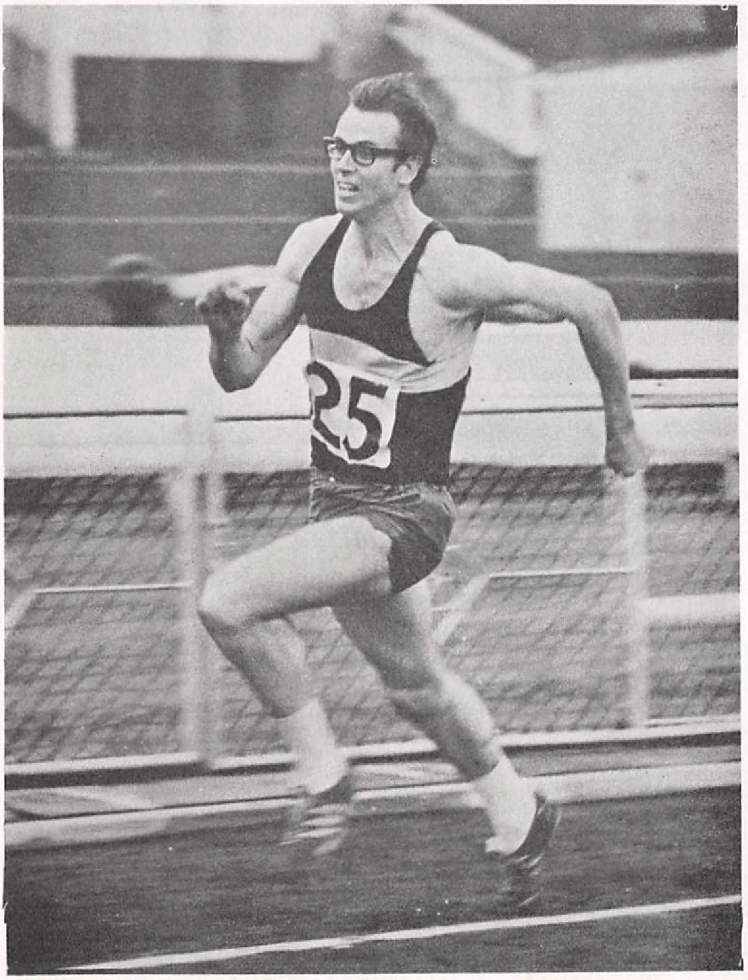
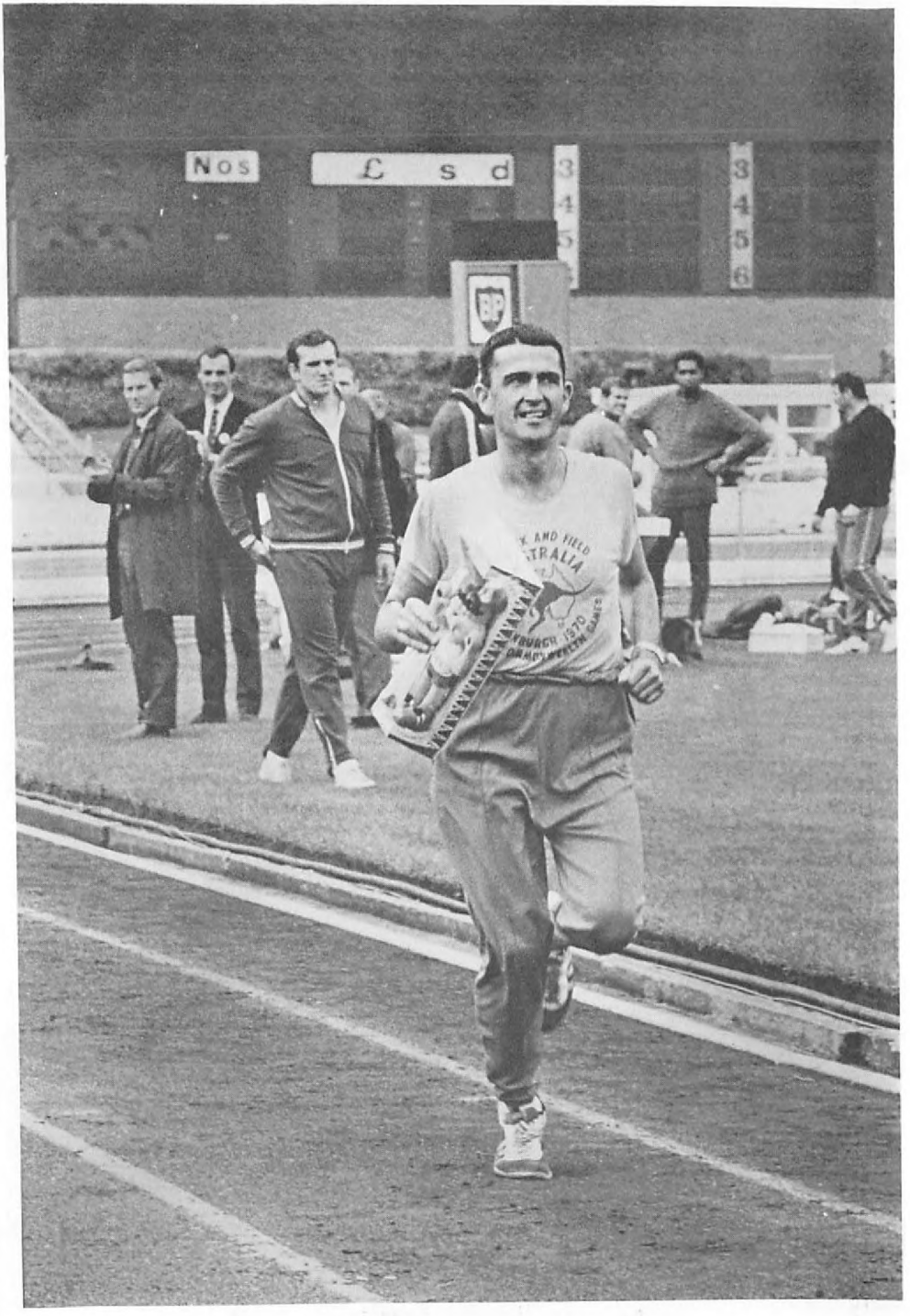
A.A.A. CLUB

NEWSLETTER



MARTIN REYNOLDS
(Thames Valley Harriers/Reading University A.C.)

ISSUE No.25 SEPTEMBER, 1970.



RON CLARKE
(Australia)

Running his lap of honour at A.A.A. Championships

RON CLARKE

In Oslo on the 5th August 1970 Ron ran his last race before a crowd of some 30,000. The race was over 10,000 metres and he finished sixth in 29:004. It is ironic to think that some five years previously, the 14th July 1965 to be exact, Ron had broken the World Record for 10,000 metres and, in the process, that for 6 miles on the same track.

At the time of his retirement Ron held the following World Records:-

2 Miles in 8:19.6	50,000 Metres in 13:16.6
3 Miles in 12:50.4	10,000 Metres in 27:29.4
6 Miles in 26:47.0	

Ron never won a major championship gold medal during his long and illustrious career but he has won the respect and admiration of all connected with athletics throughout the World. Records may go but Ron will surely go down in the annals of history not only as one of the greatest distance runners of all time but as a great man in his own right. One could always be sure that he would give 100% effort on every occasion. The world's athletic tracks will be the poorer with his retirement and the sport will sadly miss this great Australian.

Who can ever forget his performances in Mexico City when he finished 6th in the 10,000 Metres and 5th in the 5,000 Metres. Despite the fact that owing to the effects of altitude there was no hope of his winning either event he ran himself quite literally into the ground. Who can ever forget the pictures of him receiving oxygen from the Australian Team Doctor. To my mind these two performances symbolised more than anything else what made Ron Clarke so outstanding both on and off the track.

One can only hope that Ron will not be entirely lost to athletics. I certainly feel that my life has been enriched as a result of watching him run and undoubtedly we have been fortunate that some of his very greatest performances have been achieved in Britain.

For me three occasions stand out particularly, the first was when he won the A.A.A's 3 Miles in 1965 in a then world record time of 12:52.4. No one fortunate enough to have been present that afternoon will ever forget his run or also the effect this performance had on the crowd. They came to the trackside from the stands in order to cheer him on. I can certainly never recollect seeing any similar reaction at the White City since.

The second occasion was at Crystal Palace on 29th August 1968 when on a cold and windy evening he ran the second fastest 10,000 Metres of all time, before a crowd of a few hundred. I well remember thinking , on leaving the office that evening, there was no chance of any record in view of the very strong wind blowing. However I was rewarded by seeing, to my mind, the greatest ever run by an athlete. But for the strong wind Ron must have broken the world record and would, most probably, have run inside 27 minutes. As it was he only failed to beat his world record by some ten seconds.

The third occasion was at the A.A.A. Championships this year when Ron ran his laps of honour, cheered all the way by the 5,000 spectators present and also the athletes in the centre of the arena. This was for me a sad occasion not only because we should never see this friendly and likeable young man again on the running track but also because there were so few people present to give him a fitting finale to his active career.

COMPARISON OF BRITISH WORLD RECORDS IN ATHLETICS

The British athletics press are forever bemoaning that Britain is trailing behind the rest of the world in the field events, though they sometimes exclude the men's long jump in their condemnation. There are various ways in which they reach this conclusion, but usually it is by a study of the world ranking lists and by a comparison of actual best performances. Occasionally the British field event athletes and their sympathisers have tried to defend themselves by pointing out the lack of encouragement for field events, lack of facilities, poor weather, lack of competition, banishment to fields outside the stadium etc., etc... By defending themselves these athletes have accepted the Press' statement that they are much inferior to the rest of the world. But how true is this statement in reality?

The world ranking lists do not tell of the population numbers in the different countries, the number of athletes taking part in a particular event or the varying degrees of popularity of that event in different countries. There are pure mechanical (Newtonian) factors not shown in ranking lists which will be mentioned later in this account.

In an attempt to put meaningful figures to these vague comparisons the writer studied the world and British best performances as they stood in November 1969. This list enables an absolute comparison of world vs. British performances, though it may be argued that some of these are freak efforts.

