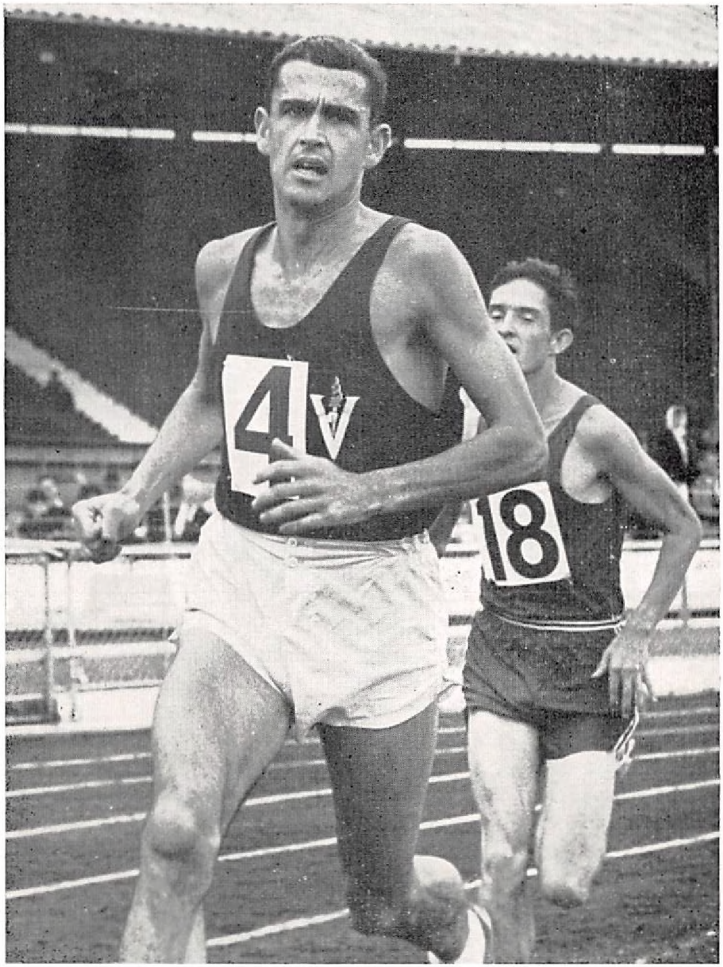
A.A.A. CLUB

NEWSLETTER



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(Australia)

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My Observations on the British Athletic Scene

CHARLES JENKINS

I HAVE been asked by the Editor to contribute to this issue of the A.A.A. Club Newsletter. This I have been happy to do. Some of my observations may not find favour, but none has been prompted by any malice aforethought; and in the event I note that opinions expressed here are not necessarily those of the Association.

Where to begin? What better place than at the White City. I was there first in 1958. I saw your Championships and the Britain—Rest of Commonwealth match that followed the Games at Cardiff. They were excellent gatherings.

I was there again this year, once more to watch your Championships, and was horrified by one change the years have wrought. No one could have cavilled at the meeting itself, but I was appalled by the number of officials and competitors who remained in the centre of the ground long after their apparent business there was over. They moved round in amiable conversation, a movement irritating to the spectator and those athletes competing in events demanding high technical skill.

I appreciate that this problem of keeping all but those immediately engaged from cluttering the scene doesn't lend itself to simple remedy. That tender susceptibilities might be hurt, indeed would be, but it can be solved. As it has been in New Zealand, by firm, polite insistence, and, may I say it, by the exercise of common sense by offenders.

Why is it that the use of the public address system is so often abused? As a means of keeping spectators informed it is invaluable, but there are moments when silence, absolute silence, is golden. How often are field athletes halted in their stride or their concentration destroyed at a critical moment of competition by a loud voice impinging on their consciousness? If it is good enough to request quiet at the start of a foot race, then similar consideration should be shown others, particularly long and high jumpers and pole vaulters, at least, when competition is in its last phase.

This malaise of the blaring voice is not common to any one country or to any meeting. It is no respecter of persons or boundaries. It is as virulent at the Olympics and the Commonwealth Games as at the humblest of gatherings.

I am always surprised when I hear criticism of track and field facilities here. I think they are princely; at any rate compared with those most athletes have to tolerate in New Zealand. Until very recent times, there was but one cinder circuit, and that very much undersized and rarely used, in the small South Island town of Timaru. Today, there are two all-weather tracks—in Dunedin and Auckland.

Elsewhere there is nothing but grass, which has its virtues no less than its Achilles tendon. It is less jarring on tender muscles and can provide as fast a surface as any combination of materials. Should there be sceptics among you, let me refresh your memories. Snell made his first mile record on grass at Wanganui and on a 400-yard circuit, and his 800 metres and half-mile achievements on grass at Christchurch, where the track has sweeping bends but comparatively short straights.

Top grade grass tracks are few, and all are very much at the mercy of the weather, and New Zealand summers, if they don't plumb the depths as here, can be variable.

So we progress, inevitably, with impetus lent by the emergence of Halberg, Snell, and others, but we haven't come as far in 120 years as some believe we should. Voices are raised in protest; none, understandably, is more vociferous than that of Arthur Lydiard. But what Arthur and other critics forget is that with a population of 2,500,000 our resources are slender and that not all civic authorities are to be moved easily. Idle to compare the very old with the new.

Yet, primitive we are, comparatively. Athletes in this country, as far as I have been able to assess, can attribute nothing to the absence of amenities or the lack of opportunity. What would New Zealanders give to have regular interchange of visits with their nearest neighbours, Australians!

Television coverage here is wonderfully good pictorially, your commentators most knowledgeable, and your interviewers skilled. In New Zealand the resources of such a medium are still very limited and too often commentaries and interviews are in the hands of those with no specialized knowledge of athletics. Radio efficiency is rather better, possibly because there is no demand that the man behind the voice be reasonably photogenic.

The Press in Britain, particularly the mass circulation journals, doesn't, I feel, always give the attention to athletics it might. I appreciate that all things are relative, that live spectator interest is not great, but, for all that, reports are too often thin, to say the least. I have the abiding impression (dangerous ground, this) that some critics prefer to use sonorous cadences rather than to present a faithful picture of what happens. There are notable exceptions, but not many. There is, too, I believe, a tendency to exaggerate performances, to put some athletes far higher in the scale of things than they deserve. When will a run of four minutes for the mile be put in its proper perspective? It is more than six seconds outside the world mark and as such is hardly worth chronicling.

In New Zealand the Press has always been extraordinarily kind to track and field. Coverage, generally, is very considerable and informed, and, without in any way wanting to be insular, I believe it to be more analytical than is usual here. There are often marked differences of viewpoint, sometimes sharp controversy, all of which is admirable publicity.

Alas, crowds no more mill at the turnstiles than they do in England, though, comparatively, public support is far greater. The largest attendance in recent times was at Wanganui early last year, when 20,000, drawn from a population of some 35,000, saw an out-of-form Snell run. This was quite exceptional.

Even in Auckland, with its near 400,000, and the home of Halberg, Snell, Baillie, and others hardly less distinguished, the occasion must be unusual before public fancy is caught, and then it is not often expressed in the numbers it should be. When Snell made his second mile record, there were barely 18,000 there to see him do it. Officials here may consider that an excellent response when they view the dwindling crowds at their own presentations, but for a country as sports minded as New Zealand, where there are no great counter summer attractions, and where we like to boast of our athletic heroes, the spectator interest in track and field is often embarrassingly small. It hasn't grown with the times and performances.

Twenty-seven or so years ago, Pat Boot and Cecil Matthews, who ran the Empire's best half-milers and long-distance men right into the ground at the Games in Sydney—drew crowds running into double figures. Earlier still, in the mid-twenties, I remember Randolph Rose, potentially as great a distance man as ever we have had, and the most popular (he came here in 1926 and was fifth in your mile championship, when he should have been in bed with influenza), attracting a crowd of 20,000 on one occasion.

Next summer will be rather grim. With Snell in retirement, there will be no commanding figure in New Zealand athletics, just as there is none in Britain. Nor is any likely to develop in the immediate future. Again, the position seems to me to be similar here. Is there any great personality maturing, anyone likely to outstrip the rest of the world? I would like to think I had seen one. Which leads me to a final observation.

Many athletes are over-fond of painting pretty pictures of their intentions when there is no real substance to any exposed performance. Better to achieve first and then talk—if they must.

The author of the above article, who is on a visit to England, has recently retired from the position of Editor of the Wellington "Sports Post." In addition to winning national sprint championships himself he also coached a number of New Zealand title winners.

The London to Brighton Running Race

JOHN JEWELL

THE London to Brighton race, organized by the Road Runners Club, has attained a unique position in the world of athletics and, in particular amongst the enthusiasts of long distance running since it was first held fourteen years ago. Many epic feats have been performed in this race on the most sporting road in Britain, the famous Brighton road.

The race which starts from Big Ben, Westminster, and finishes at the Aquarium, Brighton, follows for the most part the old Brighton road, along the same route as the Walk. The London to Brighton relay which starts from Old Palace Yard, just round the corner from Big Ben, takes a different route out of London and joins the Brighton Road at Coulsdon, some 15 miles from the start.

The road was measured in June 1961 after reconstruction due to the extension of Gatwick Airport, which added ¾ mile to the previous distance and the distance of the race was found to be 52 miles 876 yards.

This race is, after the Comrades Marathon in South Africa, the longest annual open amateur running race in the world and regularly attracts competitors from overseas. Many of these have travelled many thousands of miles at their own expense or with funds raised in their own countries.

The first running event was a 'go as you please contest,' organized by the South London Harriers in 1899, which started from Big Ben soon after 7 a.m. on 6th May. The winner, F. D. Randall of Finchley Harriers, ran the distance in 6 hours 58 minutes 18 seconds, with Saward 2nd in 7-17-50 and Pool 3rd in 7-22.

The 'Evening News' promoted a similar event in 1902. There was a motley field of amateurs and professionals; the Rules must have been different in those days! The field of 90 sped on their way at 5 a.m. The winner was Len Hurst in 6 hours 22 minutes 34 seconds.

Twenty one years elapsed before a runner again assailed the London to Brighton run. Arthur Newton, then aged 41, came over from South Africa to attack the record. This he did in two solo runs, the first taking 6 hours 11 minutes 4 seconds, and the second, five weeks later, 5 hours 53 minutes 43 seconds. These performances were quite outstanding at that time, beating handsomely all amateur and professional records round 50 miles. Newton reached the Marathon mark in 2 hours 43 minutes, which was only 1½ minutes slower than the winner's time in the Olympic Marathon of that year, and some 9 minutes faster than the first Englishman in that race, one Sam Ferris.

Joe Binks said 'I helped Newton on with his coat and then out came the inevitable pipe. Newton was no more distressed than if he had just strolled along the front.' Those of us who have known Arthur Newton will realise how these words, written over forty years ago, were so typical of the man. Indeed Arthur Newton was the inspiration behind the present R.R.C. running race, because it was he who aroused interest in running to Brighton amongst his athletic friends, notably

Lew Piper and Charles Busby of Blackheath Harriers. Newton had nursed along Hardy Ballington of Durban who narrowly clipped the record in a solo run just prior to the war.

A race did not become a reality until this reached the ears of Ernest Neville, who had spent a lifetime organising walking races on the Brighton road. The first open amateur running race was held in 1951 and proved an outstanding success. The winner was Lewis Piper, who took the lead from Busby four miles from the Aquarium. Thirty two of the forty seven starters who left Big Ben on this historic occasion, reached Brighton, having been buffeted by wind and rain. It had been shown that this race, over twice the marathon distance, was within the capabilities of the average marathon runner, the amateur to whom athletics was a pastime only.

Arthur Newton predicted that the Brighton record would soon be beaten and this happened next year. Indeed it was Newton who told Derek Reynolds of Blackheath Harriers, at the top of Dale Hill in the next Brighton race, that the record was within his grasp.

The Road Runners Club had in the meantime been formed and became responsible for the promotion of the race as an annual event. The organisation has been in the hands Ernest Neville and in later years has been undertaken by Arthur Whitehead and Peter Tharby. The club have been greatly assisted by the support from the successive Mayors of Brighton and the Brighton Corporation. The Brighton race had become established in the long distance calendar with individual awards (The Arthur Newton Cup), a Team trophy (The Len Hurst Belt), a newcomer's award and standard medals. It was not long before the leading long distance runners of South Africa, men inured to the rigours of the 54 mile Comrades Marathon, came over for the Brighton. Indeed the next year, 1953, the major honours were taken by a team from the Germiston Callies Club of Johannesburg. Wally Hayward, the best 50 mile runner in the world at that time, won the race in under 5½ hours, reducing the record by 23 minutes. The entry of South Africans and more recently the challenge from the U.S.A. has added much interest to the race. The popular Bill Kelly from the Isle of Man was the first to reach the Aquarium the next year with Tom Richards second and Franz Mare from Johannesburg third. Tom Richards now had ideas about that Brighton record, and in 1955 he and Kelly ran stride for stride to beyond Crawley until Tom forged ahead up the long hill to Handcross. Richards caused great jubilation by reducing the record by 2 minutes 16 seconds. Ron Hopcroft was second and the first American to compete, Ryan of the U.S.A. Army, was fifth.

