A.A.A. CLUB

NEWSLETTER

DAVID JONES
(Woodford Green Athletic Club)

ISSUE No. 8 NOVEMBER, 1961

OUR COVER shows David Jones (Woodford Green A.C. and Castrol A.C.) winning the 220 yards (straight) at the London Business Houses' Championships at Hurlingham on 21st June, 1961, in 20.8 secs. Photo by E. D. Lacey, 55 Graham Road, Mitcham, Surrey.

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The Case for Indoor World Records

NORRIS McWHIRTER

DURING the whole of its history of half a century, the I.A.A.F. has eschewed the granting of world record status to performances achieved indoors. Rule 24 (iv) (b) states simply " the record must be made out of doors."

The reasons for the official disdain of indoor performances have, in part, been sound. Since the war, however, they have been growing less and less sound. It is no longer arguable that indoor tracks are a purely North American manifestation. They have come to exist in increasing numbers in France, Germany, Russia, Scandinavia and elsewhere. Nor is it arguable that conditions indoors are so unstandardised that it would not be possible to devise rules to provide the necessary control—in fact, in several respects, indoor records are more meaningful than those made in the open.

Out of season indoor competition properly presented is of the greatest importance in maintaining a continuity of public interest. It would be a very proper way of marking the I.A.A.F's Golden Jubilee next year if the few remaining difficulties were overcome and indoor world records were accorded the status they have now earned.

In my unofficial list appended below, it can be seen at a glance that standards have reached a very high level when compared with official outdoor records. One of the stumbling blocks is the possible necessity for distinguishing between track marks and jumps made on board surfaces and cinder surfaces. While it is undesirable to countenance too many categories, the A.A.U. of America have for long found it quite manageable to list records on the two surfaces separately.

World's Best Indoor Performances

(as at 15th September, 1961)

(b = made on a board as opposed to cinder surface)

60 yards	6.0	Jim Golliday (U.S.A.)	1956
	6.0	Charles Tidwell (U.S.A.)	1958
	6.0 b	Herb Carper (U.S.A.)	1959
	6.0 b	Roscoe Cook (U.S.A.)	1960
	6.0 b	Al Washington (U.S.A.)	1961
	6.0 b	Brooks Johnson (U.S.A.)	1961
	6.0 b	Roscoe Cook (U.S.A.)	1961
	6.0 b	Berndt Cullmann (Germany)	1961
60 metres	6.5 b	Heinz Fütterer (Germany)	1955
100 yards	9.5 b	Dave Sime (U.S.A.)	1956
100 metres	10.4	Anatoliy Mikhailov (U.S.S.R.)	1960
300 yards	30.0	Mel Barnwell (U.S.A.)	1959
440 yards	47.2	Dave Mills (Canada)	1961
500 yards	56.4	Charles Jenkins (U.S.A.)	1956
600 yards	1:09.3 b	George Kerr (West Indies)	1961
600 metres	1:17.9 b	Derek Johnson (U.K.)	1957
800 metres	1:47.9 b	Arnie Sowell (U.S.A.)	1957
880 yards	1:50.3 b	Arnie Sowell (U.S.A.)	1957
1000 yards	2:07.9 b	Ernie Cunliffe (U.S.A.)	1961
1000 metres	2:23.0 b	Edmund Brenner (Germany)	1956
1500 metres	3:44.6 b	Siegfried Hermann (Germany)	1959
Mile	4:01.4 b	Ronnie Delany (R. of Ireland)	1959
3000 metres	7:58.7 b	Siegfried Hermann (Germany)	1959
2 miles	8:34.4 b	Murray Halberg (New Zealand)	1961
3 miles	13:26.4 b	Al Lawrence (Australia)	1960
60 yds. Hurdles	7.0 b	Milt Campbell (U.S.A.)	1957
	7.0 b	Hayes Jones (U.S.A.)	1958
	7.0 b	Hayes Jones (U.S.A.)	1958
110 m. Hurdles	13.6	Anatoliy Mikhailov (U.S.S.R.)	1960
High Jump	7ft. 4¼ins.	Valeriy Brumel (U.S.S.R.)	1961
Pole Vault	15ft. 9⅝ins. b	Don Bragg (U.S.A.)	1959
Long Jump	26ft. 6¼ins. b	Ralph Boston (U.S.A.)	1961
Triple Jump	52ft. 5¼ins.	Oleg Fyedoseyev (U.S.S.R.)	1959
Shot Putt	63ft. 1½ins. b	Parry O'Brien (U.S.A.)	1961
35lb. Sling	71ft. 2½ins. b	Hal Connolly (U.S.A.)	1960