In order to compare them, however, one must convert the differences to a percentage. Throws and jumps are easy to calculate this way, e.g. in the men's long jump:

World record	8.90 metres	British record	8.23 metres

The percentage by which the British record is weaker than the world's, taking the world's as 100% is:

$$\frac{8.90 - 8.23}{8.90} \times 100 = 7.5\%$$

In the timed events the average speed during the race has to be calculated first e.g. in the men's 100 metres:

World record = 9.9 seconds, average speed = $\frac{100}{9.9}$ = 10.1 metres/sec.

British record 10.2 " " " = $\frac{100}{10.2}$ = 9.8 metres/sec.

Percentage difference = $\frac{10.1 - 9.8}{10.1}$ x 100 = 2.9%

Table 1 shows the results for easy comparison. At a glance it appears that Britain does indeed lag in the field events.

However, closer examination starts a process of elimination and exception the ladies long jump is up to the standard of the running events and the triple jump isn't so far behind as to warrant criticism. The men's long jump can be excused on account of Beamon's freak 29' 2" jump in Mexico since neither he nor anyone else has cleared even 28' since.

In order to find an explanation for the throws (and perhaps for the jumps too), one has to turn to the simple theory of projectiles. This shows that at release angles of about 45° the distance a projectile travels is approximately proportional to the square of the release speed. In other words doubling the speed leads to a quadrupling of the distance nine times etc. In running events if you run twice as fast you only improve your performance by the same proportion (actually time and average speed are inversely proportional). But this shows the fallacy of regarding simple comparisons of performance, or indeed proportional differences as any indication of whether a nation is better or worse at field events than it is at track events.

An example will make the point clearer. The release speed of a hammer thrown the world record distance of 247' 7" is approximately 88 feet per second, that of a hammer thrown the British record distance of 223'3" is approximately 84 feet per second, showing the British performance as only about 4.5% inferior, rather than the 9.8% achieved by a straight-forward comparison of distance. This is more up to the standard of the running events.

The picture becomes even more distorted when one studied the performance in discus, and javelin since these events, in addition to the complication of the relation between range and release speed, also depend upon aerodynamics. These implements experience a lift force which holds them in the air when they are thrown. And the amount of lift depends very much upon the release speed. So here we find that distances achieved in discus and javelin are proportional to something <u>more</u> than the square of the release speed. I have made very rough calculations for release speed in the case of shot, discus and javelin, ignoring aerodynamic and release height considerations and then worked out percentage differences in the last column of Table 1. The figures, although erring on the cautious side, begin to look much better in relation to the track events. The aerodynamic factors would reduce the figures even more, perhaps up to 1 or 2%. There is also a very rough approximation to the true picture in the case of the high jump in this last column, though here the technique of bar clearance will be an important factor.

So here is an opportunity for the press reporter who likes to get his facts straight. He should obtain the approximate text books on projectiles and aerodynamics, sit down with a slide rule and confirm that British field events performances are not as poor as they may seem!

TABLE I

EVENT	WORLD RECORD	BRITISH RECORD	PERCENTAGE BY WHICH BRITISH RECORD IS WEAKER THAN THE WORLD RECORD	
			Comparison of actual performance	Comparison of release speed
MEN				
100 m	9.9 secs	10.2 secs	2.9	
200 m	19.8	20.5	3.5	
400 m	43.8	45.7	4.6	
800 m	1 m 44.3 s	1 m 46.3 s	1.7	
1500 m	3 m 33.1 s	3 m 39.1 s	2.7	
5000 m	13 m 16.6 s	13 m 29 s	1.6	
10,000 m	27 m 39.4 s	28 m 6.6 s	1.7	
110 mh	13.2	13.6	2.9	
400 mh	48.1	48.1	0	
SC	8 m 22.2 s	8 m 30.8 s	3.2	
HJ	2.28 metres	2.08 metres	8.8	4.6
LJ	8.90	8.23	7.5	
TJ	17.39	16.46	5.4	
PV	5.44	5.05	7.2	
SP	21.78	19.56	10.2	5.1
DT	68.40	57.76	15.6	8.2
JT	92.70	81.92	11.6	6.1
HT	75.48	68.06	9.8	4.5
DEC.	8319	7451	10.4	
WOMEN				
100 m	11.0	11.3	2.6	
200 m	22.5	23.2	3.0	
400 m	51.7	52.1	0.6	
800 m	2 m 0.5 s	2 m 1.1 s	0.5	
1500 m	4 m 10.7 s	4 m 15.9 s	1.8	
100 mh	12.9	13.9	7.1	

HJ	1.91 metres	1.79 metres	6.3	3.1
LJ	6.82	6.76	0.9	
SP	20.43	16.31	20.2	12.5
DT	63.96	52.22	18.4	10.2
JT	62.40	55.60	10.9	6.0
PEN	5352	5035	5.9	

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THROWING

This excellent publication is published twice a year and can be obtained from 12 Whitacre Road, Knowle, Solihull, Warwickshire. Subscription is 8/- for issues and single copies can be obtained at 2/6 post free. The May issue has some excellent articles and amongst the regular contributers are Wilf Paish and Howard Payne, whose article is republished in this issue thanks to the Editor, John Lloyd. It is a very well produced publication and is the organ of the Shot Circle, Javelin Club and Discus Circle.

ANNOUNCING AND PRESENTATION

INTRODUCTION

Recently the A.A.A. General Committee instructed its Officials Committee to look into the question of the grading of Announcers and W/Cdr. D. Davies, Hon. Officials Secretary, Requested information and ideas from all interested parties.

We believe that Announcing is a vital and important facet of the presentation of track and field athletics and, also, that it has been neglected over the past years. It has received much criticism from many concerned with the sport mainly because there has been no coherent policy with regard to presentation or announcing.

Over the past two years we have had some experience of announcing - and of the difficulties involved - of varying standards and produce this paper as a possible starting point for the development of a universal approach to presentation and announcing in athletics.

We believe strongly that the paper indicates how athletics should be presented for the total enjoyment of all but we also realise that there are diametrically opposing views of thought on the subject.

Tony Ward

Peter Matthews

The Announcer is a key figure in the presentation of an athletics meeting. It is his/her basic duty to communicate. It is also his job to make sure that all are fully conversant with all that is of significance, in both track and field, throughout the duration of the meeting. The way in which he does this will vary according to the personality of the announcer and the type of meeting that he is dealing with.

The "audience" to whom the announcer is communicating is variable and consist of :

(a) The spectators - who have usually paid to see athletic entertainment.

(b) The participating athletes

(c) The officials

and sometimes :

(d) Representatives of the mass media i.e. Press, Radio and Television.

of these the most important are those in category (a) who will, in the case of major meetings, be the largest in number. They can be further broken down into three categories :

(i) In Hemingway parlance, the aficionados - those with a love and a great knowledge of athletics.

(ii) The athletics' enthusiast who attends a fair number of meetings during a season.

(iii) The casual or novice spectator who have little knowledge of athletics.

It is the difficult job of the skilled announcer(s) to be able to impart information to all three without causing displeasure to one section or another by the end for either speaking too much or speaking too little. To please all three is a well nigh impossible task and should be recognised as such.

GENERAL

The good Announcer requires four main attributes:

(1) Knowledge of athletics

(2) A clear, well modulated voice

(3) An urbane temperament.

(4) A sense of humour.

Knowledge of Athletics

This is absolutely basic and without it the Announcer is but a mouthpiece for some accompanying statistician and an imparter of

sedentary information. This is an inefficient system of presentation for announcers must be capable of formulating most of the information themselves - if not, why should the feeder not be the announcer? Knowledge of athletics must include : knowledge of the Rules, knowledge of the athletes, knowledge of the events in question including some statistical knowledge. The announcer cannot have too wide a background in the sport. The worth of his announcing will be in his judicious use of the information and background that he has at his disposal. It cannot be overstressed that athletics knowledge is of paramount importance for he has to digest information given to him rapidly and also to spot any inaccuracies.

Clear, well modulated voice

Obviously this is also essential for no matter how efficient and informative the information being dispensed it is of little use if the public cannot understand what is being said. Too strong a dialect for instance would be detrimental except in events like the Blaydon Races or the Powderhall Handicap! It is also important that the voice be modulated for there is nothing worse than three to four hours of boring monotone. Here again the worth of the announcer can be judged from his choice of phrase rather than a set pattern of remarks. This should not be taken to mean inconsistent presentation. The main framework should always be uniform.

An urbane temperament

The announcers box/table is often the focal point of a good deal - often too much - of activity and in a disorganised meeting the centre of a good deal of agitation and flap. Throughout all this the Announcer has to keep up a service to the public and the athletes and needs the calmest of temperaments to do so.

A sense of humour

Without this the Announcer is lost for he is subjected to a wealth of comment, advice, requests, misinformation and sometimes abuse from harassed individuals throughout the meeting.

In addition it should be remembered that good announcing and presentation does not depend only on the Announcing team.

Pre-Meet Preparation

It is essential that Announcers are provided, well before the meeting, with as much information, especially about the participants as possible. This will enable him to do his "homework" which will be essentially :

(a) Obtain personal data on participating athletes - Christian names etc., personal best performances, representative honours gained etc.

(b) Obtain general information on the participating teams or countries if any.

(c) Acquaint himself fully with information about each of the events on the programme - records etc.

Obviously, in the case of Championship events this is particularly difficult but if proper presentation is required then the announcing team must have the fullest information. In the case of championship and other meetings with a large entry the details must be sent as soon as they are available.

A good Public Address System is also essential to good presentation and money spent on this is a worthwhile investment. At too many meetings the Announcer can only be heard in strategic parts of the ground, often when the wind is in the right direction. When there is more than one Announcer (and in the case of major meetings this is essential) then more than one microphone is desirable. The meeting organiser should make sure of these essentials before the day of the meeting and also that the Public Address System is ready for action at least one hour before the scheduled starting time.