Hopcroft beat Richards the next year and the race was notable in that there were no fewer than 45 finishers, including 60 year old Ernie Simmons who gained a second class time standard.

The record was lowered again next year by Gerald Walsh of Durban who ran at a great pace, maintaining six minute miles until approaching the South Downs. He crossed the finishing line 5 hours 26 minutes 20 seconds after leaving Big Ben.

Young Mike Kirkwood won the 1958 race from more experienced opponents and made it look easy. 1959 was marked by a visit from another South African club. The Durban Athletic Club raised a special fund to send a team. Fritz Madel (5h. 43m. 58s.) was the individual winner, Frankie Steyn was third, Gerald Walsh fifth, with Trevor Allen and Nick Raubenheimer following. It was a very interesting race with Don Turner moving up fast towards the end and finishing less than three minutes behind the winner.

The 1960 race was memorable for the high level of performance amongst the leading contenders. Jackie Mekler made the existing record of 5 hours 25 minutes 56 seconds. He took the lead at 8 miles and was never headed; his intermediate times fluctuated inside and outside those of Walsh and he finished 24 seconds to the good. The first eight men finished inside 6 hours, and 18 gained first class standards (6hrs. 25mins). Thames Valley Harriers, with Eddie Elderfield, Harry Dennis and Reg Minchington beat the Germiston Callies of South Africa for the team award.

John Smith of Epsom and Ewell came to the fore in winning the 1961 race after several years of steady build-up and the result was of special significance as the first three, together with Ron Linstead, were sent next year by the R.R.C. to compete in the Comrades Marathon in South Africa. This they did with considerable distinction. Smith won the race with Mekler second, Don Turner (Epsom) third, Tom Buckingham (Leamington) fourth and Linstead (Belgrave) fifth.

Smith won the Brighton on his return from South Africa and thus became the first man to win this race more than once. Ted Corbitt, representing the R.R.C.-U.S.A. was fourth and a team from Holland closed in. Smith did not compete in 1963 and a new name in long distance running, Bernard Gomersall of Leeds Harehills, was the winner. The winning margins were small, just over two minutes covered the first three individuals and one point decided the team race.

Last year's race attracted no fewer than eleven competitors from the U.S.A. and South Africa. Gomersall, who was lying fourth at Crawley, put in some tremendous running to lead at the top of Dale Hill with Ted Corbitt of the Pioneer Club, New York making a determined effort to catch him. Gomersall however held on to win for the second year, with Corbitt only 58 seconds behind. Tipton Harriers beat Millrose A.A. New York in the team race with Germiston Callies third. Ian Kuhn (Durban A.C.) and Charlie Chase (Germiston) who had been second and third respectively in the Comrades the previous May were fifth and sixth, behind Stairs (Belgrave) and Tarrant (Hereford L.I.).

In view of Gomersall's consistent running in the Brighton and in the other ultra distance races, the R.R.C. decided to send him to South Africa for the 1965 Comrades. Again the long distance runners rallied to the cause and the necessary funds were raised. Gomersall's presence in the Comrades aroused tremendous interest in South Africa and his running exceeded all expectations. In winning the Comrades on the "Down" Course, from Pietermaritzburg to Durban, he beat Jackie Mekler and the record as well. Smith had won on the "up" course, i.e. in the opposite direction. The direction of the race alternates every year.

Gomersall again won this year's London to Brighton race (5-40-11), thus making it three in a row, an outstanding achievement. Ted Corbitt was again second and two Scotsmen, G. Eadie and A. H. Fleming were third and fourth. The competitors had to battle into a strong headwind but nevertheless 14 of the record number of 57 starters won a first class time standard. Cheltenham and County H. won a close team contest from Tipton, T.V.H. and Millrose A.A. (New York).

The London to Brighton race is the most important race in the ultra long-distance programme of events and has been followed by the establishment of such races as, Woodford to Southend, 36½ miles; Isle of Man T.T. course, 39½ miles; Exeter to Plymouth, 44 miles; Edinburgh to Glasgow, 45 miles, and the Liverpool to Blackpool, 48¼ miles.

The size of the field in the Brighton has not varied appreciably from year to year, averaging 50, three quarters of whom finish within the time limit of 8¾ hours. There has always been a keen contest in the team race in which three score. Blackheath Harriers won four of the first five team contests but since then the honours have been widely distributed.

Belgrave, Thames Valley Harriers and Epsom & Ewell have been prominent and a number of smaller clubs have achieved success, notably Hull Harriers. Overseas clubs who have won the team race are Germiston Callies in 1953 and Durban Athletic Club in 1959.

Competitors return to the Brighton year after year, there are several who have run ten times. Every man who finishes this classic may be justly proud of his achievement.

The History and Development of the English Schools Athletic Association

A. FOYSTON (Hon. Secretary, E.S.A.A.)

THE history of the "Schools Athletic Association" has its origins as far back as the late 1890s, when Sports Days were organised by a few teacher enthusiasts for their "districts," following upon the normal individual schools' sports days. In 1900, those districts in the London Area formed themselves into the first county association, and over the succeeding years, this pattern was followed by other counties in the London Area. The First World War halted the normal processes of expansion and it was not until 1925 that the representatives, principally those of the "Home Counties" met and founded the S.A.A., with the object, as then stated "of giving juvenile athletics a central, organised and purposeful body with the authority to employ itself actively in the advancement of national juvenile athletics."

The National Association grew steadily from a foundation membership of 13 counties in 1925, to 24 in 1939, when again progress was interrupted by war conditions. In 1946, 20 counties resumed membership, which had increased to 30 by 1948, to 35 in 1950 and to complete coverage of the counties of England by 1957.

Prior to 1932, competition was confined to a single age group of children, this being under 14 years, the statutory leaving age of the then "elementary schools." Age limits have been progressively raised and now cover competitions organised in 3 age groups for both sexes, "under 15 years," "15 to 17 years" and "17 to 20 years." Likewise to the original sprints, hurdles and jumps of the 1925 era, has been added practically every event in the whole range of track and field competitions. The standard of performance has now risen to a pitch which at one time would have been considered impossible for juvenile athletes, but side by side with phenomenal individual performances has come a progressively increasing standard for the many thousands of children who never reach the annual national championships. Thus are the aims of the original founders of the movement being realised.

The objects of the founders have been steadily pursued to the advancement of organised athletics in EVERY type of school, in the formulation of expert opinion on the suitability of athletic events for both boys and girls, and the publication of advice and guidance in training and organization and the promotion of competitions.

The 40 county associations among them affiliate about 500 district associations, and the number of individual schools in membership runs into many thousands and embraces every type of school and educational institution. The only qualifying condition is that a pupil must be in "full time attendance" at a recognised establishment, and that his or her school must be in affiliation to the national association through a district or county unit. The progress of the competitor to the national championships is through participation initially in the district championships, then as a district representative to the county meeting, usually held in June, and thence as a county representative to the annual championships of the national association held in early July. This national meeting is therefore the culmination of a year's work which begins with considerably more than one million boys and girls engaged every year in athletic events.

The controlling body consists of the Council, which is comprised of 3 representatives (one of whom must be a woman) elected by the constituent county associations. From the Council, Officers and an Executive are elected annually by ballot, and this Executive functions through various standing sub-committees, on one or more of which every Executive Member serves for a year or longer. The Executive avails itself of the knowledge and experience of certain "active" Vice-Presidents, all of whom have held senior office in the Association. The title of the Association was altered by resolution of the Council to the "English Schools

Athletic Association " a few years ago, to bring it in line with other Schools National Associations, with which it is linked by membership of the National Council of Schools Sports.

The whole work of the E.S.A.A. is voluntary, involving many thousands of teachers in their out-of-school hours, extending from the national committees through similar county organisations to their districts and individual schools. Published annually are its Handbook containing the Tables of Standard Attainments, and occasionally, as required, various training manuals. In 1965 the Association has re-printed its Pole Vault publication, which is now regarded as a standard text book for beginners. Through the generosity of certain sponsors, notably the now defunct News Chronicle, it produced training films on many events, which are available for hire through the association. Representatives of the E.S.A.A. sit as co-opted members on most of the regional senior athletic committees, and the association in its turn offers co-optation to its Development Committee, to members of the senior bodies, and representatives of Physical Education organisations.

To finance a voluntary scheme as nation-wide as the E.S.A.A. needs a truly colossal effort, at every level. It is pleasing therefore to pay tribute to many enlightened L.E.A.'s, which in recent years, have given financial assistance in many diverse ways, through direct grant, through the provision of equipment, and for financial aid towards the organization of coaching courses. The national association however, until this year, had no such source of assistance available, and although the cost of " administration " was kept as low as possible, the cost of travel, hotel accommodation for delegates, etc., was an almost unbearable strain. The Department of Education and Science have now recognised the need for some relief to this and have intimated their willingness to meet some proportion of this annual cost, a most welcome and much appreciated indication of their interest in the work. Funds reach the national association through affiliation fees, and from such profits as can be achieved by the county which stages the annual championships. Of recent years, the profits have consisted almost wholly of the results of a " public appeal " in the area staging the Championships. The E.S.F.A. and the N.U.T. have also contributed regularly to the costs of running the administrative work of the Association, whilst sponsorship by the News Chronicle and recently, of Messrs. Wander Ltd., Makers of Ovaltine, has relieved the Executive of much of the financial pressure involved in organising the national championships. The large costs involved in organising the E.S.A.A. " Young Athletes " Course have also been borne by the Sponsors, and its value is well known to those who have been privileged to attend either as competitors or coaches.

It has been estimated that about 80% of the qualified A.A.A. and W.A A.A. Hon. Coaches are teachers. Their knowledge and experience has been given enthusiastically and efficiently to the boys and girls, both in school and in the clubs, for many of our best young athletes join clubs whilst still at school, and thus enjoy the " best of both worlds." So, " in the advancement of national juvenile athletics " —the aim set by the founders 33 years ago, the E.S.A.A. has made a more than useful contribution to senior athletics. This is apparent in two forms: first in the number of knowledgeable young athletes who devote themselves purposefully and conscientiously to improving their athletic standards and secondly to the ever growing number of juvenile spectators who are to be found at all types of athletic meetings. A perusal of the lists of athletes selected by the B.A.A.B. for the Olympic Games also makes interesting reading, for at Helsinki in 1952 7 former E.S.A.A. athletes were selected: at Tokyo in 1964 the number had risen to 25. These figures are impressive, but the E.S.A.A. takes its greatest pride in the enthusiasm for athletics which it has created in the schools, and the high standards of performance that have been achieved, and mostly in the pleasure it has given to the millions of children who have taken part in the training sessions and competitions organized under its auspices. Many of the founders of the movement, including its first Chairman, Mr. E. Haley, still devote their leisure to the advancement of its aims and to widening the scope of its participation in athletics. The Schools International Competition is now entering its fifth year, and the representatives of the kindred associations of Wales, Scotland and Northern Ireland would be the first to testify to the influence of this competition on the standards of their competitors. This

year too, and for the first time, a pioneer party of 6 selected E.S.A.A. competitors will fly overseas to match themselves against the Canadians at their Annual ALL AGE Track and Field Meeting at ST. JOHN, NEW BRUNSWICK. This is the "break-through" to an even wider field of school competitions, the results of which must inevitably lead to an even greater extension of the work of the national association. That the teachers will respond to the new challenge cannot be doubted. The material is there to be found and coached, the result cannot be in doubt.

The Christmas Handicap

TOM McNAB (A.A.A. National Coach)

THE man to blame was Herb Elliott. Cerutty too, for that matter. Why else would a field-events man take on a two and a half miles' run in the dead of winter?

A study of Cerutty and Elliott had convinced me that my innate, and as yet undeveloped, streak of masochism had not been sufficiently encouraged. 'Pain, that is the answer,' I decided, after reading of the rolling tortures of Cerutty's men on the sands of Portsea. Pushing away my bowl of raisins and rolled oats. I set off for the Clubhouse for the Christmas Handicap.

"Hullo, you're looking a bit heavy," said a cadaverous cross-country runner. "Yes," I said, "But muscle. All muscle. It's the weight-training that does it." "Aye, that'll be it," he said, padding off.

My next encounter was hardly more encouraging. "Well! I haven't seen you since the track season, when you blew up over that quarter. You running?" "Yes. Just for a laugh." (A laugh! I'd leave these spindly dogs in the dust, if they gave me a decent start).

Yet another came shambling up, all knobbly knees and bulging calves. He was frankly derisive. "*You* aren't running, are you?" "Well yes. I thought I'd have a jog over the course."

Others had long memories. "Didn't you run in the Handicap a few years back, when we had to send out the van?" "Yes, but I wasn't the only one who needed it. Big Fred, the hammer-thrower, and I went off course. He caught a stitch and got delirious. Kept shouting for his hammer. I couldn't very well leave him out there, could I?"

