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# **NEWSLETTER**



**MIKE WIGGS**  
(Thames Valley Harriers)



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# The Story of Sao Paulo 'Round-the-Houses' Race

DOUG GOODMAN

**I**N England when the New Year is just two hours and forty minutes old there is still twenty minutes of the Old Year left in Sao Paulo.

To the distance runners of Brazil this is undoubtedly one of the periods of time very important in their athletic calendar. It is the start of the San Silvestre Road Race when teams and individuals from all over Brazil come to take part. Out of the three to four hundred competitors nobody can really expect to win for the last time this happened was in 1946 and the two main reasons for this are the invention of the aeroplane and the invasion of foreign international athletes.

The race was instituted by Casper Libero, Director of the 'Gazeta Exportiva' in 1925. Until 1944 it was a National Event and in the first race sixty competitors took part and it was won by Alfredo Gomez. Since then entries have reached a reported total of 6,000 but fortunately elimination races now take place in other Brazilian State Cities and approximately only twenty per cent go forward to the New Year Eve Race. It became the International De San Silvestre in 1945 when two foreign entries were invited from Chile and Uruguay, and the number has increased each year; first to North America then Europe and Asia so that now the most outstanding athletes from all parts of the world have taken part in this 'Round the Houses Race.' Only twice in the International event has Brazil provided the winner and that was as far back as 1945 and 1946 when Monteiro was successful on both occasions. The first European to appear was in 1949 when Viljo Heino won from Stone of the U.S.A.

Great Britain entered the event in 1955 and our representative, Ken Norris, took first place. The opposition has increased since then and particularly since 1961, when twelve extra countries received invitations. It was this year when Martin Hyman won the race in a time still to be beaten. This was Martin's second visit as he had competed in 1959 and finished third. The Brazilian Press reported comments of our respective victors as the most exciting race I ever ran and "the greatest dream of my life is transformed into reality by this victory"!

The other entries by Great Britain have met with remarkably mixed fortunes; Basil Heatley could do no better than 65th in 1957, Peter Clark was 18th in 1958 and in 1960 Gordon Pirie was 38th, all of whom, on form, were possibles, certainly for a place. In 1963 Don Taylor was placed 5th, in 1964 Mike Wiggs finished 6th and in 1965 Mike improved his position to 2nd.

Many other Star Athletes have participated in this race without success among them being Vladimir Kutz, Herber Schade, Douglas Kyle and Jean Vernier.

The winners since 1947 were Oscar Moreira, 1948—Raul Inostrasa, 1949—Heino, 1950—Lucien Theys, 1951—Erik Kruzizky, 1952—Franjo Mihalic, 1953—Emil Zatopek, 1954—Franjo Mihalic, 1955—Norris, 1956 and 1957—Manuel Faria, 1958/9/60—Oswaldo Suarez, 1961—Hyman, 1962—Hamoud Ameer, 1963—Henri Clerckz, 1964/5—Gaston Roelants.

Relative performances are difficult to estimate in a race of this nature over the years, for in the early days it might be that the organisation was a little inexperienced and the conditions at the start and over the route were more hazardous, but this year anyway the crowds were kept well back and apart from the fireworks and the falling ticker-atape, it was a very fair and well organised event.

Whichever way one looks at it, the 'Round the Houses Race' is certainly unique and a spectacle once seen never forgotten. The experience of going to Brazil as the Official to look after the interests of Mike Wiggs has considerably advanced my knowledge as a Manager.

The presentation is directed and produced by two very colourful characters, Signor Carlos Joel Nelli and Signor Manuel Mauques and all behind the scenes work is done in the 'Gazeta Exportiva' offices. The confusion in the week prior to the Race production, certainly keeps a Manager of one of the Stars on his toes. From the time we arrived at the Airport of Sao Paulo, Wiggs was greeted as a celebrity and favourite for the race and was in constant demand by callers at the Hotel desk and telephone.

Having left London Airport at 6.0 p.m. the previous evening arriving Orly at 8.45 p.m. French time, we then continued via Lisbon and Recife landing at Rio in 90' at 9.0 a.m. resuming the journey to Sao Paulo arriving 11.0 a.m. That evening we were taken to the German Club, about twenty minutes car ride to the outskirts of the City where the athletic track was put at the disposal of the visitors for training. This is a magnificent Club comprising four swimming pools, football pitches, tennis courts, gymnasium and other indoor sports, dance hall, bar and restaurant. Nobody is allowed in the pools without a Doctor's certificate. Most of the European competitors used these facilities for training in the evenings but did their morning's work around the roads of the City. To train in Sao Paulo which appeared to me the most hazardous of training grounds, touring through the streets of London at the height of the traffic would be simple in comparison. Vehicles are driven at fast speeds in all directions, one hand on the wheel and the other on the horn. No doubt some extra speed training was motivated by these conditions but overall it was not ideal for these sessions.

In the afternoon of the day before the Race, the foreign internationals were asked to assemble in the Hotel Hall/Lounge dressed in their athletic gear and for an hour to two hours were photographed—track suits on, track suits off—wearing a very colourful silk sash bearing the name of their Country. All the athletes moaned like the devil but in fact they all seemed to enjoy the fun. This was of course a most serious affair for the publicity in the Sponsor's newspaper.

The afternoon of New Year's Eve is a Public Holiday and as in most Countries, office parties were being held and particularly around the staged finishing area of the Race. Paper was fluttering down from the windows at 10.0 a.m. whilst the final preparations were being made. Crowds were milling around watching the television cameras being mounted and the soldier continued to mount guard over the 'Olympic Type' flame erected on the Victors Rostrum as he had done for a full week. Large line drawings of the heads of previous winners look down on the scene and the athletes in action decorate the offices of 'Gazeta Exportiva.'

Early in the evening two fire engines moved in and extended their fire escapes to form an arch over the course and the firemen operated searchlights which were shone in a circular movement on the buildings and into the sky.

The scene is set and the competitors appear and report at the start. A long queue forms whilst all collect their identifications—two, one to be delivered during the race on the course as 'proof of passage' and the other at the end. The band which has been marching and playing on stage, moves into position at the start. All International competitors have pride of place in the front line. The National Anthem is playing and the start coincides with the last note, or the gun, or, if a little premature, a loud firework. It is of course raining—I'm told it always does. The competitors go straight down the road, through the crowds at the finishing area, the flying fireworks and the sodden paper and into the night. This is the last I saw of the race. The wailing of the siren deafens everyone. Waiting at the finish, I had constant reports from an eager youth with a little English, to whom Mike had promised his vest if he won—I'm sorry he didn't get it—translating the radio commentary. Four television networks also give full coverage. Twenty-one minutes later the sirens scream and the searchlights light the last 100yds. as Gaston Roelants appears enjoying the noise and the victory, beating Mike by 20 seconds. The competitors continue through a long rope funnel and deposit the second plastic covered number with the recorders at the table. The first five are quickly led to the Victory Rostrum to take their bow, laurel wreaths are placed on their heads and once again the Brazilian Anthem is played. The crowds are now so thick that no one can move. A commentator asks me to say a few words about Mike and to give a message to the Brazilian people. Many are dancing and Mike places his laurel wreath on the head of a plump woman dancer and we fight our way back to the hotel.

Mike Wiggs, the two Americans, Bill Morgan and Ron Larrieu and I drink an ice cold beer, none of us says a Happy New Year!, we have forgotten all about it. about it.

The "Delivery of Rewards" was made on the afternoon of New Year's Day and some 130 were "delivered" ranging from marble statues one foot to one yard tall, and other trophies from five feet high to a few inches, size and weight being no indication of position. All but those who had an aircraft weight problem to worry about, moved off happy with their 'reward' from the 41st International De Sao Silvestre.

The following day was Sunday and we returned to athletic reality—an International meeting at Pacambue. The stadium is capable of accommodating around 100,000 spectators and is always full to capacity for football. This International Athletic Meeting attracted only about 400. Nevertheless Mike Wiggs won the 1500m. in 3.45.5 secs. and completed a most creditable double performance in Sao Paulo 1966.

## Twenty Seconds in Eighty Years

### The story of the mile from George to Jazy

*PETER HILDRETH*

**T**HE more I think about it, the less I am inclined to set any limits upon the times that men might run.'

So spoke a national coach to me in June, and it was only twenty-four hours later that France's Michel Jazy erected a new landmark on the road to what must, however remotely, be a human limit for the mile, with a time of 3m. 53.6s. at Rennes.

By the time this article is published another landmark may well have been passed. Jazy himself said at Rennes that he felt he could run one second faster. Such a time might prove too much for the former world record holder, Peter Snell, if he and Jazy clash as scheduled at the end of July. For though most observers regard the New Zealander's former world record of 3m. 54.1s. as far short of his potential, he has, reportedly, been suffering from dysentery, and nobody, even Snell, can afford a health handicap in the stern ordeal of world class miling.

Then, too, there is Alan Simpson whose U.K. record of 3m. 56.6s. on Whit Monday raised hopes that he might one day join Sydney Wooderson, Roger Bannister and Derek Ibbotson as the fourth Briton to hold the world record. These hopes found an echo in the remark of Simpson's coach, Ian Ward, who told me that when Simpson embarked on his speed training late in June, he should be capable of about 3m. 53s.

The New World may take a hand in things also, for Jim Grelle, who set a new American record of 3m. 55.4s. in June, said then that he was not at all tired at the finish and honestly thought himself capable of breaking Jazy's world record.

Speculation about the future of miling could fill a book, but it is the purpose of this article to trace the history of those runners who built the pyramid now topped by such modern gladiators of miling as Jazy, Simpson, Grelle and Snell.

The first holder of the official mile record—the I.A.A.F. began recognising world records in 1913—was America's John Paul Jones who ran 4m. 14.4s. on 31st May of that year, covering the last lap in the surprisingly fast time of 58.3s. Jones was succeeded by his countryman, Norman Taber, running 4m. 12.6s. two years later at the same track in Cambridge, Massachusetts.

Great amateurs though they were, Jones and Taber can hardly be rated as pioneers of miling, for they failed to surpass a valid time that had adorned the unofficial record book ever since 1886. The man responsible had been a needle-slim Englishman named W. G. George who had relinquished his amateur status in order to challenge the only man then capable of testing him, the Scottish professional William Cummings. Whether Cummings had wanted to impress the punters that

he had given his all, or whether he was literally run 'into the ground' by his relentless adversary is not known, but report has it that the compact Scot collapsed 70 yards from home while George strode on to clock 4m. 12½s.

One of the incidental achievements in a career that included 18 other world records and seven Olympic gold medals was Paavo Nurmi's mile record of 4m. 10.4s. in 1923. The impassive Nurmi considered a time of 4m. 4s. within his compass and there is no reason to doubt that a man so far ahead of his time in training methods, and who in any case gave little attention to English distances, could have lived up to his own estimate.

Jones's coach had told him in 1913 that 4m. 10s. would be beaten within three years. In fact it was not until 1931 that a Frenchman broke through to 4m. 9.2s. Jules Ladoumègue, an emotional runner who, according to those that knew him, felt 'really in anguish' in the hours before a race, can still in the tranquillity of advancing years become emotional over the exploits of his countrymen, and has even been known to jog a gentle lap or two in training with the genial Jazy.

In the 'thirties,' things were happening in the world of miling. Jack Lovelock, a New Zealander at Oxford, described by contemporaries as 'perfect running machinery,' moved rhythmically into action at Princeton, New Jersey, in 1933 and recorded 4m. 7.6s. 'It was all so easily accomplished,' wrote an eye-witness, 'as to make a four-minute mile seem just around the corner.'

