

NUTS NOTES

EDITORIAL

The A.G.M. this year was held in the bizarre surroundings of the dive bar at the Springbok PH on 27 May. While everyone appeared to be wearing fluorescent mauve shirts and playing bongo drums and a few munched cheese rolls the quietest AGM ever passed off, disturbed only by a terrifyingly loud thunderclap.

The only real discussion point was raised by Bob Sparks, who drew attention to Rule 1(b) of the Constitution, which states that the objects of the organisation shall be, inter alia, "to standardise methods of presenting ranking lists". Bob will set to work to produce some sensible criteria which members producing books should follow.

Peter mentions some of the other happenings in his column below.

The provisional date for the members' pentathlon and dinner is August 27. It is hoped that as many as possible will participate in these usually hilarious activities; as an added attraction we hope to have a star guest (or two? the Lincolns?) at the dinner.

From the Secretary by Peter Hopkins

Once again I must apologise for the late production of an issue. The four weeks since the AGM seem to have been the most crowded in my ever crowded life. Both at work and in athletics I have scarcely had a minute to spare for the whole month.

The reason for the 'bizarre surroundings' at the AGM was the failure of the landlord to get my confirmatory letter. Consequently we were extremely grateful that he managed to find us a room at such short notice.

I have already told you that Bob Phillips was elected chairman. Personally, I look forward to working closely with Bob, and hope we can form a management team worthy of the N.U.T.S. We also elected the committee, and I welcome Peter Matthews - the only newcomer to the Bowater Madhouse Session. We elected our second life Vice-President in Neil Allen, and were particularly pleased to honour Martin James and Ian Smith by making them Vice-Presidents.

We have submitted a memorandum to the Byers Committee setting out what I believe are most members views for the future of athletics in this country - a closer link between coaching, selection and management; a paid secretary and a professional administration; the formation of leagues; a more realistic fixture list etc.

MISCELLANY

+ Congratulations to Bob Sparks, appointed to the BUSF selection committee for the UK athletics team to compete in the Tokyo Universiade; and to Mike Fleet, one of a three man sub-committee appointed by the AAA organisation and development committee to consider the domestic fixture list.

+ Would members please note that Cliff Temple's home telephone number is Folkestone 76238

THINKPIECE by Peter Pozzoli Part One.

Having just finished the compilation and entire typing of "WOMEN'S TRACK & FIELD WORLD" 1967 YEARBOOK in three weeks, I was struck by one fact in particular and the more I raced through the typing of this mass of well over 125,000 words and figures the more it seemed to stare me in the face. It was simply how the same names of Polish, German, Russian, French, Rumanian, Yugoslav, Bulgarian and other girls kept coming up year after year. For 10 years, for 15 years, some for even longer. You may think this of little import - I think it's a highly significant reason to explain why at international level we are no longer the power we were a while back.

At club level I think British women's athletics is probably the highest in the world (check in depth through national ranking lists of other countries and you will immediately see how weak their standards are in 20th, 30th, or 50th place as opposed to our own. With only one or two exceptions this is even true in the discus and shot, but there is little doubt the elite of other nations are now fully up to, and often well above, the British ones. The reason is likely to be - at least partly, probably very considerably - due to the fact their best best women continue to participate with

the same keenness and love of the sport until ages when physical maturity is reached, i.e. between 26 and 34 or thereabouts. With the years of course as well as maturity, also comes the benefit of more polished and perfected techniques, and the experience and know-how that makes all the difference in the pinches.

How many British top-class women are competitive by these ages? I can think of Dorothy Tyler and Rosemary Payne and it is not without significance both set British records at 28 and 32 respectively, but it is easier to count the absentees - those whose love of the game was so 'great' they quit before ever they had truly started. Seaborne, Gardner-Dyson, Pegley, Packer, Jenner, Hyman, Marion Needham - just check the lists of past top-notchers and then see how many of them retired before 30, or 28 or even the extremely young age of 25. Then check comparable lists of continental stars or the ages of the world all-time top-30 and see the huge difference.