Then came the crowning blow. "You know it's three and a quarter miles?" My heart dropped. "Three and a quarter!" "Yes, it's the new run. Round by the golf course."

I immediately made for the handicapper, "Hullo, George, Compliments of the Season to you. What start have I got?" "Four and a half minutes." "Four and a half minutes? On Ferguson? He's run a 4 min. 10 sec. mile! On Crawford? He's run a 14 mins. for 3 miles! "Have a heart, George." He looked up. "You look fit enough." "Yes, but it's deceptive, George, very deceptive. Long jumping is one thing and running three miles is quite another. My legs are too heavy George. Remember that quarter mile at the end of last season? The legs are far too heavy." "Four and a half minutes," he said, and returned to his handicapping.

The die was cast, and the runners were already stripping off. What were my tactics to be? A little of the Old Cerutty started to flow back into my veins. I would show them! I would start fast and get as far away as I could from those skinny, smooth-striding harriers. If they dared to come up to my shoulder, I would shake them off with a ruthless burst that would leave them goggling and bewildered behind me. If they came again, I would give them more of the same. They would soon tire of these Kutsian bursts. 'So will you' said a little voice at the back of my brain. 'So will you.'

Get vicious, I said to myself, as I trotted up frosty pavements to the start. Get vicious. Free yourself of the shackles of civilisation. Show some "tiger!"

The nods, winks and apprehensive glances of some bystanders suggested that I was perhaps showing a little too much "tiger," so I contented myself with an occasional hiss and a snarl.

Only one runner started ahead of me, Joe, an aged gnarled harrier. He had a 30 seconds start on me.

"You're off" shouted the starter. A cheer went up as I bounded after old Joe. My breath spumed in front of me, and my legs felt supple and strong. I would run away from them. They would never catch me.

After half a mile, I caught Joe as he was bandy-legging it up the hill. "First on your right," he said. I was in the lead. 'Watch it boy,' I said to myself. 'Develop a breathing rhythm, that's the secret. Get a breathing rhythm! 'One, two three puff. That's it. One, two three puff, one, two three puff.'

I had been one, two, three puffing for one and a half miles when the first harrier caught me. Strangely enough, I felt no inclination to spurt away from him. I was finding it hard enough to keep going despite my steady breathing rhythm. He passed me with surprising ease, and soon set up a 10 yard lead.

'Pass' I thought. 'You're taking the wind from me, and setting me a pace, (the day was windless, and my pace had dropped to a trot). Wait till I get my second wind. I'll pick you off like a ripe plum.'

Then came the Hill. On the bus it had only seemed a small hill. Scarcely a hill at all. in fact. More like a slight gradient. Hill or no hill, it finished me.

It is idle to speculate on what the result of the Christmas Handicap might have been, had it not been for that Hill. I am certain that the Hill occurred at just the point when I was about to receive my second wind. At any rate, I reached the top of the hill a broken man.

"How far?" I croaked to an official. "A mile!"

I had heard of such things before. More likely a mile and a half and almost certainly uphill all the way. My thoughts were broken by the pounding of the pack behind me. So they had caught me at last, that ectomorphic rabble whose life was spent in plaguing road and country. So be it. Pass! Pass! A few would be caught in the run-in, they could bank on that.

With half a mile to go, I was beginning to become surprised at the number of tenth-raters who were passing me. Plodders who could not rustle up 12 seconds for the 100 yds. in the track season! Duffers who did not know a discus from a javelin! It was all rather humiliating.

Humiliating or not, I seemed to have no choice. My heart and lungs seemed to have decided all was lost and were stuttering helplessly inside me. My hips were locked and someone had thrown away the key. My legs were no longer the light supple limbs that had carried me past Joe. I was now carrying them, and heavy luggage they were.

More humiliating yet was the way the harriers were able to talk to you as they passed.

"Come on boy, buck up," they would say, or "Hullo. Saving it for the finish?"

At last, through the fog-gloom, the finish came into sight. Someone was plugging gamely behind me. I felt dead. Then Portsea came into view. My knees came up, and I pounded for the finish, reaching it just before the runner behind. I leant on a wall, sobbing.

"Twenty sixth," said George. "A couple more to come in, and that'll be the Handicap over for this year."

European Championships in Budapest 1966

Dr. JOSEPH SIR

TRACK and field athletics have deep rooted traditions in our country in results, performances and international relations as well.

Track and field athletics started in Hungary in 1870 and by the 6th May, 1875, we already had a regular competition in Budapest. From this time on, the sport has grown in popularity and gained ground all over the country. At the 1896 Olympic Games in Athens the best Hungarian athletes had already achieved some successes and in the next Olympics they won their first gold medal. I don't intend to speak about the last ten years' development because it is known by everybody.

When the I.A.A.F. was founded our association had an active part in it. One of the five members of the Committee was a Hungarian.

The leaders of our Association were working indefatigably in the development of track and field athletics—in its propagation, and forwarded numerous proposals to the I.A.A.F. One of these proposals was the organization of a European Continental Championship. In spite of the fact, that not all affiliated federations were in favour of the proposal, we can state to-day that the European Championship has become very attractive and popular.

Gaston Meyer, the well known sports historian writes a short history of the European Athletic Championships in his book "The Encyclopaedia of Modern Sports" as follows :

" The idea of bringing about European Championships goes back to the end of the first world-war; the late Szilárd Stankovits of Hungary made a suggestion in 1926 to organize European Championships, but the Council of the I.A.A.F. rejected it.

The great Hungarian sports official, however did not lose his interest in the question. He appealed with a new suggestion to the congress of the I.A.A.F. held in Los Angeles in 1932, modifying the 10th passage of the Federation Rules. So the Council of I.A.A.F. accepted the rules of the European Championships at its meeting on the 24th September, 1933 in Berlin. Before the meeting it was decided to bring about a European Committee inside the I.A.A.F. This Committee has had the duty of organizing the European Championships every fourth year.

In 1934 the Council of the I.A.A.F. decided to hold the first European Championships along the lines suggested by Stankovits, in Italy according to the offer of the Italian leaders."

In the meantime the European Committee started work. The first President was Szilárd Stankovits and its Secretary dr. Ottó Misángyi was also a Hungarian.

The Committee held its first meeting on Sunday the 7th January, 1934 in Budapest. The Chairman at this first and important meeting of the European Committee and European Championships was Szilárd Stankovits the President of the European Committee. Also dr. Ottó Misángyi, secretary of the European Committee, István Moldoványi, Vice-president of the Hungarian Athletic Federation. Alfonz Sándor, official of the International Committee of the Hungarian Athletic Federation were present. The foreigners were represented by Karl Ritter von Halt, President of the German Athletic Federation, dr. Puccio Pucci, first secretary of the Italian Athletic Federation and dr. Saini, who represented the town of Torino and the Organizing Committee of the European Championships. Also Bo Ekelung of Sweden was invited but he could not take part because of his urgent business commitments and let the Committee know by telegram, as did Gene, President of the French Athletic Federation.

The rules, suggested by the Hungarians, were accepted by the Committee and it was left to dr. Ottó Misángyi and Puccio Pucci after the first part of the meeting, to produce a detailed timetable of events for the competition.

After a pause for lunch the two gentlemen elaborated the timetable and the meeting went on dealing with further details until 7 o'clock that evening.

They agreed with the Italian request to hold the 1,500 metres on the first day. For according to Italian opinion, after the probable victory of Beccali, more people would come to see the competitions on the second and third days.

The qualifying distances for the field events were decided upon at this meeting as well. It is very interesting to look at the distances some 30 years later which assured competitors of qualifying for the finals at the first European Championships.

High jump 5′ 10¾″, long jump 22′ 3¾″, pole vault 11′ 9¾″, triple jump 44′ 7¼″, shot put 45′ 11¼″, discus 141′ 1″, javelin 190′ 3½″. In the Hammer competition there was no qualifying distance because of the small number of participants.

As it is known the first European Championships were for men only. The first European Championships for women were held in Vienna in 1938.

At this Budapest meeting, Puccio Pucci, representative of the Italian Athletic Federation announced that Italy—corresponding to the intentions of the I.A.A.F.—would pay for the travelling expenses and accommodation of the 100 foreign athletes.

To distribute these 100 places amongst the countries was rather delicate work and was carried out by President Stankovits and Secretary Misángyi to the great satisfaction of the Committee.

After this fruitful meeting of the Committee, the Hungarian Athletic Federation invited the participants to dinner in the green room of the Restaurant Gundel in the city park. So the preparations for the first European Athletic Championships started this way 31 years ago.

Everywhere in Hungary, but especially in Budapest, track and field athletics are very popular and widespread. There are 79 athletic clubs in the town with several thousand competing athletes. Besides that, there are 27 tracks, where competitions can be held.

For your information we have the People's Stadium, capable of holding 100,000 people. The cinder track, the jumping pits and the throwing areas are all in excellent condition. The Stadium has 8 lanes similar to Tokyo. The cinder track is known as one of the best and fastest in the world. To prove this, here are the Stadium records :—

Men :		
100m	10.2	Germar
200m	20.7	Csutorás
400m	45.6	G. Davis
800m	1:47.0	Courtney
1,500m	3:38.8	Rózsavölgyi
5,000m	13:40.6	Iharos
10,000m	28:42.8	Iharos
110m hurdles	13.6	Jones and Robinson
400m hurdles	49.2	G. Davis
3,000m steeplechase	8:34.0	Macsár
Pole Vault	14'9¼"	Krasovskis
High Jump	7'0"	Petterson
Long Jump	26'0"	Ter-Ovanesyan
Triple Jump	53'1¼"	Kreyer
Discus	199'1¼"	Danek
Shot Put	63'11¾"	Komár
Javelin	275'7"	Sidlo
Hammer	228'1½"	Zsivotzky
4 x 100m	39.8	U.S.A., Hungary
4 x 400m	3:08.3	Great Britain
Women :		
100m	11.3	Hyman, Klobukowska
200m	23.2	Hyman
400m	53.4	Packer
800m	2:04.6	Lysenko
80m hurdles	10.7	Birkemeyer
High Jump	6'2¾"	Balas
Long Jump	20'11¾"	Kirszenstein
Shot put	57'5¾"	T. Press
Discus	192'11¼"	T. Press
Javelin	183'4"	Zatopkova
4 x 100m	44.4	Poland

Besides several European records, the following world records were made in our stadium :

Men :		
5,000m	13:50.8	Iharos
	13:40.6	Iharos
10,000m	28:42.8	Iharos
3 miles	13:14.2	Iharos
6 miles	27:43.8	Iharos
4 x 1,500m	15:21.2	Bp. Honvéd
3,000m steeplechase	8:36.6	Rozsnyói
400m hurdles	50.4	Litujev
	49.2	G. Davis
Women :		
880 yds	2:11.6	A. Kazi
3 x 800m	6:33.2	U.S.S.R.
Long Jump	20'10"	Krzesinska
High Jump	6' 2¾"	Balas

The technical equipment of the People's Stadium is excellent and one of the most up-to-date. There are two electric scoreboards, photo-finish facilities for television-transmission and telephone lines for newspapermen.

Besides the People's Stadium there are a further 27 tracks suitable for international athletic competitions, and where all teams can go for training. All these tracks can be reached in a short time from the places where the participants will be lodged.

We wish to accommodate athletes and officials in modern Colleges, with a maximum of 3 to a room which should meet every requirement. In all Colleges there are restaurants and the delegations will be able to have their own menu. We want to accommodate all the teams wanting the same menu in the same place.

The Colleges are not in the centre of the town but are in the vicinity of parks, in the outlying part, so that the athletes remain undisturbed. From all the Colleges the splendid Margaret Island can be reached in 20-25 minutes, where all recreation facilities are at their disposal.

For Congress-delegates, other officials, newspapermen, reporters and tourists, good hotels are available. Besides the existing hotels, in the last 3 or 4 years some large new hotels have been built in Budapest and in the coming 3 or 4 years there will be others built. So we are sure that there will be no accommodation problems.

The prices in the hotels will be in the region of £2-16s. to £6-6s. for full board in single and double bedded rooms.

The author of the above article is a Hungarian member of the I.A.A.F. Council and European Committee. He was the A.A.A. 100yds. champion in 1934 and also a member of the winning relay team in 1935.

Athletes Over 30 Still In World Class

ANDREW HUXTABLE

THE Editor, in inviting me to contribute, wrote, "at a time when every 'paper or magazine you pick up, is writing about youth, it would be interesting to see an article about athletes over 30 who are still in world class." I think the best (and certainly the easiest) way to tackle the subject is to examine the 1965 International Athletics Annual, compiled by the Association of Track and Field Statisticians under the general editorship of Roberto Quercetani, and available at 10s. (post free) from "World Sports," 23-27 Tudor Street, London, E.C.4., and the equally excellent "Leichtathletik 1964," available at 3DM from "Deutsches Sportecho," 108 Berlin, Neustadtische Kirchstrasse 15.

