

A.A.A.



CLUB

NEWSLETTER



JOHN SHERWOOD

(Birchfield Harriers/Loughborough College A.C.)

ISSUE No. 20

NOVEMBER, 1967



Olympic record holder

'Ovaltine' is the *only* food drink which has been officially recognized for serving to competitors at every Olympic Games since 1932—and at every British Empire Games since they began. During the 1964 Olympics over 500,000 cups of 'Ovaltine' were served to athletes and officials—more than at any other Olympic Games.

What makes 'Ovaltine' the chosen drink of champions? *Only* 'Ovaltine' gives you all the goodness of barley malt, milk, eggs and added vitamins. *No other drink can match the way 'Ovaltine' helps to build up energy, strength and stamina.* So join the champions in a regular cup of 'Ovaltine'.

OVALTINE

the drink of champions

P192B

Photographs were supplied by Mark Shearman, 23, Lynwood Drive, Worcester Park, Surrey.

Anabolic Steroids

Dr. J. G. P. WILLIAMS

THE sporting press, both the daily and weekend newspapers and the technical journals, during the past few months have carried articles and reports about the use of drugs called Anabolic Steroids for the promotion of strength and physique in various types of athletes, particularly those involved in the power events.

In track and field athletics the use of these drugs seems to have been particularly prevalent among shot putters, discus throwers and track athletes. A number of particularly outstanding examples have been reported, including those of Randy Matson and Parry O'Brien and the two great American decathletes.

Interest in the use of Anabolic Steroids for the preparation of field event athletes for competition was particularly stimulated last year when field events men and coaches from various countries met and discussed their methods at the European and at the Commonwealth Games. One of the outstanding coaches in this country, Ron Pickering, has taken a particular interest in the use of these drugs and has collected some starting facts about the performances of athletes who have been using them. There can be no doubt that the whole question of the use of Anabolic Steroids in the preparation of athletes for competition now forms one of the biggest problems confronting doctors who make a particular study of Sports Medicine.

WHAT ARE ANABOLIC STEROIDS ?

Anabolic Steroids nowadays are synthetic chemical products closely related to hormones normally manufactured in the human and animal bodies. Most people who have studied anatomy or physiology, in even the slightest detail, will be aware that there are in the body a pair of glands, one of which lies each side of the spine above the kidney, called the suprarenal (or adrenal) glands. Each of these glands consists of two parts, an outer cortex and an inner medulla. The inner medulla is one of the body's main sources of the hormone Adrenalin which is of such importance in potentiating physical performance in the "flight and fight reaction." The cortex of the adrenal glands manufactures a wide range of other complicated but related products called steroid hormones. There are three basic types. One type has to do with the way in which the body utilises or metabolises the salts contained within it. Another group has to do with the way in which the body handles glucose and the third group has to do with the sexual development of the body. This latter group divides into male and female sex hormones. The male and female sex hormones are not only made in the adrenal cortex but also in the reproductive organs during active reproductive life.

The major effects of the administration of these hormones of the male or female sex series is to produce in the subject to which they are administered the secondary characteristics of the sex in question. A male sex hormone will stimulate the body to produce the characteristic distribution of hair, including hair on the face and it will cause the skin to coarsen. It will cause the voice to become more bass in tone and it will cause the development of the sort of muscles and contours so characteristically male. The female sex hormone, on the other hand, will have the effect of rounding the body contours, of making the voice higher in tone, and so on.

The quality of the male sex hormones which has to do with the building up of the body has been considered by doctors to be of importance and a likely source of assistance in building up the bodies of people who have become weakened by wasting diseases or by injuries leading to considerable tissue loss, e.g. extensive burns.

As a result of careful laboratory synthesis and testing, a series of synthetic compounds related to the male sex hormone was developed. These compounds have the effects of stimulating the body to increase its bulk by stimulating it to retain nitrogen to build up into body proteins (instead of losing nitrogen) and these effects were achieved without the parallel virilising effects of coarsening of the skin, deepening of the voice and the excessive appearance of hair. These drugs were known as the Anabolic Steroids from the Greek word for building up.

In clinical medicine these drugs are administered to old people who have suffered a wasting disease, people who are in a state of malnutrition, people who have had severe burns and people who have been debilitated from being in bed for a long time. The dosage given is of the order of 5 mgs. of Anabolic Steroids per day and over a period of time it seems that there is an improvement in the build-up of the body in those patients treated with Anabolic Steroids as opposed to those who have not had them.

DO ANABOLIC STEROIDS HELP THE ATHLETE ?

It requires little imagination to see how the use of Anabolic Steroids came in for athletes involved in heavy weight training programmes. This use, perhaps, might be regarded as inevitable—what is important is to know whether or not the taking of Anabolic Steroids does really help the athlete. Also, if it does help the athlete, how does it do so ? The importance of finding an answer to these questions will become apparent a little later when we consider the dangers inherent in their use.

Now a number of cases have been quoted, among them O'Brien and Matson which suggests very strongly that athletes who take large doses of Anabolic Steroids, who take at the same time a very heavy food intake (with particular reference to proteins) and who carry out a very heavy weight training programme, do in fact gain in weight very considerably and their performances in putting the shot, throw the discus and so on improve very dramatically. The question, of course, is whether this improvement is directly due to the use of the Anabolic Steroids or not.

Quite frankly, it is at present impossible to answer these questions. In the case of the athletes mentioned no form of control has been available so it is impossible to know which particular factor it was, or indeed which combination of factors, gave rise to the recorded increase in physique and performance. In those series where controlled trials of Anabolic Steroids have been done, the evidence has been frankly that there has been no improvement in normal people taking Anabolic Steroids. It must, however, be understood that in these controlled series the subjects were not taking the same dietary that the American shot putters were, nor were they undertaking the same very heavy programme of weight training. As yet no controlled series to study the effects of Anabolic Steroids on athletes taking very big high protein diets and working with very heavy poundages of weight training have yet been carried out, but such studies are scheduled to begin this autumn, and should show whether or not the Anabolic Steroids really work. If these steroids do work, it is important to know how they work. Do they work directly by stimulating the body to build up protein and muscle, or do they perhaps have an effect, for example on the appetite, which will enable a man to take in more food which he could then utilise to build up his body. The answer is not yet known.

ARE ANABOLIC STEROIDS DANGEROUS ?

The free use of drugs invariably introduces an element of risk, regardless of what the drug is. The risk, of course, may be great in some instances and small in others. Some drugs have very powerful actions and some are very mild in the way in which they work. Some drugs have dangerous side effects and some apparently have none.

As far as the Anabolic Steroids are concerned there are definitely well-known side effects which, both from a short and long term point of view, are important. The short term side effects include particularly dangerous, but yet very rare, complications of acute yellow atrophy of the liver, that is acute loss of function of the liver, which can lead to coma and death.

They can also give rise to a number of peculiar sensitivity reactions and may give rise in some instances to the retention of water. They may suppress the production of sperms in the male testes and so lead to a greater or lesser degree of sterility; and in women even the most carefully synthesised of these drugs may have virilising effects, producing hair on the face, deepening of the voice and so on. Unfortunately these effects are not predictable. It is impossible to say whether or not they will occur, except on a basis of actual trial.

The doses which have been quoted as having been used in athletics are very much greater than those used in normal clinical practice, so it may be expected that among athletes the complication or side effects are more likely to occur and to occur more seriously. Indeed it may be said that some of the doses quoted are

almost unbelievable. For example, figures of 200-250 mgs. per day of Dianabol, (one of the Anabolic Steroids) have been given. This represents a weekly consumption of £10. worth of drugs! There are a very few amateur athletes who could afford this.

Most sport, of course, carries an element of risk and provided there were no other objections to the use of Anabolic Steroids, many athletes would feel that the slight risk involved in their use might be justifiable for the results the athlete hopes to obtain. Unfortunately it is not yet known whether the risk is only slight. Even more is it not yet known what the long term effects of using these drugs are. It is well known that certain cancers, particularly of the prostate gland, are associated with alterations in the hormone environment of the individual and it is possible that hormone stimulated cancers may develop in people who have taken large doses of Anabolic Steroids.

Of course, if it can be shown that Anabolic Steroids are of no practical benefit to the athlete, then the question of risk ceases to be important because then nobody will wish to take them anyway.

ARE ANABOLIC STEROIDS DOPE ?

One question that is constantly asked about Anabolic Steroids is "are they dope ?"

At present all the internationally agreed definitions of doping have to do with the taking of drugs that are present in the body of the athlete while the competition is taking place. In practice, however, the Anabolic Steroids are taken in the months of training preceding the competition. They are seldom, if ever, used by the athlete while he is actually competing and therefore cannot properly be regarded as dope within the meaning of present definitions.

There is a move afoot nevertheless to have Anabolic Steroids used in training regarded as dope and banned. This wish, however justified it may theoretically be, is with our present state of knowledge foredoomed to failure.

Before the introduction of objective testing it was impossible to control the use of dope in sport. Recent experience, particularly in cycling, has shown that dope can effectively be banned where efficient controls are available. It is quite impossible to control the use of Anabolic Steroids in training. One can just imagine inspectors, perhaps appointed by the governing bodies, dashing madly round to every part of the country where weight training is being carried out, rushing up to the trainees and saying, "We are doing a spot check for Anabolic Steroids. We must have a specimen now!"