FOOTNOTE : Indoor Athletics makes a welcome return to Wembley on 16th March, 1962. The banked track will give a lap of 145 yards and allow straight sprints of 60 yards. Crowd capacity will be 8,000. The A.A.A./W.A.A.A. Indoor Championships will be held there on 30th/31st March, and a match v. West Germany on 6th/7th April.

The Challenge of Timsbury Manor

ALAN PERKINS

AS most readers will know only too well, it is the lot of amateur athletics in this country to be bedevilled by lack of money. In many countries the sport is subsidised by either the State or by big business. Not so here. Apart from the generosities of one or two organisations, such as the News of the World, we must, like so many Micawbers, scrape along as best we can.

The result is of course that many of our facilities are inadequate and one of the things we have had to do without is a full-time Sports Centre. Some of you may say—" What about Loughborough or Lilleshall ?" Agreed, they are frequently used for A.A.A. sponsored courses but they are not readily available at any time to clubs or club athletes. I have been in athletics for twelve years and I have been to Loughborough once and that was this year at the invitation of the I.A.C. !

There is I am sure a need for a full-time centre where clubs can run their own courses or to which individual athletes can go to train and meet other athletes and that is why I am anxious to see the Timsbury Manor venture succeed.

But perhaps you know nothing about Timsbury Manor ? In that case let me explain.

At its last A.G.M. the International Athletes Club set as its main objective for this year the provision of a modest week-end training camp for its members.

The idea received a certain amount of press publicity as the result of which, early in 1961, wealthy businessman Mr. Oliver Cutts, offered the use of Timsbury Manor, a large 32 roomed home with 15 acres of ground near Romsey in Hampshire.

This was a far greater opportunity than the Club had ever envisaged, and one which it immediately realised should not be confined solely to Internationals. Here was a chance to develop a centre for **all** athletes and for other interested sports associations too.

The great snag was, of course, lack of money. After standing empty for over three years the Manor needs renovating and redecorating before it can become a full-time centre. In addition it has to be furnished, equipped and maintained. The I.A.C. couldn't hope to find the money to do all this and it looked as though the scheme might founder. Now, however, backed by Mr. Cutts, the International Sports Trust has been formed to raise money and ensure the successful operation of the Centre.

In the meantime, until sufficient money has been raised, Mr. Cutts is providing certain essentials such as beds and bedding and is covering the overheads such as lighting and heating. He has also installed internationals Peter and Suzanne Allday as resident wardens.

When will Timsbury become a full-time centre ? To a large extent this is up to the athletes themselves. Unless they are keen it is no use appealing for financial backing or the provision of equipment. They must show that they want such a centre and are prepared to make a go of it.

And they are already doing just that ! Volunteer groups have been hard at work all the summer on the task of putting the Manor in order. Members of the more local athletic clubs call in the evenings and at week-ends. Others have come from clubs as far afield as West Hartlepools, Newport (Monmouthshire) and all parts of London. As many as fifty at a time have made their way to Timsbury to dig and weed in the gardens or to clean and decorate indoors. Some have even spent their entire holidays working there.