In the former, the general editor has actually contributed an article in which he examines, inter alia, the averages and extremes in terms of age of the 157 athletes who placed in the first eight of 20 men's individual events (including the Marathon but not the walks) at Tokyo. In no event was the mean age of the first eight over 30 (the nearest approach being the discus at 28.6 years) but there were several individuals in this category led by Yuriy Nikulin (U.S.S.R.), fourth in the hammer, at 33y 9m. He was followed (in descending order) by Vladimir Kuznyetsov (U.S.S.R.), 8th in javelin at 33y 6m, Harold Connolly (U.S.A.), 6th in hammer at 33y 2m, Vladimir Trusenyov (U.S.S.R.), 8th in discus at 33y 2m, József Szécsényi (Hungary), 5th in discus at 32y 9m, and Michel Bernard (France), 7th in 1500m at 32y 9m. The ten individual women's events showed a remarkably similar pattern: the discus was the "oldest event" and the oldest individuals were Galina Zybina (U.S.S.R.), 3rd in shot at 33y 9m, Maria Piatkowska (Poland), 6th in 80mH at 33y 8m, Verzhinia Mikhailova (Bulgaria), 4th in discus at 32y 9m and Lia Manoliu (Rumania), 3rd in discus at 32y 6m.

Oldest man to appear in the 100 best performers of 1964 in distances up to 800 metres was the amazing José Telles da Conceiçao (Brazil) at 33y 2m with 10.3 for 100 metres; it will be remembered that he was high jump bronze medallist at the 1952 Olympic Games with 6' 6"!

It is of course over longer distances that durability is most in evidence; outstanding among the more mature to appear in these events were David Power (Australia), 29:34.8 at 35y 8m, Peter McArdle (U.S.A.), 29:03.4 at 35y 1m, and Pyotr Bolotnikov (U.S.S.R.), 28:39.6 at 34y 5m—all these at 10,000 metres.

Doyen of the steeplechase was Nikolay Sokolov (U.S.S.R.), who managed 8:44.2 at 34y 1m. The only hurdler over 31 to reach the top 100 was the 1960 Olympic finalist Bruno Galliker (Switzerland), with 52.2 in the "man-killer" event at 32y 8m.

Robert Shavlakadze (U.S.S.R.), 7′ 1½″ at 31y 4m (his best ever!), and Igor Kashkarov (U.S.S.R.), 6′ 9⅛″ at 31y 2m, both 'made' the top 100 in the high jump, while Manfred Preussger (E. Germany), veteran of the pole vault list at 32y 1m, ranked second with a European record of 16′10¾″. The triple, rather than long, jump seems to retain a share of older men: last year Vitold Kreyer (U.S.S.R.), led the parade with 53′ 4½″ at 31y 7m from William Sharpe (U.S.A.), 53′ 1″ at 32y 7m and Lyuben Gurgushinov (Bulgaria), 52′ 6″ at 32y 9m.

Although the throws are undergoing a process of rejuvenation, the "over-thirties" can still be certain of finding places among the world's élite. Parry O'Brien (U.S.A.), 63′ 10″ at 32y 4m, Jirí Skobla (Czechoslovakia), 60′ 4″ at 34y 2m in the shot, Pentti Repo (Finland), 195′ 0″ at 33y 8m and 174′ 11½″ by Ferenc Klics (Hungary), at 40y 4m in the discus; 231′ 4½″ in the hammer by Harold Connolly at 33y 1m to top the world (plus of course his recent record of 233′ 9½″), 218′ 10½″ in the same event by Josef Matousek (Czechoslovakia), at 35y 9m and 207′ 7½″ by the world's first 200-footer, Sverre Strandli (Norway), at 39y; 271′ 1½″ by Vladimir Kuznyetsov (U.S.S.R.), at 33y 5m and 251′ 9″ by Bozidar Miletic for a Yugoslav national record at 36y 6m in the javelin represented the "old guard" in these events. Vasiliy Kudnyetsov (U.S.S.R.), was the oldest of the top decathletes, scoring his seasonal best of 7,596 (new tables) at 32y 5m.

Turning to the women's events one finds Galina Popova (U.S.S.R.), 23.8 for 200 metres at 32y, Gisela Birkemeyer (E. Germany), 24.1 at 32y 8m, Maria Itkina (U.S.S.R.), 53.0 (her best ever and a European record at the time) for 400m at 31y 9m, Maeve Kyle (Ireland), 54.9 to equal her 440y best at 35y 9m, Gerda Kraan (Netherlands), 2:05.3 at 31y 1m, Anne McKenzie (S. Africa), 2:11.7 for 880y at 39y (and faster still this year with 2:11.0), Maria Piatkowska, 10.7 at 33y 6m, outstanding on the track. Galina Dolya (U.S.S.R.), 5′ 6½″ at 31y 4m. Olga Davidová (Czechoslovakia), 5′ 5¾″ at 34y 1m; Zenta Kopp (W. Germany), 20′ 3¾″ at 30y 7m, Vyera Krepkina (U.S.S.R.), 20′ 3″ at 31y 2m; Galina Zybina, 57′ 5″ (1′ 9¾″ over her previous best) at 33y 7m, Lia Manoliu, 186′ 11″ and Verzhinia Mikhailova, 186′ 0″, in the Tokyo discus final (5th and 6th best ever respectively), already mentioned.

Ilse Bechtold (W. Germany), 154′ 10½″ at 36y 8m, Yelena Gorchakova (U.S.S.R.), setting a world record of 204′ 8½″ at 31y 5m, 171′ 8″ by Ingrid Almqvist (Sweden), at 36y 11m and Dana Zátopková (Czechoslovakia), 167′ 8½″ on her 42nd birthday in the javelin, and a 4,338 pentathlon by Christa Büchner (W. Germany), at 33y 4m, provided ample evidence that it's possible to remain at or near the top in what many would regard as "middle age."

Athletics in the Royal Air Force

Wing Commander K. R. COOPER

(Deputy Chairman and Hon. General Secretary, R.A.F.A.A.)

THE Royal Air Force Athletic Association was formed in 1920 to direct, encourage and improve the standard of athletics and cross-country running in the Service by organizing annually, individual track and field athletic championship; an inter-unit athletic team championship; and an inter-unit and individual cross-country championship The broad aims of the Association have remained unchanged over the past forty-five years but the number of annual championships has been increased until now all the standard athletic events including race-walking and decathlon are covered.

The Association is managed by a body known as the Council of the RAF Athletic Association. All self-accounting stations in the Royal Air Force in the United Kingdom are entitled to send a representative to the Annual General Meeting. The Association is run on democratic principles. Any unit may submit proposals for the Agenda of the A.G.M., nominate anyone for election to the Executive Committee; and all units have equal voting rights.

The Executive Committee, which is responsible for the detailed day-to-day work of the Association, is elected annually at the A.G.M. of the Council. It consists of the Chairman, Deputy Chairman, Honorary General Secretary, Honorary Treasurer, Additional Honorary Secretaries (Cross-Country, Race-Walking, Coaching, Women's Royal Air Force, Officials), Team Manager, Honorary Medical Adviser, Director of Physical Education, Representative of the RAF Sports Board and two independent elected members. The policy of the Association and the management of its affairs are vested in a General Committee which consists of the Executive Committee together with one representative from each Command at Home and the Chairman of the Youth Athletic Committee.

Each Royal Air Force Station is encouraged to form an Athletic Committee to promote and organize athletics, cross-country running and race walking on the Station. These Station Committees have the status of Athletic Clubs and the RAF Athletic Association is an association of these clubs.

The RAF Athletic Association is affiliated to the Amateur Athletic Association and is represented on the AAA General Committee by its Honorary General Secretary. It is also affiliated to the English Cross Country Union, the Race Walking Association, the Women's Amateur Athletic Association and the National Area Associations. Any Station may, if it so desire, affiliate direct to National Area Committees or County Associations. The Association does not receive a grant from public funds and is, therefore, dependent for its income on affiliation fees paid to it by stations from their non-public funds. No entrance fees are charged for any of the individual or team championships organized by the Association and no admission charges are made for spectators at these championship meetings.

The premier championship meeting is the RAF and WRAF Inter-Command and Individual Championships which are held annually at Uxbridge usually during the first week in July. All the standard athletic events for men and women are included in the programme. Each of the eight Commands competing is allowed to enter two competitors for each event. Command teams are chosen at their own individual and inter-station or inter-group competitions. Thus an athlete appearing at Uxbridge will have competed successfully in his station, group and command championships.

The Inter Station Team Championship is conducted on an area three-round knock-out basis, because of the large number of teams that enter from all parts of the United Kingdom. For the first round of the competition, approximately seventy teams compete on the same day at six different venues making a total of about 1,400 athletes. Thirty-six teams contest the second round at three different venues and twelve teams contest the finals which are held at the RAF Stadium at Uxbridge during August. Because stations are of different sizes the competition is divided into two sections, one for large stations which is called the Senior Competition and the other for small stations called the Junior Competition. To put the emphasis where it belongs—on the team principle—stations in the Senior Competition are allowed to enter each athlete for one event only, in addition to the relay, whereas in the Junior Competition this rule is relaxed to allow not more than three competitors to compete in one track and one field event plus the relay. A separate competition is organized for Tug-of-War and for the 4 x 110 yards Relay Race.

The RAF Inter-Station Standards Competition was introduced four years ago to encourage a wider interest in athletics amongst RAF personnel. The idea of the competition is to try to persuade everyone to try for an "A" or a "B" standard in a number of events, thus scoring points for their station. These standards, which are fixed annually by the Committee, are not very severe for they are intended to attract novices. This competition is keenly contested and in 1964 fifty-nine stations entered for it, and this involved some 3,500 competitors.

The RAF Decathlon Championship was started as an individual championship but now includes an inter-station team competition.

The Marathon Championship is run in conjunction with the Polytechnic Harriers Windsor to London classic. The Association is most grateful to the Polytechnic Harriers for their kindness and co-operation in allowing us to use their annual race for the award of Championship medals to the first three RAF competitors to finish.

The Cross-Country Championship is run over a course of 6½ miles annually during the latter part of February. This year over 350 runners competed for the inter-station, inter-command and individual trophies. (The team for the Inter-Services match is chosen from the results of this Championship).

The Royal Air Force has always encouraged race-walking. For over forty years a 2 mile walk has been included in the track championship programme and twenty-six years ago the RAF 7 mile Road Walking Championship was inaugurated. A 20 kilometre event is now held annually and our race walkers have these three RAF championship events to contest but no Inter-Services Championship because neither the Royal Navy nor Army hold race walking events.

We are fortunate to have at our disposal several very large gymnasiums, hangars and other buildings which have been adapted for indoor athletics. The first recorded indoor athletic meeting to held in the Royal Air Force was at Cosford in 1947; now indoor meetings are held regularly during the winter months at Stanmore, Cosford, Feltwell, Leeming, St. Athan and Thorney Island. These meetings often take the form of matches against representative teams from Universities, Colleges, Areas and civilian clubs. Much of the credit for developing indoor athletics in the service is due to enthusiasts who organized local leagues in East Anglia, Lincolnshire and Yorkshire.

Every year we have a number of fixtures with civilian organisations. The oldest of these matches is the Sefton Brancker Trophy Competition against Middlesex County and the Civil Service A.A. which starts with a cross-country match in February and concludes with a track fixture during July. For many years now the Association has arranged an annual overseas match, sometimes against an overseas command and sometimes against civilian organisations.

The Royal Air Force Athletic Association has always been particularly keen to provide good coaching for athletes. Immediately after the 1939-45 war we instituted annual courses to qualify coaches and engaged Major G. H. G. Dyson as Senior Lecturer. For many years we sent six senior coaches each year to the Loughborough Summer School, and five years ago, in concert with the Royal Navy and the Army, an annual Combined Services Coaching Course was started, catering for more than thirty students; these courses are supervised by the AAA National Coaches. The Royal Air Force now has a panel of five AAA Senior and forty-seven AAA Honorary Coaches all of whom are active. The Association has its own library of coaching films which can be borrowed free by any station athletic coach and it also runs its own Coaching Newsletter.

Officials' Courses are held annually and written AAA examinations are conducted on units at home and overseas. Over the years the Association has built up a panel of AAA qualified officials of all grades and is now able to provide teams of qualified AAA Officials to conduct meetings, even when a number of them are held on the same day.

Before the war a number of famous athletes served in the regular Royal Air Force—notable amongst these were Sam Ferris, Donald Finlay, Arthur Sweeney, Reg Thomas and Howard Ford. In the immediate post war years National Service brought many international athletes into all the Services; however with the end of conscription it became apparent that the majority of our athletes would come from our own resources. The Royal Air Force Athletic Association aims to encourage units to seek out athletes, to provide coaches for any athlete no matter what his standard of performance and to offer him competition throughout the year to keep his interest alive, with sufficient officials to see that these competitions are properly conducted. Undoubtedly the most fruitful fields from which our future athletes will come are the Youth Schools of Technical Training Command. Their athletic organisation is controlled by the TTC Youth Schools Athletic Committee whose seceretary is a member of the RAF A.A. Executive Committee. Coaching is organized at each school and there is an annual inter-schools competition for the McEwan Trophy—at this meeting the team to represent the RAF in the Junior Inter-Service Championships is chosen.