The idea is frankly ludicrous, and yet nothing short of this will serve to control the use of Anabolic Steroids in training. Certainly pious exhortations will not have the slightest effect on the athlete whose mind and heart is set on an Olympic Gold Medal. The great problem of Anabolic Steroids is this very fact that they cannot effectively be banned. We may regard them as being undesirable; we may feel that there are strong medical reasons why they should not be used; but we cannot ban them unless we can enforce the ban, and no means of enforcement is at present available.

All that can be done and must be done is to find out, as a matter of urgency, whether or not Anabolic Steroids have the effect claimed for them. If they do, then legislators in sport, coaches and, indeed, the athletes themselves, will be faced with a very considerable dilemma: whether or not to use them.

If it can be said that Anabolic Steroids as such do not in fact influence the development of physique and improvement in performance, and if this can be shown unequivocally to be so, athletes will no longer use them and they will cease to be a problem.

A problem they are, however, at the moment, and one which seeks an early answer. From a practical point of view one can only advise athletes not to use them because of their apparent risks, both long term and short term, would not seem to be worth the results which they are claimed to produce. There, for the present, the whole question of Anabolic Steroids must, it seems, rest.

The author of the above article is the Secretary of the British Association of Sport and Medicine and also one of the world's foremost authorities on the subject of Sports Medicine.

C. B. Fry

ANDREW HUXTABLE

TOM McNAB selected last year (*Athletics Weekly*, 7th May issue) his *Great Books of Athletics*; of his thirteen nominations only two could be placed in the category of biography, reflecting the paucity of good writing by, or about, athletes. One autobiography which may not be known to all readers of the *A.A.A. Club Newsletter*, and which I have found of particular interest, is *Life Worth Living* by C. B. Fry (Eyre & Spottiswoode, 1939).

The abundant natural talent which Fry possessed is strikingly revealed in this passage :

"My housemaster [at Repton], Mr. Forman, was the only coach I ever had in athletics, and that on only one occasion. One afternoon he happened to be crossing the School paddock when I was practising . . . on the rough turf into an elementary pit. He stopped for a few minutes, told me I did not jump high enough, took off his black mackintosh and made a heap of it between the take-off and the pit. The mackintosh frightened me into jumping much higher. That was the only piece of coaching I ever remember receiving in athletics in the whole of my career." Fry adds :

"In the high jump I managed to do 5 feet 5 inches off the gravel in the school yard when I was under 15, and my 21 feet in the senior long jump was a record until H. M. Abrahams . . . obliterated it."

Fry went up to Wadham College, Oxford, in 1891 after spending an eye-opening Christmas holiday in Paris, where he stayed with M. le Comte de Beauregard and his wife at the top of a huge block on the rue de Bassano. According to Fry :

"M. de Beauregard was an advanced and entire Republican. He dropped the 'de' and he dropped the 'Comte.' If he said once to me he said a score of times, "Jeune homme, faites vous ouvrier. Le futur, c'est chez les ouvriers," which was pretty good for a thorough aristocrat of that time of day."

Fry writes of his achievements at Oxford and of the hazards with which long jumpers had to contend in the 1890s :

"The best long jump from toe mark to heel I made was 24 feet 2 inches, but I took off 9 inches before the board. In those days the taking-off board . . . was fixed with the breadth . . . vertical and the upper edge flush with the track. There was a sheer drop into a little trench about 5 inches deep on the far side of the take-off; so if one overstepped by a couple of inches one took a severe header into the pit."

This statement by Fry might have been made by an American college student of the 1960s :

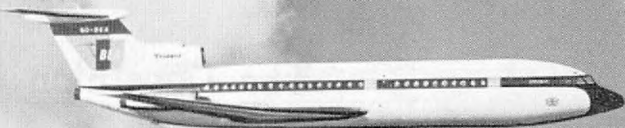
"I myself, though up to record standard in the long jump, and capable if properly trained of running the 100 yards in ten seconds, never competed in track athletics of any kind after leaving Oxford. This was a pity, because I should probably have improved during the next four years."

Interestingly, Fry considers he could have been a good hurdler :

"I did once run against Godfrey Shaw, the amateur champion hurdler of the time [15.8 in 1895 and 57.2 in 1891]. He beat me, but to mitigate my defeat told me that he was sure that if I took up hurdling seriously I might win the championship. A pleasant thought across nearly fifty years."

Charles Burgess Fry is certainly one of the greatest ever U.K. athletes—in the broadest sense of the word. He represented Oxford in the 100 yards twice, dead heating for first place once; the long jump 4 times (winning 3); the high jump once; cricket 4 times, which included a not out century, and association football, also 4 times. In 1895 he jumped for Oxford on 3rd July (the Sports having been postponed from March) and on the following day took 6-78 v. Cambridge. He raised the U.K. long jump record in two successive instalments: 23 feet 5 inches at Queens Club on 8th April, 1892 and 23 feet 6½ inches, equalling the world record, at Oxford on 4th March, 1893.

Smooth flight



Smooth holiday



Majorca

2 weeks from

£38

Night Tourist

All inclusive from London



silver wing holidays

Get full details of Silver Wing
Holidays and the BEA Budget
Travel Plan from your BEA office
or appointed travel agent.



Silver Wing Holidays are arranged by leading members of the
Association of British Travel Agents in conjunction with BEA.

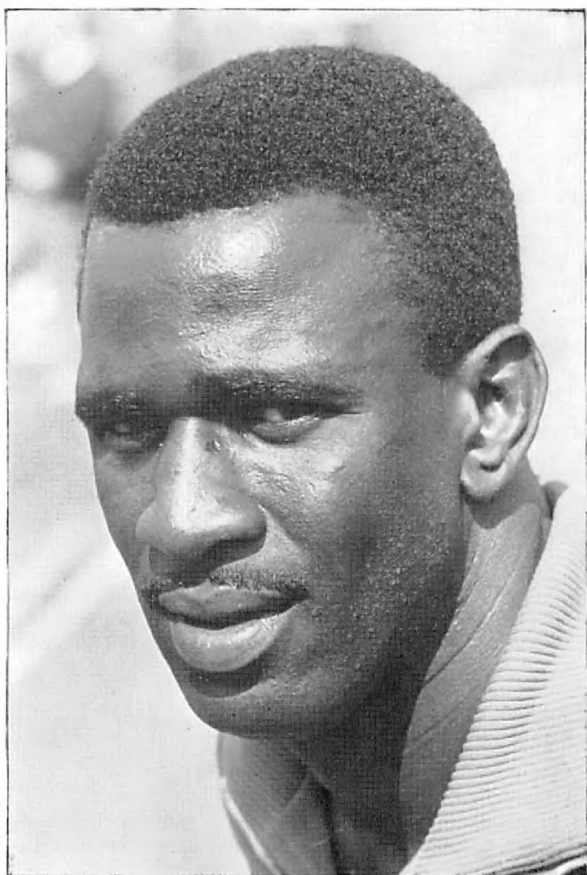
The Decathlon Club

LESLIE WILLIAMS (Hon. Secretary)

THE Decathlon Club was formed on Sunday, 26th January, 1964, as a result of efforts by Ian Ward, at that time A.A.A. National Coach for the North East. Ian had arranged a course for top decathletes at Lilleshall from 24th to 26th January with aid from the Courage Coaching Award Scheme. Amongst the athletes present were Derek Clarke, present A.A.A. Champion and record holder, Internationals Bob Walker, Brian Kettle and David Gaskin. Colin Andrews, a previous A.A.A. Champion assisted Ian with the coaching. I attended as an observer, being at that time coach to Dave Gaskin and having been told that there was a possibility of a Club being formed with Colin as Secretary. Little did I know that I would come away with the job. The week-end was a great success and it did not need much pushing from Ian to get the athletes to agree to form a Club and pay up their five bobs as a first subscription. Carried away by the enthusiasm of the athletes I soon volunteered to become Secretary/Treasurer and Colin was asked to become the first President.

It goes without saying that the object of the Club, was primarily to promote activities which would lead to an improvement in the Decathlon in the United Kingdom. In order to achieve this several suggestions were put forward including the promotion of an Inter-Area Competition, further coaching courses, publicity in Athletics Weekly and other sporting publications, publication of a Club Magazine, and an increase in competition at all levels. Membership was to be restricted to athletes who had achieved 5,000 points, at that time the A.A.A. Grade I. Standard. When the 1962 I.A.A.F. tables came into use in 1965 and the equivalent Grade I. standard became 5,800 points no change was made in the rules so that membership became possible to a greater number of athletes. Subsequently, the rules were altered to open the Club to all athletes who had competed in a Decathlon and have a valid mark for the event.

At the time of the formation of the Club the Decathlon could be looked upon as the "Cinderella" of "Cinderella" events in the United Kingdom, despite the efforts of such stalwarts as George Adam of Doncaster, organiser for some years of the Northern Decathlon and adviser to Les Pinder, former A.A.A. Champion and record holder, Jim Braben, organiser of the Surrey Decathlon, and all athletes who had competed for years in Decathlons under poor conditions, namely, George McLachlan, Colin Andrews, Les Pinder, Hywel Williams, Jack Sumich, Harry Whittle, Norman Dear, Sid Coleman and Don Vanhegan. In the International field Geoff Elliott, taking time off from the Pole Vault had shown most success with 9th place in the 1952 Olympic Games at Helsinki and earlier, 11th place in the 1950 European Games in Brussels, but it is doubtful that he was picked for this event on its own merit. The fact that he could double with the Pole Vault must have influenced the selectors. Annual triangular matches with Holland and Belgium had been going since 1959 but with little success for Great Britain. With the incentive of the matches, however, attempts were being made to improve our performance in this event. Tom McNab was organising courses for young athletes in the South with help from Sid Coleman and Arthur Kendall, who is now the present President of the Club. Ian Ward was organising things in the North. It was realised that abroad the Decathlon was being taken very seriously, especially by the Germans, who now dominate the event. Athletes were being educated to the fact that the Decathlon must be looked upon as one event and if taken up thoughts of perfection in any one activity making up the event must be forgotten. Each activity must be given equal attention in order to gain maximum points. Accent was placed on the need to use all modern techniques and equipment, such as fibre glass poles, aerodynamic javelins, straddle high jump style. In fact nowadays, a decathlete can spend a fortune on equipment, including at least four pairs of spikes and shoes.