Lovelock, however, had less interest in breaking records than in beating opponents and one of his regular victims was Glenn Cunningham, a burly American who toured the Princeton track in 4m. 6.8s. a year later to recapture the record for the United States.

Lovelock's presence in this country had raised the level of competition to a point where mile fans could hope to see Great Britain represented in the official record books for the first time.

The man destined to provide the performance was Sydney Wooderson, a small but tenacious and seldom defeated runner who beat Lovelock in 1935 and 1936 before coming into his own after the Kiwi's retirement, in 1937. The occasion was a specially-framed handicap at Motspur Park in Surrey in which a team of runners pulled Wooderson through three laps in 3m. 8.2s., leaving him to forge his way round a punishing last lap in 58.2s. for a world record 4m. 6.4s. On hand to congratulate Wooderson was W. G. George, then nearly eighty.

What Wooderson might have done had the war not interrupted his career in its prime is entirely conjectural. He did, incredibly, come back after the war to clock 4m. 4.2s at the age of 31, but by then the master milers of Scandinavia had recorded times which were to make the record the sole property of Sweden for a period of twelve years.

### **The Swedish hares**

It was in 1942 that Gunder Haegg and Arne Andersson began the process of erosion that was to reduce Wooderson's mark by a whole five seconds. Haegg first ran 4m. 6.2s. only to be equalled by Andersson nine days later. But Haegg, in an unprecedented spate of activity that shattered ten world records in the space of twelve weeks, answered the same year with 4m. 4.6s. Andersson, more a specialist miler than his rival, startled the experts the following year with a 4m. 2.6s. run, and flung down the challenge still more defiantly to Haegg in 1944 with 4m. 1.6s. Haegg, however, showed that he was by no means lagging either in speed or intention when he ran an even 3m. 43s. for 1,500 metres the same year, the exact time, in fact, that Bannister was to clock en route to his first four-minute mile ten years later.

The deciding clash between Haegg and Andersson was run on the superbly fast track at Malmo in Southern Sweden on 17th July, 1945. It was the last of 19 world records set up by the durable pair, for their suspension was to come a year later. Haegg raced straight into the lead, covering the first lap in a scorching 56.6s. Andersson picking up the metal case from a blank cartridge on his spikes in the first few strides, never quite came to grips with the situation and Gunder 'the Wonder' blazed home in 4m. 1.3s. Under the rule then in force, this was rounded off to 4m. 1.4s. and remained the target for the world's milers for nine years.



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That it was humanly possible to break four minutes for the mile was never really in doubt after the Haegg era. A former 'hare' of Haegg's, Lennart Strand, equalled the world 1,500 metres record of 3m. 43s, in 1947 while Germany's Werner Lueg joined the Swedish pair in the 3m. 43s. bracket in 1952. It did not take advanced mathematics to calculate that in good conditions any of these three might theoretically have sustained that pace for a further 120 yards to reach the mile post in less than four minutes.

#### The theory vindicated

The man who put theory incontestably into practice was, of course, Roger Bannister, an Oxonian in the tradition of Jack Lovelock, and like the great New Zealander, a man who thought before he ran. Bannister's epic run on 6th May, 1954, was a masterpiece of planned precision. Paced for two and a half laps by Chris Brasher, and then for a further lap by Chris Chataway he galvanised himself over the last furlong towards the goal that had eluded the best runners of history. The announcer's opening words were all that I heard—the rest were drowned in the cheers of the crowd—but they were enough: 'Three minutes . . .'

It was 3m. 59.4s., a fresh challenge for those brave enough to stand the test but one which did not seem likely to be met for a few years. The shock was perhaps greatest for those who watched Bannister's historic race and greatest of all to Bannister himself when, only 46 days later, Australia's John Landy ran an astounding 3m. 58s. at Turku in Finland, and this, it must be added, without planned pacing.

Bannister was to beat Landy in the Empire Games mile at Vancouver later that year so, in a sense, Britain was still in a position of miling supremacy when Derek Ibbotson, in an enthralling race at White City in 1957, recaptured the world record with 3m. 57.2s.

Those who believed that progress would come in ever-decreasing instalments now that four minutes had been well broken were soon to revise their opinions. Out of Australia came another tough, relentless runner, physically as well equipped as Landy and psychologically the equal perhaps of any runner that ever lived. It was not just that Herb Elliott broke the world record by the biggest margin of improvement since the inception of the official records in 1913 when he clocked 3m. 54.5s. at Dublin in 1958. This coupled with his Commonwealth and Olympic titles, and his world 1,500 metres records (neither of which have, at the time of writing, been approached) would alone rank him as the greatest performer yet seen. But surpassing all this is the awesome fact that Elliott was never beaten in his day over one mile or 1,500 metres.

Elliott's mile record has gone and his 1,500 metres record will be broken. But his unbeaten record is the peak achievement in the whole story of miling. It is one that no runner currently in action can possibly surpass.

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## The Davids of the Athletic World

STAN GREENBERG

**W**ITH the development of track and field around the world, no longer are the top honours in the sport the sole prerogative of the Goliaths, i.e. the U.S.A., U.S.S.R., Germany, Poland, Britain, etc. Even before the war there was the occasional emergence of a world beater in out of the way places. One who immediately springs to mind was Silvio Cator of Haiti who broke the world record in the long jump. In the immediate post-war years the outstanding example of the "David" figure was the 1952 Olympic 1500m. champion, Josy Barthel of Luxembourg. The genial giant from Fiji, Mataika Tuicakau is another who came to the fore, in this case in the Empire Games in 1950.

This year we have the European Championships and the Commonwealth Games. There have been, and will be, reviews of prospects ad nauseam, so in an attempt to be a little different, and also because it may be of some interest, this survey will cover only the prospects of the 'minor' countries.

## COMMONWEALTH GAMES

Because of the proliferation of territories who can and will enter separate teams, these Games are the happy hunting ground of the unknowns. One always expects the stars of Australia, New Zealand, Canada, India, Pakistan, the Home countries, and even Jamaica and Trinidad to do well, but what of the rest of the near forty entrants.

Looking at them in rough geographical groupings, attention is currently focussed on FIJI, with the news that National Coach Ron Pickering is there for a short tour. Though having produced some surprisingly good men in recent times, this year's crop seems to be overshadowed by a girl, Ana Ramacake, who has long jumped 19' 4½" and clocked 10.9 for 100y. PAPUA-NEW GUINEA has put a lot of effort into the sport over the last few years and standards are rising, with the sprints quite respectable and Oe Ivaharia throwing 210' plus in the javelin. At the South-East Asian Games last December, MALAYSIA cleaned up with some very promising material. Foremost among these are Manicka Jegathesan, a seasoned Olympic veteran with clockings of 100m. in 10.4 and 200m. in 20.9. Karu Selveratnam hurdles at the 52.7m. mark, Kamurrudin Maidin triple jumps 49' 10" and Subramanian runs 800m. in 1:51.5. Nashatar Singh should show up well in the Kingston javelin having thrown 234' 9½". On the distaff side M. Rajamani is one of the top female middle distance runners in Asia with performances of 56.5m. and 2:15.1m. SINGAPORE has been overshadowed by its bigger neighbour and only Gunasena has made his mark with a 53.3m. hurdles.

In Africa most attention has been diverted to Kenya's Keino and Kiprugut. But they have other fine athletes, such as John Owiti, 9.5 and 21.3 a logical successor to Serafino Antao. Others are Ben Kogo, 3kms. at 8:47.4 and two other men under 9 minutes, Peter Francis, a 1:48.9 half miler, Songok and Sang with hurdle times of 51.0 and 51.9 respectively, Kiprop Koech, a great decathlon prospect, and a whole host of 3/6 milers ready to emulate their famous compatriot. Next door, in UGANDA, two of its best are at American colleges, Aggrey Awori, 9.4 and high hurdles in 14.0 and Ken Latigolal, a 1:50.8 half miler. Omolo, 46.7y, and Ochana, 50.8y, are already well known and will be joined by two 14.2 high hurdlers, Eswau and Okiring. Even TANZANIA can score with Paschal Mfiomi capable of a 'Bikila' in the marathon. Female athletics has not made much progress as yet in East Africa but Irne Muyanga of Uganda achieved some prominence clocking 12.0 for 100y. at Tokyo, which gives credence to her home 100y. clocking of 10.7. The position of RHODESIA is not clear vis-a-vis the Games, but men like Hlomani, I. 49.5y, and marathoners, Mronbe and Kanda will make their presence felt if they attend. Pole vaulter Danie Burger has returned to South Africa and thus becomes ineligible again.

NIGERIA is having a resurgence just now and David Ejoke, 9.4, 20.8y, is the spearhead of a potentially great relay team. Hurdlers Erinle and Akika, both 14.1 men, and Ochomma, 51.9m. have been joined as major points scorers by Samuel Igun, a 6' 10" high jumper who last year emerged as one of the best triple jumpers in the world with 53' 4½". His second string Ogan clears 52' 8" giving them the strongest duo in the Commonwealth. Wariboko West can long jump 25' 5" and recent advances have been made in the discus, Anukwa 158' 5", and the javelin, 234' 7½" by Oyakhire. Amelia Okoli is Africa's most consistent lady high jumper at 5' 6" and would seem to only need some competition to improve into the medals.

GHANA's fortunes seem to fluctuate in direct opposition to those of Nigeria. Though he won the 1962 long jump title, Mike Ahey has since concentrated on the sprints, clocking 9.4 last year. Nevertheless he is still jumping over 25' 0" and could create a stir here. James Addy clocked 46.8 and will be the base of a strong 4x440y relay team. Rose Hart is the only girl of any standard with a 80mH time of 11.0 to her credit, plus some good sprinting.

The West Indies will surely achieve great things on their home ground so to speak. Recent exploits of Jamaicans and Trinidadians, especially sprinters, jumpers and relay teams are known well enough, but there are other stars. BRITISH GUIANA has come up with Lloyd Bacchus, a quartermiler in the typical West Indian tradition, and in Hilburn Van Buckley, a name to conjure with, they have an above average sprinter. Veteran Reg Dash is now attending college in Puerto Rico (which produced 16 footer Cruz) and has vaulted over 13'0" and improving. The

BAHAMAS have that Cardiff favourite Tom Robinson, as good as ever despite his years, ably backed up by 21.0 furlong man George Collie. Tiny ANTIGUA, having already produced 25' 0" long jumper Lester Bird, can now claim a 6' 7" high jumper by name Ivor Bird—apparently no relation. (One will refrain from any 'birds of a feather' remarks). An outstanding prospect for Kingston is Ben Laville from DOMINICA, who after three years at American college has improved from 205' 0" in the javelin to a norm of around 240' 0" and a best of 243' 6". A 9.6 sprinter, Baptiste, and a 200' 0" plus javelin thrower, Clouden, sum up ST. VINCENT's chances. Finally, BARBADOS, which showed up well in last year's West Indian championships, led by Anton Norris, the 6' 8½" jumper and Keith Forde, a fine middle distance runner currently at New York University, are also gathering strength in the relays. They also have in Patsy Callender, 5' 6", and Clover Arthur, 5'5", as good a pair for the ladies high jump as most major countries can command.