As pointed out by the A.A.A. Officials Committee it is essential that the Announcers, along with the other major officials, should attend any Technical Meetings beforehand at international and other major meetings. Further, it is vital that all the major officials should meet before the start so that the pattern of running the meeting is clearly understood by all e.g. that the Starter and the Announcer(s) have a report concerning the presentation method of heats and finals so that the Starter knows exactly when the presentation has finished and the method it will take. Indeed, one might even go as far as for the Announcer to use a cue word to indicate the end of his presentation or results service.

Information Service

This is of vital importance to any good presentation and the present use of walki-talkie apparatus at major meetings has quickly shown that this type of information service is a must for major meetings. This will consist of a team of operators with one controller with the announcing team. The controllers task is to collate and disseminate the information as it comes in. Operators are needed at:

a) Start and Finish of races

b) On each Field event.

Where there is no such team then often tracks have a telephone system operating. Failing this a team of efficient runners is required.

Type of Information

Track

Late changes in make-up of races; changes in Relays Teams; winning times of races; winners of races; full results service.

Field

Late changes in competitors; throwing/jumping order; significant throws i.e. throws which materially alter positions; round by round summary.

Presentation of the Meeting

General

It must be remembered that quite a large number of people at the meeting may either be new to the sport or have little knowledge of it. Therefore what might seem irrelevant to the experienced officials or devotee might not be to the casual spectator. For instance, announcing the fact that a field event competition may be in a certain state may be of annoyance to enthusiasts but might be quite an important piece of information to a novice spectator.

An Announcing team is often composed of more than one announcer. From recent experience it seems to us that two Announcers with an Information Team Controller are adequate for all meetings with the possible exception of a major championship and international games when more than one team of announcers might be required. Each Announcer's task should be pre-specified and is usually divided up into:-

a) General Presentation Announcer, also covering track events.

b) Results Announcer, also covering Field Events.

This general division seems to work satisfactorily and a team of announcers used to working together can often split the work between them. Change of voice is essential so that when a particular voice is heard the public then know what type of announcement is to follow.

a) General Presentation Announcer, also covering track events.

Again dependent on the type of meeting but all finals of all track events should be presented to the public. The type of information will again vary but the presentation should be short and palatable. It might include :

Name (including Christian Name); Titles held; Representative Honours (usually the latest only) Club or Team.

If possible this presentation should be done in lane draw. It is essential that this presentation is tied up with the actual starting time of the race for a gap may result in unecessary repetition.

During the race the Announcer should not provide a running commentary but on the other hand must inform the public as to what is happening - remembering that spectators are usually strung all the way round the outside of the track and at some stadiams are

some distance from it also. He should therefore give the early leaders and any change in leadership when it occurs. In a race such as a championship 10,000 metres with a large number of competitors spectators will not wish to keep consulting the programme and thus miss the action on the track. During races up to, say, 1,500 metres the Announcer should make no irrelevant comment to the race i.e. field event or miscellaneous announcements. From 1,500 metres upwards brief announcements may be permissable.

Lap Times

In races up to 2,000 metres, each 400 metre time should be given. Also given at this point should be the race leaders name and either the number or name of the second or third athletes without any specifying of the gap between them. In races over 2,000 metres times should be given as follows: 400 metres, 800 metres, 1,000 metres and each 1,000 metres thereafter.

Lap times should still be fed to the Information Team Controller however, so that any appreciable speeding up in lap times can be noted. Where a record is likely the Announcing team should work out a likely schedule for a record pace.

Heats

Where there are many heats in events these should be read out en-bloc, with numbers only but with any changes in programme details. As each Heat occurs then notable competitors can be specified.

It should also be remembered in Championship meetings that it is the form of the athlete on the day that is important and so when finals arrive it is often a good practice to note the best Heat/ Semi-final time of an athlete for the public. This also helps at meetings where not much information is available about competitors.

General Information

In international matches, inter-club meetings etc. it is essential to keep the public and participants completely up to date on the state of the competition. This can best be done after the results have been given but if the match is especially close a note of the team position before a race can be of help.

b) Results Announcer, also covering Field events.

Speed of results service is paramount in any presentation. In a close finish the public (and the athletes!) want to know who has won. If a time is close to a record then people again want to know it quickly. It is essential that such information is available to the public as soon as it has been officially confirmed and it is desirable that a new event should not be started until the result is known. If there are presentations to be made these must be coupled with the announcement of the result to avoid competition. Results must be given in full.

Field events must be as well presented as track events. This includes the introduction of the competitors before the event though it might be as well if this is done immediately before the athlete throws/jumps. If there are indicator boards these can provide a jump by jump, throw by throw breakdown of the competition with the alert announcer ready to indicate records, best performances, qualifying distances etc. If possible, at the end of each round, the state of the competition should be given. In addition all Announcers should be ready to spotlight any athlete about to make his attempt with a short, crisp announcement e.g. Long Jump - Lynn Davies. This is where knowledge of athletics is so essential so that instant recognition can take place.

Miscellaneous Information

Meeting organisers should strive to keep this to a minimum. There is nothing worse for good presentation that a spate of announcements about lost property, lost children, missing Team Managers, missing athletes, misparked cars, bookstalls, forthcoming events etc. Certainly the stewarding of athletes for events, including call-up, should not, where possible, be done by the announcing team.

Further Points

i) Though the Announcer should have a lot of background information at his fingertips he must not overdo his presentation of facts and figures.

ii) He should not speak when the Starter has the athletes on their marks.

iii) After a race is over he should not talk until a suitable pause has elapsed.

iv) When announcing results the Announcer should give spectators adequate time to applaud and also time to write them down.

Conclusion

When all is said and done, however, there is still an almost undefinable quality about good announcing and thus good presentation, that could be called a flair. It is this flair that the good Announcer uses to create the right sort of atmosphere for a meeting, to build up the tension towards a major event or final and to create that sort of atmosphere that makes for a really good meeting. To inculcate tension, humour and appreciation into a crowd requires this special talent that will separate the good announcer from the ordinary.

The biggest dangers lie in overdoing certain facets - to talk too much in a race, to keep up an incessant chatter so that important announcements are lost in the process. To impart too little information, or to drearily drone out results, especially when they contain outstanding performances, leads to a dull meeting with the crowd and the participants uninspired. Unfortunately, to attempt to grade or test this particular aspect of announcing

is impossible for it means testing the personality of a man. What should be recognised is that some Announcers are very good for some types of meetings and very bad for others. The best should be able to takcle every type of meeting and every facet of the job.

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Addendum

Metrication

The task of educating the public on metrication is not easy and will take some considerable time. For the time being field events should be announced in metric, followed by feet and inches. Where indicator boards are showing metric it should also help to produce a table showing some of the more important distances in both linear and metric measurement, in the programme.

ATHLETICS AND DRUGS

ERNST JOKL
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Lexington

According to a widespread belief, wonderful potions exist that will add to the physical powers of man. However, medical science does not know of any such substance and a well trained athlete's performance cannot be improved pharmacologically.

This issue is constantly raised on the lay press and, from time to time, in medical journals. Sir Adolphe Abrahams, an authority on sports medicine, pointed out that an athlete needs no drugs of any kind in his training, except an adequate diet and conventional medicine when he is ill. Yet, he adds, no amount of argument will destroy the popular belief that there are certain "tonics" and "strengthening medicines" able to increase efficiency. This belief is as old as mankind itself. It reflects the irrepressible desire of men and women to transcend the range of achievement given to them by nature. Perhaps the first recorded instance of doping is that of Adam and Eve eating the forbidden fruit.

As T. Z. Csaky expressed it,

"They ate of the fruit of the forbidden tree not because they were hungry, not because they were curious, but because the serpent deceived them into believing that the fruit would render them God-Like.

"Since that time, the history of mankind is replete with the quest for a magic substance which will impart supernatural powers. This fantasy is expressed over and over in hundreds of fairy tales and folklores. To mention a few: the sickly old horse which, after

eating burning charcoal, turned into an enchanted steed capable of flying through the air faster than a bird; or the well-known tale of Popeye the Sailor, who experiences instant miraculous muscle power from swallowing spinach. The natives of the Andes have chewed the leaves of the coca shrub for centuries and the lumberjacks of Styria and Tyrol in Austria consume large amounts of arsenic in the belief that it will increase their physical endurance".

African Witchdoctors still use pieces of a lion's heart as a magic device to aid their follower's strength. The medieval alchemists' search for the "philosopher's stone" was motivated by a like faith, as the ancient story of Dr. Faust exemplifies. Many athletic coaches today follow the traditional pattern of irrationality by attributing unique advantages to dietary concentrates, vitamin preparations, mineral salts, and other concoctions.

The first edition of the Oxford Dictionary defined the term "dope" as "a preparation of opium or other narcotic, especially used for the purpose of doctoring horses in order to reduce their speed." In the United States the use of the term is vague; according to Webster's New International Dictionary it may pertain to materials of any kind. In horse-racing circles today the word "dope" actually has two connotations; it relates to substances that render a horse unfit for a race; as well as to others that purport to enhance its speed and endurance.

The Lancet, England's distinguished medical journal, has pointed out that some substances - food or drug - ranging from the simplest material on the kitchen shelves to secret preparations reminiscent of black magic can no doubt aid an athlete's performance. A very different question is whether these effects result from any active properties in the materials administered. An athlete on the eve of a competition is highly suggestible, prepared to trust his well-being to the hands of anybody in whom he has confidence. Anything given with sufficient ceremony may be credited with remarkable capabilities, provided that the administrator has the right personality. Also, it is a fact that an athlete's self-estimate does not commensurately reflect his performances.

The strength of untrained subjects can be influenced even more readily than that of trained athletes who have learned to mobilize their physical resources. Michio Ikai and Arthur H. Steinhaus succeeded in increasing the power of contraction of the forearm of students by such diverse means as by a loud noise, by the subject's own outcry, by alcohol, adrenalin, amphetamine, and by hypnosis. However, no scientific investigator has ever succeeded in producing athletic record performances of any kind under the influence of drugs. Among the substances whose effects upon physical efficiency have been studied scientifically are barbiturates, morphine, heroin, cocaine, stychnine, digitalis, phenacitin, salicylates, tranquilizers of various sorts, and hormones.