CLIVE LONGE
Roath Harriers/R.A.F.

In 1962, Andrew Huxtable, the statistician with a particular interest in the Decathlon wrote an article for this Newsletter, which showed that there were 113 athletes in West Germany who could achieve over 4,900 points, whereas in Great Britain there were only 10. Comment by reporters on the state of each event in Britain never included the Decathletes. This was the position at the time of the formation of the Club.

Since 1964 several Decathlon courses have been held, the most important of which has been a Senior National Course at Crystal Palace in 1965 and two Junior National Courses, one at Welwyn in 1965 and one at Lilleshall in 1967. There can be no doubt that these, as well as several area courses, have given encouragement to athletes to maintain their interest in the event. In 1964 14 Decathlons were held in the United Kingdom and in 1966 as many as 24 were held including several club Decathlons. Herne Hill Harriers and Surrey Athletic Club are the leading Clubs showing interest in the event, but there are small pockets of interest in several parts of the country such as Lancaster and Morecombe, where the whole Club

became involved in the organisation of their own Decathlon. For the first time in 1965 England competed in a Decathlon as part of a full track and field International. This was the match with East Germany and we were represented by Derek Clarke who with an effort of 7001 points became the first Englishman to pass the 7,000 barrier. Dave Travis, better known as a Javelin thrower was our other representative

1966 saw the introduction of the Decathlon to the Empire and Commonwealth Games and Great Britain gave a good account of themselves with Clive Longe (Wales) second, 7123 points, Norman Foster (Scotland) fourth, 6728 points, and Derek Clarke (England) fifth, 6691 points. David Gaskin (England) for a variety of reasons did not give of his best and finished with 5828 points. In the European Games we had for the first time, two competitors—Clive Longe, who came 9th with 7160 points (another 100 points would have placed him sixth) and Derek Clarke, who came 19th with 6742 points. Great Britain scored a convincing win over Holland and Belgium in the International match for the first time and they were able to do this without the assistance of Derek Clarke. One of the first objectives of the Club was achieved in 1966 when an inter-area competition was established. This also included the Scottish A.A.A. and the Welsh A.A.A. It was fitting that this first match be won by Wales, who were very generous in offering to stage it at their Welsh Games at Cardiff in September. Of the top 50 all time performances in the Decathlon by United Kingdom athletes at the 31st December, 1966, only six were achieved prior to 1964. Colin Andrews then existing record now stands 24th in the best performance list. Although the personal efforts of the athletes must be the prime reason for this improvement, as well as the efforts of their coaches, I like to feel that the Club has contributed in some way to the success attained in the past three years.

For the future we hope to see Great Britain represented in the Mexico Olympic Games in the Decathlon, more international competition, a possible enlargement of our scope to include lady pentathletes and an indoor Pentathlon, which will include Pole Vault and Hurdles.

The Scottish Highland Games

TOM McNAB

HOW often have you watched brawny, kilted giants toss cabers, putt shots and whirl hammers far into space? How often have your ears sung to the wail of the pipes as kilted dancers, medals jingling on velvet bodices, bobbed on the dancing platform?

The Scottish Highland Games are no modern phenomenon, but are events with roots deep in Scottish culture. The relatively refined Games of to-day, such as Braemar and Aboyne are of quite recent origin, having their beginnings in the mid 19th century, when the Royal family established a 'seat' at Balmoral.

A Scottish 'cult' began, with the 'Sassenachs' showing interest in all things Scottish such as kilts, bagpipe-playing, country-dancing, grouse-shooting, and of course, Highland Games. 'The Games' became fashionable, and all over Scotland little Games developed, those villages which had already held Games benefitting from the increased interest. So a Games' 'boom' began, which was to continue until Victoria died in 1901.

Such were the origins of the relatively civilised Games of to-day, of which more later. It is, however, certain that for centuries Highland Games had been held in the small towns and villages of Scotland. Ceres certainly held Games as early as 1314.

It is likely that many other Games began as a result of local meetings called 'wapinschaws,' held at regular intervals. These 'wapinschaws' were, as the name indicates, displays of weapons by the local peasantry to show that they had been kept in order during times of peace. Since such events involved long journeys and

large gatherings of people they were suitable occasions for displays of strength and daring. Originally, most of the events were of a war-like nature, i.e. wrestling and archery, but gradually more conventional athletic events were introduced.

At about the same time, another Celtic group, the Irish, were also active in athletics. Their Tailtean Games possibly pre-dates any of the Highland Games, having probably begun in the 9th century B.C.!

There are almost no formal records of the 1300-1800 period, mainly because of lack of newspapers. Even when newspapers did develop, they showed little interest in local sports. Only around 1820 do we find any reports on the Games, and even these are slim indeed.

The Inverness Northern Meeting was the first big Games in the pre-Victorian era. It began as a horse-racing meeting for the diversion of local gentry, but in the 1810-1820 period, athletic events were gradually introduced.

At this point, it must be stressed that from the outset the Highland Games have been almost wholly professional in nature. This does not mean that those taking part spent their whole lives competing at the Games. It merely means that, from the beginning, money-prizes were given. When amateur athletics were formally begun in Scotland in 1883, a schism developed which exists to the present day.

Cups and medals are, however, awarded for successes in groups of events, such as the 'heavy' group or the 'jumping' group. The most famous is probably Braemar's Dinnie Trophy, named in honour of the greatest of all Games' athletes, the King of the 19th century Games' circuit, Donald Dinnie.

It was altogether fitting that, when the Games were at their peak, there should be a Donald Dinnie to give them glory. He was the greatest all-round field-events exponent Scotland has ever seen. Unbeatable in shot, hammer and caber, he was also the best high-jumper of his day, and was a magnificent wrestler and weight-lifter. Long before amateurs had reached 50' 0" with the 16lb. ball, Dinnie had come within 6" of this magic distance, and he also came within an inch of clearing 6ft. in the high jump. He was also an accomplished runner and Highland-dancer. In the 1880s he and a friend called Davidson established themselves in a London music-hall and challenged the world to equal them in feats of strength. Needless to say, they remained undefeated.

Many are the tales told of Dinnie. On one occasion, a member of the Royal family arrived late at the Games, and asked to see the caber event, which had already been completed. An official came to the competitors' tent, and had little difficulty in persuading the competitors to repeat their performances. All the competitors, that is, except Dinnie: "I'll toss it if ye give me twa pounds," he said dourly. "But . . . it's the Prince, Donald" pleaded the official. Donald was adamant. Outside, the competitors were desperately trying to accomplish a 'twelve o'clock throw' (a throw in which the caber passes through 180°) and failing miserably. After contemptuously watching their efforts for some time, Dinnie shrugged his shoulders, and, striding from the tent, easily tossed the caber to twelve o'clock!

A clearer picture of the early 19th century Games can be given if a typical Games programme is outlined. First, as a background, there were the piping, wrestling and dancing competitions. Then came the real 'meat' of the programme, the field events. This is what the country people came to see, the 'heavy' events being the main attraction. These events included the putting of the 16 lb. and 22 lb. ball, and the 16 lb. and 22 lb. hammer throws, tossing the sheaf and throwing the 56 lb. weight (both for height) and the throwing of the 28 lb. weight for distance. Then came the jumps, of which there was an almost infinite variety. These included the standing, high, long and triple jumps, the running high, long and triple jumps, and the pole vault. Sometimes there were 'odd' events, like the 'five hops' or leaping for distance over a 3' 6" hurdle. The running events were usually restricted to a 'short race' (100 yds. or 220 yds.) and a 'long race' (880 yds. or mile) with often a 'hill race' included. Novelty race were popular and races like the sack race, the three legged race and 'races in artisans' costume' or highland dress were common.

It is not difficult to understand the interest of country people in field events and heavy events in particular. The 'hammer' was originally a sledge-hammer which was later refined to a round ball, the wooden shaft being retained. The present amateur implement has a 4' wire 'shaft' and is thrown using 3 or 4 turns from a 7' diameter circle. The 'Games' hammer also has a 4' shaft, but of wood, and is thrown from a standing position. The 28 lb. and 56 lb. weights were common farmyard implements, and it was only natural that country-folk should experiment with them. The 'shot putt' was originally a stone (at some Games the 'heavy stone' is still putted) and it was probably Army influence which brought in the present iron ball.

It is interesting to note the old Highland custom involving the 'stone of manhood.' This heavy stone, often weighing 2 or 3 cwt., had to be lifted on to a low wall by any young man wishing to prove his manhood. This performance, plus a display of skill with the claymore, entitled a Highlander to wear an eagles' feather in his bonnet.

The Highland Games have survived, virtually unchanged, into the 20th Century. Much of the credit for this must be given to the Scottish Games Association, who exercise control over thirty-one Games. The 'star' Games at Aboyne and Braemar hold aloof from the Association, however, and are organised from local resources.