#### EUROPEAN CHAMPIONSHIPS

The European scene is more difficult to assess within the terms of reference that I have set myself in that the level of "weakness" is much higher. Thus there is more likelihood of the unknowns from unusual countries coming through to the medal spots. The surprise caused by Zoltan Vamos of RUMANIA in the 1962 steeplechase spotlighted the Balkans generally. Rumania itself has the services of the above mentioned athlete who is now concentrating with success on that event having achieved 8:36.0 only just ahead of compatriot Caramihai, 8:37.8. The 1500m. is left in the capable hands of newcomer Bloziu, 3:40.8. In addition they have three high jumpers over 6' 10" and a 15' 7" vaulter in Astafei, with a definite medal prospect in Ciocchina a 53' 5" triple jumper. Very strong in the jumps, they have the usual Eastern European depth in the throws, with primary attention focussed on the junior Costache, one of the best young hammer throwers in the world. Sokol has chalked up 7433 points in the decathlon and appears a good competitor. Among the women is Ioana Petrescu, who in 1965 was ranked 4th in Europe for 200m. (23.5) and is moving to 400m. with success. Viscopoleanu, 21' 4½", is a threat to most long jumpers and could give them a double in the jumps since it is inconceivable that Balas can lose. Tokyo's biggest (in all senses of the word) surprise winner was probably Michaela Penes in the javelin, and as she is still only 19 her potential is rather frightening.

The BULGARIAN women are not as strong, though Angelova, DT—186' 0", Khristova, S. P.—54' 8½" and Iljeva, 400m.—54.4, should place well. However the men's team make up for their lack of prospects. The sprinters Traikov and Shipokly both 10.3 men are probably better than most East Europeans. In the steeplechase the new record holder Tikhov, 8:46.0, seems capable of far better times and young hurdler Boshinov, 14.2, is also going places. The jumps particularly abound with talent personified in Jordanov, 6' 11½", Tzonev, 25' 10", Stoikowski, 53'3" and very consistent, and Khlebarov, one of the best in Europe with 16' 3½" in the vault. The throwers are comparatively weak though a high point is in the discus with Damjanov, 187' 3½".

GREECE only seems able to nurture one or two top athletes at a time. The current stars are Papanicoleanu with 16' 1½" in the pole vault and the 30 year old Marsellos in the hurdles. Closer to home, EIRE's triumvirate of Carroll, McCleane and Clifford in the middle distances are getting a little long in the tooth, but, particularly the first named, are still a force to be reckoned with. As with so many countries, SPAIN has an up and coming pole vaulter in Ignacio Sola, 15' 9½", who with Luis Areta, 53' 1½" in the triple, forms the backbone of the national team. Last year saw the rise of a steeplechaser of some merit, Salgado, 8:46.0, while cross-country champion Arizmendi consolidated his form over 5000m. Neighbouring PORTUGAL will rely heavily on Tokyo 4th placer De Oliveira in the steeplechase, 8:36.2, to bring them more honours. AUSTRIA's national hero Heinrich Thun, HT—228' 10", was injured last year but some consolation was gained by the performances of Ernst Soudek, who while studying in the United States threw the discus a remarkable 190' 4".

SWITZERLAND has no one of the stature of Laing, 45.7 in 1962, on the track, but Urs Von Wartburg, JT—271' 6", will be out to make up for his bad fortune at Tokyo when he was very unlucky not to get a medal. No longer the great power it was in the 1930s, FINLAND has been having something of a revival but oddly enough in the field events. Not many countries have two 26' plus jumpers, Stenius

it was in the 1930s, FINLAND has been having something of a revival but oddly and Eskola, an 18 years old vaulter over 16' 0", Mustakari, five 270' plus javelin throwers headed by Kinnunen, 289' 2", and a teenage triple jumper over 52' 6", Poussi. Track hopes lie firmly in the steeplechase with the record holder at 8:37.6, Kuha. The sole claim to fame for ICELAND is Jon Olofsson, a 6' 11" high jumper, who has also cleared a world's best of 5' 9" without benefit of a run up.

Finally the exploits of some of NORWAY's athletes seem capable of lifting it into the 'major' country group soon. Often opposed to Mary Rand in the long jump, Berit Berthelsen, 21' 2½", has moved into the 400m, 54.4 and may yet achieve even more success here. In that great 5000m. race at Helsinki last year Thor Helland ran 13:37.4 to rank as one of the best ever at the distance. Kjellfried Weum's 14.1 for the hurdles rates him high in Europe and in Tore Pedersen, world record holder at 300' 11", and Willi Rasmussen, 276' 0", they have potential javelin winners.

One of the most important factors that the proponents of the argument for dual meets over championship meets overlook, to my mind, is that often outstanding individuals are nationals of a country that is otherwise so weak that they never get a match against a country that has people to test their star. To illustrate just briefly one can remember the incredulity that was caused at the White City in the early 1950s by a Turk, Cosgul, who, in one of the most exciting 3 miles seen there (and it has had its fair share of great ones) went down by mere inches to the 1952 Olympic champion Ashenfelter, in the course of leaving British hopes floundering.

## Race Walking

L. W. WOODCOCK

*(Hon. General Secretary of the Race Walking Association)*

**W**HEN your Editor kindly invited me about two years ago to write about Race Walking I knocked some copy together covering the sport from its early beginnings. Now that I have been asked to contribute more about this branch of athletics, I feel that this time I should deal with the organisation of the sport as it is to-day. For many track and field enthusiasts the only contact they have is when they see a track event and on these occasions they wonder what the sport has to offer an athlete. By far the strongest support is for road events and major races sometimes attract entries of 300, or more. The newcomer comes from a variety of sources. Some come from novice events which are specially promoted for the purpose, a few come from track and field, who find that they have made little progress with their first choice, some are introduced to Race Walking by a friend already connected with our activities, some appear on the scene because of their love of walking and more recently the lower age groups have become interested. The latter were probably inspired by the success of our walkers in the Olympic Games and European Championships. It is obvious that in these days of specialisation the youngster must be attracted, and, with this in mind, the help has been sought of the English Schools Athletic Association. This request makes serious problems for the Schools and these are appreciated by the R.W.A., but it is hoped that some formula can be worked out, which will soon enable any boy of school-age to take up the sport, and, with good-will on both sides, it is hoped that a start can be made very soon. The R.W.A. promotes National Road Walking Championships for both Youth and Junior age groups at suitable distances and the A.A.A. include a track walk for the same groups. If the schools can see their way to include race walking in their programme, then the intake to the sport must go up considerably.

The A.A.A. has delegated to the R.W.A. powers to manage and promote Road Walking and to promote and develop track walking and the Committee are always looking into ways and means to improve its control of the sport. The parent body has its own officers elected annually at an Annual General Meeting and works through four Area Associations, each of which have their own Officers and Committee. The Areas send delegates to the National Committee on the basis of one

representative for every five member Clubs. This results in our quarterly National meetings being attended by between 25 and 35 officers and delegates. The meetings of the Area Committees are held according to the activities of the Area. In the South these meetings are held in London at monthly intervals and their Committee consists of the Officers and ten members, all elected at an Annual General Meeting. At both National and Area level there are Sub-Committees for Judging, Coaching, Handicapping, International, Records, Publications, Rules Revision, Standards, Championships, Officers Emergency and others as required from time to time for specific purposes.

A very important side to our sport is the Judging system. I deplore the recent number of letters both in the National Press and the athletic magazines criticising our Judging system. I know that not one of the writers has lodged a complaint officially with his Area Committee, and it does the sport little service to rush into print with comments which often are no more than a point of view. It might help here to understand the problem if I can explain as briefly as possible just how our Judges system works. The I.A.A.F. definition of Walking is "Walking is progression by steps so taken that unbroken contact with the ground is maintained." and there is no quarrel with this, but the problem becomes complicated by another Rule which is an instruction to Judges that "Judges of walking must be careful to observe that the advancing foot of the walker makes contact with the ground before the rear foot leaves the ground, and, in particular, that during the period of each step, in which a foot is on the ground, the leg shall be straightened (i.e. not bent at the knee) at least for one moment." Most people connected with our sport consider that this second Rule is really a matter of style. It is felt, and specially in the case of fast track walking, that a Judge must concentrate on the matter of "contact." If he raises his eyes to the knee, he cannot concentrate on the contact being made by the walker under observation. The problem is increased when there is a large field and several walkers are in the range of a judge's eyes. Other complications can be when a walker blisters in a road race and cases where a walker is physically unable to lock his knee. All these problems have resulted in our Judges Sub-Committee deciding that for domestic events the locked-knee, shall not of itself be a cause for disqualification.

Other comment has been directed at the I.A.A.F. system of judging which provides what has become known as 'dual judging.' The Continentals agree that all Judges shall act in an individual capacity and when, in the opinion of two or more judges a competitor's mode of progression fails to comply with the definition, he shall be disqualified and so informed only by the Chief Judge. This means that there must be some quick means of contact between each judge and the Chief Judge and problems arise when there is a large field and some build up of traffic on the roads. The I.A.A.F. provide for such cases by saying that a competitor may be disqualified immediately after the conclusion of a competition, if circumstances render it impossible to give earlier notice to the competitor. This means that a Judge who makes a decision for disqualification is often unable to effect the disqualification until much later in the race when the competitor may be walking quite fairly. In domestic events our judges act independently and have the authority to disqualify on the spot.

Our Judges Panel is made up of walkers who have much racing experience and who have hung up their racing shoes. Very few indeed have had no racing experience. This willing band of officials all have a desire to assist by putting back a service into the sport which has given them so much pleasure (and pain!) in the past. We expect our Clubs to submit the name of a member who has first obtained some experience of judging at Club level, so that they can submit an application for appointment accompanied with a recommendation from the Club. If the application is approved by the Area Committee the newcomer will be appointed to the R.W.A. Panel of Judges as a Grade III Judge. The Gradings are:—Grade I: To compromise those considered qualified and available to officiate in A.A.A. and R.W.A. National and Area Championships and all other walking events. Grade II: To comprise those considered qualified and available to officiate in County Championships and Open Races, School Events, Track Events and other Closed Events. Grade III: To comprise those considered qualified and available to officiate in Club Races, Schools Events, Track Events and other Closed Events. Unless previously authorised in writing by an Area Judges Sub-Committee or by the Chief Judge of

a race, a Judge should not officiate in a higher Grade than his own. In order to qualify for promotion, Grade III Judges should operate as often as possible but they will only have powers of disqualification when officiating in Grade III events. Whenever possible they are paired with a Grade I Judge by the Chief Judge and encouraged to demonstrate their knowledge and ability by the senior judge. The Association has a standard printed card which is provided free for each judge appointed for each event. These cards are handed out by the Chief Judge on the day. On one side will be found the instructions of the Chief Judge as to his duties for the event in question, telling him where to place himself and if he is to concentrate on a particular section of the field. On the other side of the card provision is made for registering disqualifications and calls for the judge's observations on the race. The cards also include space for the judge's report on the abilities of any Grade III Judge paired with him. The cards must be handed back to the Chief Judge immediately after the race, who compiles a complete list of the disqualifications and then hands this list to the Chief Recorder so as to make quite sure that no disqualified walker is scored in the result. The Chief Judge is provided with a Report Form which he must complete and return with the judges' cards to his Area Judges Secretary. Information required here includes the names of Judges Present, Judges Absent, Apologies Received, Conditions (a) weather, (b) Roads, (c) course, Competitors disqualified and Comments (a) on competitors, (b) on organisation and (c) on Grade III Judges. The Judges Sub-Committee go through all these cards and reports thoroughly at their monthly meeting and will take any action necessary. This might result in writing to a particular walker who has been observed to be walking at a danger to himself and to traffic on the road and specially if he has ignored a request by a judge to take certain advice for his own good. It might also be a letter to a Club or promoter about their organisation of a road event or even to invite a change of course for future occasions if there is great danger to the athletes or if it is felt that a feeding station has been dangerously sited. The Area Judges Sub-Committee review their Panel annually to see what up-gradings can be recommended to the National Committee or to down-grade, and, in extreme cases, to delete a judge. These recommendations have to be approved by the full Committee before becoming operative.