So far these workers have had very few amenities; they've brought their own meals and the early ' pioneers ' slept on the bare boards. Now things are looking up, a limited number of beds are available and overnight parties are provided with meals. These " do-it-yourself " workers are doing their best to speed up the day when Timsbury will be fully operational. Any volunteers ?

What facilities will be available ? A tennis court is already there and ready for use. Three concrete throwing circles have been laid by volunteer workers. A javelin run-up, 120 yard straight and an area for jumps and pole-vaults have been cleared and levelled and a special composition surface will shortly be laid to make them ready for use. There is also a 470 yard circuit which can be used for warming-up.

For the longer distance runners there are plenty of hilly country roads, the New Forest is not far away and there are cricket and football pitches in the vicinity.

There is a canal about 400 yards long within the grounds which when cleared and deepened will be ideal for canoeing or bathing.

Inside the house there will be games rooms, library, dormitories, bathrooms, weight training room and lecture rooms. The Manor has mains water and electricity supplies and is centrally heated throughout.

Sounds pretty good doesn't it ? I do not imagine though that it is all going to be as easy as waving a wand. We have a long way to go yet and to succeed we shall want the support and enthusiasm of everyone bitten by the athletics bug. If you can help in any way I shall be very glad to hear from you.

This article is headed " The Challenge of Timsbury Manor " and it is a challenge for this could be just a beginning. If we can make it a success there is no reason why we should not look ahead to the day when the International Sports Trust can establish similar centres in other parts of the country.

Modern Champions

by NEIL ALLEN

METCALFE, Adrian Peter, the A.A.A. 440 yards champion, is the outstanding discovery of the 1961 season. Born 2nd March, 1942 at Leeds, this 6ft. 2ins., 175lbs. first year Oxford University student of English Literature has run 400 metres in the United Kingdom record time of 45.8, 440 yards in the European and U.K. record time of 46.4. In the U.S. v. Great Britain match he ran the last 440 leg in an electrically timed 45.25, which is worth 45.9 without the benefit of the flying start. Metcalfe has also run the 100 yards in 9.8 and the 220 yards round a full turn in 21secs. (but with the wind assistance in the home straight more than 2 metres per second). In a single race this former English schools 220 champion, improved from 47.3 for 440 yards to 45.8 for 400 metres . . . an improvement of 1.2secs.! Metcalfe is self-coached, would like very much to meet Godfrey Brown (" he must have been a remarkable athlete ").

JONES, David Henry has been A.A.A. 220 yards champion for the past three years though he reached his 21st birthday only last March 11th. He is 5ft. 10½ins. tall, weighs about 175lbs. (the same as Metcalfe though differently distributed !). Was educated at Felsted School, Essex, where he met public school opposition to athletics and was only allowed to compete in English Schools championship after his parents had threatened to remove him from the school. Undeterred Jones made steady progress, greatly helped by his Woodford Green coach, Ron Bowden, and in 1959 had best times of 9.8 and 10.5m., and 21.1 for 200 metres. In 1960 he ran 100 yards in 9.6, 100 metres in 10.4 and 200 metres in 21secs. Failed to reach Olympic 100 metres final only after photo-finish with world record holder Ray Norton. Bronze medallist (" we should have been disqualified ") in Olympic 4 x 100 metres relay. This year equalled U.K. 100m. record of 10.3, ran 220 yards round turn in 20.8 (with wind), defeated American Frank Budd over 220 yards in international. Fierce competitor rather than natural sprinter. Dangerous to underestimate against any opposition.

N.B.—Club members should note new I.A.A.F. ruling which states that in 200 metres and 220 yards round a full turn (i.e. on 400m. or 440 yards track) both on the flat and over hurdles, the wind speed should not be in excess of 2 metres per second in the last 100 yards or 100 metres if records are under consideration. This came into force in January, is little known.

Scoring Tables

ANDREW HUXTABLE

WHEN Fortune Gordien (U.S.A.) broke his own world discus record at Pasadena, Cal., on 22nd August, 1953, with 194ft. 6ins. he started the demolition of the I.A.A.F. Scoring Tables, because the upper limit of 1,500 pts. was the score for a throw of 194ft. 2½ins.