In early May, all over Scotland, the Games will begin and hammers will thud again into soft turf until, to the dying wail of the pipes, the Games vanish in September. Remember, when you go to the Games, that you have been granted a glimpse into the past.

S.C.A.L.P.

A. J. C. KENDALL

(Hon. Secretary Southern Counties A.A.A.)

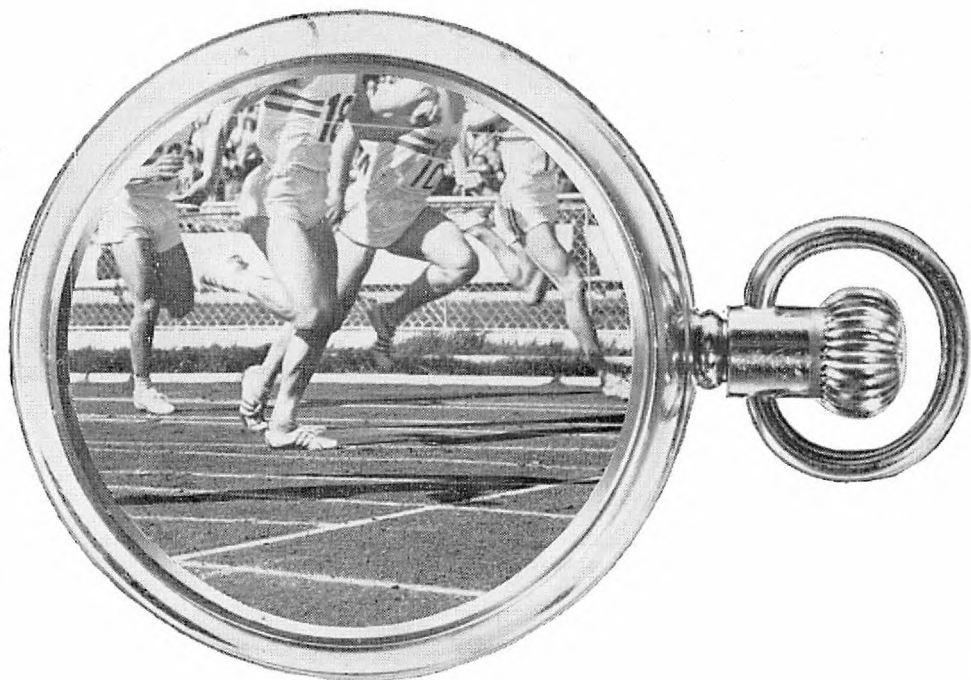
A SOUTHERN Counties Administration Liaison and Planning (S.C.A.L.P.) Conference was held in 1962 with the idea of discussing and planning for the future of our Area, bearing in mind especially the needs of the young athlete. The principle of people with common interests getting together for discussion was undoubtedly a good one and after a 5 years interval it seems a suitable time for another meeting so that we can examine what progress has been made and what still remains to be done.

Progress there has undoubtedly been, as in spite of suggestions that are made to the contrary, the sport of Athletics does not stand still but is constantly, if somewhat slowly, changing. I would like to review the position under various headings.

COACHING:

We now have a comprehensive plan for Coaching in the South which has been prepared by our Administrator, Mr. Tony Ward, and which has met with the approval of most of our Coaches. This is a 'guide for the future' and of course it can be amended to allow for changing conditions.

We have since the last Conference appointed a number of Staff Coaches who will have certain responsibilities for the event in which they specialise and we aim in time to have a Staff Coach (or Coaches) for each event. Allied to these appointments is the desire to get more event groups of athletes working together with the ultimate aim that the best young athletes in each event should be in touch with the best coaches for their event.



Are you getting all the nutrients you need
for peak performance?

Complan makes sure

Complan takes the guesswork out of the nourishment business. Why? Because Complan is a complete food containing every single nutrient the body needs. Complan means you're certain that every important vitamin, mineral and trace element is included in your diet . . . Complan enriches your protein and energy food intake to give your performance that extra, vital spark. What's more, because it's a complete food (people can maintain full health on Complan alone), yet far faster to digest than solid food, Complan is ideal for replacing those meals that training and competition force you to miss. Make Complan part of your training programme this season for the peak performance and fitness that complete nourishment brings.



Complan—the complete meal in a cup
1 lb (453 gram) cartons 5/- (recommended price)
Complan is a Glaxo trade mark



Glaxo Laboratories Limited, Greenford, Middlesex

Anyone who has much to do with coaching can hardly fail to notice that many boys turn up for coaching courses full of enthusiasm and there are many who ask for specialised coaching but in far too many cases their enthusiasm evaporates somewhere along the line. I do not think this is the fault of the coaches, it is more a question of stability and application on the part of the athletes, and I think this is a problem which needs our consideration.

Another serious matter is the number of coaches who 'disappear.' Surveys carried out by Counties show that of the thousands who have passed tests over the years comparatively few are coaching in the clubs these days. Perhaps some sort of survey might be possible to find out just why so many have given up.

FACILITIES :

Here again we have a plan for the future. The position has changed since the last Conference as we believe that except for some rural areas there are now enough tracks in the South, and we are thinking more in terms of all weather surfaces, which have many advantages once the problem of the initial expense has been overcome.

In 1962 we were concerned with our lack of indoor facilities and this problem is still with us. In fact we are worse off than we were 5 years ago as Feltwell is no longer available and we had to discontinue our monthly meetings at Stanmore as the heavy costs were not justified by the number of athletes taking part. More recently though an excellent Sports Hall has been opened at Bracknell with facilities for High Jump, Pole Vault and Shot and we have been able to use Stanmore again for several field events. Several projects have been under review, but at the moment there is no real solution to the problem of finding centres where athletes can train regularly indoors and have periodic competition.

Floodlighting of tracks was a matter we discussed at the last Conference, but here the position has improved considerably.

COMPETITION :

At the last S.C.A.L.P. Conference we had evidence that our young athletes were complaining that they did not get enough competition; over and over again we were told that athletes wanted good class competition which they did not consider they could get in the ordinary inter-club fixture. During the ensuing years we have tried to help by holding S.C.A.A.A. Invitation races at various meetings with assistance from some clubs. These have been successful and have been appreciated by the athletes but I believe that more could be done if more clubs would co-operate. I have only mentioned 'races' and this is because in the early days we did also try field events but the lack of support was noticeable. Nothing can be more discouraging for a club than to put on an invitation event and then have only 2 or 3 competitors turn up. In one case only one high jumper arrived for a competition. An exception is what has now become an "annual" a young athletes field events meeting promoted jointly by the S.C.A.A.A. and Thurrock Harriers at the beginning of each season.

We have organised a number of open meetings for all age groups mainly at Crystal Palace at "off-peak" times which have been well supported, although here again some field event competitions have had to be cancelled due to lack of support.

We discussed at the last S.C.A.L.P. the possibility of special competition for top class Seniors and when we approached leading athletes they were all in favour of the idea. In actual practice it was almost impossible to find suitable dates and whenever we tried some had just had an important race or had one in the offing. In 1962 we had an Inter-Area match as our only fixture but in 1967 we had official teams in seven matches including two Junior and one Indoors.

CLUBS :

Any general review must take into consideration the Club situation which can hardly be considered satisfactory. Most clubs are desperately short of officials and far too many depend upon the efforts of one individual. This is one reason for a number of amalgamations that have taken place in recent years but I feel that this can only be a temporary solution. Somehow more senior athletes must be persuaded to take an interest in administration at club level so that they can help and encourage the young members who join.

DECATHLON:

I give this a special heading as this competition was discussed at length at the last Conference and I feel that we have made considerable progress. Special courses have been held and we have held Decathlons for Juniors which have proved popular and have, I feel sure, helped to improve the general standard.

TRAINING CAMPS:

Three years ago we commenced holding monthly weekend training camps for young athletes considered to be 1968 Olympic potentials. These proved to be highly popular and subsequent successes gained by athletes who had attended were most encouraging. Now that we have reached the pre-Olympic Winter season the plan has been revised and 20 athletes who are considered to have a real chance of making the team for Mexico will be invited to attend once a month, while we shall also be holding another series of camps for the younger athletes who should have more chance of making the team in 1972.

SCHOOLS AWARD SCHEME:

We introduced in 1967 a pilot scheme for schools of 5 star awards for boys who were able to achieve certain standards, starting with very low standards within the reach of many and working up to a top grade which would provide some incentive and would be worth achieving. When reports of this pilot scheme are completed we hope to introduce a complete scheme which will be available to all schools and which will include Badges for each grade. We believe that this will do much to stimulate interest among schoolboys and with the co-operation of local clubs we hope that more boys will be encouraged to join clubs when they leave school.

FINANCE:

I make no apology for this heading as whatever we try to do, or hope to do, is bound up with the ever present problem of finance. We have this year started a '200' Club competition and with just over 100 members so far we hope to supplement our funds by £500 for the year. This could be doubled if we could bring the membership up to the maximum of 200.

Thames Valley Harriers Club History

JOHN OFFLEY

IN 1962, Thames Valley Harriers celebrated their 75th anniversary, and at the Club Dinner of that year, they invited as a guest of honour one Mr. Robert Anderson, a sprightly 92-year old affectionately known as "Tich." This choice was particularly appropriate as it was "Tich" and a few of his friends who, early in 1887, decided to form a harriers club to be called "East Twickenham Harriers," with its headquarters in a coffee shop in Twickenham.