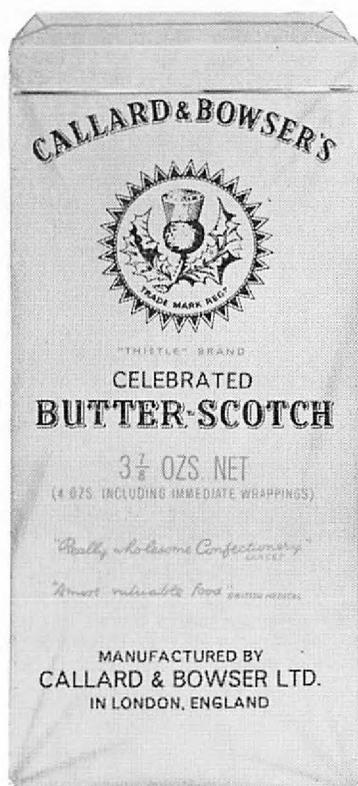
A promoter is expected to apply to his Area Judges Secretary for a Panel of Judges well before the date of his event. Months ahead, if possible. The Judges Secretary then sends out invitations to a Panel of Judges inviting them to officiate and when their replies have been received he will then pass the completed Panel to the promoter in time for inclusion in his printed programme. By letting the R.W.A. Area deal with the appointments of Panels it ensures that the Area knows which judges have been appointed and the frequency of their appointments and assists in avoiding delays when more than one event is being held on the same day.

The National Judges Sub-Committee considers appointments to the I.A.A.F. Panel of International Walking Judges. At present we have twelve judges on the I.A.A.F. List. Any new name or any deletion is recommended to the B.A.A.B. for approval and onward transmission to the I.A.A.F. Whenever walks are included in International Matches in this country we endeavour to only appoint judges who are on the I.A.A.F. Panel, but, if for some reason we are unable to do so, the numbers will be made up from our Grade I List.

The number appointed will be eight for a track walk and a varying number for a road event according to the size of the field and the type of course being used. In the latter case there may be as many as twenty-four Judges operating for a large event. In A.A.A. and R.W.A. Championships we make sure that the Judges appointed are drawn from all our Areas so as to avoid any Area bias criticism.

I have written at length on the R.W.A. Judging system because it plays a most important role in our branch of athletics and few outside our ranks know how it works.

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# The New Year Handicap

TOM McNAB

**N**EWTONGRANGE is a dark little Midlothian mining town; red-brick rows of houses, the dark hump of the mine-workings, and the bleak little stadium.

The stadium is built on slag and the terracing is railway-sleepers. To-day the terracing rings with the cries of bookmakers for to-day is the day of the Newtongrange Sprint.

Hard-faced men, tight-lipped men waiting till the odds are right, then the notes spring forth. Men from Fife who have seen a thousand 'fiddles' and a million 'twists.' Men who bet on whippets and greyhounds. Men who bet on anything.

The accents are many. Soft Midlothian, rough Fife, broad Yorkshire and Lancashire. The runners pad about, many of them cowed in balaclavas. They have broad country faces; or shrewd mining ones, for these are country boys: 'pro' athletics is a rural sport. Even to look at them brings a whiff of the liniment and hot-tea tents, a glimpse of the rough pegged running tracks of the summer country meetings. Grasslot, Gorebridge, Lasswade, Tillicoultry, these are their homes.

The track for the middle-distance runs is a grass one on the soccer pitch, but the sprint track is ash—black ash, sifted ash, ash brushed and rolled, ash stroked tenderly, ash crushed hard. For the Sprint is Newtongrange. As the sprint was Powderhall.

Powderhall. The sheer weight of Powderhall tradition is the reason for Newtongrange. Since 1870 Meetings had been held at Powderhall until 1957 when a long, rich and proud history drew to a close. What sights the old Ground had seen! The great Harry Hutchens easing up to record 'evens' for 300 yds. in December. The strong, fast Borderer Dan Wight winning the great Handicap twice from scratch. Postle and Donaldson; Downer and Day; Scally, McRae and Cummings striding on endlessly, Cummings ripping through the field to lose by inches.

Powderhall can never be replaced. That is certain. All are agreed that the atmosphere was unique, and can never be reproduced at Newtongrange or anywhere else on earth. But the New Year Meeting must continue, Powderhall or no Powderhall. It is the last bastion of Pedestrianism in a world which has rejected it for other things.

Time was when Victorians flocked to see the feats of pedestrians; McLeavy against time; Cummings versus George; could Perkins really walk 8 miles in an hour; or Weston 500 miles in 6 days? Let us go and see. Let us go and see.

No more. Other things hold sway. Life is sweeter now and the miners no longer answer hunger's bite with running-corks and spikes. No longer does each village have its Games each Summer. Where now are Springburn Highland Games, Shettleston National Games, the Paisley Gathering? Gone, All gone.

Housing schemes where tracks were,  
Shot-putts melted down,  
Cinemas where runners stripped;  
Cabers prop the town.

Grassed the track where Hutchens  
Warned December's cold,  
Who remembers Cummings?  
No one but the old.

Few of the athletes are fit and many are old. The half-mile is won in 1:58.0, only moderate time, even in mid-winter, by Embleton of South Moor.

The sprinters are ready, jogging nervously in their yellow bibs. 'Get to your marks and get set.' The hips rise. Crack! Arms whip the cold air; knees rise fast. The runners pass and the tape snaps. The first heat is over; some thrust their way to the foot of the crowd to collect their winnings. Others stand still or look at their race-cards. For it is a race-card, just like the race-card at the 'dogs' or whippets. Only to-day it is men.

2—1, I give 2—1! Evens! I give evens! Who'll take evens? Crumpled notes come fast and the odds drop. 2—1, I'll take 2—1!

The air is cold, but the bookmakers have flasks and sandwiches. Whisky too. The crowd drink tea from paper cups and munch sixpenny pies.

The pace is slower than an amateur meeting, for bets have to be laid at the end of each heat. Rumour threads the crowd. 'E's a non-trier.' 'Is stable-mates in the same 'eat.' 'Take Bradley. A good 'un.' 'Bags I Thomson.'

Listen to the Cumberland accents. Listen to the men from the North, Halifax, Skipton, Ashington and Keswick. Rugby League, Yorkshire Pudding, smoke stacks and hearty teas. Listen to the men from the North. They know running. They know runners.

'Ah can make anybody int' world run with these 'ands. Anyone.'

'Ah saw Donaldson run a 1:59:0 'alf mile, then jump a 5' 0" fence! After a 1:59:0 half!'

'E could a bin a good 'un, but the fool wanted ter be a champion, a champion!' Listen to the men from the North.

The mile is an interesting race. Michael Glen of Bathgate, the scratch man, is the world Professional record-holder at 4:7:0, but to-day is mid-winter on rough grass and 4:30:0 is good time. Brotherstone of Gordon off 20 yds. is dangerous; long, lean and fluent. So is Tinnion, off 5 yds. thin and nervous, tickling the ground with grasshopper strides. But these men are not to win; Glen's brother James, off 100 yds. stocky and strong, wins in 4:27:5.

Heads are poking through yellow bibs, and the strings are tied. The crowd is quiet. They're Off! Pow of Innerleithen is up fast and off fast and never headed. He wins in 11:60, a sad reminder of the 'sub-evens' runs of the past.

A blue mist creeps over the slag-heaps. The bookies chatter ceases and the crowd files out. The sport is dead till May. The 1960 New Year Sprint is over.

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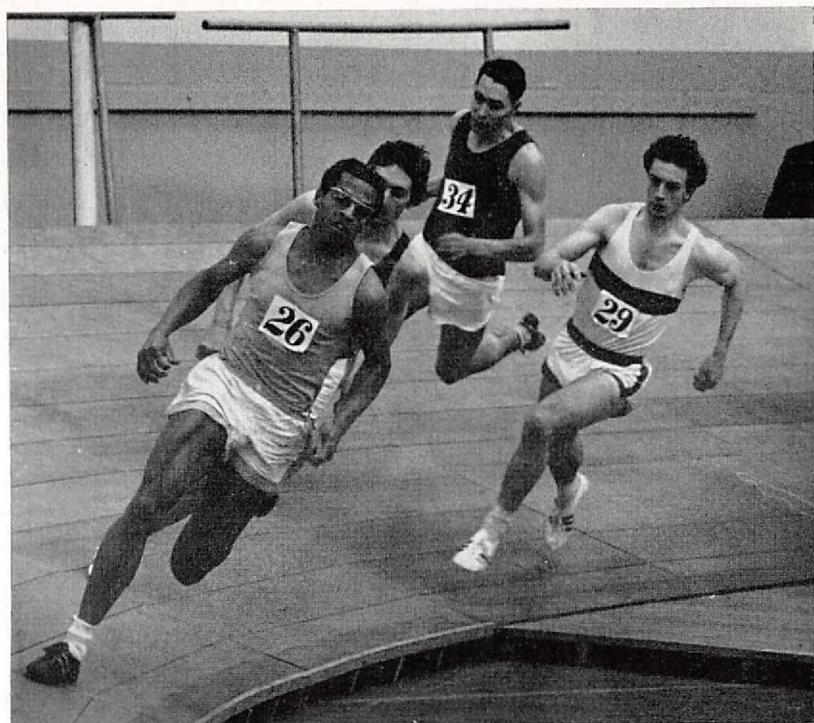
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## The British Empire and Commonwealth Games

KEN CHAPLIN

**T**HE problem of finding suitable accommodation for several thousands of overseas visitors including any of the members of the A.A.A. Club who are expecting to attend the 8th British Empire and Commonwealth Games to be held in Kingston from 4th to 13th August this year has been solved by the Organising Committee.

From as early as July last year every hotel in Kingston was fully booked for more than 2,000 overseas visitors who had by then indicated their intention of attending the Games.

Inquiries from overseas indicated that more supporters were coming than originally estimated. For example the Jamaica Tourist Board's London Office informed the Games authorities that groups consisting of more than 500 persons would be coming from the United Kingdom. This meant that additional accommodation had to be found in private homes for more than 1,000 overseas visitors, the majority of whom will be English and Canadian.

Householders, including those in some of the suburban residential areas, have responded wonderfully and more than the required number of additional rooms and beds have been obtained. The rates chargeable range from 35/- per day per person with breakfast to 50/- per day for two persons occupying the same room.

One of the advantages of having the Games in Kingston is the close proximity of the venues for the nine sports—athletics, swimming and diving, cycling, badminton, fencing, boxing, weightlifting, shooting and wrestling. With the exception

of the Twickenham Park Range which is situated nine miles out of the City, all the venues are within a radius of three miles.

The Programme has been so arranged that there will be very little clash in the times at which the events of the two big sports of the Games—athletics and swimming and diving—are held. This will enable spectators to see as many of the track and field and swimming and diving events as they desire.

The organisers are pleased that they were able to secure the University of the West Indies as the Games Village. The campus of the University, which is only four miles from the National Stadium, nestles at the foot of the St. Andrew hills and is the coolest area in the City.

The 1,400 athletes and team officials expected will live in the four Halls of Residence—Taylor, Irvine, Chancellor and Mary Seacole. Taylor Hall, incidentally, was named after the English educator, Sir Thomas Taylor, who was the first Principal of the University.