The International Amateur Athletic Federation had adopted these tables in 1950, and with slight modifications finally approved them in 1952. But, as early as 1949, the Portuguese Athletic Federation had adopted a set of tables ("Système Rationnel pour Classer les Performances Athlétiques") devised by Dr. Fernando Amado for its own use which are clearly more satisfactory.

The primary function of a scoring table is of course to equate performances in every event. Since, in theory, there are no limits to athletic achievements the compiler should not concern himself with guessing the ' limit ' for each event and giving that the highest score.

The 4 points on which the Portuguese system is based are :

1. A statistical "base" of 900 pts.—this gives equivalent marks derived empirically from observation.
2. 20 categories (each section corresponding to 50 pts.) are divided between 1,000 and 0.
3. The scale of values can be continued above or below these levels.
4. The construction of categories is made by analysis of each event followed by synthesis.

Some idea of the differences between the I.A.A.F. (Swedish) and Portuguese tables can be gained from the following examples, taking 400m. as the ' term of reference ':

SWEDISH						PORTUGUESE					
Pts.	400m.	1 mile	10000m.	P.V.	J.T.	Pts.	400m.	1 mile	10000m.	P.V.	J.T.
1377	45.2	3:58.9	28:52.8	4.76	79.70	1037	45.2	3:54.9	28:34.4	4.85	85.28
	1.3	7.1	49.6	13	4.05		1.3	6.5	47.5	30	7.73
1181	46.5	4:06.0	29:42.4	4.63	75.65	990	46.5	4:01.4	29:21.9	4.55	77.55
	1.3	7.1	50.4	17	4.11		1.3	6.7	49.1	28	6.89
1034	47.8	4:13.1	30:32:8	4.46	71.54	943	47.8	4:08.1	30:11.0	4.27	70.66
	1.3	7.2	51.2	18	4.37		1.3	7.0	50.8	24	6.15
908	49.2	4:20.3	31:24.0	4.28	67.17	896	49.2	4:15.1	31:01.8	4.03	64.51
	4.6	23.6	2:52.0	58	13.64		4.6	22.5	2:45.2	63	15.11
597	53.8	4:43.9	34:16.0	3.70	53.53	753	53.8	4:37.6	33:47.0	3.40	49.40
	4.4	23.4	2:50.0	54	11.67		4.4	21.2	2:38.7	42	9.71
386	58.2	5:07.3	37:06.0	3.16	41.86	630	58.2	4:58.8	36:25.7	2.98	39.69

An interesting feature of the Portuguese Tables enables decathlon and pentathlon performances to be compared with other events. By the addition of 1,700pts. to a decathlon total, followed by the division of this total by 10, the result is obtained. In the pentathlon 600pts. are added, this new total then being divided by 5.

Social News

IN the period under review there have been two social events of note. The first of these was a club evening held at the Royal Naval Volunteer Reserve Club, 38 Hill Street, London W.1, at which what is now almost the traditional pattern of talk, film and demonstration was only slightly varied, as it was not possible to give the usual demonstration of some athletic technique. Cecil Dale gave us an informative talk on development which was followed by a most excellent film of the Great Britain ' B ' v. Belgium international, kindly supplied through the good offices of our Vice-Chairman and Treasurer, Harry Whittle, by I.C.I. After the usual break for refreshments Don Anthony, Hon. Secretary of the International Athletes Club, gave a forceful description of the I.A.C's new venture at Timsbury Manor near Romsey in Hampshire, and evoked a good deal of enthusiasm for this very worthwhile effort of providing a Sports Conditioning Centre for athletes in this country.