After a few months, these headquarters were moved to the "Kings Head," and the club remained there until the turn of the century. On the change of H.Q., the club was renamed "Twickenham Harriers," but by 1890 so many members were joining from further afield that it was decided to change to "Thames Valley Harriers."

The club rose quite rapidly, and won their first championship success when they took the Southern Junior title in 1892. A member of this team was Steve Cottrill, who was to become their star athlete of the decade. His greatest success came when he won the 1895 National C.C. Championship; while he finished 2nd in the Southern on two occasions (not in 1895 when he finished 5th). W. Bullen was 3rd in the National of 1896; and in the same year, Percy Tiller was 2nd in the Southern.

All this adds up to rather a successful decade for the "Valley," and on the five occasions in which they competed in the National, they finished 5th four times.

However, at the turn of the century, the momentum of the Club's early success was beginning to fade, and it began to settle down to many years as a mediocre club.

The headquarters were changed to the "Boileau Arms" near Hammersmith Bridge, which necessitated a change of qualification from the North to the South of the Thames. H. D. Montague won this latter race in 1904, when only 18 years of age; while the team was 2nd in the following season. Two other athletes, who gained honours after they had left the Valley, but developed into fine runners while with the club, were D. F. McNicol (A.A.A. mile champion, 1911), and H. F. Barrett (winner of the first Poly Marathon). The only other runner of note before the First World War was Walter Soley, who finished 2nd in the 1913 North of the Thames race, but who lost his life in the last few months of the war.

The H.Q. had returned to Middlesex, to the "Coach and Horses" in Isleworth, in 1912; but from then until they moved to Chiswick in 1923 could be said to be the least successful in the Club's history. This was partly due to activities almost ceasing during the war, and partly due to a crisis in the club in 1920, which almost resulted in T.V.H. losing its identity in an amalgamation.

The Club recovered, however, and built up a useful cross-country team which won the Middlesex Championship in 1927, and finished 2nd the following year.

In the early years of their history, the Valley showed little interest in track athletics. But in the summer of 1932, the Southern Amateur Athletic League was formed, and T.V.H. immediately became members, and by 1938 had risen from the 4th to the 1st Division.

George Traynor won the A.A.A. long jump title with a leap of 23' 24", which took him to the Berlin Olympics, where he just failed to qualify. He had a best of 23' 7"; while in his first attempt at triple jumping he set a new Middlesex record of 43' 6" in 1937. Alec White was close to Olympic selection in 1936 when he finished 5th in the A.A.A. half-mile. A Scottish international, he was regularly in the top-class in the five years preceding the Second World War.

Two half-milers who had their careers cut short by the war were George Morris (A.A.A. indoor champion 1939) and Tony Tipple (2nd A.A.A. junior championship 1939); as had also Freddie Mason, Middlesex cross-country champion in 1938, and 6th in the Inter-Counties in 1939.

By this time, the Club had settled at their present winter quarters at Cranford; but it was not until 1946 that they moved from the grass track at Richmond to Alperton as their summer home.

Jack Wigley was the Club's outstanding sprinter during the war, and in 1944 was ranked 2nd in the country to C. B. Holmes over 100 yards.

The Valley concentrated on their junior section during the war years; and on the cessation of hostilities emerged a force to be reckoned with over the country.

The juniors won the Southern in 1946, and were 2nd the following year; with the youths team occupying 2nd place in the 1946 National.

Alec Olney joined the Valley late in 1946, and within a year had become a world-class athlete. He finished 2nd in the Middlesex, North of the Thames and Southern in his first season, and gained an international vest by finishing 5th in the National, being the first Englishman home in the International in 6th place. He gained selection for the 1948 Olympics by finishing 2nd to the Dutchman, Slykhuis, in the A.A.A. 3 miles, but failed to qualify in his 5,000 metres heat at Wembley. In 1949 he won the Southern and was 2nd in the National, a performance he repeated a year later. He continued to place well in championships until he retired in 1954.

During the late 40s the C.C. team gradually improved until, in 1950, in the Southern, the seniors and youths won their team races, while the juniors finished 2nd. The youths had won the Southern and National titles the previous year. This team came through as juniors in 1951 to win all championship team races.

Two members of the latter team, Ken Norris and Eddie Ellis, both became internationals. Ken had a brilliant career as a track and cross-country runner, culminating in his 5th place in the 1956 Olympic 10,000 metres. In the same year he broke the British 6-mile record when winning the A.A.A. title. He won every home cross-country title, but the role of international champion eluded him, although he was second on two occasions. As a road relay runner he was in a

class of his own, and at one time held half the London to Brighton stage records; while he was the first Briton to win the Sao Paulo New Year's Eve race. Eddie was unbeaten over a mile in junior competition, and won the A.A.A. junior title three years running. As a senior he gained international selection as a steeplechaser.

These two and Olney were the mainstays of a fine cross-country and road relay team, which, however, never won the National C.C. title, although they were twice runners-up. The Southern was won in 1953, 1956, 1959 and 1960; the North of the Thames on four occasions in this decade, despite the barring clauses; and the Middlesex between 1953 and 1962 without a break. The London to Brighton National was won in 1953 and 1958, and the Southern race five times.

On the track, fostered by a sprint relay team that won the A.A.A. title in 1955, 1956, 1957 and 1959, Dave Segal emerged as one of Britain's top sprinters. He gained late selection for the 1956 Olympics, and showed up particularly well in the relay. Two years later he won a silver medal in the European 200 metres; and at the Rome Olympics he reached the semi-final of that event, only to be disqualified for two false starts.

Mike Ellis was the most outstanding hammer thrower Britain has ever produced, and between July and September 1957, improved the British record from 197' 9" to 211' 9 3/4", a mark he pushed up to 213' 1" two years later. He was A.A.A. champion between 1957-60, but retired after the Rome Olympics, where he unluckily failed to qualify for the final.

In this decade, T.V.H. had five A.A.A. junior javelin champions, an undoubted tribute to the fine coaching of Bill Plumridge. Of these, four became outstanding seniors. Mike Denley was A.A.A. champion on three occasions, and English Native record holder. He was succeeded by Colin Smith, perhaps the most successful of the squad. Colin was also a three-times A.A.A. champion, and took the Empire title in 1958, and was 2nd in 1962 with his best-ever throw. In 1957 he broke the British record five times. Malcolm Harradine gained a British vest in 1956. Left-handed John McSorley had his big year in 1962, when, in winning the A.A.A. title, he broke the British record with a throw of 260 feet.

Joining in 1956, Peter Clark turned to 3-miling in 1958, and finished 4th in the European 5,000 metres. He was replaced as the Club's top middle-distance runner by Mike Wiggs, who competed in two Olympic Games. In 1960, he failed to qualify in a 1,500 metres heat; but in 1964 he won his 5,000 metres heat easily, but was tripped in the final, and finished last. The following year, he set new British marks for 3 miles (13:08.6) and 5,000 metres (13:33.0); and lowered his mile time to 3:57.5.

Alf Meakin also went to Tokyo, but failed to qualify in the heats of the 100 and 200 metres.

Since 1960 the Valley have slipped a bit, but still have had internationals such as Derek Haith, Dave Brown, Laurie Hall, and more recently, Mick Häuck and Roger Fitzgerald. Last year saw a resurgence in which some promising athletes emerged.

Since the war, the T.V.H. long-distance road running section has been one of the strongest in the country, as demonstrated by their team win in the Poly Marathon in 1948, 1953, 1956, 1957, 1959, 1960, 1964, 1965 and 1966. They have been ably led by Ron Hopcroft, who in 1956 won the London to Brighton road race, and, a year later, ran the world's fastest time for 100 miles.

Administratively, the Valley have always been fortunate with officials. In the early days, the Major brothers, founder members, held many offices in the Club over a long period, Tom having the unique honour of being president of both the North and South of the Thames C.C.A., and was president of T.V.H. as late as 1924 when Charlie Smith took over. Much of the success of the Club, starting in the 1930s, can be attributed to the length of service of senior officials, C. R. Smith,

president (1924-1962), L. A. Beadle, secretary (1932-45, 1953-56), A. D. G. White, treasurer (1935-50), A. L. M. Phipps, winter captain (1932-57) and W. L. Plumridge, summer captain (1931-38). Arthur Bentall's 30 years as assistant secretary crowns the lot. In addition, time was found to serve on all the governing bodies, Smith, Beadle, Plumridge and White all having been through the presidential chair of the Southern C.C.C.A.

This history shows the diversity of Thames Valley's talents. World-class performers in everything from 100 yards to 100 miles; field events record holders; and strong cross-country teams. Yet one of their proudest boasts is that they can field as fervent a group of supporters as one could wish for, particularly at cross-country championship races, where one would find it difficult to get away from the cry of "Up the Valley!"

Come Rain or Shine

TONY WARD

THEY will probably be remembered as the rarified, plastic Olympics, the Games of the 19th Olympiad sited, next year, in Mexico City, for the sixteen day festival of sport brings two notable innovations: it will be the first to be held at altitude and it will be the first to be held on a synthetic surface. The repercussions of both are likely to outlast any sensations they might cause in October, 1968. Awarding the Games to a city which is 7,000 feet high not only brought the wrath and scorn of the sporting world down upon the heads of the International Olympic Committee but also made the physiologists and doctors investigate the effects of a rarified atmosphere. The most significant of their conclusions has been that training at altitude brings improvement in performance at sea-level—a gem of information which will undoubtedly bring new dimensions to long distance running events in future years. The decision, by the Mexicans, to hold the show-piece of the Olympics, the track and field events, on all-weather Tartan surfacing has added impetus to a revolution in sporting facilities.