The success of our organisation is perhaps best shown, not by the number of international vests gained, but by the fact that in 1964 on the first day of the Inter-Station Competition 1,400 individual athletes were competing at one and the same time and that 3,500 competitors successfully gained points for their stations in the standards competition—how many more attempted standards and failed is not known.

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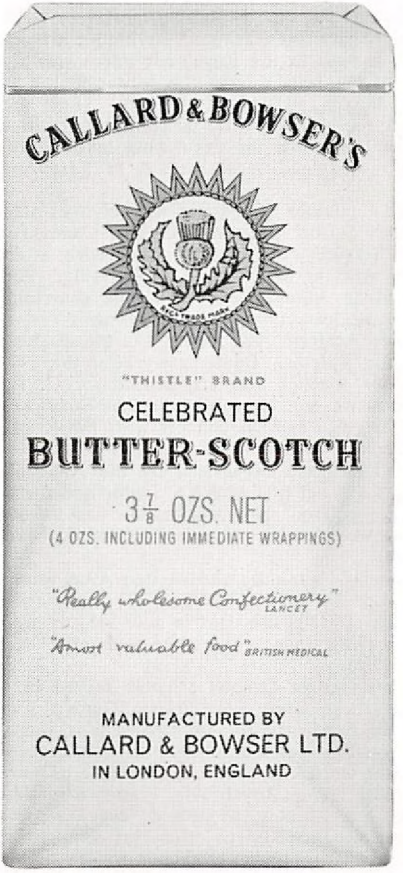

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Sam Mussabini

HAROLD ABRAHAMS

THE athlete of to-day can hardly be expected to realize how comparatively rare coaching was forty or fifty years ago. I owed a great deal to the fact that in 1923 the late Sam Mussabini suggested to me that I might benefit from his knowledge, skill and advice. He was extremely diffident in his approach, though in fact, he had coached me some 9 years previously in 1914 when I was a day boy at St. Paul's School. Sam at that time was coaching Willie Applegarth, surely one of the great sprinters of all time, and I used to go down from Hammersmith where I was living at the time, to Herne Hill Track on a Saturday morning and actually train with Applegarth. I did not realize at the time what an honour this was. Then through the war we lost touch.

In 1923 I had completed my University career and towards the end of the season Sam told me that he thought I had a chance of doing well in the 1924 Olympics. Would I put myself in his care? Sam was not persona grata with the A.A.A., because of his association with professional runners. He had trained Albert Hill and he was coach to the Polytechnic Harriers. His enthusiasm had enabled Fred Gaby to change from a rather moderate sprinter to a hurdler of international class. In 1923, in recording his second of five A.A.A. 120 hurdles wins, Fred had set up a U.K. (National) record of 15.2 sec.

During the winter of 1923-1924, I used to train (mainly at Paddington recreation ground track) two or three times a week. Sam was "dead nuts"—that was the expression we used—on the arm action with the arms kept low, bent at the elbows (we used running corks for a good grip), and maintained, which I believe to be absolutely sound, that the action of the arms very largely controls the poise of the body and action of the legs. My training sessions consisted largely of perfecting the start and practising arm action over and over again. No starting blocks in those days, and we took meticulous care with the placing and digging of starting holes and the accurate control of the first few strides. I always carried a piece of string with me the length of first stride and marked the spot on the track, at which I gazed intently on the word "set," Our partnership was ideal, because Sam was not an autocrat. We discussed theory for many hours and argued and argued until I knew that his theories were sound—not because of his experience and knowledge, but because my mind was satisfied with his reasons. In a book which I published in 1926 I wrote (thinking of Sam) "Your coach should be your guide, philosopher and friend, but should not be allowed to lead you about on a string. Make him give you a reason for any peculiarity of form he suggests, and explain to you the principles which he adopts in training you. 'We are none of us infallible, not even the youngest,' so don't take all a coach says as unimpeachable."

We paid infinite attention to my length of stride. Speed, of course, is a combination of length of stride multiplied by the rapidity with which a stride is taken. I used to put down pieces of paper on the track at measured distances and endeavour to pick them up with my spikes as I ran. I shall always believe that the vital factor in my running in Paris was that by conscientious training I had managed to shorten my stride a inch or two and get an extra stride into my 100 metres. Then Sam encouraged me to work on a "drop" finish.

Possibly his greatest service was in Paris itself. Sam came out there at his own expense, and I still have—somewhere in my archives a note he wrote to me received on the day of the semi-final and final of the 100 metres. "Don't forget" the note ran, "to get down to that first stride. I should wear your old shoes (I did!) and I know you can win that race." It was nearly four hours between the semi-final and final of the 100 metres, and I spent most of that time in Sam's company, along with Arthur Porritt. A good coach can have an enormous effect on a nervous athlete, by not fussing, but calmly showing at the right moment, the right degree of confidence in his charge. This Sam—in my opinion a really great coach, always did.

Olympic Medical Archives and the Young Athlete

JOHN LE MASURIER

BEFORE the Tokyo Olympics the Fédération Internationale de Médecine Sportive (F.I.M.S.), the International Olympic Committee and the International Sports Federation, in co-operation with the World Health Organisation, undertook to study the medical records of Olympic contestants. This study was called the 'Olympic Archives.'

The idea is that these records will afford information to help show the effects of vigorous training and competition on the health of mankind.

Doctors, physiologists and coaches in the 32 countries where FIMS is recognised, offered their services and joined the athletes in the 'Volunteer Corps for Science.'

The athletes were subjected to a vast number of medical and other tests, including X-rays and electrocardiograms, but to find out more about this project and to see if any conclusions could yet be drawn from them, I went to one of the doctors responsible for testing the British team.

This is what he had to say:

Doctor:

"The object of the tests was basically to establish norms for a super-fit population, in this case the Olympic competitors, the idea being that we know a great deal about disease and what people are like when they are ill, but we know very little about health, particularly what changes are brought about by the type of training programme demanded for peak physical performance in athletics and similar sports."

Thus, we can study health through studying people who are superbly physically fit. In order to do this, we studied the actual physique of the individual; we studied him from a medical point of view, the presence or absence of clinical disease, we looked at the medical history and his family background. We were interested in him not only from a physical point of view but from a psychological one too. We asked a lot of questions about his reaction to his sport, how he does it, whether he enjoys it, his feeling regarding his sport, and so on."

J leM:

"I suppose it is too early for you to be able to give any conclusions?"

Doctor:

"Much interesting material has already been produced, if only from our own relatively small series of about a hundred members of the British Olympic team who were tested. We find, for example, that with regard to strength, the competitors in many events, did not measure up to the sort of standards that we were expecting, and had been led to expect from previous work.

J leM:

"Did you test with dynamometers?"

Doctor:

"Yes, with grip, leg and back dynamometers."

J leM:

"What else was of interest?"

Doctor:

"We found a number of other interesting anomalies—a bit scattered, perhaps. There were many peculiar electrocardiograph tracings; in fact we sent the whole batch to one of the big London teaching hospitals where the tracings were studied by the medical professorial unit. On this particular occasion, we let them into the secret first. They knew that these tracings had come from the Olympic team, but they were, nevertheless, asked to report on the tracings as if they had come

straight out of the clinic. On the basis of these reports, one could say that we sent to Tokyo quite a large number of competitors who had coronaries! Two or three people were about to die any minute and one person had electrocardiograph tracings that were making everybody throw their hands up in horror. They had no idea what it was all about. In fact, we have subsequently shown some of these selected tracings or similar tracings, to cardiologists without telling them where the tracings came from, and have been impressed by the fact that so many of the tracings look pathological, when in fact they come from people who, from the point of view of function and performance, are absolutely on the top line.

J leM :
" Does this mean that you will reappraise the interpretation of E.C.G. tracings generally ? "

Doctor :
" Yes, it does, in fact it may mean that certain tracings which we have in the past considered to be due to a disease condition, may be due to some strain pattern, some fatigue of the heart muscle (if the heart muscle can be fatigued, and it appears that it can't be) or some other similar type of phenomenon. I think that by studying electrocardiograph tracings of top line athletes with these peculiar anomalies, we are going to learn a lot more about E.C.G. tracings, which will help us to interpret tracings in clinical conditions generally."

J leM :
" Now, as a coach, dealing with and responsible for a great number of athletes of all ages, and subjecting them to tremendous stresses and strains, one rather glibly says, " Well, get your medical check-up " and often has a conscience on this and wonders whether as coaches, we couldn't do a little bit more to make sure that these athletes were fit to take the sort of work that we are giving them. By fit, I mean medically and physiologically capable of doing the work. What can we do about this ? "

Doctor :
" This, of course, is a very difficult problem."

J leM :
" What is the ideal set-up ? "

Doctor :
" This is for the athletes who are going to train seriously, particularly the athlete who aspires to international standard and who is going to be subjected to a very heavy training programme, to be medically examined before he starts training and at yearly intervals while in training. This examination has got to be undertaken by someone who is certainly knowledgeable and, preferably, experienced as well in the physiology and in the normal and abnormal among athletes. I remember one of our Olympic chaps had been told, not so long before, that he had to give up his sport, that he had a diseased heart and that his future was very problematical. This by a man who was a very experienced physician but who, as far as I know, hadn't any particular interest in athletes as athletes. This man in fact won a medal. So the examination must be carried out by somebody who knows how the athlete's body actually works."

J leM :
" What we really need, I suppose, is something like the five-year car test, which could be conducted on a number of athletes."

Doctor :
" Well, that's a good idea; of course, the boxers do it, don't they, and they have their cards, and have to carry their cards around with them, present them before each fight; the card lists injuries and so on. This is a very useful thing, and the athlete could do it with information regarding fitness, injuries, and inoculation, which is very important and is often neglected, and so on."

J leM :
" Perhaps, in addition to ensuring that our athletes are properly medically examined, we could also conduct tests on young potential Internationals along the

lines of those conducted for the Olympic Archives. If these were carried out regularly each year, by the time the athletes went to the Olympic Games, they might be of great value to the medical profession ? "

Doctor :

" I should think that such longitudinal studies would be of tremendous value, provided that there is standardised testing. This is terribly important."

JOZEF SCHMIDT
(Poland)

Understanding Field Events

VIC SEALY

THE main object of the article is to focus interest on, and to provide a better understanding of field events. This branch of athletics receives far too much abuse, and far too little encouragement from the Press, and the B.B.C. We have to rely on Kiev (U.S.S.R. v. U.S.A.) or to Stuttgart (European Cup Final) if we want to see a balanced programme of track and field events on T.V. If you watch an athletics match from the White City you will be lucky to see more than a fleeting glimpse of one or two field events. A discus throw of over 200 feet, for the first time in England, and by the World Record Holder in this event, was not even mentioned by the Commentator.

VIEWING THE EVENTS

I have been asked to point out what the spectator should look out for in these events so as to understand them better. To do this in great detail might well prove boring and too much like a coaching lecture, so I will deal with what I feel will be interesting and salient points. I will also introduce some historical background to certain events and some comparative figures to show what progress has been made since the first of the modern Olympiads was started in 1896.

THROWING THE DISCUS

This event has its history back in the days when Greece reigned supreme. The discus was then projected from a raised platform; the implement was propelled with a kind of underarm bowling action; a short run preceded the actual delivery. The action is shown very well in the famous Greek statue, 'Discobolus.' The 'disk' was circular, made of stone, and would appear to be somewhat larger than the one used to-day. It is said that the discus was used in war to bowl at the legs of the charging horses, causing havoc among riders and charioteers. The modern discus is made of wood with a metal rim and having a metal plate at the centre, it has a weight of 2 Kg. (4 lb. 6½ oz.) and a diameter of 8⅝ in.

It is thrown from a concrete circle, diameter 8′ 2½″ (internal measurement). It will be noted that the thrower stands with his back to the direction of throwing and then turns a complete circle before releasing the implement; the object of this turn is to give momentum to the discus, so that by the time the thrower starts to make his actual delivery, the discus is already travelling at a good speed. Having landed somewhere near the centre of the circle, the thrower, without any pause carries on the momentum of the discus by driving hard with his back leg, hips and his arm. In a good throw the left foot comes down very early in the front of the circle, thus keeping the hips well in front of the arms, giving what we call the 'coiled spring' position, the fast powerful release of the spring giving maximum power. During the whole course of the throw and until it has landed within the throwing sector of 60°, clearly marked with white lines, the thrower must keep within the inner confines of the circle, and must leave the circle by way of the rear half and under full control. If he does all this a white flag will be shown, if otherwise, a red one, meaning a foul throw.

The discus event was introduced into the Olympic Games in 1896. The winning throw then was 95ft. 7½ins. The winning throw at Tokyo in 1964 was 200ft. 1½in. The World Record is 211ft. 9½in., by Danek of Czechoslovakia.