Sad to relate this social evening, successful as it was in every other way, was not as well attended as was hoped. For this perhaps the committee was somewhat to blame, as all members were not informed individually (a matter of simple economics) and reliance was placed, a little belatedly, on the good offices of the Editor of " Athletics Weekly " and on word of mouth to publicise the event. We hope to overcome this problem for our next gathering by giving overleaf the date, venue and programme.

The other major event was, of course, the annual A.A.A. Club and Championships Dinner, which was held in the Members' Dining Room of the House of Commons on Saturday, 15th July last under the sponsorship of Mr. F. W. Harris, M.P. 186 members and their friends, including some 20 members of The Carborundum Company Limited, who sponsored the Championships this year, and 15 champions and a number of overseas athletes attended. Later, a large proportion of these moved on to the Dance organised by the International Athletes Club at the Tavistock Rooms, where Basil Heatley was presented with the Carborundum Trophy by the Chairman of the Company, Mr. J. A. Williamson.

We were very much indebted to the Carborundum Company for their very generous assistance in the financing of this function, for they not only paid for the Champions and Overseas contingent but also for drinks before the dinner. The co-operation we received from the Company and particularly from Mr. Ray Gregory, their Public Relations Officer, with whom we conducted most of the arrangements, was of the highest order, and we like to think was in the best interests of athletics. Whilst on this subject it may be as well to mention that we hope to hold next year's function at the same venue on the second day of the 1962 Championships, on Saturday, 14th July, 1962. You may like to note the date even at this early stage, as there is usually a large demand for tickets and we are limited in numbers.

Please do your best to attend our next social evening and bring along a friend, preferably a potential new member. It will take place on Friday, 8th December, at the Shaftesbury Hotel, Monmouth Street, off Charing Cross Road, and the programme will be as follows:

7.00 p.m.—7.30 p.m.	Demonstration of Weight Training Technique by Lionel Pugh, A.A.A. Coach for the Midlands, with Barry Jackson as his pupil.
7.30 p.m.—8.00 p.m.	Break for refreshments. Buffet bar available.
8.00 p.m.—8.45 p.m.	Three new instructional films on discus throwing, javelin throwing and shot putting.

Finally, please note that our next Annual General Meeting will be held on Friday, 2nd March, 1962. Full details will be announced in ' Athletics Weekly ' and ' Modern Athletics.'

NORMAN COBB.

Rising Standards in British Athletics

Compiled on behalf of the N.U.T.S. by LEN GEBBETT and BOB SPARKS

	1952	1960	1961	1961 (juniors)
100 yards	9.9	9.6	9.59	9.87
220 yards	21.96	21.29	21.32	21.70
440 yards	48.74	47.54	47.43	48.95
880 yards	1:53.53	1:49.98	1:49.79	1:53.53
1 mile	4:11.83	4: 1.87	4:2.10	4:12.50
3 miles	13:59.56	13:31.78	13:30.76	—
6 miles	29:34.00	28:25.46	28:18.58	—
3000m. steeplechase	9:29.52	8:58.66	8:59.12	—
120 yards hurdles	14.96	14.60	14.65	—
440 yards hurdles	54.73	52.91	53.20	—
High jump	6′ 3.23″	6′ 5.37″	6′ 4.62″	5′ 11.80″
Long jump	22′ 11.05″	23′ 9.77″	23′ 9.67″	22′ 9.10″
Pole vault	12′ 5.63″	13′ 4.05″	13′ 3.90″	12′ 0.20″
Hop, step and jump ...	46′ 8.27″	48′ 8.30″	48′ 9.10″	46′ 11.55″
Shot	46′ 10.1″	53′ 3.60″	55′ 2.60″	—
Discus	140′ 11.75″	163′ 4.8″	162′ 3.6″	—
Hammer	165′ 0.60″	181′ 2.80″	179′ 4.67″	—
Javelin	196′ 8.0″	228′ 5.6″	228′ 7.4″	192′ 8.25″

The tables above show the averages of the top 10 athletes in each event in the 2 Olympic years of 1952 and 1960 and the corresponding averages so far this year. In those junior events where strict comparison was possible we have given the averages so far in 1961 for the 10 best juniors.