The point that became clear in going through the YEARBOOK line by line was that these long-lasting dedicated continentals continued to improve steadily year by year. Of course they had talent to begin with, girls like Viscopoleanu, Yorgova, Luncer, Petrescu, Sobotta, Bibro, Ciepla, Balzer, Birkmeyer, Kleiberne, Manoliu, Stamejic, Bistрова, Itkina and dozens more, but had they retired at 23 or 24 as most British women do, none of them would ever have achieved all-time status. How many British are there who would likewise have made the stellar rankings if they had been persuaded to continue in the sport. The fact so many British girls quit so easily and so quickly seems to indicate British women athletes by and large have little guts and not much deep-rooted love of the sport itself. The answer is - inducements must be offered to make it worth their while to continue. We are no longer in the Victorian age (though perhaps Lord Exeter doesn't know it yet) - in a dolce vita society such as Britain is to-day, inducements must be offered if interest and enthusiasm are to be sustained. Continental countries offer inducements suited to their societies and economic structures. We must do the same - and in our society which is based on the paramountcy of materialist gain and capitalist profit motive the only realistic, meaningful, and candid inducement is MONEY. And this is understood by top stars. The artificial segregation of professional and amateur dates back to the Victorian days and the "two nations in Britain" age. Nowadays apartheid has no place in sport and I see no ethical difference between to refusing to allow a man to run with you because he may have taken a few pound for running elsewhere than to refuse another man to run with you because his skin is black.

There is plenty of money in Britain to-day, in fact there is more in this little island than anywhere else except USA and USSR. If we can afford in our abundance of wealth to fritter away \$2,000,000,000 EVERY YEAR on the futility of 'national' defence (the inverted commas because I cannot see how the defence of Britain is in any way advanced by money squandered in Hong Kong, Singapore, Aden, Malaysia or elsewhere throughout the world) then if we really are the nation of sports-lovers we always profess to be, if we are not just a nation of big talkers, surely we can afford just one-hundredth of that sum for something which will benefit the youth of the nation as a whole, Sport, which will give them healthier bodies, sounder minds, and through life a clean moral outlook and a fitter longevity. All things which indirectly will also aid national defence (the fitter the population the more and better soldiers are available for war) and also indirectly aid social security (the fitter the population the less money needs to be spent on drugs, medicine and the like).

I do not think there is any shortage of tracks in Great Britain. There seem to be tracks wherever they are needed but money could usefully be utilised in improving the standards of actual runways, field facilities, and the erection of good stands, dressing room, and refreshment bars which are woefully lacking in most grounds. The recent Hendon Stadium is a good example of what a club ground should be like. Government grants should be available without quibble to bring up to this level 200 to 300 grounds throughout England - it would not cost a fortune - it would probably cost less than America's genocide campaign in Vietnam in a day.

All idle dreams for nothing will ever change in Britain. It strikes me the only people in these islands who really wish for a fundamental change in the way of life are the Fascists and Communists and the fact that both have signally failed to build up a mass force is proof, the British people do not wish to alter their centuries-old habits. Under the symbolic names of Labour, Liberal and Tory all are united in a spirit of conservatism. Indeed our prancing popinjay, Harold 'Beattie' Wilson, has proved himself the finest Conservative premier since the 'wonderful' days of Stanley Baldwin.

(to be concluded)

Statistics 2 by E.G. Clarke

I have compiled a list of percentages from the margins between the winners and runners-up times, heights and distances for the last three Olympic celebrations. I don't know if this has been done before but it will at least stimulate comment on who was in fact the most superior champion in other IUTS views compared with a cold percentage view.