PUTTING THE SHOT

This is another 'strong man' event, also with its origins in Greece, where it was called, 'throwing or hurling the stone.'

The shot used to-day weighs 16 lb. and is made of solid iron, brass or any metal not softer than brass. The shot is putt from a circle 7ft. in diameter, at the front perimeter of which is a stop board, 4ft. long, 4½in. wide and 4in. high. In the course of his putt a competitor may rest his foot against the inside of this, but must not touch the top with any part of his body. The other rules as stated in the discus event also apply. In addition he must, once he has taken his stance, keep the shot in close proximity to the chin, until he starts the final delivery.

Changes in the method of shot-putting have altered considerably over the years. What proved to be quite a revolution was introduced by the great American shot-putter, Parry O'Brien. Practically all shot-putters to-day use this method, in which he stands with his back towards the direction of putting. The shot is cradled into the neck, the right knee (in a right handed putter) is bent and the left one carried to the putter's rear. He thrusts hard with his right foot, a sort of scuffling action with his foot close or lightly touching the ground. This drive carries the right foot approximately half-way across the circle, while his left foot is by this time almost,

if not quite touching the ground close to the stop board. Without any pause in the movement he must drive hard with his right foot and leg, the hip is thrust round and upward, the chest comes round square with the front and the arm carries on the movement, which is finished off with a powerful flick of the fingers. A good putt will result only if all these movements are perfectly timed. The initial drive with the leg, the absence of any pause as the feet land, the explosive delivery, and the release of the shot from a position well in front of the stop board should be looked for.

This event was introduced into the Olympic Games in 1896. The winning putt was then 36ft. 2in. At Tokyo it was 66ft. 8¼in. The World Record (at time of writing) is 70ft. 7in by Matson, U.S.A.

THE HAMMER THROW

This is the third of the 'strong man' events. There are two types of hammer throwing in the United Kingdom, one is mostly confined to Scotland, where they use what is called a fixed hammer, which is really a large sledge hammer, thrown through behind a board fixed to the ground. In all recognised competitions under A.A.A. and I.A.A.F. rules they use a metal ball, attached to a wire, which terminates in a handle. The overall weight is 16lb. and the overall length is 3ft. 11.835in. The hammer is thrown from a 7ft. circle, which, in the interests of safety is partially enclosed by a net, some 10ft. high.

As in the discus and shot events, the thrower starts with his back towards the throwing direction. In this event, also, he must seek to give the hammer maximum momentum before releasing it. This he does by making one or two preliminary swings with the hammer round his head and then by a turning or pivoting movement on the heels. He usually completes three, sometimes four, complete turns before releasing the hammer. Here again perfect timing and releasing the hammer with a full explosive effort at the correct moment is all-important.

It is an exciting event to watch, particularly when, as happened a few years ago at an evening meeting, an experiment was made with giant sparklers tied to the hammer head and the Stadium lights were blacked out. The climax came when the sparkler fell off en route and the missile sped onwards through the darkness to where my colleagues were waiting to mark the fall. I was officiating at the circle and I could only pray that my friends were standing well back; happily they were, having beaten a very hasty retreat when the sparkler fell off.

The hammer event was introduced into the Olympic Games in 1900. The distance thrown then was 167ft. 4in. At Tokyo it was 228ft. 10½in. At the time of writing the unratified World Record by Connolly (U.S.A.) is 233ft. 9½in., but on 4th September, 1965, the Hungarian thrower, Zsivotzky, is reported to have thrown a distance of 241ft. 11in.

THROWING THE JAVELIN

Although the discus, shot and hammer are all described as 'throws,' in fact the javelin is the only real throwing event. This had its place in the Greek Games and its purpose was pretty obvious. The style of throwing has not changed radically over the years, though an attempt was made a few years ago to introduce what was called the 'Spanish throw.' It was, in effect, employing the discus technique to propel this relatively light implement. The results were startling; discus throwers were throwing the javelin quite fantastic distances, and the ultimate effect would have been to take away the only true throwing event and give the discus throwers a second one. Prompt measures were taken, and in my view quite rightly, to ban this type of throwing and a rather complicated set of rules were drawn up to make such throwing, or any modification of it, invalid.

As in the other throwing events it is essential to give momentum to the javelin and this is done by employing a run, carrying the implement in the hand at about head height. The run varies in length, according to the individual, but it may not

be more than 120ft. The javelin must be released behind a curved arc—drawn with a radius of 26ft. 3in. (8 mtrs.) and in so doing the athlete must not touch the 'scratch line' or the ground beyond with any part of his body. It must land within a sector of approximately 28 degrees, and it is not a valid throw if the point of the javelin does not strike the ground before any part of the shaft; it need not necessarily stick in, but the point must land before the shaft.

Individual styles of throwing vary quite a bit, but all have this in common. Having built up speed the competitor "collects" himself for the throw—as does a fast bowler in cricket—so that he is in a position to get the most out of his throw. The front foot is put down hard, well in front of the rear one; the arm is kept well back until the last possible moment, by which time the hips have come through square to the front; the javelin is whipped through—the thrower "pulling" on it, and is released from the palm of the hand when the arm is at its greatest height.

The javelin was first introduced in the 'Olympic Panhellenic Games' in 1906. The distance thrown then was 175ft. 6in. The Olympic Record is 281ft. 2½in. made in 1956. The World Record is 300ft. 11in., made by Pedersen of Norway.

THE HIGH JUMP

This is an event in which tremendous progress has been made, particularly in the past decade, with the World Record soaring to a height of 7ft. 5¾in. Mark this out on your door post and you will see what an incredible performance this is. This has been largely due to improvements in training and technique. Practically all the world's leading men jumpers use what is called the 'straddle' technique, in which the athlete crosses the bar with his 'tummy' downwards—hence the name 'belly roll' sometimes used to describe it. Another style, very popular a few years ago, but falling out of use now is the so-called 'Western Roll,' in which the body is sideways on as it crosses the bar. The old-fashioned 'scissors' style, still used a good deal in schools is one in which the jumper 'sits' over the bar. This is an inefficient style since it entails raising the centre of gravity much higher than is necessary in the other flat lay-out styles.

The jumper approaches the bar with a gradually accelerating speed, the 'free' leg is swung vigorously upward, the bent 'jumping' leg is straightened, and the body rolls over the bar.

The high jump was introduced into the Olympic Games in 1896. The winning height was 5ft. 11¼in. At Tokyo it was 7ft. 1¾in. The World Record is 7ft. 5¾in., by Brumel of the U.S.S.R.

THE POLE VAULT

The standards in this very spectacular event have also improved considerably over the past few years, and the introduction of the fibre glass pole has been largely responsible for this. This type of pole gives a tremendous amount of 'whip' and has the appearance of catapulting the vaulter over the bar. If you watch the vaulter at the moment of 'take off' you will see just how much the bar bends. Timing is, of course, all-important. The vaulter approaches with a fast but controlled run-up, plants the pole accurately, pulls hard on the pole, and then by a series of quite acrobatic movements thrusts the legs and body over the bar at some distance above the hand hold of the athlete.

The pole vault was introduced into the Olympic Games in 1896. The event was won at 10ft. 9¾in. At Tokyo the winning height was 16ft. 8¾in. The World Record is 17ft. 4in. by F. Hansen of the U.S.A. With the exception of the Panhellenic Games of 1906 when it was won by France, every Olympic title in this event has been won by U.S.A.

THE LONG JUMP

This has been for many years somewhat of a 'cinderella' event in this country, until it was brought into great prominence by Mary Rand and Lynn Davies who both won gold medals in Tokyo.

The jumper takes off from a wooden board 4ft. long by 8in. wide, firmly fixed, flush with the ground, and the landing is made in a pit, filled with sand and levelled off flush with the 'take-off' board.

The length of the run-up depends upon the individual. The jumper tries to reach maximum speed by the time he reaches the board, then with his weight well over the leading leg, he levers himself off the board with a powerful heel-ball-toe action.

There are broadly three styles of long jumping:—1. the plain 'sail' jump in which the jumper brings his knees up to his chest and thrusts his feet forward as he lands; 2. the 'hitch kick' style in which the jumper appears to be carrying on the running action in the air, again pushing both legs forward in landing. They are not really running steps but a series of powerful movements from the hips, designed to get good height and to keep the body in balance. These 'running steps' cannot of themselves add anything to the distance of the jump—nothing one does in the air can do this; 3. The third style is called the 'back hang,' and in this the jumper aims for good height, he keeps his arms high in the air (giving a hanging effect) the legs are hanging until just before landing when the jumper makes a 'jack-knife' movement, bringing his legs up and his chest down. The jumper must aim at hitting the board correctly, without having to chop his stride or to overstride. He must be travelling very fast and he must get plenty of height.

The jump is measured from the break in the sand made by the athlete in landing, at right angles to the take-off board. Should he have the misfortune to sit back in the pit or to touch the sand with his hand behind the point of landing then measurement will be made from that point. Touching the ground beyond the front edge of the stop-board will invalidate the jump.

This event was introduced into the Olympic Games in 1896. The winning jump was 20ft. 9¾in. The winning jump at Tokyo was 26ft. 5¾in. The World Record (awaiting ratification) is 27ft. 5in. by R. Boston, U.S.A.

THE TRIPLE JUMP

This is the name in general usage for what was formerly called the hop-step-and jump, a name which did however describe the action of the event. This very strenuous event involves three vigorous movements following each other without a break. The jumper works up a fast speed and takes off from a board as in the long jump. The first movement is a hop, in which the jumper lands on the same foot as that from which he took off; from this the trailing leg swings through to make a long stride (step) in which he lands on the opposite foot from which he took off; from here he makes the jump, the landing being much as in the long jump. He must work out for himself the ratio of distances as for the hop, the step and the jump. Generally speaking the hop and the jump are nearly equal, with the step somewhat shorter. If he gets too much height in the hop it could cause the knee to 'buckle' on landing, and too long a stride will mean he is unable to get his weight over the jumping foot.

The jumper must take off behind the front edge of the take-off board, and must not allow his trailing leg to touch the ground.

This event was introduced into the Olympic Games in 1896. The winning jump was 45ft. The winning jump at Tokyo was 55ft. 3½in. The World Record is 55ft. 10¼in. by J. Schmidt, Poland.

Chataway versus Kuts

ROSS McWHIRTER *

"THE event which stole the show at the London versus Moscow floodlit match at the White City Stadium, London on the night of Wednesday, 13th October, 1954, was Event 26, the 5,000m. at 8.40 p.m. which was watched by an estimated 15,000,000 televiewers in Britain and the continent in addition to the 40,000 people who packed the Stadium. The line-up from the inside was the scarlet-vested Vladimir Kuts, Champion of Europe and holder of the world's record, in station two was the Chelsea-born vice-champion of Europe, Christopher Chataway, and outside of him Vladimir Okorokov (4th at Bern) and the British Empire 6 Miles Champion Peter Driver.

At the gun Kuts went straight into the lead with the obvious intention of repeating the Bern dose as before. He covered the 'odd' 188 yards in 26.6secs. with Chataway on his tail. Ahead now lay 12 quarter-mile laps of the newly surfaced red oval track in which the Russian knew that if he could not shake off his pursuer the bell would be a death knell.

With two yards of night betwixt them the ex-Marine of the Red Navy and ex-Lieutenant of the British Army scorched round the opening circuits—the leader with blond hair and a red vest and his pursuer with red hair and a blond vest. With laps of 62.8, 67.0, 65.8 and 68.8 the first mile was covered 4.8secs. inside a level pace schedule for a time equal to Kut's world record of 13:56.6 namely 4:24.4 as against 4:29.2. In the fifth lap Kuts suddenly appeared to go mad. He rocketted off with a sprint which opened a gaping 15 yard interval. Chataway, undaunted by this breath-taking extravagance, responded immediately and, as if pulled by elastic, was soon back in position. Kuts then eased down such that the lap totalled 'only' 62.4secs. With the 1½ mile mark passed in only 1.8secs. outside Glenn Cunningham's pre-war world's 'record' of 6:34.0 and more than the same distance to go, it looked as if someone was bound to crack.

Despite the profligate torture which was applied in sustained bursts during the next 6 laps Chataway, the man no one ever beats twice, refused to unlatch his haunting grip. Laps of 62.4, 69.0, 70.0 and 69.6 brought the two iron men to the two mile post in 8:54.8—still 3.6 inside a level schedule. The two were by now yards out on their own with excitement building up stride by stride. The ninth, tenth and eleventh laps were run in 69.6, 69.4 and 69.0 with the solidly built Russian trying everything he knew to shake off his dogged pursuer. The bell clanged at 12:51.4, and a new world mark now seemed touch and go. The brilliant Russian raised the pace round the penultimate bend. Down the back straight the race descended to the purely animal as the two sweat-streaked figures stayed locked in combat. As they passed the 3 miles post (Kuts 13:27.0, Chataway 13:27.1) it looked as though the younger man must succomb to the prolonged shock treatment to which the indefatigable world record-holder had submitted him. Was Kuts going to defy all the natural laws for a second time by running away from his opponents? Was a man who has never bettered 3:58.0 for 1,500 metres going to outkick a 3:45.4 man who had trailed him all the way? The crowd was on its feet, millions of armchair televiewers went white at the knuckles. The moment was symbolic. Could a spare-time amateur businessman who trains 35 miles a week live with a full-time 'State' athlete who trains 135 miles a week in this waging of 'total' sport? As if impelled by the roar of the delirious crowd Chataway switched over to the super-human. With sheer savagery he struck late but decisively and with consummate if desperate timing surged past his quarry 5 tantalising yards before he could claim the asylum of the tape. In a blizzard of flash-bulbs Chataway found himself being embraced by Roger Bannister now not only a friend but a fellow immortal in the history of the track.