While it is not easy to improve a man's or an animal's performances

pharmacologically, it is not difficult to impede them. Horse trainers know that even the administration of a bucket of water, the use of badly fitting girth or, most effectively, a bribe to the jockey, will throw the horse out of his stride. A report recently published in Italy says that race horses have been illicitly incapacitated by a "bullet" of transquilizers, shot at them in the manner now widely used for capturing wild animals. Greyhounds are readily weakened by morphine, chloral, chloratone, and similar preparations.

The most consistent claims to the effect that athletic performances can be aided pharmacologically have been made in respect to amphetamine (widely known also as benzedrine). This compound acquired an undeserved reputation from its greatly publicized use by aviators during World War II. Like coffee or tea, it increased wakefulness and thus conveys a fictitious impression of enhanced efficiency. However, controlled tests by research scientists of the Royal Air Force revealed that such impressions are fallacious, and that it actually impairs performance. William R. Pierson of the California College of Medicine has shown that assertions to the contrary made a few years ago by U.S. investigators were based upon faulty statistical techniques. In a methodologically well-designed research study, Philip Rasch of Los Angeles even found that amphetamine causes a significant impairment of efficiency.

During World War I, considerable enthusiasm was engendered by reports that the staying power of soldiers could be increased through sodium phosphate. However, the claims could not be corroborated. Though appropriate doses of this substance exert a purgative effect, it is unable to contribute to an athlete's performances.

Roger Bannister rightly holds that "experiments in the laboratory are not of much value to the athlete". Experimental physiology does not know of any procedure of investigation that will similate the complex situation with which the athlete is confronted during competition. Many experiments upon which claims of boostic effects of drugs have been based were concerned with fragmented aspects of total performances, e.g., with reaction time, power of individual muscles, oxygen intake, lactic acid formation, and the like.

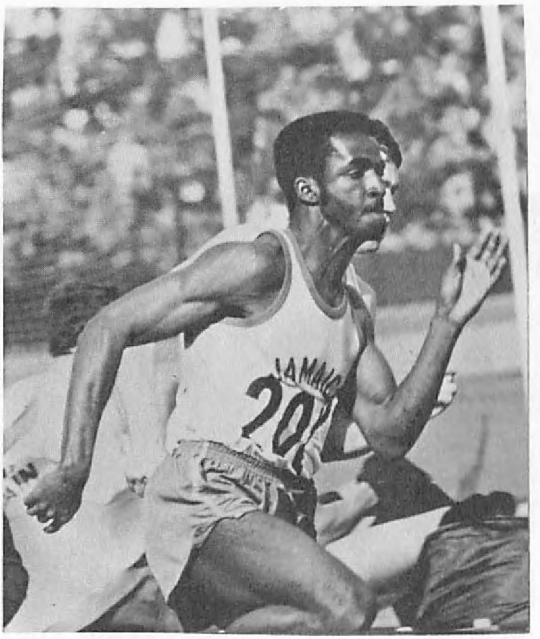
The number of drugs that have been identified from urine, blood, and saliva obtained from athletes or racing animals is enormous (Tables 1 and 2). Pharmacologically, they belong to very different categories. Some of them are used to alleviate impairments of physically handicapped individuals, e.g. analgestic substances such as asprin, locally injected procaine, or phenylbutazone which is effective against joint pains. The latter substance was alleged to have been given to Dancer's Image, the winner of the 1968 Kentucky Derby.

The Medical Commission of the International Olympic Committee specified the following five groups of substances as "dope"

Table 1. Drugs known to have been used by athletes.*

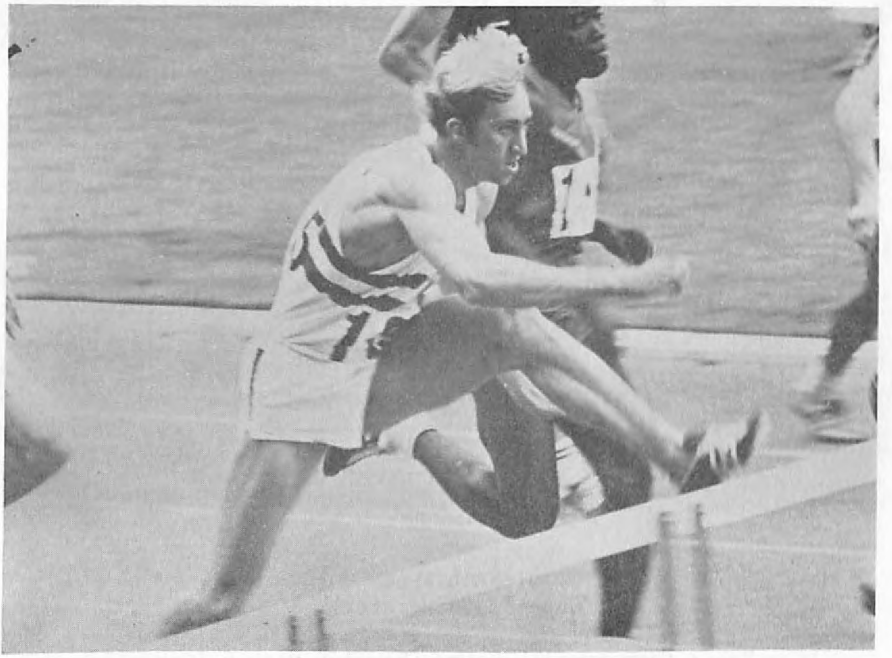
Acetanilide
Acetophenetidine
Aconitine (BPC)
Adenine
Alcohol
Amphetamine
Amplocaine
Antazoline
Antipyrine
Apomorphine
Arecoline
Aspirin
Atropine
Barbituric acid
Bemegride
Benzethonium Cl
Benzocaine
Berberine (BPC)
Betamethazone
Bibucaine
Brucine
Bulbocapnine
Butacaine
Butamin
Butylcaine
Caffeine
Camphor
Chloral
Chlordiazepoxide
Chloroquine
Chlorpheniramine
Chlorpromazine
Cinchonidine
Cinchophen
Cocaine
Codeine
Colchicine
Corbadrine
Cortioctropin (ACTH)
Cortisone
Creosote (BPC)
Cresol
Cyclopentamine
Dexamethasone
Dexto-amphetamine
Dextro propoxyphene
Diaphenylsulfone
Dihydrocodeinone
Dihydromorphine
Diphenhydramine
Diphylline
Doxylamine
Ecgonine
Ephedrine
Epinephrine
Ethylamine
Harmine
Heroin
Histamine
Homatropine
Hordenine
Hydantoin
Hydrastinine (BPC)
Hyoscyamine
Isoproterenol
Lidocaine
Meclazine
Menthol
Meperidine
Mephenesin
Mephentermine
Mepyramine
Mescaline
Methamphetamine
Methaphenilene
Methapyrilene
Methylamine
Methylphenidate
Methyl salicylate
Methyprylon
Metopon hydrochloride
Morphine
Naphazoline
Nialamide
Nicotinamide
Nicotine
Nikethamide
Noramedopyrine
methane sulfonate
Nylidrin
Opium
Opium Alkaloids
Oxyphenbutazone
Papaverine
Paraaminobenzoic acid (PABA)
Pelletierine
Pemoline
Pentetrazole
Phenazocine
Phenetylamine
Phenmetrazine
Phenocaine
Phenol
Phenothiazine
Phenylbutazone
Phenylephrine
Phenylpropylmethylamine
Phlorol
Picrotoxin
Pilocarpine
Piperocaine
Procainamide
Procaine
Promethazine
Propylehexedrine
Propyl paraben
Protopine
Pseudotropine benzoate
Pyridine
Quebracho (BPC)
Riboflavin
Scopolamine
Sparteine
Strychnine
Sulfaguanidine
Sulfameter
Sulfapyridine
Sulfathiazole
Tetracaine
Tetrahydropalmatine
Thebaine
Theobromine
Theophylline
Thiamine
Trimethylamine
Tripelennamine
Tripelennamine HCL
Triprolidine
Tuaminoheptane
Yohimbine
Zoxazolamine

* Designations used in this table were checked at University of Kentucky Drug Information Center.



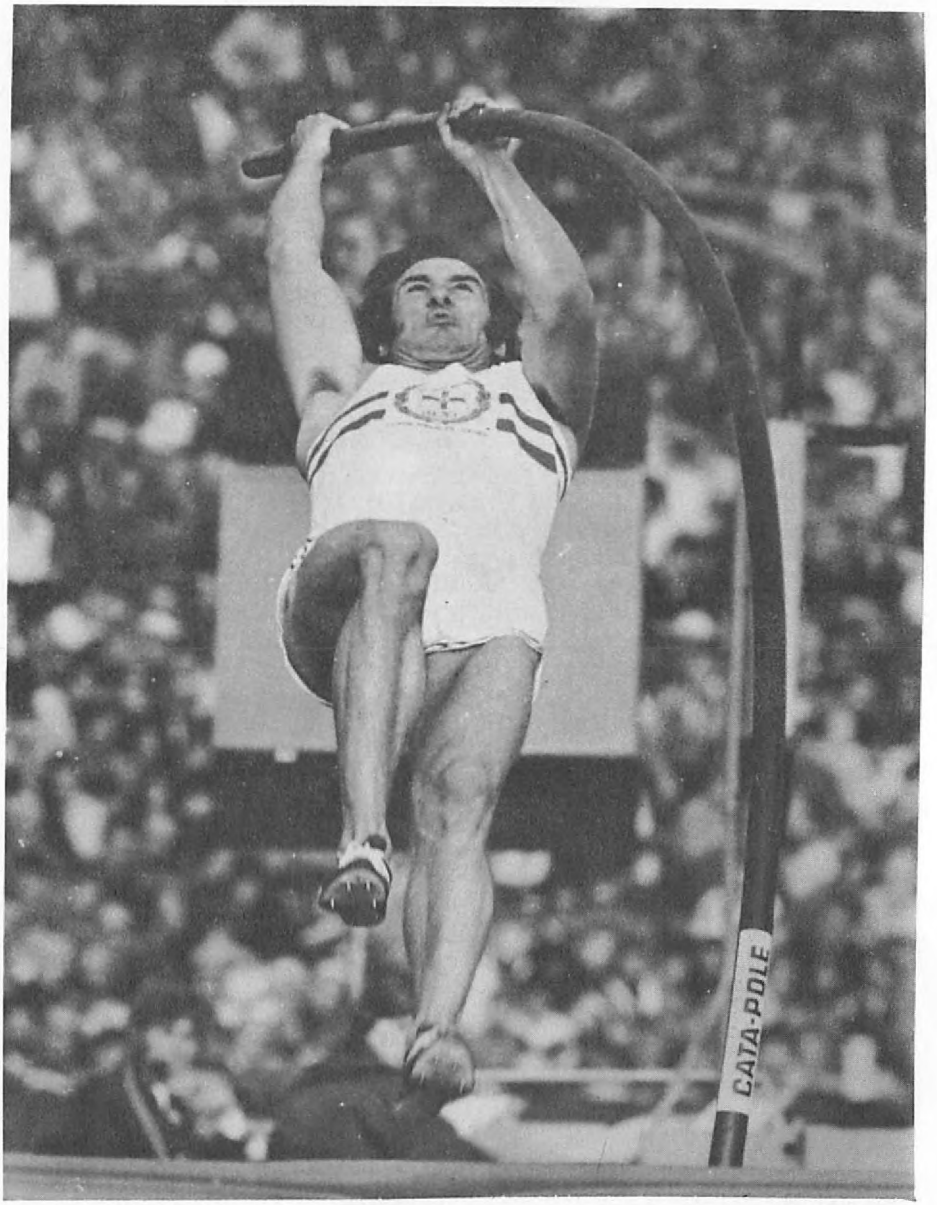
Don Quarrie
(Jamaica)