There will be training facilities at the Games Village for athletics, swimming, boxing, weightlifting and wrestling. It is not often that training facilities for so many sports are situated in the Village itself. Athletes will also train and warm-up on a track about 400 yards outside the main arena at the Stadium.

The 440-yards elliptical eight-lane track in the Stadium is perhaps the best in the Caribbean. It is fast and drains quickly.

Jamaica track and field athletes of both sexes are now training for the Games in earnest and there has been a good response numerically from those who later will vie with one another for a place in the National Team.

With the Assistance of the Government the Jamaica A.A.A. have engaged the American Coach Leo Johnson to assist in the preparation of our athletes.

Jamaica has always been at her strongest in the track and field events at these Games, and it seems that this year will be no exception. Outstanding performances at past Games are :

Keith Gardner's record breaking times of 9.4 secs. in the 100 yards and 14 secs. in the 120 yards hurdles at the 1958 Games at Cardiff. These two records still stand. Gardner also won the hurdles event at the 1954 Games in 14.2 secs. which stood as the record until he bettered it in 1958.

George Kerr's 440 yards victory at Perth in 1962 in 46.7 secs.

Jamaica's victory in the mile relay at Perth in 3 m. 10.2 secs. with Mal Spence, L. Khan, Mel Spence and George Kerr.

E. Haisley's win in the high jump at Cardiff. He cleared 6 ft. 9 ins., a new record which was bettered at Perth by P. F. Hobson of Australia who jumped 6 ft. 11 ins.

Paul Foreman's 24 ft. 6½ ins. in winning the long jump at Cardiff.

Apart from Kerr who will be representing Jamaica again this year, the host country is pinning her hopes of winning gold medals on Lennox Miller, Pablo McNeil, Neville Myton and Lin Headley.

A few months ago Miller returned the time of 9.4 secs. in the 100 yards. McNeil was credited with 20.8 secs. in the 200 metres last year. Myton is the holder of the world's junior 880 yards record of 1 m. 47.2 secs. Headley came third in the U.S. National Collegiate Championships last year in 9.4 secs.

Gardner, who is now Sports Officer at the University of the West Indies, will be coming to London in July to escort the Queen's Message, which will be read at the opening ceremony of the Games on 4th August, on its flight from London Airport to Jamaica.

Of the 42 countries invited to participate in the Games, 37 have so far accepted. These are Aden, Antigua, Australia, Barbados, Bermuda, British Honduras, Canada, Ceylon, England, Fiji, Ghana, Gibraltar, Hong Kong, India, Isle of Man, Jersey, Kenya, Malaysia, Mauritius, New Zealand, Bahamas, Nigeria, Northern Ireland, Pakistan, St. Lucia, Scotland, Rhodesia, Tanzania, Trinidad and Tobago, Uganda, Wales, Zambia, Dominica, St. Vincent, Sierra Leone, Papua and New Guinea and Jamaica. Only one has so far declined—Brunei.

News is still awaited from British Guiana, Malta, Malawi and Singapore.

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*The author of the above article is the Publicity Officer for the 8th British Empire and Commonwealth Games in Kingston, Jamaica and I am very grateful to him for finding the necessary time to write this article for us.*

# From the Legend (?) to the Living

A. E. H. WINTER

*Who wishes to thank many friends including Harold Abrahams, George Nicol, Ernest Clynes and Hilda Andrew who have helped to differentiate between fact and phantasy.*

**H**ISTORIANS tell us that the Battle of Marathon was one of the outstanding events in the history of the world. Whatever opinions may be held about this, there can be little doubt that this small village 22 miles from Athens has given to the modern world a name that has grown in fame whilst the ancient civilisation from which it sprung has crumbled into dust.

The battle took place in 490 B.C. on the plain 2 miles beyond the village and the Greeks under Miltiades defeated the invading Persians led by Darius; a soldier, Pheidippides was sent to run to Athens with the news of his countrymen's victory and the Marathon Race was born. A more colourful version adds that Pheidippides entered Athens, exclaimed, "Rejoice, we conquer" then collapsed and died. But perhaps that was the effort of a local scribe who was in search of a good story.

The late Lord Hailsham once tried to convince me that the Pheidippides story was a myth and never happened. Learned men may argue this point at their leisure, the fact remains that from this legend or fact, there has arisen a race which from its incorporation into the modern Olympic Games has given to the athlete the supreme test of stamina, speed and courage, and to the waiting spectator drama, and suspense.

The Prologue is over. The first scene is London in 1908 with its preparations for the fourth Olympiad which is to be held at the new White City Stadium during the time of the Franco-British Exhibition. To read to-day, of the preparations for the Games you realise the extraordinary appeal that the Pheidippides story has held throughout the ages. To the ancient Athenians he was a hero, to the Greeks of the last century who revived the Games at Athens in 1896 he was almost a god, and it is obvious that in 1908 the forthcoming Marathon Race had also gripped the imagination of the British sporting public.

The Amateur Athletic Association had decided that a number of trial races were to be held to select the British representatives for the great race. The Poly. H. were allotted one and also given the responsibility of organising the Olympic race itself. It is very informative to know that at this stage the distance of the race was intended to be about 24½ miles.

It was decided that the Poly. Trial Race should finish at Wembley Park, a venue used principally as a Trotting Track; a suitable starting point was considered to be Windsor and the Poly., are indebted to H.R.H. Prince Christian for obtaining from King Edward VII his gracious permission for the race to start from the private grounds of the Castle.

The Trial Race was started by Lord Desborough on 25th April over a course of approx. 22½ miles, the first two miles of which had been cleared of traffic. The event was run through pouring rain and was won by the reigning A.A.A., 10 mile Champion, A. Duncan, Salford H. in 2h. 15m. 45s., further trial races were held by South London H. (J. Powell, 2h. 28m. 23s.), Blackheath H. (E. Small, 2h. 51m. 2s.) and Birchfield H. (J. Price, 2h. 37m. 13s.) and at the final selection two Poly. athletes, J. Beale and H. Barrett were in the British team for the race.

The finish of the 1908 Olympic Race, with the disqualification of the Italian runner Dorando, the awarding of the title to the American competitor Hayes and the gift of a cup from Queen Alexandra to Dorando, is I suppose the most famous journalistic story there ever was. Jack Andrew who as the Hon. General Secretary of the Poly. H. and the organising keystone of the race often told me, what he did was on the instructions of the Medical Officer, Dr. Bulger, and Jack himself wrote

in the Poly. Magazine the following month "As regards the actual finish most of the reports written of same are absolutely erroneous as regards my assisting the winner—the doctor's instructions were emphatic, carrying them out caused disqualification; as the animated photographs show I only caught Dorando as he was falling on the tape, what I did then I would do again under similar circumstances."

I would like to add, as a piece of athletic history and in order to correct some misleading statements recently made in the daily Press, that the race was started at Windsor by Lord Desborough, Chairman, British Olympic Council, in the presence of H.R.H. The Princess of Wales who signalled the start of the race to the White City by the new electric telegraph.

A description of the route taken from a daily newspaper is interesting it says, "from Eton the route is through the leafy lanes connecting the small towns and villages of Slough, Uxbridge, Ickenham, Ruislip, Pinner, Harrow, Wembley and Willesden, the roads connecting them are almost houseless and the last mile is on the deserted wilderness of Wormwood Scrubbs." Another very interesting fact is that the first of the metal mileage indicators (with the Poly. H. badge) and I believe the only one existent, is still in position on Barnespool Bridge, Eton.

I have said earlier that the race was to be run over a distance of approx. 24½ miles, but Jack once told me that after having settled upon his route he learned that the London "Evening News" was, going to promote a professional race over the same route and in consequence he changed his finish and altered the distance to the now famous figures of 26 miles 385 yards. As this professional race was to play such an important, but little known, part in our history I think we must record that it was held after the Games and was won by Henry Sirret of France in 2h. 33m. 23s.

From a British competitive point of view the Olympic Marathon had been a great disappointment. Our high hopes had failed and expert athletic opinion considered that if our marathon runners were to reach world class, regular international competition was required. But by Disappointment out of Hope was to come Encouragement, for Britain's premier sporting newspaper "The Sporting Life" gave to the world of sport that magnificent specimen of the silversmiths art that was to become famous as "The Sporting Life" Trophy, for the "encouragement of long distance running in Great Britain" and asked the Poly. Harriers if they would promote an annual Marathon Race for it.

His Majesty renewed his gracious permission for our new race to start from within the private grounds of Windsor Castle. The Poly organisation went to work, a new route was planned, measured and proceeded through Slough, Uxbridge, Hanwell, Kew Bridge, Putney Bridge to Stamford Bridge where an Inter Club competition for a cup presented by our President, Lord Kinnaird, and later to become the famous Kinnaird Trophy and Marathon Race Meeting was in progress.

The new race attracted an entry of 68 and included men from France, Italy, Russia, Spain, Switzerland and Germany. The race itself gave a foretaste of many of the thrills that were to come in later years; for the first half of the journey the Frenchman led, only to lose the lead to F. Lord of Wibsey Pk. H., who in turn was passed by H. Barrett of the Poly. Our member's victory in such a field, especially after a disappointing performance in the Olympic race must have brought joy and hope to the club, but it was to be 25 years before the Poly colours were again victorious.

It was with deep sorrow that the nation learned the next year of the death of King Edward and our race was abandoned.

The following year saw Harry Green of Herne Hill H. who had been third to Barrett defeat Ryan of Canada, but the next year another Canadian, J. Corkery was to defeat C. W. Gitsham of South Africa and put the first overseas name upon the trophy.

The next race saw a complete sweep by our foreign visitors when A. Ahlgren of Sweden beat T. Kolenmainen of Finland with J. Christensen, third, Ahlgren's victory apparently was not a surprise as he was accompanied on the route by his Ambassador and greeted at Stamford Bridge by H.R.H. the Crown Prince of Sweden.

The following year, 1914 was again to be an historic one as we were honoured by H.M. King George V. acting as Starter. The King who was accompanied to the start by Queen Mary and Prince Henry sent off a race that was to be another blow to British hopes, A. Djebelia of France beating J. Westburg and W. Gruner, both of Sweden; it is interesting to read that the Frenchman, M. Moulder who finished sixth had the previous Sunday won the French Marathon Championship and had then beaten Djebelia.

The first World War saw a temporary cessation of our normal athletic activities but with the return to peace the race was in 1919 with Jack Andrew, assisted by Fred Hodgson, who was to deputise for Jack for two years a little later again as the organiser.

H.M. the King again acted as Starter and it was only appropriate that a Services athlete should be the victor, Cpl. E. Woolston winning as a member of the Machine Gun Corps.

The following year saw the resumption of the Olympic Games with Antwerp as their venue, British hopes ran high as the Poly. race had earlier in the year produced a winner of great promise, Bobby Mills a young Leicestershire farmer running in the colours of the Leicester H. had won our race in what was then the fast time of 2h. 37m. 40s. Our hopes were not realised, but Bobby Mills was to win again in 1921 when H.R.H. Prince Henry honoured us by acting as Starter, and again in 1922.

By now the name and fame of the Poly Marathon had been established throughout the sporting world and 1923 victory went once more overseas, A. Jensen of Denmark winning in 2h. 40m. 46s.

And so we come to 1924; looking at it now a memorable year, also once again an Olympic one, to see these years in their true perspective one has to remember that the athletic form of marathon runners was not so well known as it is to-day, there were always stories of "dark horses" and that some one had done something wonderful in training. Those who were at Windsor that year will remember that such a story was going around then—a young fellow in the R.A.F. at Uxbridge was really good and was going to win—his name was Ferris, but alas tipping winners, even marathon ones can be a risky business, and Sam came second.