Seemingly as unspent as Landy after the 'Miracle Mile,' Kuts trotted on to commune with himself in the desolate loneliness of a beaten man. His only solace was a Soviet record of 13:51.8. The victor whose 13:51.6 was his own third and Oxford's 20th world record was squarely held in the beam of a spotlight which he managed to lose in going to seek out the man who had led him so riotous a race.

Postscript

"Kuts went on to recapture the world 5,000m. record only ten days later, with 13mins. 51.2secs., but in 1956 he lost the record to another Englishman—Gordon Pirie, who recorded 13mins. 36.8secs. But with the chips down in the autumn at the Melbourne Olympics, Kuts beat the world for a great 5,000m.—10,000m. double. In 1958 he further lowered the 5,000m. world record to 13mins. 35.0secs. in a race at Rome, and there it stayed for nearly seven years until Ron Clarke of Australia further reduced the figures. Kuts retired in 1959 and is now more than a little plump.

Chataway retired in 1956 and transferred from Independent Television to the B.B.C. as a "newscaster," and in 1959 was elected Conservative M.P. for Lewisham North: won the Nansen Medal for his part in the World Refugee Year project; and in 1962, at the age of 31, became Parliamentary Secretary, Ministry of Education. He retained his seat, but lost his office in the October 1964 election."

* *"race description taken from the contemporary edition of 'Athletics World' by Norris McWhirter."*

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Orienteering

THE easiest way to describe this is, a cross country race with map and compass or, a car rally on foot. Your course is not indicated other than on a map so it is up to the individual competitor to devise his fastest and most accurate route from control to control. Normally races are held in country where visibility is poor, such as forest land where a minute loses a runner and he would not be seen by the person following him. However, there is another type called Score Orienteering which is held where these conditions are not to be found. The meeting I attended earlier this year, held in Richmond Park, came into this category. In this case there are numerous controls and it is up to each runner to plot his own route and to cover as many points as possible within a time limit. In fact nobody seemed to choose the same route that I could see.

The sport has come to this country from Scandinavia, where it is a National Pastime and the people who take part in it there, have no time to participate in Athletics. They prefer to run in the woods against the challenge of time, map and compass rather than just round the track. The top competitors in Sweden can run 1500 metres in about 3min. 47sec. (about 4min. 5sec. for a mile) and they will run over courses of up to 30 kilometres over rough country. Consequently they are very versatile and tough runners.

In this country the leading clubs which, at the moment, dominate Orienteering both come from Lancashire but it is rapidly growing in popularity throughout the country. With so many good middle-class runners in this country it seems possible provided that they can be recruited into the Sport, that in 3 or 4 years time we can challenge the Scandinavians, basically Norway and Sweden, on equal terms.

This year there was an International race held at Compiègne in Northern France in which all the Scandinavian countries, Switzerland, Austria, Belgium and ourselves competed. In fact Great Britain fielded 2 teams and there were more English competitors than any other. Unfortunately the Swedish organizer put a control in the wrong place in the middle of the race and only 2 people found all ten controls. So in order to get a result they terminated the race at the 4th control and the British team on a time basis finished in front of Belgium and Austria. In this team were Gordon Pirie, Chris Brasher, John Disley and Mike Murray of Walton A.C. who are known in athletic circles. The remaining members of the team were from the two Northern Clubs, Clayton-le-Moor Harriers and the South Ribble Orienteering Club.

However, this is at the top, but here is a sport which anyone can enjoy and meetings are held to cater for every type of competitor from Novice to Expert. The real enjoyment comes from not only the physical effort but even more from the mental challenge involved. Age is no barrier as this is a sport which caters for everyone from the young to the old. So all you people who lead sedentary lives and don't take enough exercise, here is an ideal opportunity to get some exercise and also to face a mental stimulus which will surely satisfy the most intellectual. It does not matter whether you finish first or last, the main thing is to enjoy yourself. Who knows you may well find Martin Hyman, Bruce Tulloh or Tim Johnston in the field with you, think of the satisfaction to be gained if you should beat them. Anyway can there be any finer or more satisfying experience than reaching one's own level of attainment and this is certainly possible in Orienteering.

It also has a place in the sphere of education and already the schools in the Surrey Area are taking an interest. This could be beneficial both physically and also academically for the Schoolboy, as it presents a far more attractive way of learning Geography than by just reading text books.

Anyway write to John Disley at 38, Broom Close, Teddington, Middlesex, and ask him for more details and also where the nearest Club to you is situated. I am sure you will enjoy it and there are events for Women and Juniors as well, so the whole family can take part. Some of the Women competing are very good indeed and the intense, though friendly, rivalry between husband and wife has to be seen to be believed.

(The above article is based on an Interview with John Disley and I am very grateful to him for all the time and help he so willingly gave me).

P.S.L.

Morgan Groth : A Profile

MORGAN GROTH
(America)

NAME :
Morgan Dustin Groth.

Birthplace and date :
Martinez, California—31.8.43.

Height and weight :
6′ 1″ and 165lb.

Occupation :
Last year at Oregon State then in fall enters U.S. Marines.

When did you first start athletics :
In 1959 at the High Jump.

Best Marks :
880 1-46.4 (1964); Mile 3-57.9 (1964); 1500 metres 3-40.4 (1964); 2 miles 9-0.0.

Which performance has given you the most personal pleasure :

The 1964 Olympic Trials, not so much the time but getting into the team.

How often do you train :

7 days a week.

When do you usually train and how long are your sessions :

In the summer at 9 a.m. for 1 hour and at about 7 p.m. for 2 hours.

Give details of your training schedule :

In the fall I use cross-country in the hills and long steady runs of an hour. In the winter I use weights, swimming, cross-country and a little Interval work on the track. In the spring I train 5 days on the track and 2 days on a golf course or in the hills. My Interval Work consists of repetition runs of 440, 220, 660, 110 and occasionally 1320 yds. I train for the mile and move down to 880 in the Championships.

Do you train the day before the race :

Yes normally but depends on importance of the race. I do 2 440's in 52secs. and feel this does no harm.

Coaches :

Ray Edman in High School and now Sam Bell (who was head coach against the Russians last year).

How much of your success is attributable to coaching :

I should never have got there without their help.

Do you make use of weight training :

Yes in the winter and fall. Only for the upper body and not for the legs e.g. 20lb. Dumbells in each hand and many repetitions.

How important is Athletics in your life :

Has been very important during the past 3 or 4 years. It has given me the opportunity for travel, this is my 4th trip to Europe. Also it enabled me to compete in the Olympics.

Who is the greatest 800/880 runner you have ever raced against :

I never ran against Peter Snell so my answer must be George Kerr. I trained with him for a year at Oregon and feel that with more training he could have been the greatest runner in the world, particularly in view of his tremendous natural ability.

Do you hope to run in Mexico :

Have not really thought about this yet but, if so, I should like to run the 1500 metres but this depends on whether my Achilles tendon trouble clears up. As to run this distance it is essential to have a great deal of conditioning behind you. I also realize how formidable the competition will be particularly American, in moving up. When I went to Kiev for the Russian match this year I felt in the top condition of my life, then this injury. After this I did no training for 2 weeks but ran in an Invitation 800 race in Poland clocking 1-48.9. The coach did not allow me to run in the German Match so I came to London and ran in an Invitation 800 during the Hungarian Match winning in 1-49.0. My leg was very stiff and this race turned out to be one of the hardest ever.

Sir Joseph Simpson

As I am sure many of you will already know, Sir Joseph Simpson, who has been Chairman of the Club since its inception, has had to resign his office because of ill health. You will be happy to know that he has made a good recovery, but his health will not permit him to continue both the arduous job of Commissioner of the Metropolitan Police as well as his many varied outside activities.

Sir Joseph agreed to become Chairman of the A.A.A. Club on its formation, and has guided its affairs from the outset until this summer. All those who have been privileged to serve on the Committee will be grateful to Sir Joseph for his wise and patient Chairmanship and hospitality. Under his guidance the Club has grown in numbers and in the variety of its activities and it has taken over the administration of the Honorary Members Scheme from the A.A.A.; slowly but surely it has begun to play an important part in the athletic spectrum, particularly in the social side. During these years it has had the benefit of the fact that its Chairman has been a "big" man—not only physically and not merely a very well known and important figure, but "big" in character, thoughtful, sympathetic and generous. His genial figure as Chairman at our functions will be much missed.

Many of us may feel that as Chairman he is irreplaceable. I am sure he would not wish us to feel that way. We all owe him a very great debt of gratitude and are glad that he hopes to be able to attend the Club's functions from time to time in the future; without doubt he will take great pleasure as the Club continues to progress under a new Chairman.

The Most Hon. THE MARQUESS OF EXETER, K.C.M.G., LL.D.

Obituary

TOM HAMPSON died suddenly on 4th September, 1965, as the result of a coronorary thrombosis at the age of 57. Tom enjoyed an ideally happy marriage and family life. His work in social service, first in Liverpool and later at Stevenage, where he earned the respect and affection of many, brought him the greatest satisfaction and he maintained contacts with a large number of friends made during his brief but brilliant athletic career. To all these people the news of his death came as a very great shock and of course to his wife and immediate family it was a real tragedy.

Tom's athletic career was remarkable; having failed to get through a heat of the half mile in the Public Schools' Sports, he showed little real promise while up at Oxford only succeeding in getting a half blue as second string in 1929. From then on his advancement was meteoric, culminating in his gold medal at the 1932 Los Angeles Olympic Games in the then new world record time of 1-49.8 seconds. Perhaps with more discretion than is shown by some, he left the athletic scene at the peak of his fame.

Tom was a man of strong character and great balance as I think is shown by two incidents with which I was closely concerned, both occurring in Los Angeles. First of all, it may come as a shock to some to be told that Tom smoked a cigarette after every meal even on the day of his gold medal race. This was his normal habit and he decided on his own without the advice of any great coach that it was better for him to continue than to worry himself by cutting smoking out altogether. The second incident occurred on the evening of his victory when he was for the moment, the great hero of the Games, and particularly of the vast crowds always trying to contact the athletes outside the entrance to the village. We shared one of the little huts together and he suggested to me that I put on my Olympic blazer and he an old tweed jacket and that we walk out together. This we did with the result that he was nearly trampled underfoot by those determined to get my autograph. Needless to say, Tom loved this.

In the years that followed he was always ready to help and one of the most stimulating things his friends could enjoy was to meet him and his wife and share their obvious joy in life and in each other's company. It is hard to believe this privilege has now been withdrawn and I know that I am speaking not only for the members of the A.A.A. Club but innumerable others in sending the deepest sympathy to those he has left behind.

ROLAND St. G. T. HARPER.

Social and Membership News

ROBERT STINSON

SINCE the last edition of the Newsletter in June of this year, the main item of social news has been the Championships Dinner at the House of Commons, which once again was a sell-out, although as so often there were one or two empty seats at the last moment. In the absence of Sir Joseph Simpson, through ill health, the chair was takn by our vice-Chairman, Roly Harper, who welcomed the champions. This year our sponsor was the Minister for Sport, Denis Howell, M.P., and there was a strong contingent of foreign champions including Ron Clarke of Australia, Gamoudi of Tunisia, Larrabee and Lindgren of the U.S.A. and Varju of Hungary. Ron Clarke's speech on behalf of the champions was of the highest class and we were also privileged to hear the Minister for Sport.

The summer has seen another spurt in the drive for increased membership and it is hoped that a figure of 250 or thereabouts will be achieved during the current year which finishes at the end of November. The Club's new advertisements, supervised by A. M. Atton, which have appeared in World Sports have been particularly successful in bringing in new members. This year, too, the A.A.A. girls have been much in evidence, not only at the Championships, but at the Polish, Hungarian and Czechoslovakian matches, and have certainly contributed to the increase in membership.

This autumn R. J. Murray is trying to start the A.A.A. Club Dining Club in the London Area. Unfortunately the first attempt did not quite produce a sufficient response, but a successful start to this effort was made on the 19th November. It is hoped to hold a number of informal dinners with a guest speaker at each, at the Cafe Royal during the winter months. One dinner will be a Ladies' night. If you are interested please waste no time in contacting Ron Murray, at 11 New Farm Avenue, Bromley, Kent.