100 metres Commonwealth Games Champion in 10.2 seconds
200 metres Commonwealth Games Champion in 20.5 seconds
Member of Jamaica's winning 4 x 100 metres Relay Team in 39.4 seconds



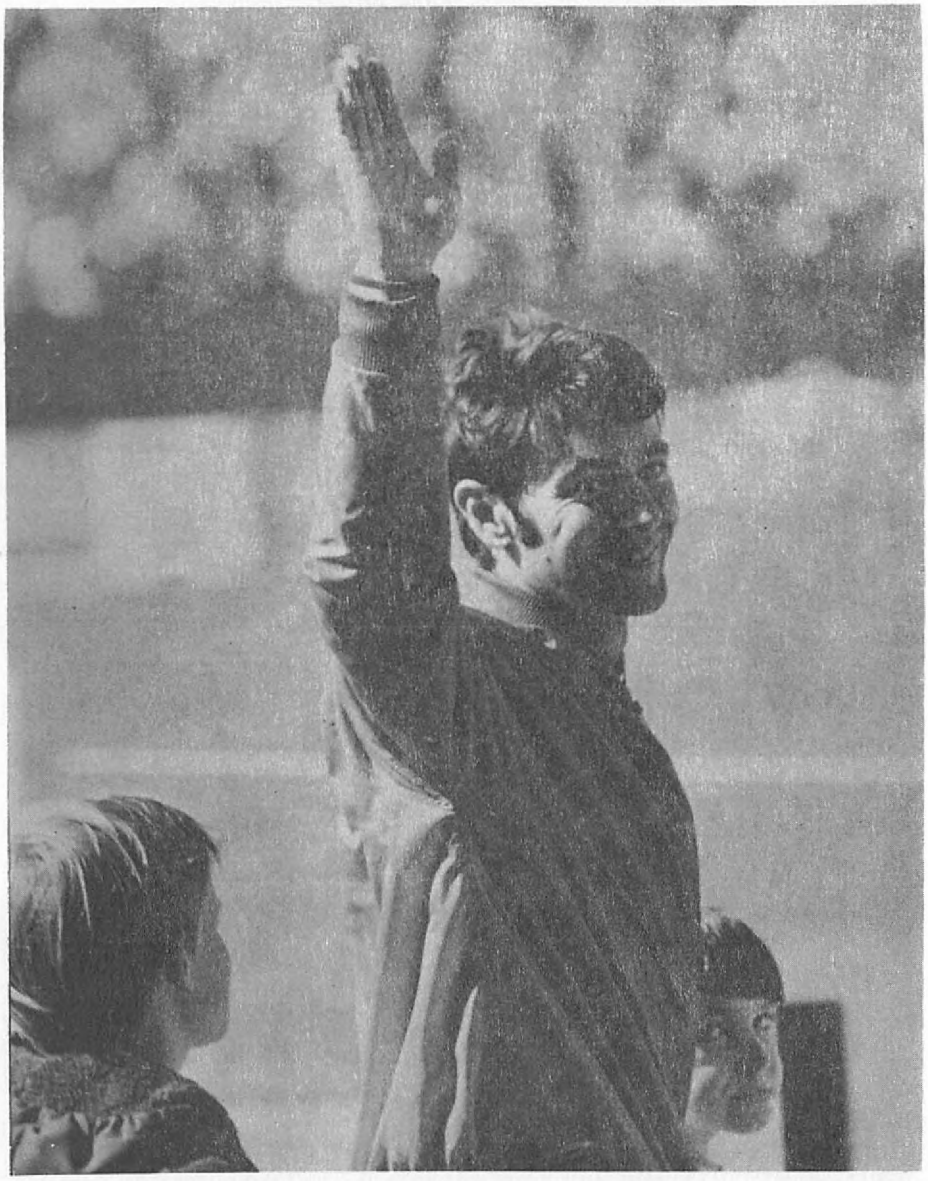
DAVID HEMERY
(Hillingdon A.C.)

110 metres Hurdles Commonwealth Games Champion in 13.6 seconds



MICHAEL BULL
(Queen's University)

Pole Vault Commonwealth Games Champion with 5.10m/16'8¾"



Lynn Davies
(Cardiff A.A.C.)

Long Jump Commonwealth Games Champion with 8.06m/26'5¼"

IAN STEWART

(Birchfield Harriers)

500 metres Commonwealth Games Champion in 13 min. 22.8 seconds

LAURIE PECKHAM
(Australia)

High Jump Commonwealth Games Champion with 2.14 (7ft 0")

Table 2. Drugs, considered "dope" for race horses, found in saliva or urine samples from 1949 to 1964 (AORC Report).

Drug	Times Reported	Drug	Times Reported
Procaine	392	Prednisone	3
Caffeine	332	Antipyrine	2
Amphetamine	316	Barbital	2
Phenobarbital	84	Chloroquine	2
Phenylbutazone	84	Dibucaine	2
Theobromine	69	Guaiacol	2
Dipyrone	53	Mephobarbital	2
Ephedrine	50	Meprobamate	2
Morphine	49	Naphazoline	2
Thiamine	46	Pangamic acid	2
Methamphetamine	44	Prednisolone	2
Barbiturates	42	Thozalinone	2
Nikethamide	38	Acetylsalicylic acid	1
Methylphenidate	38	Amydricaine	1
Strychnine	36	Apomorphine	1
Methapyrilene	26	Camphor (rectal swab)	1
Nicotine	20	Cinchonidine	1
Atropine	18	Cinchonine	1
Ethyl aminobenzoate	17	Cinchophen	1
Pipradrol	17	Codeine	1
Promazine	17	Dapsone (trade name)	1
Oxyphenbutazone	11	Dexamethasone	1
Acetophenetidin	9	Dihydrocodeinone	1
Pentylenetetrazol	9	Dihydromorphinone	1
Lidocaine	8	Ethyl isobutrazine	1
Scopolamine	8	Hydantoins	1
Amylocaine	7	Hydroxymethamphetamine	1
Chlorpromazine	7	Meclizine	1
Cocaine	7	Menthol	1
Mephentermine	7	Meperidine	1
Alcohol	6	Mescaline	1
Mephenesin	6	Methylsalicylate	1
Pemoline	6	Methyprylon	1
Quinine	6	Nylidrin	1
Brucine	5	Phenacaine	1
Butacaine	5	Phenazacine	1
Salicylic acid	5	Piperocaine	1
Tetracaine	5	Propoxyphene	1
Theophylline	5	Triprolidine	1
Phenothiazine	3	Yohimbine	1
Phenylpropanolamine	3		

1) Sympathomimetic amines (amphetamine or ephedrine).

2) Stimulants of the central nervous system such as strychnine and analeptics.

3) Narcotics and analgesics (morphine).

4) Antidepressants (MAO-inhibitors) and imipramine.

5) Major tranquilizers (Phenothiazine).

A borderline issue which has a bearing on the doping problem is that of anabolic hormones such as testosterone which increases muscle power of men and women. In addition to exerting an "ergogenic" effect by facilitating the development of muscular hypertrophy during power training, testosterone also "virilizes" women if given in inappropriately great amounts. M. Steinback has recently published the results of a well designed study in which the effectiveness of power training combined with application of anabolic hormones was demonstrated.

"No evidence is available to support claims to the effect that supplementation of an adequate diet by glucose, protein tablets, vitamins, or minerals improves athletic performances. Only for extraordinarily long physical performances such as running, marching, mountain climbing, or swimming over five or more hours, is 'extra fuel for muscular work' necessary. The capacity of the organism to maintain normal blood sugar levels is very great and hypoglycemia due to ordinary athletic efforts is rare. The central nervous system of man is much more sensitive towards heat or cold or lowered atmospheric pressure as experiences in Mexico City during the 1968 Olympic Games showed".

While it is possible that there may be other kinds of pharmacological substances capable of releasing physiological forces to which the athlete ordinarily has no access, we have presently no knowledge of such substances. The overwhelming majority of athletic records have been established without the benefit of drugs.

RUNNING AROUND EDINBURGH

by
Strachan

The Stadium erupts into one long roar as the crowds rise to him. On this first day of the Games a Scotsman wins a Gold Medal, and what a win. The roar goes on and on as Lachie Stewart, complete with mascot, circles the track. There were other medals to-day but Stewart sets the seal on the proceedings for the home crowd. We must not forget two other Golds which delighted the crowd, Howard Payne and his wife Rosemary, the latter competing for Scotland, made it a family occasion.