The winner was McLeod Wright of Maryhill H., Scotland. The name of "Dunkie" Wright will always be linked with that of his Scottish marathon twin McNab Robertson and of the A.A.A. races that were to come; McNab never ran in our race but as will be seen later in one of the most thrilling marathon race finishes ever seen, he was to meet his Bannockburn at the hands of a Poly. Harrier.

During the years between the wars the marathon race increased in status and in 1925 the Poly. race received the athletic accolade of an A.A.A. Championship with Sam Ferris as the first holder.

For a few years the A.A.A. Championship race was held as part of the Championship Meeting, sometimes the marathon would be held, starting from Windsor and largely organised by the Poly and, on the Friday evening, it was in one of these races that Harry Payne won in what was then the extraordinary time of 2h. 30m. 57s., or about six minutes faster than had ever been accomplished in this country before; this time was to stand as a British best performance until Jim Peters beat it in our race in 1951.

In 1926 we were accorded the dual honour of having the Rt. Hon. Viscount Lascelles as our Starter and receiving H.R.H. Princess Mary at Stamford Bridge, where she graciously presented the prizes to the successful competitors.

But we must return to 1925 and to the reign of Sam Ferris. For five years Sam and the colours of the R.A.F. were to fly triumphant, but in 1930 the R.A.F. decided that they needed him elsewhere, so Sam went East. The new name that was to appear upon the trophy was that of S. Smith, Birchfield H., if there was to be a break in the R.A.F. sequence perhaps a great name in the history of British long distance running was a fitting one to fill the place, and so the name of Birchfield Harriers appeared once more on the scroll of fame.

Sam came back, and once more the Ferris fans would gather upon the terraces of Stamford Bridge to see their smiling hero come out of that rather dark and dreary tunnel under the Stands; during this period the foreign competition had been intense, reading through old programmes one sees the names of many champions from overseas—Zuna, U.S.A.; Diaz, Portugal; Koski, Finland; Jupin, France; Braunch, Germany; Laakenson, Finland; Lindsay, Belgium; Geisler and Hemple, Germany; Natalie, Italy; Marion, Belgium and so on but the "Sporting Life Trophy" stayed at home.

To be accurate, Sam's last race did not go to Stamford Bridge because 1932 was to see the end of the "Bridge" as the home of athletics, we had to forsake the happy intimate atmosphere of this famous old ground for the rather ghostlike vastness of the White City, for the Marathon Race it was the return to yesteryear but to the majority of athletic enthusiasts it was a matter of regret.

*I am very grateful to Arthur Winter for allowing us to print his History of the Polytechnic Marathon and this is the first part, the remainder will appear in our next two issues. The author is the ideal person to write this and he has been responsible for organising the race since 1935.*

## A Point on a Straight Line Curve

MIKE TURNER

AND so, finally, they commissioned Pugh of Everest to establish a few facts. For those whose minds had for months been fed the headline "Some Will Die," a scientific appraisal seemed long in coming, but nonetheless welcome, and Pugh's credentials were impeccable. Where would he start?

The objectives of the Research Project, Pugh decided, were to define the effect of 7,000 feet of altitude on athletic performance, and to determine to what extent this was influenced by acclimatisation. To answer his own terms of reference, he determined to find the initial difference in time taken to run three miles at 7,473 feet (Mexico City) as against sea level (London). Then he proposed to measure the improvement in performance due to increasing acclimatisation.

In the interests of scientific objectivity, he demanded the largest sample of athletes that could be taken to Mexico, a group of a homogeneous nature, and someone to ensure that the variable factors (conditions of track, competition, climate and fitness) were standardised as far as possible.

Instead, he was presented with six athletes of quite immoderate idiosyncrasies, with a height range of nearly a foot, a weight range of three stone and an age difference of seven years. One was a teacher, another a bricklayer, a third a civil servant, a salesman, an area manager and a professional student. A phlegmatic, a cynic, a neurotic and philanderer. He took them to a country they none of them knew, with a climate far removed from England in October, which demanded a six hour change in their diurnal rhythm. He jabbed them, vaccinated them, gave them blood tests, urine tests, dysentery pills and a book of forms to fill in. Then he asked them to perform as if nothing had happened.

So why were these men chosen? What was a travelling circus troupe doing in a statistically controlled scientific experiment?

One attribute only was common to all these men. They were hand-picked for this particular job because they possessed the attribute of consistency. They were chosen for their reliability as human machines. They were to be asked to produce the same answer day after day in routine work demanding continuous physical effort, with only the mental incentive they could generate among themselves. Their



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level of work output had to be predictable within very narrow tolerances, much narrower than were normally to be found in the biological sciences, So Pugh accepted the advice of the one man capable of persuading the chosen athletes to maintain the high level of performance he demanded. A man as dedicated as Pugh himself to producing the right answer.

And somewhere along the way, I found myself included in.

My system is not unique. You try to pick up the fast starters at about a mile, join the tail of the leading group at two to three miles, pick off the hard men one by one, and keep driving for the finish. Some fall who find to-day is not for winning and gradually stop trying, and some you catch who know you will be travelling all the way, give you best and save it for another day. These are behind, but some there are, and some there will always be, who finish ahead. That is the price you pay. Such is consistency, physically demanding, mentally unrewarding, coldblooded and unspectacular.

But to the physiologist it is the material of science. It enables him to deal in probabilities. It provides him with the tool to fashion an idea, to reshape a theory. It lends itself to analytical discussion. It may be weighed against other consistencies. It has value. It is almost real.

It is running the equivalent of 13 minutes 45 seconds for three miles every eight days for seven weeks. It is a continuous maximum effort on an instrument of mental torture known as a bicycle ergometer, ventilating at a rate higher than previously recorded by men of your own body weight. It is raising the blood pressure above the figures recorded in the textbooks. It is increasing the blood's acidity to levels approached only by a man in a diabetic coma. And will you do it all again tomorrow, please? These are the demands of consistency.

It is a shallow dry cough and a sweat rash. A love/hate relationship with your companions and friends. It is a debt you owe people you will never see.

So you maintain your position on the graph, in the time space that divides the two Norths, and force the improvement curve into a straight line. And in the end you have provided a few facts, to support Pugh's contentions—beyond all reasonable doubt.

## A Compilation

**A** COMPILATION by Andrew Huxtable of the world's best brothers and sisters appeared in the October 1961 issue of "Track & Field News"; it may be of interest to expand the U.K. contribution, and at the same time bring it up to date. Scores are as per the definitive (1962) edition of the Portuguese tables. (\* denotes twins).

### Best brothers

Gordon (13:36.8—5,000m.) & Peter (13:50.2—3M.) Pirie .....	1894
Gerald (28:11.4—6M.) & Geoffrey (8:43.0—2M.) North .....	1892
John (13:52.4—5,000m.) & David (13:38.4—3M.) Cooke* .....	1885.5
Michael (60' 8½"—SP.) & Christopher (47.7—440y.) Lindsay .....	1882.5
Juan (28:19.8—6M.) & Richard (28:20.8—6M.) Taylor .....	1880
Peter (4:03.4—1M.) & Anthony (4:02.7—1M.) Milner* .....	1877
John (1:49.3—880y.) & George (1:51.8—880y.) Wenk .....	1848
Arthur (29:43.0—6M.) & Dominic (27:51.2—6M.) Kelly .....	1831.5
Brian (14:19.0—5,000m.) & Dereck (4:10.9—1M.) Fernée .....	1789.5
Godfrey (46.7—400m.) & Ralph (55.4—440y.H.) Brown .....	1772

### Best brothers/sisters

Michael (4:07.0—1M.) & Mary (56.3—440y.) Tagg .....	1778
Godfrey (46.7—400m.) & Audrey (25.7—220y.) Brown .....	1725
Bruce (9:06.6—2M.) & Susan (2:18.9—880y.) Reekie .....	1643.5

### Best sisters

Rita (4:54.8—1M.) & Iris (2:14.5—880y.) Lincoln* .....	1680
Janet (23.7—220y.) & Susan (2:22.7—880y.) Simpson .....	1671
Alix (20' 0¼"—LJ.) & Jill (17' 10"—LJ.) Jamieson .....	1637
Violet (5' 4"—HJ.) & Jean (5' 3"—HJ.) White .....	1611.5



**TIM JOHNSTON**  
(Portsmouth A.C. and Achilles)

## Tim Johnston

**T**IMOTHY Frederick Kemball Johnston was born at Oxford on the 11th March, 1941. He stands 5' 8 $\frac{1}{2}$ " and weighs 9st. 6lbs. He is World Record Holder for 30 Kilometres and has also recorded the following performances:—1 mile 4:8.2, 2 miles 8:38.0, 3 miles 13:22.8, 10,000 metres 29:23.0 and a 8:50.4 3,000 metres Steeplechase.

The following is part of a conversation with him and gives some indication why many people consider that this highly intelligent young man is going to prove one of our brightest stars of the future.

**Q.** Statistically we have always been to the fore in World Distance running and have greater depth in these events than any other nation except perhaps Russia, yet all too often in an International race or a major Athletic meeting we have been defeated by lesser opposition. Why is this in your view?

**A.** Part of the trouble is this great depth of ours. Our runners have to fight so hard, all the time in order to reach the top and stay there. Thus it is not surprising they are not always at their best on the big occasion. By contrast, in countries like

France, Germany and Poland, whose distance runners so often seem to defeat ours, there is only a tiny handful of top runners. Consequently they have no selection worries because they are far and away the best. Therefore they can plan their season well in advance and get quietly on with the job of preparing for the big race.

But it is not simply a matter of too much competition. It could be argued that the competition is beneficial because it sharpens up the runners, and so it does to some extent. What I think so harmful is the situation where you have this excessive competition combined with an apparent complete lack of interest in what an athlete is doing off the track. All our athletes, not just distance runners—even the very top ones—are left to fend entirely for themselves. If they are having trouble of any sort, whether with injury, illness, at work, at home or anywhere else, no one seems to take any interest or offer any help. In most other countries athletes are considered a national asset and the State, a club or some private organisation will see to it that life does not get too difficult. They are found jobs where there is time to train, given if necessary help in buying a home, the best medical facilities etc. This must be about the only country where it is generally a positive hindrance to one's career to be an international athlete.

If one of our top runners, for one reason or another, loses form he just disappears. No one bothers to find out what has happened to him or help him solve his difficulties. It is not surprising in these circumstances that we have such a rapid turn-over of athletes at the top and this, of course, is a further point. It takes several seasons of top competition to make a world-class distance runner but most of ours tend, for the reasons I have outlined, to disappear before they have been at the top long enough to become really good.

I should like to see some official body set up which would keep closely in touch with all our top-class and promising athletes with the time, money and influence to help them sort out any difficulties they meet. Knowing that he has always someone behind him interested in his welfare and progress, can make all the difference to the athlete who might be tempted to decide it was just more trouble than it was worth being an international—and how many internationals have we lost like that in recent years?

To return to what I said earlier about the athlete being regarded as a national asset, I should like to amplify this a bit because I don't want to be misunderstood. I believe that an athlete can boost a country's prestige but not in what is perhaps the generally accepted sense. I could not be more against using athletic triumphs to support claims of racial, cultural or political superiority, which is why I always see something rather objectionable in statements that X is the fastest non-white, English-speaking or what-have-you runner in the world. The aim of any state should be to develop to the full the potential of its members. Fine athletic performances are a reflection in one field at any rate, of its efforts in this direction and bring it prestige accordingly.