	1956		1960		1964
100m	*Morrow (10.5)	-	Hary (10.32) 0.484	Hayes (10.0)	2.0
200m	Morrow (20.6)	0.485	Berutti (20.5) 0.488	Carr (20.3)	0.985
400m	Jenkins (46.7)	0.214	*Davis (44.9) -	Larrabee (45.1)	0.217
800m	Courtney (1:47.7)	0.092	Snell (1:46.3) 0.188	Snell (1:45.1)	0.476
1500m	Delany (3:41.2)	0.362	Elliot (3:35.6) 1.299	Snell (3:38.1)	0.757
5000m	Kuts (13:39.6)	1.342	Halberg (13:43.4) 0.146	Schul (13:48.8)	0.097
10000m	Kuts (28:45.6)	0.394	Bolotnikov (28:32.2) 0.28	Hills (28:24.4)	0.023
3000SC	Brasher (8:41.2)	0.461	Kryskowiak (8:34.2) 0.428	Roelants (8:30.8)	0.313
110H	*Calhoun (13.5)	-	*Calhoun (13.8) -	Jones (13.6)	0.735
400H	Davis (50.8)	1.378	Davis (49.3) 0.609	Cawley (49.6)	1.01
400R	USA (39.5)	0.761	Germany (39.5) 1.519	USA (39.0)	0.769
1600R	USA (3:04.3)	0.758	USA (3:02.2) 0.274	USA (3:00.7)	0.498
Mar	Mimoun (2:25:00)	1.057	Abebe (2:15:16.2) 0.313	Abebe (2:12:11.2)	3.127
HJ	Dumas (2.12)	0.943	Shavlakadze (2.16) -	Brumal (2.18)	-
1V	Richards (4.56)	0.657	Bragg (4.70) 2.128	Hansen (5.10)	0.908
LJ	Bell (7.83)	1.916	Boston (8.12) 0.123	Davies (8.07)	0.496
TJ	daSilva (16.35)	0.550	Schmidt (16.81) 1.071	Schmidt (16.85)	1.602
SP	O'Brien (18.57)	2.100	Nieder (19.68) 2.896	Long (20.33)	0.639
DT	Oerter (56.36)	2.75	Oerter (59.18) 1.96	Oerter (61.00)	0.787
HT	Connolly (63.19)	0.253	Rudakov (67.10) 1.952	Klim (69.74)	0.932
JT	Danielsen (85.71)	6.685	Tsibulenko (84.64) 6.238	Nevala (82.66)	0.411
Dec	Campbell (7708)	1.816	Johnson (8001) 0.887	Holdorf (7887)	0.571

Women

100m	Cuthbert (11.5)	1.739	Rudolph (11.0)	2.727	Tyus (11.4)	1.751
200m	Cuthbert (23.4)	1.282	Rudolph (24.0)	1.666	McGuire (23.0)	0.435
400m	-	-	-	-	Cuthbert (52.0)	0.383
800m	-	-	Shevtsova (2:04.3)	0.08	Packer (2:01.1)	0.661
80H	de la Hunt (10.7)	1.869	Press (10.8)	0.925	Balzer (10.5)	-
400R	Australia (44.5)	0.449	USA (44.5)	0.674	Poland (43.6)	0.688
HJ	McDaniel (1.76)	5.113	Balas (1.85)	7.567	Balas (1.90)	5.263
LJ	Krzesinska (6.35)	4.094	Krepkina (6.37)	1.569	Rand (6.76)	2.367
SP	Tychkyevich (16.59)	0.361	Press (17.32)	4.099	Press (18.14)	2.921
DT	Fikatovala (53.69)	2.142	Donomaryeva (55.10)	4.555	Press (57.27)	0.105
JT	Juansame (53.86)	6.461	Ozolina (55.98)	3.929	Penes (60.54)	3.749
Pen	-	-	-	-	Press (5246)	4.022

* Electric times not available.

BALLYMENA AREA PLAN by Sean Kyle

(Published recently by H&SO at 22s 6d, this planning study lists in Appendix III those organisations which submitted evidence; among them is Ballymena AC and here Sean explains the background -Ed).