It is hoped once again to hold one or more socials in the London area during the coming winter months; Norman Cobb will be making the arrangements and members should watch Athletics Weekly for announcements. So far as the Midlands are concerned, it is hoped that shortly a Midands sub-Committee will be formed by S. S. Yarrow, our Midlands representative, and that another Midlands dinner will be held. If anyone would like to help in other parts of the country in organizing the social side, e.g. films, brain trusts, dinners, etc. would they please let me know.

I feel it is appropriate in this column to pay tribute to Mrs. Margaret Foley, who has recently retired from work in my firm, for her tremendous efforts over the I am sure all our members would wish to thank her for the hard work she has done eighteen months from February 1964 to August 1965 on behalf of the A.A.A. Club. for the Club's administration and to wish her and her husband a happy future in Scotland.

Some of you may be wondering about the negotiations concerning the United Sports Club; due to a change of Secretary at the U.S.C. a fresh start has had to be made. From discussions I have had, I am very hopeful that similar facilities will be arranged with the Golfer's Club at Whitehall Court; in the meantime, since Sir Joseph Simpson's resignation as Chairman, the Club Committee has been meeting in one of the rooms at the U.S.C., instead of at Scotland Yard.

Although Sir Joseph's resignation has been dealt with elsewhere in these columns, I know all members will agree that his enforced retirement is a very severe blow indeed to the Club and will wish to thank him for all his outstanding efforts for the Club since its inception. This year, too, Jim Leather has felt that he should make way for a younger man and has therefore resigned as Treasurer. He had hoped to be able to winter in Australia with his family but ill health has unfortunately prevented this. Our thanks to him for all his hard work since he joined the Committee in 1960 and since he was elected Treasurer in 1962, and our good wishes to him for a speedy recovery.

This year has been a good one for increasing our numbers; let us make sure that the next one is as good and better. Everyone can do a great service to the Sport by recruiting new members, and I hope that all of you will try and find one new member this coming year.

The Newsletter

We have reached the sixteenth issue of the Newsletter and it seems to me that now is a good time to take stock. This is YOUR Newsletter and I want to know what YOU like or dislike about the present set-up. With the winter upon us and the evenings drawing in, it is the time to give this your serious consideration. Send me your views and ideas. So please put pen to paper NOW and perhaps the following will help towards this. In future issues would you like to read technical articles on coaching; articles by Overseas Correspondents; more photographs; a quiz? Very often presentation is not given sufficient thought, undoubtedly our magazine can be improved in this direction and any suggestions would be welcomed. The more letters you send the better as far as I am concerned. Perhaps you feel that your forte is towards writing, if so, let me hear from you. With our members coming from all spheres of the sport, the possible themes are too numerous to mention. ACT NOW.

THE EDITOR.

Book Reviews

IN our issue of June, 1965, a review of the A.A.A. Instructional Booklet "The Technique of Judging Field Events" by Victor Sealy suggested that this was the first such A.A.A. publication, appearing 15 years after the companion volume on track events. Our reviewer has written to say that it has been pointed out to him that in fact a booklet on the judging of field events by S. E. J. Best was published by the A.A.A. in 1956 and has been out of print since 1960, after the sale of 3,000 copies. We regret the error.

"TRAINING FOR ROAD RUNNING" by Sam Ferris, John Jewell and Harold Lee (2/6 post free from Ron Linstead, 69, Alexandra Road, Wimbledon, S.W.19)

This admirable publication deserves every success, as far too few athletic enthusiasts pay sufficient attention to this often neglected aspect of our sport. This booklet will appeal not only to the Road Racing fraternity but also anyone interested in Athletics. The section on the Road Training Survey is quite fascinating showing the many varied training schedules used. Also the idea of sending questionnaires to a selection of their members and then utilizing a condensed version of each athlete's reply where applicable, under various related sub-headings, results in the reader getting a far deeper insight into people whom one had previously just regarded as a name. This is further enhanced by the excellent profiles which follow on immediately after. There is also an excellent section on injuries likely to be encountered by Long Distance Runners, written in every day language which anyone can understand. The Authors who rank amongst the most knowledgeable in this field have succeeded in transmitting their obvious enthusiasm and dedication into print, this is in itself no mean achievement.

"1965 YOUTH AND JUNIOR ALL-TIME AND 1964 BRITISH PERFORMERS ANNUAL" compiled by Ian R. Smith

(5/6 post free from Arena Publications Ltd., 325, Streatham High Road, London, S.W.16)

This edition includes for the first time, the Youths' lists, and is well up to the exceedingly high standard which one has come to associate with all Ian Smith's work. It is indeed fascinating to look through this booklet and see that many of to-day's International Stars were also outstanding Juniors. Also to ponder on a name who, for some reason or other, has not reached the same heights when a Senior. These statistical booklets fulfil a doubly important role, namely that they provide a stimulus for today's youngsters to aim for and they also give the older reader an opportunity to realize how the overall standards are ever improving. In fact 3 of last year's Juniors represented Great Britain at the recent European Cup Final in Stuttgart namely Morrison, Fitzgerald and Travis and also many others have gained International honours. One of whom, Neal Willson, who as a youth last year vaulted 11′ 4″ and this year in the match against East Germany cleared 14′ 1¼″.

" OLYMPIC DIARY TOKYO, 1964 " by Neil Allen (Nicholas Kaye 16/-)

It is perhaps significant to look back four years to Rome and ponder on the names and performances which, after the Games, we came to believe were well nigh unbeatable. To take just one name Hary, who had proved by the manner of his victory to belong in this group. Well, at Tokyo an even greater and more impressive winner of the 100 metres emerged in the immensely powerful but ungainly figure of Bob Hayes. This happened many times in the 1964 Olympics, which qualified as the most magnificent staged yet, not only in performance but in presentation as well. Also the fact that more people than ever before were able to watch the events as they unfolded in all their majesterial glory through the medium of Television. The Olympics have all the qualities to be found in a first class film; success, failure, exultation and dispair. Unlike a film these are not artificially created by a director, but they happened to real people who were competing in the greatest and most important Festival of Sport. At last the day of reckoning had come and now the past four years' preparations would be channelled into one day's performance. For the Champions a day never to be forgotten, and for the defeated a day when they found that all their hopes and ambitions had evaporated and nobody, except the real enthusiasts, would remember their names. People only remember the Victors never the Vanquished in the aftermath of the Olympics. All this and much more Neil Allen has succeeded in bringing alive for the reader in this book. He is well qualified to write such a book, as one of the outstanding Athletic Correspondents in Great Britain. He combines the rare qualities of an extremely analytical mind with an outstanding command of the English language. These Games were the most successful ever enjoyed by our Athletics Team and he deals adequately with our Medal winners, who have, of course, subsequently became household names and known far beyond Athletic circles throughout the world. He also talks about the other medal winners and shows us the many varied types of personalities who constitute this august band. For example the fact that a world record holder such as Peter Snell can be gripped by self doubt: the winner of the Javelin, Nevala of Finland, though he earned the admiration of the crowd, and of all the world's critics. When selected by his National Association he had been the subject of people's complaints that he was not worthy of selection. Who can ever forget the 10,000 metres as Clarke, Gamoudi and Mills fought down the final straight not only for victory but to find a gap through the runners whom they were lapping. At the sight of Lynn Davies poised for what seemed an eternity at the end of the runway before running purposefully down and hitting the board perfectly. Then those agonising minutes while Boston and Ter-Ovanesyan took their final jumps, before we knew at last that he had won. I am sure that every man, woman and child watching in Britain suffered with him. This book should be in every athletic library and during the long winter evenings, brought out once again to relive those thrilling moments which constituted the 1964 Olympics. At the end of this book the Author brings us down to earth, in case we have become too complacent with these successes, by pointing out the difficulties and problems to be encountered at Mexico if we are to equal our Tokyo performances let alone surpass them. A.S.

" STRENGTH TRAINING FOR ATHLETICS " by Ron Pickering

(5/6 post free from Mr. J. Hitchcock (A.AA. Sales Centre), 39, Saxonbury Avenue, Sunbury-on-Thames, Middlesex)

This is a first rate book, well set out, well illustrated and the subject is well covered; in fact the book could have been called " Training for Sport." What I found particularly pleasing is the quiet, confident manner in which the book is written, giving arguments for several differing methods of gaining strength and not arbitrarily giving an opinion in favour of one method. Even though Ron's " enthusiastic " voice cannot be heard, his keen interest for the subject comes through well. Anyone who reads the book completely and forms his training programme from it, avoiding specialization or pre-judging the subject, will be well advised.

I admit that I am probably influenced in my judgment of the book by finding some of my own pet theories advanced. Prominence is given to the front squats, calf raises and pullovers. Also, the usual objections to the squat and good morning

exercises are not exaggerated although the dangers are pointed out. The probable reasons for U.S.A. athletes using high repetitions/low weights as part of their schedules is explained and not laughed off. The value of warming up and cooling off is set down and world weight lifting records are given, just to keep things in perspective.

The faults are few. I would prefer to see the seat lower in the "basic starting position"—photographs, Nos. 1, 2 and 7. The description of the snatch, and the photographs of it, are seriously incomplete and that of the clean is not clear. These are most difficult movements to explain by use of the written word. The straddle lift is described and illustrated. I consider this an unsatisfactory exercise, no substitute for squats, and it is interesting to see the change in positions between figures 38 and 39 where the demonstrator overcomes the problems in performing it.

However, these are minor faults in a very complete and well written book. At 5/- it is being given away and every athlete should have a copy—even high jumpers.

D.F.A.V.

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

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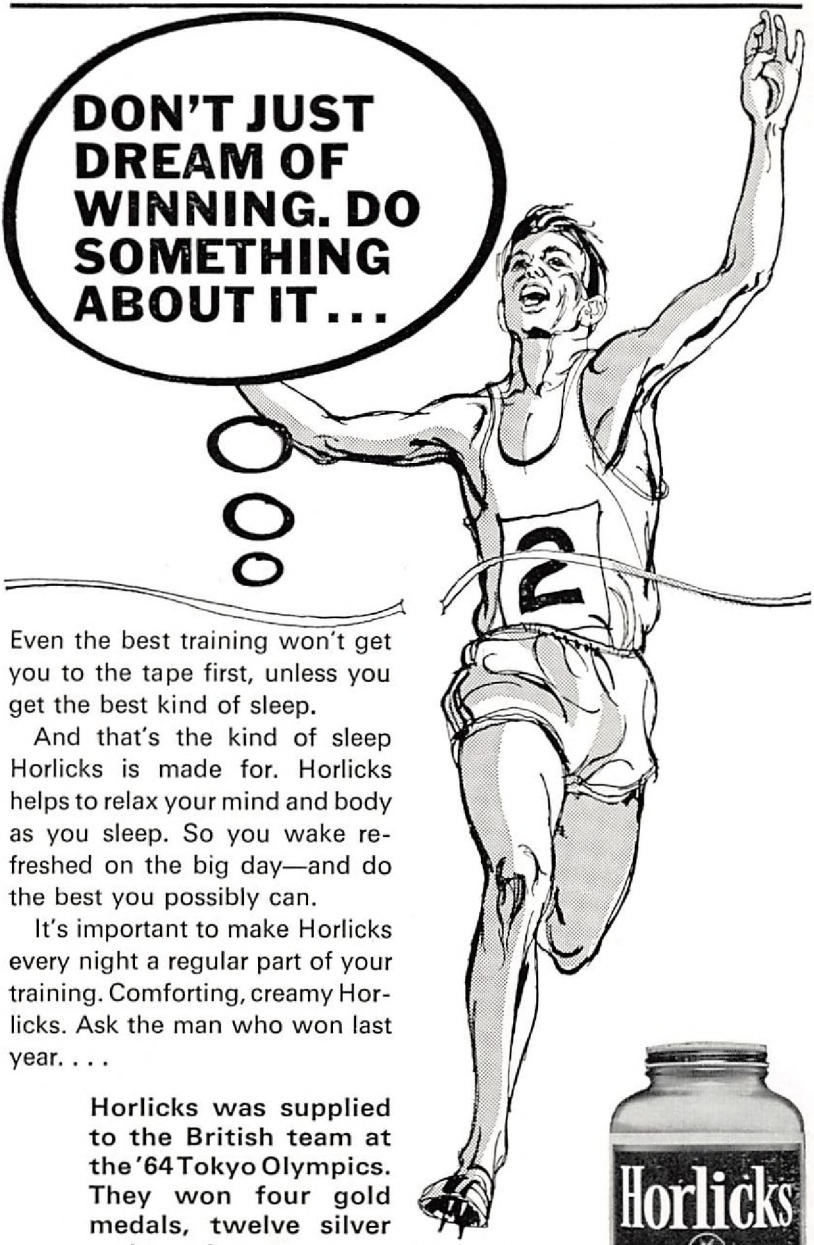

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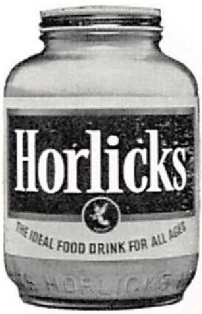

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