Such averages have their limitations as pointers to our relative strengths and weaknesses, but they do show clearly the events in which standards are changing, e.g. the shot. The change in this event from 1952 to 1960 corresponds to the general rise in world standards. The excellent improvement this year is reflected by a sharp increase in the top 10 average. This is, of course, the only field event in which Britain compares favourably with most of the major athletics countries. In the other field events, despite a few exceptional individuals, standards remain as low as ever relative to rising world standards.

For those junior averages included it can be seen that standards are now roughly as good as those of the seniors in 1952. Moreover the proportion of juniors included in the top 10 has steadily increased.

Book Reviews

" The Golden Mile "—The Herb Elliott story as told to Alan Trengrove

(Cassell: 18/-)

A FASCINATING and easily readable story of the world's greatest miler. Whilst you don't have to be able to run a mile fully to enjoy this book, it helps. So well is it written that you literally enter another world, the world of the sub four minute mile, and everyone of those golden miles can be lived through by the reader.

Strangely, it was not the sub four minute miles that captured my greatest interest, nor the Stotan training which led to them. (Stotan is a word coined by coach Percy Cerutty from stoic and spartan). This is no doubt due to the fact that I am never likely to live through such an all-embracing experience; younger readers will no doubt be captivated to the full by this aspect of the story alone. No, to me the main interest was the philosophy of the man Herb Elliott.

Three points of outstanding interest remain in my mind on conclusion of my reading. Firstly a very slight reference to a subject not usually associated with a story of this kind. What would happen to civilised people who have separated themselves from nature if suddenly they were thrown back into the natural environment that God provided. How many would survive? Secondly, amateurism. This knotty subject is dealt with at some length and given a chapter to itself. The views expressed, based upon unrivalled experience, must surely serve to prompt a new and realistic approach to settling this vexed problem for ever. No one should attempt to argue the pros and cons without having given full weight to this telling appraisal of amateurism. Thirdly, in the same chapter Elliott tells of his resolve to become an athletics administrator when his running career is over. I hope he sticks to this with the same tenacity as he has to his racing. Too few top-class athletes do this and the sport is the poorer for it.

Altogether this is a story not to be missed by anyone even remotely interested in athletics—nor indeed by those to whom the subject is anathema, if there are any such people. C N.C.

Encyclopaedia of British Athletics Records by Ian Buchanan (Stanley Paul: 25/-)

The first section of this book, which must represent the fruits of long hours of research, gives the complete results of all the men's international matches in which Great Britain has competed. Each is introduced by a paragraph or two of well-chosen comments which reveals the immense background knowledge of the author. These, in conjunction with the index of the athletes involved, can be browsed over for hours and give an insight into much of the athletics history of this country. The remainder of the book lists winners at the Olympic Games, European Championships and Empire Games and gives ranking lists of the top ten United Kingdom performers of all time in each event.

Of course the author had to be selective in compiling this book, and one can always criticise selections. To me it seems illogical, for instance, that Dennis Cullum (who represented the Empire and England, but never Great Britain) should not find a place in this book while gentlemen who made one appearance as third string in one of the earliest matches are recorded. Never mind. Here are details of Peter Hildreth's 28 appearances for his country between 1950 and 1960, and of Don Finlay's glorious international career which began in 1929 (in the long jump !) and culminated brilliantly with a British hurdles record 20 years later. Bill Land won the high jump v. Italy in his first international at the age of 16—and was still winning selection as a discus thrower 16 years later. E. W. Denison caught the selectors' eye twice; in 1933 and 1950 ! Our Vice-Chairman, Harry Whittle, represented his country in five events. And so one could go on. But buy this book and dig out these gems for yourself.

B.E.W.