I must say that I didn't know what to expect when I went along to chat to the Ministry of Development officials about sports facilities and needs to be incorporated in the plan.

Ballymena had been selected as one of the main new growth areas in NI and it was envisaged that the present 15,000 population would expand within 20 years to over 60,000. Transport, industry, schools, etc. had all provided evidence of likely needs, but from what I could make out, youth and sport was something of an afterthought. I started by taking the officials round in my car and showing them what facilities we had for sport in general in the town and pointed out that most was the result of voluntary effort. A new swimming pool is planned, and I felt that if this could be made a focal point, with other sports areas built around this might well encourage a general family interest. An indoor sports hall to cater for table tennis, indoor bowls etc. seems essential in a wet climate like ours. A restaurant and bar added to the pool and sports hall would form the centre of the complex, with playing fields surrounding. I stressed that there was no need to have elaborate buildings but rather types capable of easy extension. Stress was also put on the need for practice areas; much work can be carried out on quite small areas, which incidentally can be more easily covered or partly covered.

The plan as published provides limited play areas, but unfortunately they are scattered around the town and this may prove a disadvantage as regards upkeep and staffing. However, the plan includes a permanent track and indoor sports hall so it would seem that our evidence was acted on. It will be some years before these ideas become reality and we now intend to press strongly for a review of the plan as time goes on with a view to gaining extra practice areas and the like. We also intend to gain representation for youth on the local advisory committee and to be on hand at all times to try to help, advise, suggest, plan and if need be help with actual work.

INTERVIEW WITH PATRICK MACKENZIE - No.6 in a series

AH: You have probably the longest and most detailed annual progressive record of any British high jumper, extending back to 2'11 in 1948. Could you recall how your interest in the event started and the most memorable moments of 20 years engaged in one of the two events which always (or usually) end in failure.

PM: I persued high jumping because it was the only thing I was any good at in sport. It was not until May 1955 that I started anything that could be called "training", and improved by 11 inches between that time and July 1957. I suppose the most memorable moments should logically be those where one first breaks the 'barriers' of 6 feet and 2 metres etc., but oddly enough my first six-footer (at Woodside, Watford) on 19 July 1958 does not seem to be one of them. The marks that stick in my mind are 5'10 at Scotstoun, Glasgow for Edinburgh v Glasgow Schools in 1957, 6'6 in the Sussex, Scottish and AAA championships in 1961, 6'7 at Stanmore Park (Western Roll) indoors in November, 1963, 6'6 at the same venue (straddle) to defend successfully my Southern Counties AAA indoor title in January 1965 and 6'3 at Farrer Park, Singapore, in September 1965. The latter was my only outdoor competition in 1965, and followed nil training for two months after a fortnight on my back in hospital at Gan with a thrombosed vein in my leg in June. This was, I presume, the consequence of a weight-training session at Gan one afternoon in May, but I felt nothing wrong until the following morning and presumed it to be muscular. It did not respond to progressive resistance exercise in the way muscular injuries normally do, and the MO diagnosed the true trouble. The September mark was made in a very humid and hot atmosphere following rain, off an all-weather surface in a pair of gym shoes without the benefit of a built-up sole. My 6'4 at Cosford on 28 Jan 67 gave me quite a kick, particularly as I cannot use my full length run-up there.

One or two marks in other events stick in my mind, particularly a 129'2½ discus throw in training in June 1964, 7 competition bests out of eleven in the Southern Decathlon in 1964 and an indoor long jump competition at Feltwell in March 1964 with a personal best in each of the three jumps, the thirds being 21'8½, my current best.

In a sense I suppose representing the full GB & NI team v USA in July 1961, my first international, was memorable. But it did not produce a personal best although I did jump higher than any other UK high jumper had up to that date in their first full international.

AH: What are your highlights as a statistician (e.g. best marks witnessed) and as a coach (e.g. most perfect techniques seen)?