All-weather tracks are not the direct result of interest in track and field but of experimentation in other spheres, notably tennis and horse racing. In tennis the old grass and clay courts were often out of use through bad weather and research finally evolved the Grasstex all-weather court. At Minnesota, in the United States, the 3M Company experimented with surfacing for pony-trotting and finally came up with Tartan which first appeared at The Meadows, a race track near Pittsburgh. Athletics faces similar problems to the other sports and all of us can recall a number of times each season when meetings have been ruined or seriously affected by inclement weather. This summer I stood and watched the Bracknell Relays performed on what appeared to be a large mass of mud-pack and recall last year in Paris when the pole-vault competition in a triangular international at the Stade Colombes had to be postponed a day because of heavy rain. At the other extreme there were many complaints at the White City this year that the track was loose and dusty through the unusually dry summer. Clearly, the need is for a surface which can stand up to any weather and be a top class track at the same time.

At present three British firms: Limmer Trinidad, En Tout Cas and Rub Kor (U.K.) Ltd., have been experimenting with all-weather surfaces. It is probably fair to say that the first two are still in the experimental stage and that the third, Rub Kor, have been able to call upon the know-how of their American counterparts. The 3M Company imports its material from the U.S.A. Further interest is being shown by I.B.E., agents for Grasstex and Borden Chemical with its American material, Fastrac. The surfaces can roughly be divided into asphalt-content types: Rub Kor, Trintrac, Grasstex and non-asphalt types: K Surface, Fastrac and Tartan. All this work has produced four all-weather tracks and a number of installations in Britain.



VINCE MATTHEWS (U.S.A.) winning his heat of the 400 metres at the Pan American Games, Winnipeg, held on all-weather Tartan surfacing. Matthews won the silver medal in the final in 45.1 seconds.

The track at St. Mary's College, Twickenham is of Trintrac—a mixture of rubber buffings, limestone, sawdust and bitumen. The material, by the Limmer Trinidad, was also laid on runways at Eton Manor in East London. Frankly, in its present form, this is the material that I least like for it appears unresilient—triple jumpers are especially averse to it—and can be very hard indeed. Its installation at St. Mary's is, of course, primarily for use by the Physical Education department and for them it has been successful. From a track and field point of view it appears to have many limitations some of which are common with other materials with some asphalt content: needle-spikes only can be worn; it can create a good deal of calf and shin soreness for middle-distance runners when training and can be slippery in wet conditions, especially when there is a light, misty rain. It is highly unsuitable for javelin throwing. The advantage over the conventional cinder tracks is, of course, that it can be used throughout the year whatever the weather. Cost for a full cinder track varies according to site conditions but is about £20,000 average.

En Tout Cas have laid two tracks—at Queen's University, Belfast and at Saffron Lane, Leicester—with their K Surface. The material, composed of $\frac{1}{8}$ " granular chippings coated with a plastic binder, was put down in two ways. At Queen's it was placed on squares of hessian which were laid individually and this proved most unsatisfactory. When I saw the track about eighteen months ago the pole vault runway was badly worn through the constant training of international vaulter, Mike Bull. Local athletes were generally pleased with it, however, for it had enabled year-round training. At the Leicester Sports Centre a wet-pour installation was tried which did away with the hessian and the opening meeting was successful. Just before the commencement there was a heavy downpour of rain which would have flooded a cinder track. The K took it all (being the only porous of the surfaces)

CANTABRIAN



ATHLETICS EQUIPMENT

chosen in 1967 for the
PAN-AMERICAN GAMES, WINNIPEG
AMERICAN-EUROPE, MONTREAL
and the
ENGLISH SCHOOLS CHAMPIONSHIPS
PETERBOROUGH

A record of which we are justly proud

Track and Field Athletics to-day is a complicated Sport with precise specifications for equipment laid down by the International Federation. The manufacture of such equipment requires engineering skill and technical knowledge of a high order. For more than 40 years CANTABRIAN EQUIPMENT has set the lead in this field and it is no doubt for this reason that it has been selected for so many of the world's major Athletics Championships.

Supplied to many Tracks and Stadia throughout Great Britain.

CANTABRIAN—THE EXPERTS' CHOICE

Send for Price List and details of complete Cantabrian Range

THE LONDON INSTRUMENT CO. LTD.

CANTABRIAN WORKS, NEWNHAM MILL, CAMBRIDGE, ENGLAND

Tel: Cambridge 52213 (STD—OCA3)

and performances were unaffected. There are still some serious snags with the material, however, for on visiting the track some two months after the opening I saw that there were already signs of wear and tear and local coaches have reported a fairly high incidence of shin and calf soreness. Furthermore there is a shoe problem with this track as many athletes are arriving without the necessary needle spikes and are having to share. This is a major consideration with the three surfaces—Trinrac, K Surface and Rub Kor—that local authorities have to think about. Is it right that they should impose an added burden upon local and visiting athletes with regard to footwear, that of having two or more pairs for different surfaces? The contention that spikes are unnecessary on these surfaces is unproved in top line competition and can be dismissed as sales gimmickry. Cost of the K Surface is in the region of £25,000 to £30,000. Two further tracks of this material are to be laid at two sports cities in Libya, at Tripoli and Benghazi.

Magnificently set out is the Rub Kor track at Grangemouth. The material is of a balanced composition of rubber-cork, asphalt and mineral aggregates. Scottish athletes have spoken highly of the all-year round use which they have had from the surface. At the international match in June, though, the material went soft and sticky, especially on the runways, under the hot sun and it is obviously affected, as all surfaces containing some asphalt must be, by climatic conditions. Needle spikes only should be worn. Again, subject to site conditions the price is in the £20,000 to £25,000 region.

Up until now there have been problems with the installation of Grasstex in this country but recent reports seem to indicate that these have been overcome. In the States it has received a mixed reception. Like the others it stands up perfectly to wet weather but varies a good deal with the temperature. Jim Ryun, after his 1:44.9 half-mile run, is reported to have said: "I still like cinders better."

Fastrac made a big impression last winter when it was laid on boards for the A.A.U. indoor championships at Oakland, California. The material is composed of a special rubber and mineral aggregate with a coloured binder. Normal spikes may be used. Top American triple jumper Art Walker has certainly been enthusiastic about the surface. "Fastrac has been good for me" he said "because I seem to get more speed for my approach with less effort." As yet untried in Britain this surface would give a £30,000 plus costing for a 7 lane track.

The surface which excites the most interest is undoubtedly the Tartan Surfacing used for the first time this year in major international competition at the Pan American Games in Winnipeg. It is scheduled for six tracks in Mexico (including the eight lane, red oval to be used in the main stadium which will show up well on the third "first" that Mexico will inaugurate, first world-wide T.V. coverage in colour). It is being considered by Edinburgh for the 1970 Commonwealth Games and by the Colombians for the 1971 Pan Am at Cali. To many the expensiveness of the material (at £1 a square foot it is nearly double some of the other surfaces in price) is completely outweighed by its advantages. Tartan seems to contain every requirement expected of an all-weather surface: highly resilient, completely all-weather, superb traction for world-class performances, almost entirely maintenance-free (a saving of up to £2,000 a year in some cases) and normal spikes can be worn. First installation in Britain came on a long jump runway at Solihull which produced in one afternoon a completely unprecedented total of five British triple-jumpers over fifty feet with another on 49' 11½". When one realises that prior to 1967 only eight jumpers had ever exceeded fifty feet in Britain the full significance of the performances on Tartan become apparent. At Winnipeg the Games were undoubtedly saved by the plastic surfacing.

"We would have been out of business the second day" said Doug Gudmardson, track and field meet director for the Games "had it not been for our all-weather Tartan track."

"With all the rain we had prior to the start of track and field competition and the precipitation recorded after the competition started, there is no doubt in my mind this meet would have been washed out no later than the second day of events."

Tartan, composed of a specially compounded synthetic polymer with a dimpled surface, is due for further installation on runways at Bracknell and at West London Stadium on Wormwood Scrubs. Like all the others it is best laid on asphalt. The only doubtful event for the material is the javelin and there is insufficient evidence, as yet, for judgement to be made.

Co-world record holder, Canadian Harry Jerome just edged U.S. sprinter Willie Turner with a tumbling lunge to take the Pan American 100 metres title in 10.2 secs. After the finish Jerome sprawled to the track and slid along the resilient surface, coming to a stop without a scratch.

"This track saved me" said Jerome after the race "and it also helped the race, since the rain would have made a shambles out of an ordinary track."

Now secure with I.A.A.F. approval for record purposes and with labour and maintenance costs rising all the time local authorities are looking more and more towards the new surfaces. It may well be that the last major international meeting on conventional surface has been held and those of us watching the jumpers revelling in the superb underfoot conditions at Solihull were conscious that we were witnessing the occasion when the cinder track became obsolete in Britain.

The photograph of Vince Matthews was kindly supplied by the author, to whom I am very grateful.

The Pentathlon

ANDREW HUXTABLE

KURT BENDLIN is only the third athlete (after Sievert and Kuznyetsov) to hold world records for both decathlon and pentathlon. The latter event, composed of LJ, JT, 200m, DT, 1500m, is curiously not on the I.A.A.F. record schedule, though it was included in the Olympic Games of 1912, 1920 and 1924. The final positions were then determined simply by awarding points to competitors according to their relative position in each event. Le Gendre, who placed third in 1924, would have won the competition, had the present (1962) scoring tables been in force, thanks mainly to a world record in the long jump. A progressive world record list, believed to be the first ever published, follows, together with a top ten all-time list.