What is unhealthy is when one starts using athletic performances as a criterion for measuring one country against another. Nationalism causes enough trouble in the world and it can only make things worse to encourage it in this way. The beauty of athletics is, that it is a thoroughly individual sport. In a competition you depend only on your-self and it is all wrong that the result of your efforts should be used as propaganda. I sometimes think it would be a good thing if all international matches were abolished and athletes competed only as individuals.

The situation in this country is particularly unsatisfactory. Rightly or wrongly, we choose not to sponsor our athletes in anyway, but at the same time we ask them to represent us as a country in international matches. If they do well and win we hail it as a triumph for the country when it is nothing of the sort. If they lose they may be condemned for letting the country down, which is a little unfair if the country has done nothing for them. Your performance, if it is good, does not reflect glory on the country, most of whom have probably never even heard of you until then, but merely on yourself. Conversely if you perform badly then you have let yourself down and no one else. Admittedly the country has given the athlete the opportunity for international competition and may also have provided the money and organisation to enable him to compete, so that he is to some extent in its debt, but the fact remains that the burden of responsibility that he is expected to bear as a member of the national team is out of all proportion to the assistance he has received from the country.

I am convinced that in all the big Championships—Olympic, European, etc., nationality should be entirely irrelevant. These should be contests between the world's top athletes. Why on earth should an athlete be barred simply because the country where he lives has other athletes better than him, or have the privilege of competing simply because in his country he is the best of a poor lot? If Russia has 20 Steeplechasers good enough to compete in the Olympics or the States 20 Sprinters then they should all be allowed to do so. It cheapens a top class meeting of this sort to include athletes from small countries who are nowhere near the standard of most of the other competitors.

Q. What do you feel are the main qualities for a world-class distance runner to possess and which do you feel are your main assets and liabilities, if any, in relation to them?

- A. 1. A fair amount of natural speed, endurance and relaxation.
2. A system of training that will develop these qualities to the utmost.
3. What for want of a more exact term, I will call the 'mental element.'

There are plenty of runners about with (1) and as far as (2) is concerned we seem to have pretty well reached saturation-point both in the amount and in the quality of training done, so I would say that (3) was by far the most important. By the 'mental element' I mean several things—first as a general outlook, a belief in one's ability to get to the top and a determination to do so regardless of all else. Above all the ability to apply this outlook in the course of a particular race, to push oneself that little bit harder than the others. However much it is hurting you have to be able to tell yourself it is hurting the others more and that if you can keep going a little bit longer they will crack. It is this battle of wills which makes a hard-fought distance race so fascinating to watch.

For myself, I am fairly well equipped as to (1), though I could do with better relaxation at speed. As for (2), I am still a long way from doing the optimal amount of training and am always experimenting with different methods. At the moment I am following a theory that every so often I should do one really hard session which leaves me utterly exhausted, rather than doing a regular series of moderately hard sessions, but I am having difficulty in gauging my recovery from these exhaustive efforts correctly. As far as (3) is concerned I have the right general outlook, but still lack the mental toughness to get the best out of myself. I tend to accept defeat too easily, but I like to think I am getting tougher. If I have 'chickened out' in one race then I usually manage to hang on a little longer next time. What pleased me particularly about my World Record 30km. was the way I kept going in the last 5 miles when feeling more tired than I had ever done in a race before.

Q. Nearly all the world's leading 3 milers have run or are capable of running a sub-4 minute mile. What do you think about this?

A. It reflects the growing tendency for the fast men to move up a distance as they get pushed out by still faster athletes. Former sprinters are discovering that with proper training they can run the 880 or even the mile, milers the 3 or 6 miles, 3 or 6 milers the marathon and so on. This is particularly evident in the U.S.A. where they have such an abundance of sprinting talent. In addition you have the fact that they have at last started a club system, which gives runners a chance to go on competing after they have left College, where formerly most retired before they ever had a chance to reach their peak. It is not surprising that they are now producing numbers of world-class distance runners. If they had a highly developed club system like ours, I am sure they would be stronger still.

Q. How important is athletics to you?

A. At the moment it is the most important thing in my life, as it is something that I feel I can do well. The more I put into it the better I will become. Most people have some sort of gift they can develop and I think you have to decide for yourself what sort of talents you have and when you have discovered these, do all in your powers to develop them.

I think that I shall go for the 6 miles this year, though I have not yet entirely made up my mind on this point. I have not had much experience at this distance and there are not many races at 6 miles, so I have got to run in the Inter-Counties. If I do not do well in this race then I may have to make other plans.

Q. Is your training geared to the fact that you lack basic speed ?

A. It is not so much actual pure sprinting speed which I lack. It is more the ability to sustain a fast pace and to relax at this pace. I have geared my training to try and overcome this problem. My training is always rather in a state of flux. I feel that I have not really done it quite right this winter. What I really wanted to do was to have a steady build up of distance work to Christmas and then put in some long interval work—half-miles and that sort of thing in the Park. Then have the cross-country season followed by a period of consolidation, after this a period of longish work and then move on to the faster stuff—interval 220's, 440's. However it has not quite worked out like this. Because of various injuries and things after that World Record I did not get in the distance work I wanted. Then I plunged into the Interval work and I don't think I had the basic condition to take it. I appear to be paying the penalty for this now. I seem to be less fit now than I was in January. After the International Cross-Country Race at Rabat is over I am planning to put in this conditioning work. If it means that I start the track season rather short of speed, then it is just too bad, but it is a long season. I would rather do that, than have a good first race and then gradually tail off later. I think the Cross-Country Season goes on too late into the year. I should like to see the "International" being held at the end of February and everything else put back accordingly. Before Christmas nobody is doing anything much and the Inter-Counties could start in the middle of December. This would give everybody time after the cross-country season to rest a bit and then to get in some good solid work before the track season began.

Q. Do you believe as a distance runner that a greater study of Sports Medicine could help you ?

A. Yes, undoubtedly. We must be about the only major athletic country which does not have some sort of Institute of Sports Medicine, where you could go if you had any type of injury. All the athletes would go there too and consequently a pool of knowledge based on practical experience in treating athletics' injuries would quickly be built up. At the moment there are a number of different people or groups of people doing quite good work, but the pity of it is that instead of co-operating with one another they tend to spend their time running each other down. If one so-called sports-medicine specialist fails to cure him, the athlete goes to another and if the latter succeeds, then instead of letting the first specialist have the benefit of his experience, he would rather say nothing and let it be known that the other is a quack. And with another athlete and a different injury, the same thing will happen the other way round. Of the various specialists I have had treatment from none have been complete quacks but on the other hand none has been omniscient.

There are also many individual G.P.'s who are interested in helping the athlete, even though he may not come, strictly speaking, within the category of a sick person. They, too, tend to be working entirely on their own, and with only one or two active athletes in a practice of, say, 2,000 patients, they of course have even less opportunity to get any practical experience of treating athletic injuries. What is needed is a central institute staffed by specialists to which the athlete could go directly he felt any trouble.

Another thing these Institutes do is to check on peoples' form and training. They are able to tell what sort of shape the athlete is in, whether he is training too hard and so on. It would be tremendously useful to have somewhere to which you could go every so often and have a check up and find out what sort of state you were in. We just do not have anything like that over here. I have been a couple of times to Freiburg in Germany, and they were amazed that we had nothing of a similar nature in Britain. It would also be useful to know the effects of various types of drugs, such as anti-biotics, on an organism which is undergoing a severe physical strain. Doctors prescribe these quite happily and then you go out and run, and they make you feel quite ill. With the chap who died in the Inter-Counties race, there was some suggestion that his death might have been connected with a respirator he was taking for Asthma. These drugs are apparently never tested on people undergoing severe physical exertion, while doctors don't appreciate that a drug that makes you even 1% below your normal form is worse than useless.

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# Social and Membership News

ROBERT STINSON

SINCE the last publication of the Newsletter there has really been little, at the time of writing, to report. On 21st January, 1966, at Shell Mex House the Club held a Social Evening when Tom McNab, the A.A.A. National Coach, gave his most interesting and amusing talk with films on the History of the Olympic Games. Fortunately the weather on the night of the Social was better than it had been earlier in the week, and a total of 96 people attended. During the interval refreshments were kindly supplied by the authorities at Shell Mex House for which we are most grateful. The A.A.A. girls were out in force distributing newsletters and application forms and we were honoured to have our new Chairman Lord Byers and Lady Byers with us. Our thanks once again to Norman Cobb for an excellent evening.

The A.A.A. Dining Club has got off to an undoubted good start. The second dinner under the writer's Chairmanship was held in the Queensberry Room at the Cafe Royal; 17 members and guests attended and this is little short of the optimum number for the Dining Club. Ross McWhirter spoke of the background to the selection of the sites of Olympic Games and discussion afterwards ranged on the whole sphere of international competition. A third dinner was held on 25th March with Roland Harper in the Chair. There were 15 people present but unfortunately it was not possible to obtain a Speaker. It was however an enjoyable evening and it is hoped that a panel of Speakers will have been organised before the first of next season's dinners on the 14th October, 1966.

Our grateful thanks are due to Ron Murray for his enthusiasm and energy in piloting the scheme with the Cafe Royal, which has got off to such a good start.

At the time of writing numbers of new members per month have been as follows:—December 9, January 12, February 10. This is more like the average rate in past years compared with the record year last year. Many members have requested application forms for friends and it is likely that the next circulation will contain these for everyone.

The arrangements with Whitehall Court are now nearly complete as the requisite number of applications have come in. By the time of publication all those who have expressed interest will have heard from me.

It is to be hoped that members will volunteer to help in forming a reception committee for the champions and other Club guests at the Championships dinner this year, as certain members of the Committee felt that there was a certain lack in this respect last year.

By the time that this is published you will no doubt have a new Chairman in Lord Byers and a new Treasurer in R. K. Farmer together with an enlarged and stronger committee. No mention of these changes would be complete without expressing thanks to Roland Harper for so ably filling the post of Chairman since Sir Joseph Simpson's resignation. Many of you too, will, I hope, have enjoyed K. S. Duncan's talk at the A.G.M. on the subject of the Mexico Olympics.

## Your Help Is Required !

JOHN DISLEY is looking for any unwanted trophies which may be knocking about! These are wanted so that he can have them re-engraved and used for the first National Orienteering Championships this year. I am sure that some of our members must have an old trophy lying about somewhere, perhaps in the loft, dusty and forgotten, until now. You will recall that we had an article about Orienteering in the last issue of the Newsletter, and I hope that some of you will have already found out the attractions that this sport has to offer. Anyway please try and help John, and if you can do so his address is, John Disley, 38, Broom Close, Teddington, Middlesex.