Official Handbook 1961/2 of the International Amateur Athletic Federation (I.A.A.F. Offices, 7 Great Winchester St., London E.C.2; 8/6 post free)

This issue marks the jubilee of the I.A.A.F., the world governing body of our sport, which is now passing through one of the more difficult stages of its history. Its Handbook is of course an essential piece of equipment for the high-level administrator, judge or coach for here are the laws under which international competitions are held. But the connoisseur of athletics who gets no nearer to the track than the stands will need this book if he is to be the complete spectator.

The differences between I.A.A.F. and A.A.A. rules for competition are not easy to spot—or sometimes to explain. Let me quote an example, which concerns the discus throw. It is four years now since manufacturers produced a discus with plastic sides which, they claimed, would not split as all wooden ones do eventually. Discoi thus made conform in every other respect to the rules and behave in exactly the same way in flight as discoi with the statutory wooden or metal sides. The A.A.A. amended their rules early in 1959 to allow the use in competition of the new discoi, and were requested to forward a recommendation to the I.A.A.F. that they should make a similar change. It is understood that this was done, but the matter is still under consideration by the Technical Committee of the I.A.A.F.

But of the criticism of governing bodies there is no end ! Let us rather turn to the introduction to this Handbook which points to the progress made by the I.A.A.F. in the fifty years of its existence, and reflect with pride on the very considerable contribution which has been made by representatives of Great Britain. A pointer to future developments is also to be found in the reference to the need for coaching arrangements on an international basis for the benefit of countries newly entering into athletics or lacking the coaching facilities enjoyed by others more fortunate.

B.E.W.

Middle Distance Running. The Young Athlete Talks to A. R. Mills. By A. R. Mills (Phoenix, 7s. 6d., postage 6d.)

Running. Athletic Technique Series, produced in collaboration with the Carnegie College of Physical Education (Educational Productions, 2s. 6d., postage 5d.)

This first volume is an excellent little book which contains the essentials of middle distance running and training, including graduated schedules for winter and summer training. It is ideal reading for a person taking up running in his late 'teens or later, but the training recommended is too far advanced for a schoolboy.

Besides comments on style, tactics, and training, there is a useful guide to weight training for running (a ' must ' for the modern top class middle distance runners) and a discussion on the approach of individual athletes. The later includes some very sound advice on not over racing and points out the dangers of juniors racing too often in senior competition.

The second book on running is well illustrated with drawings which support the text but too much has been attempted in the 32 pages.

To cover the rudiments of sprinting, relay running, hurdling and distance running, including cross-country racing and steeplechasing in such a short space means that the treatment in parts of the text is extremely superficial. It would need an experienced athlete or coach to interpret the times and distances recommended under interval running. The thought of a 14-year-old schoolboy running sets of 6 interval quarter miles without being told how many times a week such a work-out should be attempted is rather disturbing.

This is a book which would serve as a first introduction to athletes but would need amplification by a coach to be of practical value.

IAN BOYD.

(Reprinted from 'Sport and Recreation,' the quarterly journal of the Central Council of Physical Recreation)

SCAN (Surrey County Athletic News)

A year's supply of three copies may be obtained for 2/6d. from editors John Martell and Les Ward at 128 W. Barnes Lane, New Malden, Surrey. Each issue contains full results of Surrey Championships, ranking lists, courses for athletes and officials, facilities, etc., enlivened by photographs and cogent comment. SCAN reflects great credit on the enthusiasm of its editors and must do much for athletics in Surrey. Other counties please copy !

B.E.W.

Membership of the A.A.A. Club

MEMBERSHIP figures continue to grow—but many more members are needed yet to provide a financial shot in the arm for athletics in this country. An application form is enclosed for **your** use; please place it with an affluent friend after delivering an appropriate piece of sales-talk. Tell him there are many ways of spending a guinea at the festive season, but the one which produces the inner glow which lasts longest is application for membership of the A.A.A. Club.