There in the early morning sunlight, silent, with flags bravely flying. Yes, there it is, the Stadium where all the hopes and maybe fears of thousants of athletes are centred, will it involve the spectators' hopes and fears too, or will we be a bit left out?

As we approach the stadium I am feeling a bit nervous, am I going to enjoy these Games? As a late comer to athletics and a very ordinary spectator, will I be caught by the atmosphere, totally involved or will the end of the week see me totally bored? The first thing that impresses are the Arena party. Smart in their white caps, blue uniforms and white shoes. Everything is beautifully laid out, perhaps the only visual problem will be the Pole Vault against the spectators on the far side. No doubt those sitting over there will think the same about the Long and Triple Jump positions but by and large the Stadium seems well laid out from the spectator's point of view.

Settling down to a fine afternoons' athletics, what a programme! Seven finals, seven Gold Medals to be fought for on the first day. The first two Field Events admirably presented, the Hammer and High Jump. This provides a fine opportunity to watch events which too often are put in some distant corner, just out of visual range. Splendid throwing by Howard Payne and a wonderful three cornered fight between a Canadian, a Gambian and an Australian in the High Jump. The medal eventually won by Laurie Peckham from Australia. Then David Hemery in the Hurdles to delight all the crowd, what an excellent ambassador for the sport this young man is, so quiet and unassuming.

Then for me and probably for many others, the highlight of the afternoon, the appearance of Ron Clarke in the 10,000 metres. Would this be the Gold Medal that has eluded him for so long? I am sure that there were many like me who were willing him on. The final bend and just three athletes were in contention. Clarke, Taylor and Lachie Stewart tenaciously holding on to these two, statistically his superiors Clarke and Taylor watch one another like the two great rivals they are, every fibre concentrating on getting that Gold. As Lachie makes his final sprint past Clarke, it is almost as if there is a hush in the crowd's roar as they wonder whether Ron had an answer. He hadn't and suddenly the roar swelled with delight as the Scots realized the Gold Medal was theirs, setting the seal on the success of the Games and ensuring that the remaining days of athletics, were a success.

A pause for a mental review of the afternoon's doings and then off to the Commonwealth Pool for an evening's swimming. An evening overshadowed by the great Karen Moras and her 800 m. World Record. What a team these Aussies were, by the end of the Games I am sure all the Spectators knew the Song of Australia as well as the Team Coach and Manager. One must hope that the A.S.A. will continue to use this excellent pool for future internationals as the facilities would be very hard to better at any other pool.

And so to bed to reflect on the first day of the Games, so far as I was concerned, memories crowded in, too many to make sleep easy and dreams are peopled by those engaged in these contests.

Sunday, a day of rest, seeing as much of Edinburgh as possible in the short time we had. A most enjoyable coach tour taking in the best known sights of Edinburgh culminating in a visit to the magnificently perched Castle. It certainly dominates Edinburgh on it's rock outcrop.

Monday, as a change we spend the morning shopping and off to the Commonwealth Pool for a fine afternoon's swimming. We saw a surprised Mike Richards win an exciting 200 metres back stroke which delighted the Welsh. Hammy Simpson delighted the Scots with his second place in this race. Later we had the pleasure of seeing the Cross of St. George in the centre with a wonderful win Diane Lansley beating her own personal best by 0.5 seconds. Delighted as always by the power of the Australians it was most enjoyable to see the stranglehold broken, if only briefly.

A quick snack and then off to the Badminton for the semi-final. This is a new sport to me. It is a most exciting evening, so much so that we forget the fact that the seats seem to be placed in the most drafty position possible. Having been toasted in the pool in the afternoon, we freeze in the evening. For me the most exciting matches were those featuring the Malaysians. The speed and dexterity of play left the spectator breathless, wondering how so much could be fitted into one match. It was nice to think that we were seeing the future Gold Medalists in action.

Tuesday was my day off as I felt I must try to see some of the lovely country side of Scotland

Three things stand out in my memory for Wednesday. First, the finish of the Decathlon and the most punishing of all its component parts, the 1,500 metres. To have fought and suffered through nine events and then to be faced by the daunting prospect of this race. I admire these decathletes enormously, surely they could be classed as the complete athlete. The skills needed to win this event are many and varied, thowing, jumping, vaulting, hurdling as well as running. A second memory is Lynn Davies winning the Long Jump title to the delight of all the crowd, not only the Welsh. Lynn seemed to be troubled by an ankle and it looked as if the great Phil May of Australia would win. Both men had no jumps in the final round and it was Lynn's third round jump that won him the Medal. Kip Keino surging away from the opposition and leading the home in the 1,500 metres was the final memory of a great afternoon's athletics.

Thursday was Marathon Day among other events. Perhaps one felt that all the events that afternoon were leading up to the end of this, the toughest of all events. Ron Hill finishing alone and unchallenged in a record time was certainly a sight to see. The crowd stood to him as he came into the stadium and circuited the track. He certainly deserved all out praise for running the fastest ever marathon in a major championship. What a feast of athletics there was to-day. Another husband and wife team to bring home Gold Medals were the Sherwoods, Sheila added the Women's Long Jump title to the 400 metre hurdles title of her husband, John. An almost unbelievable 400 metres for Women with Marilyn

Neufville coming home almost 20 metres clear of the second, Sandra Brown., in a new World Record. At last this was the opportunity that I, and many others had been waiting for to see just how fast Marilyn could go. How she surpassed all our expectations! Two sad occasions were the fall by poor Sylvia Potts from New Zealand depriving her of a Medal. All credit must go though, to Rita Ridley for the tenacious way she hung on and won. Another unlucky faller was Kerry O'Brien who unfortunately fell at the water jump with only one lap to go. This steeplechase was certainly a fine finish for the Kenyans, getting both silver and bronze medals. Manning the second Australian took the Gold.

Friday was a day of frantic shipping, packing and preparations for the following day and the Closing Ceremony.

Saturday, it does not seem possible that this is the final day of the Games, surely a week cannot have elapsed since we first came to the Stadium. We arrived in plenty of time, even so there were already people waiting hopefully for tickets. There is almost a feeling of sadness in the air, just this afternoon and best ever Commonwealth Games will just be another memory. Here I feel I must praise not only those in the arena but all the people we did not see but who helped to make it such a memorable games. The announcers and their assistants who kept us so well and swiftly informed of all that was happening in all parts of the arena and by doing so added considerably to the enjoyment of the games deserve special praise.

An exciting Triple Jump contest between Australians May and McGrath started the afternoon off. There were two changes in the lead producing a real cliff hanger of a finish. May took the lead with his first jump, lost it to McGrath in the fifth round, regained it some four jumps later in the same round. Debbie Brill was another person to watch doing her "Brill Bend" it was interesting to be able to watch her technique as we had an uninterrupted view of the High Jump. A fine win by Ouko of Kenya in the 800 metres and then three relays giving a win for Jamaica in the sprint for men with England gaining a Bronze followd by Scotland and Wales. The Jamaicans certainly had a superb team with Don Quarrie adding a third Gold to those for the 100 metres and 200 metres. Raelene Boyle followed in Don Quarries footsteps getting her third Gold for sprinting and in the longer relay Kenyan Ouko gained a second Gold. The final event the 5,000 metres produced two medals a Gold and Silver for Scotland by Jan Stewart and Joe McCofferly, a very fitting finish to a splendid Games.

The athletes jump and dancing in and out of the band, running across the green turf to get closer to the Queen, a feeling of sadness as the Commonwealth flag is lowered, the brilliant colours of the track suits on the competitors and the beautifully turned out band. As we all sing "Auld Lang Syne" it is with sadness that the games are over and that we must return to ordinary everyday things.

Obviously these are my personal memories of Edinburgh, I am not an expert on the finer points of athletics so I hope those who

are will bear with me. I am sure other people will have other memories and I hope that they will forgive me for not including everything.

ATHLETICS IN A COLLEGE OF EDUCATION

Ian Ward, Madeley College of Education

A great deal has been written about 'Athletics in Schools', of its strengths and weaknesses; however we read but little about athletics in the colleges and universities. Yet almost all of the teachers come from these latter institutions, and it is surely the colleges and the universities who should receive some of the credit (and some of the blame) for the state of athletics in schools. The influence of the universities upon athletics has been considerable. Two of the older English universities were concerned with the spread of organised athletics during the third quarter of the 19th Century, and with the codification of rules. Past Students of Oxford and Cambridge have been involved in the writing of much sports history, and have paid a considerable amount of attention to the part played by the universities. A limited number of individuals from the universities have been responsible for the creation of powerful little pockets of school athletics. However the greatest influence of the universities upon athletics may well be the subtle influence of the graduate upon committee management and upon major policy decisions within the field of recreation. The influence of the colleges of education upon athletics may or may not be as great as that of the universities: but it is generally seen more immediately. For it is often the track-suited teacher who is seen to be teaching, coaching, directing and organising school athletics, helping with the town team and possibly helping with the local athletics club - or is noticeable by his absence. The P.E. man in the school, of course, is not primarily concerned with athletics but with the broader spectrum of a wide range of physical activities and with the development of the youngsters' sporting interests. But he also in part creates a demand for particular activities, usually in keeping with his own sporting interests. In athletics we must hope that our sport has been effectively 'sold' to the students in the colleges of education, and that they will see this as a major part of the school sports programme. If one-tenth of the students leaving college each year were enthusiastic about athletics, the national effect would be considerable.

Athletics in the school thrives primarily as a result of the interest and efforts of individual members of staff. The same holds true, to a lesser extent, in the colleges of education and the colleges which produce reasonably strong athletics teams have one or more enthusiasts on the staff. An excellent example of this point is Alsager College, with three members of staff exerting considerable influence and producing a sound team.

The strength of a college team depends upon a variety of factors including tradition, facilities, size of intake, the extent to which the college is involved with P.E. - and the extent to which college staff are involved with athletics, for this latter factor eventually affects a number of the other factors. The keen coach in the college will build tradition, may well attract students to that college and may well influence the development of facilities. His enthusiasm will probably attract potential talent from other sports. It is argued here that the lecturer who is concerned with the conduct of the college athletics course should also be concerned with the college athletics club, and that association with the athletics club should be seen as an implied part of his appointment.