PM: The two co-incide with Valeriy Brumel's 7'3 HJ at the White City in September 1961 so far as that event is concerned. Brumel's technique is not, in fact, "perfect", but his high jumping contained the vital ingredients of power and lift, and the conversion of huge quantities of horizontal momentum into vertical momentum. Technically, John Thomas had a superior bar clearance technique, but then it's those jump the highest and win that count. If you had asked the same question 6 years ago, however, I would have answered with Thomas's 7'0 at the White City in pouring rain.

I have not seen many world records; among the few I have seen were those in the 1963 GB & NI v USA, Tamara Press's discus throw in the 1961 England v USSR, John Pennel's vault in the 1963 AAA champs and England's 4 x 110y women's relay mark in the 1958 EE & CG at Cardiff. I regret not having seen Ron Clarke's 12:52.4 in 1965, I only heard the radio commentary through the static. Indoors, the highlights are Maureen Tranter's

35.1 for 300 yards this year (a great pity she was not at Prague to run 400m) and the second European Indoor Games at Prague; the hurdling by Eddy Ottoz and Karin Balzer was terrific.

The sprinting actions that stick in my mind are Peter Radford and Tommie Smith at top speed, both able to hold their top speed for far longer than their contemporaries. Being more more relaxed at top speed means less oxygen wasted, and the relaxation made them look head and shoulders above the rest.

To pick out a really good technique in a field event one needs to examine film-loops. Only then can one see in detail the precise of movements being made and start correcting minor faults. Then one can see, for example, whether a discus thrower is pulling his arm through too soon, or whether (as in the case of Oerter) the turn is being commenced with moving the right shoulder forward instead of the left heel, thus preventing the legs from playing their full part.

Arthur Rowe's shot-putting was, in my opinion, as perfect as any I have seen. I don't know much about pole vaulting, but it seems to me that the majority of British vaulters do not attack the box as one would use a bayonet on a rifle (although the arm actions differ the attacking principle remains the same). An exception is Mike Bull, and I think it is no coincidence that he has vaulted higher than any other Briton.

AH : Before joining the RAF in 1962 you were at Cambridge University for 2 years followed by a similar period with English Electric at Stafford. Your interest are clearly oriented towards science and technology and I wonder if there are any research-projects you would like to carry out in the field of athletics?

PH : I'm more interested in the end products of scientific achievement than in the detailed technical data. The Nippons have put a useful little machine on the market for taking a sportman's pulse at any time during physical activity. It consists of a couple of electrodes and a radio transmitter which are strapped onto the athlete, and the coach sits and reads the pulse rate at any instant off a dial on the receiver. I would like to see if these 100 mile a week merchants reach anywhere near what I consider to be the optimum in training for middle distance events, i.e. pulse rates of 160 to 180 sustained for periods of up to 2 minutes, recovering to 120 within a minute or two before the next sustained effort. I think it should be possible to produce a four-minute-miler on only 2000 yards of hard running daily. The 2000 yards would be broken down into, say, 10x200, 20x100, 4x500, varying it daily, gradually speeding up the tempo as fitness is gained, and reducing the interval rest periods. To be able to take an athlete's pulse easily during work-outs would enable the coach to see if the athlete, in fact, is working and recovering as planned.

I would also like to see some work done to prove some other theories, mainly in connection with weight training. I'm not convinced that power and strength are gained best by moving heavy weights, 3 to 4 repetitions and the like. I'm thinking in terms of 10 to 15 repetitions with each exercise working against the clock, trying to reduce the time and only increasing the weight moved when the time won't come down any further. The weight one would initially use is about that which one can just do 20 to 25 untimed repetitions with.

I'm not at all keen to undertake the projects myself, I would be quite happy to see them undertaken elsewhere by a responsible body. If there is real evidence to show, for example, that the starting technique used by Armin Mary, Dennis Johnson, and Tommie Smith has any significant advantage over the more conventional method, I would like to know about it. I know, for example, that John Lemasurier is not keen on it, but the system does have some merits.