## Book Reviews

**"SPORT IS MY LIFE" by Percy Wells Cerutty. (Stanley Paul 21/-)**

Has there ever been a more complex and unusual person than the author of this book, after reading this and all the other books written by or about him, I still feel that I am nowhere nearer understanding what makes him tick. The only statement which one can make about this extraordinary man with any degree of certainty is that all his life he has been searching and even now he still does not appear to have found his personal Utopia. This book covers a wide and diverse number of sports and their personalities, the majority of whom naturally are Australian. The main criticism of this book is that the author leaps from subject to subject, instead of dealing with them in chronological order. Also it seems to me that the author's ability and enthusiasm is not best suited to the printed word but he would be at his best either talking or lecturing. However, in spite of these small criticisms the book is interesting, compelling and above all never dull. Perhaps Mr. Cerutty comes closest to summing up his greatest asset when in the book he says "I have approached the business of teaching sport by being out in front of the learners and demonstrating in my own person how it is done." This sentence readily illustrates his inspirational powers, particularly for a young athlete. The sight of this man running himself into the ground is likely to promote and produce a certain type of athlete to give every last effort. It would appear that he does not like the very intellectual type of athlete and his handling of John Landy, to my mind, shows his lack of understanding and inability to produce the best out of this type of athlete. Proving that "trainers" to quote his own word must be of all types but surely he is wrong to write off those who do not go out and demonstrate. I am sure we can all think of "trainers" who lack his extroverted personality but nevertheless have achieved quite remarkable results with their charges. I am thinking particularly of the quiet rather introverted athletic personality who, it seems to me, would not produce their best for a man of Cerutty's temperament and character. But please do not get me wrong, I have the greatest admiration and respect for this man and wish most sincerely that his timetable would enable him to come over here and lecture. I feel that his presence here would give Athletics the shot in the arm it needs and his ability to attract publicity would not come amiss for a sport which seems these days to lack newsworthy characters such as the Wints, Bannisters, Piries, Chataways, Ibbotsons, etc. His greatest contribution to our sport apart from his undoubted talent as a "trainer" are his controversial statements on the sport which provoke people to cross swords with him. This ability to provoke and arouse people's interest is something which it seems to me many people have not fully understood why and how the resultant replies are valuable. He is very self confident and this is well illustrated by his remarks after meeting Stampfl at Helsinki in 1952 when he remarked that after listening to his ideas and views he decided that there was nothing more he could learn from Stampfl. Naturally the author mentions in some detail his association with Herb Elliott, who is shown to be very different from the relentless and machine-like athlete who conquered all on the track. He is shown to have rare qualities of patience, understanding and tolerance. These are admirably illustrated by Cerutty's mention of Herb visiting children in Hospital and also the way he chatted with a man who was dying as if it were the most natural and normal thing for a young man of his age to do. He makes some very controversial remarks about women's athletics and some unflattering ones about English Athletes on the whole. To me the most interesting part of the book is the appendix in which he gives the syllabus covered by his teachings at Portsea. In conclusion this book is to be recommended and should be added to all bookshelves

**"OFFICIAL RULES OF SPORTS AND GAMES 1966-7" (Nicholas Kaye 30/-)**

This mammoth book consisting of 675 pages covers the rules of some 20 different sports and is without any doubt the most comprehensive and accurate book of its kind in existence. This is the seventh edition and should prove of invaluable

help to all coaches, teachers and anyone connected with, either the organisation, or promotion of any sport. It is also an invaluable guide to anyone who is interested in any of the sports covered, in that it enables him to understand the rules more easily and in consequence this must add to his interest and enjoyment. The section on Athletics is adequately covered by some 40 pages and these give a clear, concise, though of necessity a somewhat abbreviated coverage of the rules governing it. At the end it is stated that the current edition of the complete A.A.A. Rules for Competition are available from the Association. I am sure that this book must be on the reference shelf of any School, Physical Education College or Club.

### **“ SPRINTS, MIDDLE DISTANCE AND RELAY RUNNING ”**

by **Robbie Brightwell and Ann Packer.** (Nicholas Kaye 16/-).

The authors have managed to present the many different aspects needed to develop any young athlete to their own maximum level of personal attainment, in easily understandable language. In the section on Weight Training the authors make good use of diagrams to illustrate the text. Robbie and Ann also set out training schedules for events between 100 yards and the mile and these would undoubtedly form the basis for the coach or teacher to use. But as they point out, these are only a rough guide and it is up to the coach to adapt them to suit the needs of his individual charges. I like the chapter on relay racing and here the fundamentals so necessary for success in this field are well and clearly stated. So often when one sees young athletes running in relays it is apparent that little or no work has been done on the actual passing of the baton, still this a fault seen at much higher level than schools. As both the authors have been physical education teachers they are obviously well qualified to write this book and this coupled with their immense success at and complete dedication to the Sport make it a really excellent book and one to be thoroughly recommended. The latter 3 chapters make very interesting reading describing both their lives from the outset. They also clearly illustrate that determination and hard work can produce performances which initially would have seemed quite impossible. Also that in order to reach the top the athlete must be prepared to forgo the many pleasures we take for granted and also endure many hardships. The final chapter is on Tokyo, Ann says that even a silver medal, personal best and European record in the 400m., “did not compensate for the mixture of disappointment and failure inside me.” Robbie too, had suffered the greatest set back and disappointment of his life in the 400m., indeed reached the depths of despair but how he stormed back with that last relay leg and who could forget the sight of him passing Mottley on the tape. Nobody but an athlete could really understand the way he summoned up his last ounce of energy and succeeded. Ann too succeeded with her masterful and apparently unstrained victory in the 800m. Yet in 1962 when she was originally selected for the European Games for the 200m., there had been many who expressed disagreement with this. Yet here and subsequently she proved them utterly wrong and clearly demonstrated that belief in ones' own ability, no matter what others may say, is all important. Robbie is now lecturing at Loughborough and in this way ensuring that the future physical education teachers who pass through his hands are able to benefit from his enthusiasm and ability and consequently enable their future charges to be given the finest start. Who is to say that in spite of his magnificent active athletic career he is still not to give his greatest service to the Sport in the future.

### **“ MEDICAL ASPECTS OF SPORT AND PHYSICAL FITNESS ”**

by **J. G. P. Williams, M.B., B.Chir., F.R.C.S. (Ed.)** (Pergamon Press Ltd. 15/-)

It was the intention of Dr. Williams in this book to present a simple introduction to the medical and paramedical aspects of sport and physical fitness. It is intended in particular for the use of non-medical people such as physical educationists, coaches, trainers and team managers. Most of these will be very pleased with the readable presentation of a very wide range of aspects and notions that are included.

Physiological, psychological, constitutional and hygienic factors of sport are succinctly outlined in the early chapters before such important issues as doping, hypnosis and sports injuries are considered. The final chapter is given over to a statement on sport for the disabled. Naturally enough in an attempt to cover so much ground the information has been greatly simplified. Some references have been given for those who wish to take matters a little further, but the author does not quote supporting references within the text. This I think is unfortunate especially for the critical reader who wishes to be directed to the supporting evidence for an argument. In particular, for instance, on p.110 there is a sentence which begins "Buskirk and Bass have indicated . . .", but it is not possible to find anywhere in the text the details of the work of these two authors.

In general however this book has pulled together a great deal of basically important information and will be regarded as a good introduction by many of the people for whom it was intended. In particular first year physical education students will find it useful as a basis for seminar work.

J. E. KANE.

**"TRACK AND FIELD FOR BOYS" by Payton Jordan. (Pelham Books 16/-)**

I have never had the opportunity of meeting Payton Jordan, coach to Stanford University and author of "Track and Field for Boys," but I am told by those who know him that he is a very knowledgeable, charming and successful coach. It is therefore surprising that he should have written a book which it is quite impossible to recommend. There are three parts to the book: Track Events (35 pages), Field Events (35 pages), and The Locker Room—on diet, smoking, warming up, etc. (9 pages). There are also 17 pages of Training Tips, as well as 13 pages of photographs.

The main part of the book sets out to describe the correct way to perform the various track and field events, but without any diagrams or analytical pictures a lot of this is very confusing and to a young lad would be quite bewildering. Criticisms can be made of practically every event covered: he says the sprinter in the last five yards "can grab a fast 'fuel injection' by taking a quick, deep breath"; he refers to freewheeling, which in the 220 lengthens the stride, but in the 440 shortens it! He says, twice, that the relay baton change zone is twenty yards. The Shot and Discus sections are particularly hard to follow.

The short section on training at the end is far too general and short to be of much practical value. Many of the photographs are technically poor: eight are devoted to hurdling, only two are of throwing events, many are of young children of about 12. Americanisms abound. The few useful pieces of advice do not compensate. Not recommended for the library or for the individual youngster.

A. C. ELDER.

**"BRITISH BEST PERFORMANCES OF ALL TIME" (Second Edition)**

Compiled by the National Union of Track Statisticians. General Editor: Andrew Huxtable. (6/9 post free from Andrew Huxtable, 78 Toynbee Road, London, S.W.20)

This revised edition of the author's first work published in 1961, has 148 pages which cover all the men's and women's events to a depth of at least 200 marks in most of the standard men's events and 100 in the women's. The mention of Andrew Huxtable's name is a guarantee of the high standard both of accuracy and presentation which the intending reader can be certain of. We have been fortunate enough to have featured several of Andrew's articles in the Newsletter so our readers already know of the author's qualities. He is without doubt one of the foremost members of the N.U.T.S. and also one of the most prolific. The amount of work involved in producing such a publication must be enormous, still he can

be rewarded with the thought that many people are going to find this book of immense interest, value and enjoyment. I know that my copy is going to get a great deal of use in the coming years. It also provides a readily available answer to the many queries which always arise whenever athletic enthusiasts gather. It also gives the younger generation of enthusiasts a chance to see the performances of athletes whom they have never seen but who were household names to their fathers. I am sure that this will also result in many long arguments about the relative merits of past and present champions. The only minor criticism I have is that personally I prefer to have performances over metric and linear distances kept separately but can appreciate the author's aim in trying to rationalize the analysis of contributions in related events for example in the 1500 metres and 1 mile to quote his own words. Without doubt a first-class publication. If anybody should be in two minds whether to buy this then the cover photograph of the delectable Mary Rand should prove decisive in persuading them to acquire it. The choice of Mary to adorn the cover was undoubtedly a touch of genius and is just one of the many reasons why this publication is really good value.

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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.

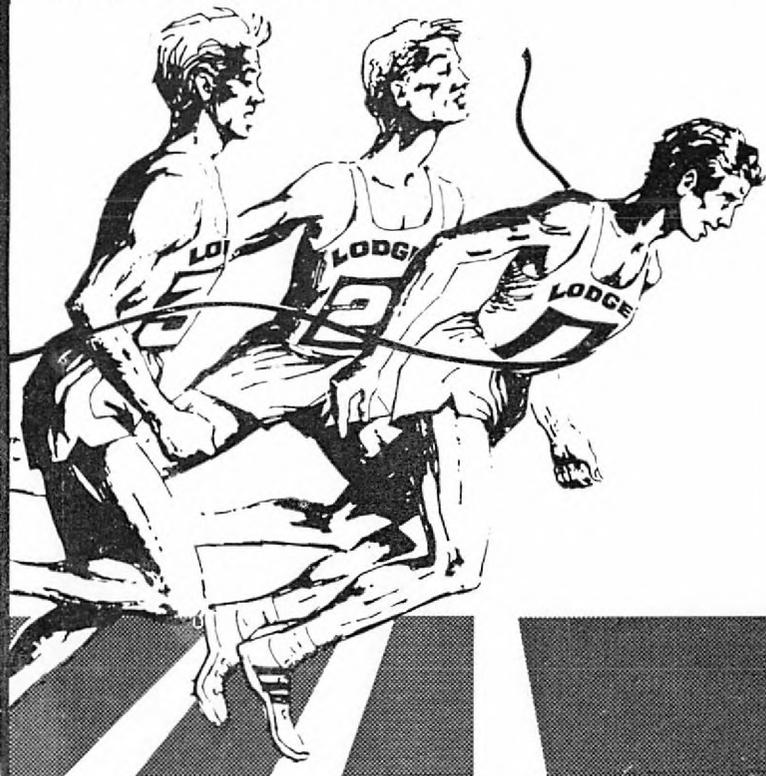
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