PROGRESSIVE WORLD BEST PERFORMANCES

3386	Robert Le Gendre (U.S.A.) (25' 5½", 157' 7½", 23.0, 120' 7", 4:52.6)	Colombes	7. 7.24
3448	Hans-Heinrich Sievert (Ger.) (22' 11¼", 188' 9½", 22.6, 144' 7½", 5:10.0)	Turin	9. 9.33
3483	Gerhard Stöck (Ger.) (23' 11¼", 218' 8½", 23.5, 147' 10½", 5:24.0)	Budapest	17. 8.35
3711	Fritz Müller (Ger.) (23' 4", 204' 6¼", 21.8, 124' 10½", 4:33.4)	Paris	28. 8.37
3757	Müller (22' 6¼", 191' 10", 21.7, 132' 3¼", 4:20.9)	Vienna	24. 8.39
3762	Vasilii Kuznyetsov (S.U.) (23' 0¼", 214' 5", 22.1, 154' 9½", 4:51.0)	Kiev	21. 5.56
3855	Kuznyetsov (23' 0", 211' 8½", 21.9, 164' 10½", 4:46.2)	Nalchik	22. 4.58
3863	Kuznyetsov (23' 6¼", 238' 9½", 22.2, 162' 5", 4:59.5)	Turin	3. 9.59
4016	Kurt Bendlin (W. Ger.) (24' 6", 254' 0", 21.8, 146' 1", 4:43.7)	Krefeld	31. 7.65

ALL TIME WORLD LIST (as at 31.7.67)

4016	Kurt Bendlin (W. Ger.)	Krefeld	31. 7.65
3863	Vasilii Kuznyetsov (S.U.)	Turin	3. 9.59
3808	Heinz Gabriel (W. Ger.)	Lübeck	12.10.63
3766	Bill Toomey (U.S.A.)	Westbrook, Me.	25. 7.64
3757	Fritz Müller (Ger.)	Vienna	24. 8.39
3714	Yuriy Kutynenko (S.U.)	Lvov	14. 5.55
3713	Günter Grube (W. Ger.)	Lübeck	2. 7.66
3708	Wolfgang Utech (E. Ger.)	Schwerin	2. 7.67
3696	Jörg Mattheis (W. Ger.)	Stuttgart	27. 7.63
3692	Hermann Salomon (W. Ger.)	Darmstadt	21. 6.61

EN-TOUT-CAS

TRACK BUILDERS FOR THE WORLD

OLYMPICS	...	...	...	LONDON	...	...	1948
WHITE CITY	...	...	...	LONDON	...	...	1949
OXFORD UNIVERSITY	...	...	...	IFFLEY ROAD	...	...	1953
OLYMPICS	...	...	...	MELBOURNE	...	...	1956
CAMBRIDGE UNIVERSITY	...	...	...	MILTON ROAD	...	...	1958
EMPIRE GAMES	...	...	...	CARDIFF	...	...	1958
JOHN KENNEDY STADIUM	...	...	...	DUBLIN	...	...	1958
PAN AMERICAN GAMES	...	...	...	CHICAGO	...	...	1959
IX CENTRAL AMERICAN and	...	...	...	KINGSTON	...	...	...
CARIBBEAN GAMES	...	...	...	JAMAICA	...	...	1962
EMPIRE & COMMONWEALTH	...	...	...	KINGSTON	...	...	...
GAMES	...	...	...	JAMAICA	...	...	1966

Also numerous other first class installations at Home and Overseas

All enquiries to:

The En-Tout-Cas Co. Ltd.
SYSTON, LEICESTER (Syston 3322-7)

Wanted

ONE of our Members wishes to obtain back copies of issues numbered 1-7 and also number 9 of the Newsletter. If any member can help would they please contact Mr. G. D. Smith of "Oakwood Cottage," Margery Grove, Lower Kingswood, Surrey.

Mr. D. N. J. Cullum

AS PERHAPS some of our readers will know Mr. Dennis Cullum has left the London Instrument Co. Ltd., for whom he was Sales Director, to take up the appointment of Marketing Director to the Board of Charles Webber & Co. Ltd. This move took effect from the 1st September last. Mr. Cullum has asked me to say that he was leaving the London Instrument Company with some regrets because he has greatly enjoyed dealing with the 'Cantabrian' equipment they make and the many personal associations which this has created. At the same time the offer of his new appointment was too good to miss, and he is looking forward greatly to starting a new business and personal life in Exeter. I am sure that all our readers would like to join me in wishing him every happiness and success in this new venture and undoubtedly his many attributes both athletically and personally will prove to be of the greatest assistance to his new Company.

I am sure that we would also all like to wish Mr. R. N. Bond every success on his appointment as Sales Manager of the London Instrument Co. His considerable experience in teaching and local government will certainly stand him in good stead.

Book Reviews

"ATHLETICS FOR STUDENT AND COACH" by Ian Ward and Denis Watts

(Pelham Books 30/-)

TWO of Britain's leading Coaches Ian Ward, who was educated at Loughborough College, Leeds University and the University of North Carolina where he held a Graduate Fellowship. Since then he has been one of the A.A.A.'s National Coaches with special responsibilities for the North East of England and is at present Principal Lecturer in Physical Education at Madeley College. Denis Watts who became a National Coach in September 1948 and is widely respected throughout the world for his ability and knowledge. They have combined to present a new book which succeeds admirably in bringing the problems and difficulties involved in coaching, into print in clear, concise and simple terms which are readily understandable to both athlete and coach, particularly the young coach. They have managed to condense the information which they have both assimilated over the years, into one volume. In the first five chapters the authors deal with coaching, its place in athletics, Fundamentals, Practical Aspects, also further chapters on Fitness for Athletics and Planning the Training Schedule. In the next nine chapters they deal with each of the various events including the Decathlon, these are divided into the qualities needed for each event, then the Key features in which the most important points are listed, then the major faults are listed together with what action is needed to correct them and where the coach should position himself in order to observe these. There are suggested training schedules and the last chapter deals with Tests and Measurements in Athletic Training. The authors list the two forms of these under headings of science and art and also cover their value in a training programme. In the first part of the appendix there is to be found information on courses, equipment, useful addresses and recommended reading. While in the second part are the Jumping Decathlon Tables and lay-outs for 1,000 and 2,000 metres Steeplechase courses. The authors in their introduction say "This book is written primarily for the club coach and the student in College and University." Perhaps the following paragraph best sums up the coaches' requirements. "The good coach possesses a fair basis of knowledge and is constantly seeking more knowledge. He is reflective and is able to distinguish between fact and myth in athletics, between long based empiricism and 'gimmick.' He coaches from sound basic knowledge, but occasionally seeks to further practical coaching by judicious experiment. He also seeks information from the related fields of physiology, mechanics and psychology. However, in learning from these fields he must always consider the relevance of the information to his own coaching. He is not obsessed by pockets of knowledge but sees the value of selected information in its application to his coaching."

There are also some 22 photographs and 61 drawings to go with the text. Undoubtedly this is an excellent book and fills a much needed gap in athletics literature by concentrating primarily on the young coach, though the intelligent athlete can also benefit from reading this book. I feel that also much praise must go to Pelhams who have recently published a number of excellent books on athletics and one can only hope that this welcome trend will continue and be enlarged upon.

"THE LONELY BREED" by Ron Clarke and Norman Harris

(Pelham Books 30/-)

This book by Ron Clarke and Norman Harris is about distance runners and the 21 individuals chosen from some 11 countries are distinguished but, according to Ron in his introduction, it was the individuals who interested them most who were chosen. The authors write about 4 British Athletes namely Walter George, Sydney Wooderson, Gordon Pirie and Jim Hogan. The period covered is from 1886 to 1966 and it is obvious the tremendous amount of both time and research which has gone into the production of this book. I am sure that most of us are interested in reading about the leading athletes and also attempting to try and understand what makes them tick and also trying to correlate the information in order to produce some factor or characteristic which is common to each. The authors have chosen

NEW BOOKS ABOUT ATHLETICS

THE LONELY BREED

by Ron Clarke and Norman Harris

Brilliant studies of the world's greatest long distance runners.

"The most interesting athletics book I have read."—

Athletics Weekly

Illustrated with 39 photographs

30s. net

ATHLETICS

FOR STUDENT & COACH

by Ian Ward and Denis Watts

Two of Britain's leading coaches combine to present a comprehensive guide to improving performance in both track and field events.