This involvement of college staff with college sport is, however an extremely delicate involvement. College club activities are run by the students for the students: and it is extremely easy for a member of staff to be associated with a club only as an interested visitor to occasional matches, or to help with officiating or (if his position of 'given' authority so warrants it) as club president. But these positions represent a partial opting out, of an amiable 'association with' the club without the direct and powerful influence which a staff member is able to give. The lecturer can initially influence the college athletics club as a coach, and it is suggested that his availability as a regular coach should be made throughout the year. Having done this he can eventually coach under his own conditions (the coach who gives time can clearly make conditions for the use of that time) and make the damands of students that would hold in any coach-athlete relationship. He is also in a position to exert that pressure upon students ("where were you last Wednesday?") that students cannot exert upon each other. He can also act as an athletics scout within the college, for whilst taking practical work his trained eye will undoubtedly note a number of individuals who could advantageously be tempted into the sport.

One of the problems of the college coach, surprisingly enough, is the athletes who come to college as competent performers. The majority of these athletes will already have established relationships with good school or club coaches, and will obviously wish to continue with this relationship. What should the attitude of the college coach be in cases of this type? My own feeling is that the college coach can supervise and encourage. In the technical events the college coach can continue to help along guidelines laid down by the club coach ("What have you been working on with your coach, and what would you like me to look for?") In the case of track athletes, the college coach would probably ask the club coach to leave one day of the athlete's schedule clear for a session to be conducted by the college coach. Thus the home club coach would set the basis of the schedule for (for instance) a middle distance runner leaving one session a week free for a session of hard interval training to be conducted by the college coach. In this way the college coach is best able to fit in with the plans of the home coach, is still able to encourage the athlete and is

able to conduct one hard session a week involving many college athletes - thus helping to weld individuals into a team. In the case of sprinters this one session can well form the basis of the relay work.

The team problems in a small college are considerable. Bearing in mind the range of sporting interests of the student body, it would be most unusual to be able to field a balanced athletics team. Almost invariably the team is short of throwers, hurdlers and vaulters. Of course it is possible to influence a college team on the basis of the intake of students to a college, and it should be quite clear that colleges are in competition for the best students: we at Madeley are quite clearly trying to encourage good performers, in a variety of sports, to apply for places at our college. From those who apply, however, one is clearly bound to select those applicants who are assessed to be most suitable for the teaching profession - and this eliminates many of those who are merely physically talented. Neverthless it is sad to have just rejected two schools county champions particularly as they would have filled useful gaps in the athletics team!

The team problems in a small college are considerable, and constantly recur. If the coach is able to convert an agressive rugby forward into a discus thrower, or a leggy sprinter into a a hurdler, dividends only seem to show in the student's second year in college. The teaching and the coaching take time, and it may well be that the novice athletes can only hold a college team place during their third and final year at college. These conversions to athletics, or conversions within athletics are, perhaps, the most pleasurable part of college coaching - the novice who slips over an 11' vault, the sprinter who runs under 15 seconds for the high hurdles, the squad of hammer throwers who are all new to the event. And it is often these converts who leave college with the greatest enthusiasm for both participation and coaching.

The college lecturer's relationships with the college athletics club clearly extend far beyond coaching. He will be able to offer advice concerning the development of club policy and will be aware of the feasibility of projects and ventures proposed by students. He will be aware of problems that have been met by previous generations of club secretaries and treasurers, and should be able to advise, ever aware of the necessity not to intrude. Through a variety of projects (minor internal competitions, visits by outside speakers, planning training week-ends) he will be able to help the club through the difficult winter period - and may well be able to guide individual students through the problem of the conflicting demands of winter team games and summer athletics. Certainly he must be prepared for students occasionally rejecting his guidance with regard to club affairs - but then it is the students club, and students quite rightly reserve the right to conduct their clubs as they think best.

The college course in athletics is, on the other hand, conducted

as the college lecturer thinks best. The major aims are seen as being:

1) To engender enthusiasm for athletics.

2) To guide the use of that enthusiasm towards effective work in the school situation.

The present structure of the athletics course at Madeley College is:

	Events	Additional Theory	Required Work
Term 1	Strength training		Preparation of schedule
Term 2	Strength training		
	Cross country		
	Middle-distance		Preparation of schedule
Term 3	*Road relay	'Planning the Training Programme'	'Quiz' on rules, records, technique.
	Sprint starts		Officiate at one meeting
	Hurdles (straight)	'Fundamentals of Coaching'	
	Long Jump		
	Javelin		
Term 5		(Mechanics course)	
Term 6	High Jump		'Quiz' on rules, records, technique. Individual analysis of loop films
	Pole Vault		
	Hurdles (bend)		
	Triple Jump		Group responsibility for the organisation and conduct of one meeting
	Discus throw		
Term 8	As required		(Optional Course)
Term 9	Sprint Relay	'Athletics in Schools'	A.A.A. Coaching Awards
	Shot Put		Critique of loop films of 'poor' performers
	Hammer throw		
	*Walk		
	*Steeplechase		
	*One session only of practical work		

Apart from the events marked * the method of approaching each event usually takes the form of:

<u>Session 1</u> - Group teaching: students taken as a class

Session 2 - Key features of the event: basic coaching: loop films

Session 3 - Major faults and corrections: coaching in pairs: loop films.

In general terms, the work is intially approached with the underlying assumption that the student on Teaching Practice may need to deal with a class with the minimum of equipment. Thus the first session on spring starts assumes only the use of a soccer field: the theme is

'This is how you might introduce sprint starts to a class of 40 youngesters' This work is followed by coaching in pairs, for class teaching eventually leads to coaching: and that students best learn to coach by being aware of what to look for, of how to deal with common coaching situations, and by actually coaching.

To consider the practical approach to one event: work over hurdles invariably starts with running over laths set low and at a 3 stride spacing: during their three years in college students are never required to work over 3'6" for so many of the students are clearly unsuited to this event. What they are required to do is to learn the basics of hurdling, building up to 2'6" fairly quickly. In their first year, students work over hurdles at a three stride spacing. Students are assessed in the practical work at the end of each academic year, and their hurdling assessment is over hurdles 2'6" high and a total distance of 60 metres. Students can choose work over hurdles set at spacings of 22' or 24' or 26' or 28'. In this way, it seems students seem to experience some success in their early hurdling. In the second year of their course students are gradually introduced to the problems of adjustment to hurdles at 3', to bend hurdling and to adjustment of stride pattern whilst fresh and finally when tired. Eventually almost all students attain a certain skill in hurdling - but, within the limits of a 60-70 hour course, this is clearly to the exclusion of other athletic skills. The long jump, for instance, is not taught as a specific skill. Students deal with the theory, the rules, learn to officiate and compete. The argument here is that, for a class, time spent on long jumping is not adequately rewarded. Within the confines of the course we hope for an understanding of the basis of almost all events, and the ability to demonstrate perhaps two or three of these events effectively. The use of time is obviously selective, and it does seem that students can, within a short space of time, learn to demonstrate (for example) hurdles and discus (usually Junior size) reasonably well. Not so with the long jump or shot put. It therefore seems reasonable to develop particular practical skills to the exclusion of others in order that the student possesses some tools of effective demonstration for his early teaching days. The basics of event organisation are covered as they arise, and students are required to officiate as part of the course. Thus the two highlights of the first year course are the Inter-House road relay (organised by students) and the first year match in which a team is selected from the forty P.E. students, with those students who do not participate being responsible for the organisation of the meeting. Throughout the course an attempt

is made to offer constant little competitions within the level of the students' skill development. Thus the initial stages of teaching and coaching of the triple jump involve competitions from a three stride approach: from an approach run of not more than 40': and finally an assessment from a full length approach run.

Throughout the course attempts are made to involve students in coaching activities away from college, and this extra-curricular work is much appreciated by students. Work on Young Athletes' courses is particularly beneficial to students, most of whom thrive on the responsibility.

Unfortunately such work is hard to come by - might it be suggested that any course organisers who find themselves short of coaches for Young Athletes' courses could approach one of the main 'athletics' colleges for assistance? By the same token, of course, it is necessary for college coaches to continue to be involved with youngsters, and assistance at Young Athletes' courses provides this opportunity.

The conduct of athletics in a college of education is at times dissatisfying. To state what you are trying to do (as in this article) is often a sharp reminder that you are not fully achieving those objectives: time is limited (hence the need to direct students towards post college courses for coaches) physical talent in colleges often goes to waste, and many athletes retire at the end of their college career. Nevertheless there are many satisfactions - the achievements of a small college team, the athletes who continue to develop after they leave college, the past students who excel their mentor as coaches in specific events. From a multitude of satisfactions, two stand out. One is of an ex-student coaching a winning relay team at the English Schools Championships in his first year of teaching - and who is himself destined to be a great athlete: the other is of a local cross-country race at which the handful of spectators present included two past students, both with competing teams. Enthusiasm and balanced involvement, added to competence, would seem to be fair objectives for an athletics course - the pity is that one achieves these objectives so rarely.

Reproduced from the March 1970 issue of "Athletics Coach" by kind permission of the Editor, to whom I am very grateful.

NATIONAL ATHLETICS LEAGUE

We have now nearly concluded the second season of the League and at the time of writing, with only one round to go, the position is as follows:-

Division One

1st Thames Valley Harriers	17 points
2nd Cardiff	13 points (692 points)
3rd Birchfield	13 points (682 points)
4th Hillingdon	10 points
5th Brighton & Hove	7 points
6th Surrey	3 points

Division Two

1st Edinburgh	16 points
2nd Sale	11½ points
2nd Woodford Green	11½ points
4th Southampton	9 points
4th Poly	9 points
6th Blackheath	6 points

Division Three

1st Wolverhampton & Bilston	16 points
2nd Liverpool	12½ points
3rd Notts.	10 points (508 points)
4th London A.C.	10 points (501 points)
5th Croydon	8 points
6th Achilles	6½ points

As you can see everything is set for a very exciting finish in all three divisions. Anyone who has attended a League fixture this year cannot fail to have noticed the tremendous excitement that builds up during the meeting and the fact that the points total really matters to those present, I, for one, find these placings very interesting with the once dominant London Clubs not having matters all their own way. Undoubtedly the Northern Clubs in particular have benefitted enormously from the competition the league has provided. The League has enabled clubs outside London to obtain top class competition and this can surely only be to the benefit of the sport as a whole.