Facilities

CECIL DALE (Hon. Secretary, A.A.A. Development Committee) reports that the current tracks position is as follows :

Public Cinder Tracks	98
Private Cinder Tracks	118
1st Class Grass Tracks	7
Total ...	223

There are at present 25 further tracks under construction, and in addition 126 are planned or under consideration. Of the 11 tracks reported completed this year 5 are in the North, 3 in the Midlands and 3 in the South.

Cecil also reports that an enquiry is being made in the use of bitumen asphalt run-ups for long jump, pole vault and high jump. Commercial firms are experimenting to see if they can find a suitable surface at the right price. To lay down a complete track with this type of surface, as has been done in the U.S.A., would be very costly.

Films on Athletics

CLUB Secretaries are always on the lookout for recommended films on various aspects of track and field athletics which they can show at gatherings of members. The Secretary of your own club may be glad to know of the following (all 16 mm.) :

Official I.A.A.F. Film of the XVII Olympic Games, Rome, 1960. Reel Two only, silent, 15 mins., may be borrowed for a nominal fee by affiliated clubs from the Hon. Secretary, Southern Counties A.A.A., 54 Torrington Place, London W.C.1. Events shown include the men's high jump, women's 80 m. hurdles, men's long jump and 400 m. hurdles, women's 100 m., men's 800 m. and 5,000 m. Notes are available for commentators. An interesting record of great achievements.

" Great Britain ' B ' v. Belgium, 1960 " is available free of charge from Film Unit, I.C.I. Ltd., Billingham, Co. Durham. Colour/sound, 20 mins. Progress from one event to another is extremely rapid and commentator Norris McWhirter does well to slip in several references to the sponsor and still finish a close second. Well worth seeing.

" Olympic Endeavour " is available free of charge from the Information Officer, Agent for the Government of Kenya, 113 Grand Buildings, Trafalgar Square, London W.C. 2. Colour/sound, 40 mins. Shows Kenya's aspirants for Olympic honours in various sports training at home and competing in Rome. Interesting glimpses of the Olympic Village, Rome en fête, etc. Eloquent testimony to the ideals behind the Olympic movement.

B.E.W.

Coaching and Training

FURTHER details of the following may be obtained from the Coaching Administrator, A.A.A. Offices, 54 Torrington Place, London W.C.1. :

(a) Course in high, long and triple jumps for potential Senior Coaches at Bisham Abbey, 27th—29th October, 1961.

(b) Senior Coaches' Conference at Y.M.C.A., Tottenham Court Road, London W.1., 18th—19th November, 1961.

(c) Series of lectures at the Barrett St. Technical College Annexe, 125 New Cavendish Street, London W.1., each Monday from 16th October to 11th December, 1961.

(d) Young Atheletes' Course at Motspur Park Track from 29th December, 1961 to 5th January, 1962.

The City of London College gymnasium at Moorgate is open for general fitness training throughout the winter, from 12.15 p.m. to 1.45 p.m. Monday—Friday and from 5 00 p.m. to 6.30 p.m. on Mondays, Tuesdays and Thursdays. Details from Brian Coleman, Physical Recreation Organiser, City of London College, Moorgate, London E.C.2.

Non Sequitur

(thoughts provoked by news items)

WHEN the French Touring XV played Canterbury in New Zealand recently one of the French forwards felled an opposing centre three-quarter with a right to the jaw. Asked later what had happened, the latter explained " I dropped my guard."

All of which shows how careful you have to be in international sport these days. British middle-distance runners are finding they must pay attention to their footwork, I hear. Still, increased agility may prove useful if they should transfer to the bullring later.

Talking of evading charges reminds me of the Russian ballet dancers who had a lot of free dental treatment when they were over here recently. It's nice to be able to help these chaps through the National Health scheme ! Perhaps we can supply spectacles to officials when the Polish and French teams make their return visit ?

B.E.W

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We are grateful to all those who have contributed articles to this issue of our Newsletter. Their views are, of course, not necessarily those of the A.A.A.

*

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