27/28 Aug 55
		(			5:01.6)
2MW	14:30.0	Colin Young	(1)	Barking	20 Jun 61
5MW	38:10.0	Colin Young	(4)	Battersea	5 Mar 60
7MW	53:51.0	Colin Young	(5)	Battersea	5 Mar 60
1hrW	7M 1,064y	Colin Young	(5)	Parliament Hill	26 Sep 59
20MW	2:53:04.0	Colin Young	(3)	Alperton	6 Jun 59
100MW	17:48:05.0	Colin Young	(2)	Walton	14/15 Oct 60
24hrW	131M 327y	Colin Young	(2)	Walton	14/15 Oct 60
<u>Woman(!)</u>					
60m	7.7	Maeve Kyle	(1)	Portadown	17 Jun 58
100y	11.0	Maeve Kyle	(1)	Belfast	19 Jun 59
	11.0	Maeve Kyle	(1)	Belfast	19 Jun 59
	11.0	Maeve Kyle	(1)	Dublin	18 Jul 60
	11.0	Maeve Kyle	(1)	Belfast	17 Jun 61
	11.0	Maeve Kyle	(1)	Belfast	16 Jun 62
100m	12.0	Maeve Kyle	(1)	Trondheim	12 Jul 63
220y(t)	24.5	Maeve Kyle	(1)	Dublin	23 Sep 60
440y	54.9	Maeve Kyle	(1)	White City	7 Jul 62
880y	2:11.5	Maeve Kyle	(2)	Glasgow	3 Oct 62
80mH	11.8	Maeve Kyle	( )	Belfast	10 Jun 56
HJ	5' 0¼	Maeve Kyle	(p)	Battersea	24 Jul 60
LJ	17' 6	Maeve Kyle	( )	The Hague	26 Jul 61
SP	29' 0½	Maeve Kyle	(p)	Stoke-on-Trent	13 Sep 58
DT	80' 2	Maeve Kyle	( )	Ballymena	25 Aug 58
Pen	4,008	Maeve Kyle	(4)	Wolverhampton	8 Aug 59
		(16'6¾, 24.7, 12.2, 27'6, 4'11.)			

b - board runway and take-off.

p - made in a pentathlon.

The Editor comments: This is an incredible list of records for a group of statisticians. I feel that if we could talk Harold Abrahams, Roy Brisley and Mike Ellis to make a come-back, we would have a pretty good team for a one competitor per event trophy meeting. However, if it was a mixed meeting, Maeve Kyle may just have a little too much to do! Incidentally, Maeve, would you arrange to have a crack at the javelin this season - just to complete the picture?

The following article has been written by Stan Greenberg, in an attempt to help members in the provinces to find those marks which the NUTS never seem to get until the book is at the printers. Stan and I hope that it will be taken seriously and the advice used to good effect.

THE FOURTH ESTATE by Stan Greenberg

With little or no modesty, I pride myself in being the most prolific and far-ranging researcher of current marks in the NUTS. Using these self-presented credentials as an excuse, I think that I may be able to suggest a couple of ways and means, by which other members can improve their coverage of their areas.

Despite certain faults, i.e. misprints and downright ignorance, the Press is of necessity a prime source of information for us in our work, and it is in this field that many of you may not be using all avenues open.

Firstly, the local library. It will have almost certainly most of the 'local' newspapers (e.g. The Lower Twittering Gazette) in its reading room. It may also have the more important 'area' papers (e.g. The Birmingham Post). These should be perused regularly if possible. If not possible, then a visit towards the end of the season to look at the file for the year should be made. On visits to big towns, a quick look-in at the Central Library will usually be rewarded by files of all major area papers.

Secondly, the number and scope of local newspapers in this country is second to none. Practically every hamlet has its own 'voice of the people' and often may have a result of the local harriers meeting which otherwise never sees the light of day. A volume called "Willing's Press Guide" - which can be sighted at most libraries - lists names and addresses of all publications in Great Britain. The telephone book is also a source of such information within your own sector. Once you have found the locations of such sources, it will require only the occasional visit to their files.

Many marks, otherwise missed, can be gleaned this way, and quite seriously, I find that it can be great fun in finding some source that nobody else has found. Why, you may even become one of the rare beings to track down the almost legendary "Loughborough Monitor".

LETTER TO THE EDITOR from Pat Mackenzie

Thanks for Vol. 2 No. 1. I am NOT now going to Cyprus, so I'll be around here for a bit.

How's this for a club record - Brighton A.C. have 3 NUTS, Reg Hook, Roy Taylor and self.

It's NOT true ..... that "Athletics Arena" are making a take-over bid for "Private Eye", or vice-versa. (See ads in both magazines.)

Yours,

Pilot Officer P.S. Mackenzie, RAF,  
Officers' Mess, Royal Air Force,  
Norton, Sheffield 8.

A.A.A. QUIZ by Andrew Huxtable

1. Name the oldest and youngest winners of A.A.A. Championships.
2. Name the post-war A.A.A. final in which the first six places were taken by overseas athletes. Give details.
3. Name the post-war A.A.A. final in which only three men finished. Give details.
4. Gerald Carr has never won an A.A.A. discus title. Is this statement true or false?

The answers to this quiz will appear in the next issue of NUTS Notes.

THE NEXT ISSUE OF NUTS NOTES

The third issue of the second volume of NUTS Notes will be published on Monday, 20th April and will contain a list of other noteworthy athletic performances by members of the NUTS, a letter from John Martell (who had a recent operation for the removal of his appendix and is now back on his feet - good to hear you are feeling better, John), more results from the Huxtable Research Agency and many other items of interest. Your copy will be automatically sent to you.

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