One can only hope that the League will result in an overall improvement throughout the field events once clubs realize that matches cannot be won solely on the track. Though of course this can only be a long term benefit. Certainly the League has made mistakes but I am convinced that the idea of a League System is excellent and this coupled with the area and district leagues throughout the country can only result in improved performances at all levels. The National League also enables young and up and coming athletes the opportunity to compete against the best athletes in their particular event and this after all is the only way their performances will improve.

Next year the League is committed to a fourth division and this is undoubtedly a step in the right direction. There is still a long way to go but given the help of all of us the League can and will succeed. I believe that for the future of athletics it must succeed.

The present League records are as follows:-

100 metres	L. Davies, D. Dear & R. Frith 10.6
200 metres	M. Reynolds 20.9
400 metres	J. Sherwood 46.8
800 metres	R. Adams 1 min. 48.1
1500 metres	R. Maplestone 3 min. 47.5
5000 metres	I. Stewart 13 min. 55.6
3000 metres steeplechase	G. Bryan-Jones 8 min. 45.8
110 metres Hurdles	D. Hemery 14.1
400 metres Hurdles	A. Todd 51.1
High Jump	M. Campbell & J. Dickenson 1.95m/6'5"
Pole Vault	S. Chappell 4.40m/14'5¼"
Long Jump	C. Greenaway 7.30m/23'11½"
Triple Jump	G. Hamlyn 15.27m/50'1¼"
Shot	B. King 16.32m/53'6½"
Discus	M. Cushion 54.66m/179'4"
Hammer	H. Payne 65.68m/215'5"
Javelin	D. Travis 79.76m/261'8"
4 x 100m Relay	Thames Valley Harriers 41.4
4 x 400m Relay	Polytechnic Harriers 3 min. 12.8

The qualifying competition will be held at Leicester and will consist of 8 clubs. The top 2 clubs will go into Division III next year and the next 4 clubs will go into Division 4.

After each season's competitions the bottom two clubs in each Division shall be relegated. The bottom two clubs in Division 3 this season will be in Division 4 next year.

THE FUTURE ROLE OF THE A.A.A. CLUB

Over the past few years, the Club, in common with several other voluntary organisations, has been passing through difficult times. We are constantly being called upon to provide extra facilities and socials in order to maintain our members' interest. These items, try as we may to make them self-supporting, inevitably require extra administration and expense. Therefore for some years our expenditure has risen at a faster rate than our income. Inevitably, the day was bound to come when expenditure had to overtake income. This first happened in 1968 and because we have no reserves (90% of our excess of income over expenditure, in previous years having been given to A.A.A.) we were immediately forced to increase our minimum annual subscription.

Because we were not able to make a contribution to A.A.A. for 1968, the officers of the Association invited your committee to meet them to discuss the future role of the Club. At that meeting, we were able to explain our difficulties both financial and administration. Basically, our difficulties stem from our twin objectives which, as they are defined in our constitution, are incompatible. From our experience over the past ten years it does not seem possible in a part-time voluntary organisation to provide opportunities for members to meet and talk about our sport at various functions and at the same time to raise funds for the Association in particular and Athletics in general. It was our attempt to achieve more of the first part of our objective

which to some extent contributed to our financial problems and because they are time consuming they also reduced the amount of time we could spend on fund raising.

Another problem we had to face was the fact that the Clubs activities seemed to be based too much on the London area. I am glad to say that to some extent this has been rectified by the merger last year of the Midlands Counties A.A.A. Honourary Members with our own. In the past we have tried rather expensively to set up a branch in Manchester and another in Brighton, but they both foundered through lack of support.

These present difficulties were accepted by the officers of the Association who requested us to draft some proposals for the future of the Club. After lengthy discussions we decided that like the well known advertisement for a certain Bank our roots too should be in our branches and that it would be impossible to create a strong national body without branches in the areas as strong and as vigorously as that in the Midlands. As the Midlands Branch has the full support and backing of the Midlands Counties A.A.A. so must the branches in the Areas have the full backing of the local area Associations. In return the local branches of the Club would organise socials after the area championships, raise money for specific items required by the area Association, keep interested parties informed of the local activities of the association, have social evenings, which can take the form of film shows, brains trusts, dances or dinners. All these activities are designed to stimulate athletics' spectators and jolt them out of the apathy which is threatening to overwhelm them and the sport. I am still perplexed at the complete contrasts provided by Meadowbank in July 1970 and the White City in August 1970. At Meadowbank, I saw 10,000 wait until 7 p.m. to watch the end of the Decathlon. Three weeks later at the A.A.A. Championships I was feeling quite lonely. After all there was not very many of us there!

On a National basis the Club must continue to publish the Newsletter in which I am now writing. We must create a fund of ideas for entertaining our members. We must build up a film library to provide material for social evenings for the branches. We must more effectively put over our ideas and aims over to the interested so that they become enthusiasts. We must make greater efforts to publicise the good that we do. For instance this year, we have presented Mike Farrell with £120 to pay for an extra out station for his walkie-talkie system which has helped so considerably to improve presentation at the meetings, at which it has been used. We have recently given £220 to the Association as 50% contribution towards the cost of eight overhead projectors for the use of the National coaches. As a matter of interest the other 50% is coming from the Government. Earlier this year we gave £75 to the International Athletics Club to pay the expenses of the Junior athletes who attended their training weekend in April.

All of this and more is in the document which we presented to the officers of Association. They have recently indicated their approval of our basic aims and means of achieving them. It is now up to us, your committee, with your help and enthusiasm to give this sport some support.

Colin Johnston,
Hon. Secretary.

EDITORIAL

On the cover of this issue is Martin Reynolds of Thames Valley Harriers. At Edinburgh Martin finished 4th in the Commonwealth Games 200 metres in 20.8 beating such athletes as Peter Norman, Olympic Silver Medallist in Mexico, George Daniels of Ghana, Gary Eddy of Australia and Julius Sang of Kenya, all of whom had faster times than Martin, prior to the Games. To my mind this was one of the finest performances achieved at the Games.

At Zurich in the European Cup Semi-Final Martin finished second in a legal personal best time of 20.7 beating amongst others Philippe Clarc, the reigning European Champion .

In the Semi-finals of the A.A.A. Championships he ran a championship best performance of 20.9 and bearing in mind the tight White City Bends and the lack of competition this must rank as one of his best performances

Here we have a sprinter over 200 metres who has this season looked to be the first class athlete at the event since the halcyon days of Peter Radford.

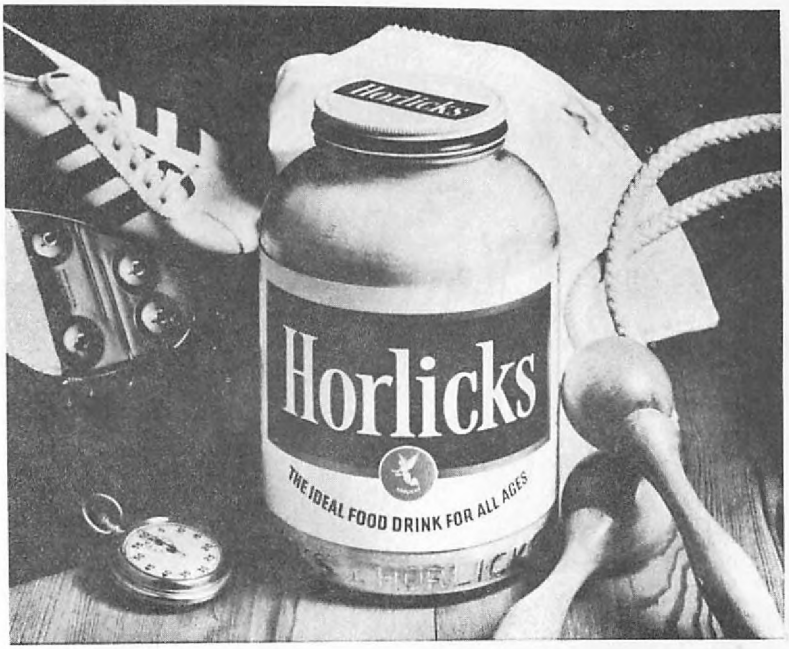
I recently got round to thinking about the greatest track and field athlete respectively during the last twenty years and, after considerable thought, I came up with Herb Elliott and Al Oerter. I felt that any athlete who could so dominate an event as Elliott did in Rome when winning the Olympic 1500 metres and in the process break the world record could not help but win the day particularly when one also takes into account his unbeaten competitive record.

I feel that no field events athlete can compete with Al Oerter and his record of four Olympic Gold Medals highlighted by his victory in Tokyo when handicapped by a slipped disc and torn chest muscles.

I realize that both these choices are open to disagreement and I hope that these selections will provoke you all into thinking of your own two choices. If so, please let me know and in the next issue I will let you know the athletes receiving the most votes.

This has been a memorable season with matches against the East Germans, both indoors and outside, and the Commonwealth Games at Edinburgh. I feel that these Games proved what can be done with first class presentation and announcing. I feel that no praise can be too high for the announcing team. They provided an expert service and kept the spectators fully informed. I have rarely seen a crowd so enthralled by the field events. Few people left before the finish of the decathlon or the pole vault, both events which carried on long after the last track event. The Scot's should be congratulated on the way they organised the meeting, the fact that the only fault I could find was a lack of sufficient programmes, only emphasises this. Officials and everyone connected with the meeting deserves the highest praise.

There is talk of taking the Championships out of London and also having some of the major meetings farmed around the country. To my mind the obvious choice initially is Meadowbank and this must be done quickly in order to at least retain some of the goodwill existent there. To my mind Meadowbank has everything namely a first class track and excellent facilities, the best scoreboard anywhere in Britain with the exception of Wembley Stadium and the Empire Pool, close circuit television and the nucleus of a first class organisation needed to promote a top class meeting. I have visited all the other possible venues and none can compare.



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