I realise that "science and technology" do not directly play their part in what I would like to know in connection with weight training and sprint starting, but the electro-myograph is a useful machine for determining the amount of work being done by a muscle during exercise and it could (and has in the past) play a part in the laboratory-gymnasium. However, there are not many athletes who relish the thought of having needle electrodes stuck into their muscles.

AH : I believe it is your ambition to appear not only in the HJ list in the third (1971?) edition of "UK Best Performers of All Time", but in the decathlon list also: what total do you expect to achieve this year and with what marks?

PM : At the current "rate of stagnation" (retrogress), I think that 6'6/1.98 will be sufficient to appear in the UK all-time top-100 high jump list for a couple of decades. This year my training has been on more general lines than previous winters. I did little in the way of work-outs from May 1965 until a week before the 1966 NUTS pentathlon except for short spells in Dec 65/Jan 66 and March 66. Consequently I was not in good shape to start with, and a lot of endurance and general strengthening work was called for. I think I'm now running faster than in 1964, and I'm definitely stronger, but a bit out of practice with the technique events. I'm a bit loath to forecast anything specific, but I think a total of around 5,500 points in the Southern Championships on May 12/13 at Hurlingham is possible (NOTE - this forecast was made one week before the event -ED). I suppose 6000 is possible, but in 1968 rather than in 67.

With regard to "UK Best Performers of All-Time" (2nd edition), my work on this was held up during early 1967 for several reasons, and I feel it would be wiser to produce it in 1968 (to 31 Dec 1967) than somewhat later than anticipated in 1967 (to 31 Dec 1966). From an overall NUTS-productions sales angle this should be beneficial both because 1968 is Olympic Year (when one hopes public interest in track and field will be more stimulated) and it will give a two year interval between its publication and the publication and the publication of "British Best Performances of All-Time" (2nd edition). I would like to see a four-year cycle where these two are published once each during the cycle, one of the two every other year, with the indoor booklet coming out during the odd-numbered years.

I have in mind a new system of presenting information in the best performer lists without having to use conversion "factors" in related events. The system also enables one to include an athlete's best at both, say, 400m and 440y (e.g. Robbie Brightwell 45.7m and 45.9y) with the intrinsically superior of the two being given more prominence in the main list. The system also allows one to include John Holt's 800m and 880y bests of 1:49.2 and 1:50.0 both made in the same race. First names and full date of birth will appear in the main lists, full initials and club or other affiliation in alphabetical indexes. For women, the name under which they set their best mark will be used in the main list, and alternative second name or names will all appear in the women's index, all cross-referred.

STOP PRESS ----- FLASHES FROM GENERAL COMMITTEE MEETING

IMPORTANT MESSAGE TO ALL LIST COMPILERS

Are you checking on past performances of all athletes that you list - this is essential if the index is to be accurate?

NEW MEMBERS ELECTED

Two new members were elected at the General Committee meeting held last Friday. These were fiery Canadian Dave McJannett known to all as the man behind the Bracknell Relays, and Roger Gynn who helped as a shadow lister last year. We welcome them both to membership. Directory details of the pair will be sent out when received.

PENTATHLON DETAILS SETTLED

The annual members pentathlon will be held at Hurlingham Park, London on Sunday August 27th at 2.30 p.m. The events will be the usual pentathlon events :- long jump, 200 metres, discus, javelin and 1500 metres. We have decided to make a small admission charge this year to help cover expenses. All those who wish to compete should therefore advise Peter Hopkins before August 20th and enclose cheque, postal order, stamps to the value of 2s 6ds.

The opinions expressed in these articles are not necessarily those of the Editor of the General Committee of the National Union of Track Statisticians.

Printed, produced and published at 22 Valerie Close, St. Albans, Herts.