Illustrated with 61 drawings and 22 photographs

30s. net

PELHAM BOOKS, 26 Bloomsbury Street, London, W.C.1.

one race during the career of each individual and often these are not the obvious choice, such as in the case of Halberg where the race chosen was the 5,000 metres at the Compton Invitation Meeting and not one of his wonderful wins in the Empire and Olympic Games. This race illustrates vividly his desire for winning and both he and his opponents seem to have accepted that he would win. I feel the choice of race in each case readily illustrates the particular attributes and character which each athlete possesses and the contrast between, for example, the studious, quiet and, in appearance, unathletic and frail looking man such as Wooderson to the larger than life character of Jean Bouin, the French distance runner. He excelled prior to the first world war and during the subsequent war was one of the first of his company "over the top" and whose only remark before dying was "Vive La France." The iron hard Russian, Vladimir Kuts, whose character had been moulded when at the age of 14 his village had been occupied by the Germans and he was one of the active men available for heavy labouring work and Herb Elliott with his apparent lack of interest in his opponents and their achievements but possessed of a tremendous determination to win. Each chapter produces some fascinating insight into the character of the athlete featured. Though for my money the most important athlete featured is Neville Scott who, by his climb back from the depths of despair as an alcoholic to running once again for his Country in the 1964 Olympics, produces a story which is an example of what can be achieved with the help and encouragement of others and this is a story which must be told in greater detail, either by Neville himself or somebody writing this in his own words. All publishers please note. It is obvious the standing in which he is held by his fellow athletes. I also very much enjoyed the opening and closing chapters which were written about athletes whom many would be surprised to see in such distinguished company, yet both in their own way deserve this recognition. Horace Ashenfelter achieved fame just once in his career, namely when he won the steeplechase in the 1952 Olympic Games in Helsinki and Jim Hogan, who to date, has achieved fame only once in Budapest when winning the European Marathon. Both of these athletes in totally different ways, has earned the right to be among 'The Lonely Breed.' The former overcame great

personal difficulties to succeed, because as an F.B.I. Agent he had to make the most of his limited opportunities to train and the latter by his ability to overcome the tag of the athlete 'who never finished in a major championship race.' Ron Clarke is obviously, apart from his athletic ability which is well known to us all, a very intelligent young man with a keen analytical mind which enables him to evaluate both people and events in their true perspective and Norman is one of the finest writers on athletics in the world. He has a maturity and style which are far in advance of his years. He also has the ability to bring the people and events on which he writes vividly to life, this coupled with his experience as an athlete, enables him to have an insight into the sport which few other writers possess. They form an unique combination and the result is a fascinating and absorbing book, which must rank as one of the best ever written on the sport.

"THE ENCYCLOPAEDIA OF ATHLETICS" compiled by Melvyn Watman

(Robert Hale 21/-)

This new and revised edition, coming some three years after the author's initial Encyclopaedia, is to be welcomed by all athletic enthusiasts. Melvyn Watman, one of the best athletic writers in this country, is to be congratulated for bringing out another edition. One can only marvel at the many hours of painstaking and conscientious research which must have gone into the production of this work. From the piece on Abebe Bikila to that on Galina Zybina this book is crammed with statistical and personal information on some 150 athletes, consisting of 115 men and 35 women, of these some 50 are British Athletes. This is a most absorbing and valuable reference book and the new features of this edition include the results of the African, Asian and Pan-American Games. There has long been a need for a book of this type correlating all the information which previously could only be found by consulting a number of books. I hope that Melvyn will continue to bring out new editions of this Encyclopaedia at regular intervals. Another interesting feature of the book is the brief potted histories of each event which make up the full spectrum of the athletic sphere. There are also some seventeen photographs, which add considerably to the reader's enjoyment. Through sheer necessity the author has had to omit some 28 people who had been included in the original edition. However, on the other hand, Melvyn has managed to include some 36 new names for the first time in this edition. Though it is possible to argue with some of the names included and also perhaps to think of some notable omissions, the author must be congratulated on both his choice of people covered and also on tackling such a huge and complicated task which had, until the advent of this book, been avoided.

"INTERNATIONAL ATHLETICS ANNUAL—1967"

(World Sports 10/-)

If there are any who have either never heard of, or seen, this the best Athletics Annual of its kind in the World, then let me say that within its 224 pages are to be found every possible fact and figure relating to the sport of Track and Field athletics. There are sections giving both the Commonwealth and European Games results, best performances achieved in 1966 in each of the men's and women's events, 1967 Indoor results, National Records and Championships, etc. A new addition is the section on Race-Walking statistics. There are also two very interesting articles, one by Richard Szreter on the number of last round winning jumps and throws to be found in the last four big international tournaments, namely the Olympics of Rome and Tokyo and the European Championships of Belgrade and Budapest. The second article is by Andrew Huxtable on timekeeping which includes the results of some very interesting work done by Mr. Harry Hathaway. It is of interest to note that of the 23 Chinese Records listed only four were achieved prior to 1964 and this sort of progress is to be found in every country's records. It also

emphasizes in clear and unequivocal terms the dominance of America in World Class Athletics. Perhaps the most impressive part of this is the way that the women have, with everything against them, proved to be a major force to be reckoned with. If they possessed the opportunities, facilities, encouragement and coaching which are taken for granted by their European counterparts, would prove to be as dominating as their male colleagues. I, for one, am looking forward to the 1968 edition with the greatest enthusiasm and anticipation. Perhaps the greatest compliment to the stature of this particular publication is that, for me anyway, no athletic season would be complete without this Annual and there is no doubt that it gives full value for the price.

"SOCIAL DIMENSIONS OF PHYSICAL ACTIVITY" by Bryant J. Cratty

(Prentice/Hall International 48/-)

For the last three or four years while the study of sport and physical education has been gaining status as a reputable academic endeavour, it has become clear that considerations of the social purposes and outcomes of physical activity were going to be of vital importance. Conferences and Seminars with such titles as "Social Aspects of Physical Activity" and "Sociology of Sport" are beginning to be quite common, especially in Europe and no reputable physical education journal can afford to miss out on articles with a 'social' flavour. Some brave thinkers have even begun to offer tentative formulae for a sociology of sport but at the moment such efforts at establishing a comprehensive framework have not been entirely successful. We have still to wait therefore for a learned treatise on this subject which will define and describe sports sociology in terms which are conceptually clear. In the meantime we can take heart from this highly important contribution from Professor Cratty (whose earlier work "Movement Behaviour and Motor Learning" made such impressive reading).

This book "Social Dimensions of Physical Activity" is an elegant review of the pertinent research literature drawn from physical education, sociology and social psychology. There is a unique bibliographical list of 467 entries from which the author draws to throw light on a number of important issues. Among these are the effect on performance of competition—co-operation, the audience, leadership, peer—culture pressure and maturation. A particularly interesting and useful chapter is given over to a consideration of research findings on family factors (i.e. child rearing methods, family size composition and ordinal position of the child) which appear to be related to choice and ability in physical activities.

Of such a contribution as this it is hard to be critical. Students of physical education will regard it as a godsend to provide well organized factual information which owes nothing to speculation in an area of study where speculation is rife. However the very important consideration of social adjustments at adolescence needs and deserves a much fuller treatment and in this connection reference to a few important European researches might well have added something of importance. The author in his final chapter which includes a list of research projects could not withstand the temptation to make his contribution to a theoretical outline for a sociology of physical activity. His contribution was necessarily too brief and might well have been omitted.

These are two minor criticisms of a very welcome and scholarly contribution to the serious literature of physical education and sport.

J. E. KANE.

"MIDDLE DISTANCE RUNNING" by A. P. Ward. (5/6 post free)

"JAVELIN THROWING" by Wilf Paish. (5/6 post free)

(both the above Instructional Booklets can be obtained from J. Hitchcock, 2, Burn Close, Oxshott, Leatherhead, Surrey.)

Tony Ward originated the distance running camps at Braunton and Methyr Mawr and has also coached and lectured at all levels. He is at present the Southern Counties A.A.A. Administrator and, as such, deals with coaching and development. He is obviously well qualified to write the latest edition of the A.A.A.'s Instructional Booklet on "Middle Distance Running." In the eight chapters which constitute this booklet the author deals clearly and concisely with the many facets which constitute the term "middle distance running." The book is written in terms that will be readily understandable to both the coach and athlete. There is much common sense to be found between the covers and I was particularly interested in the chapter entitled "Some Physiological Considerations" and also, to my mind, the idea of using questions asked by three young middle distance runners and the resultant replies by the author, is excellent. Still perhaps some of the best advice is to be found in the Introduction when the author says, "What is becoming more and more evident is that there is no clear-cut method of training which will bring everyone success. Different systems of training suit different personalities and national temperaments and the successful coach or athlete is the one who can adapt the various systems to suit the individual needs. Top trainers of tomorrow will be those who have the flair for intuitively knowing each athlete's requirements—a sort of clairvoyant quality which no amount of science-medicine can produce, but which psychology may one day give us the answer to." He also deals adequately with the question of Altitude and Heat, together with further chapters on such subjects as Technique, Training which has two chapters sub-divided, the Methods and Planning the Programme, Tactics and Coaching. Undoubtedly this book is a must for everybody interested in athletics whatever their particular interest or forte. Also the middle distance runner whatever his ability or level can learn much from this booklet and if he carefully digests and then thinks about its contents he will be well on the way towards success and reaching his own personal level of attainment. We, in this country, have always had a great tradition in this sector of athletics and one can only hope that our coaches will succeed in instilling the necessary drive and self confidence in our young athletes, which has appeared to be somewhat lacking recently.

Wilf Paish who since having qualified as a teacher of Physical Education at Borough Road College and later Carnegie College, has coached a number of International Athletes including Barry Sanderson, the present A.A.A. Javelin Champion. He is also one of our A.A.A. National Coaches. This the latest edition of the A.A.A.'s Instructional Booklet on "Javelin Throwing" covers the event in its widest terms including the modern techniques such as the bent front leg. The world-class javelin thrower must not only be strong, through training with weights, but fast and flexible with a good range of movement. Obviously technique is all important, as in all Field Events, and the author devotes the longest chapter to this subject. The javelin thrower must also be dedicated to the work necessary to produce a good thrower. There are also further chapters on Important Points During the Learning Stages, Training, Coaching, General Principles, etc. It is also interesting in the chapter on the Physique of Javelin Throwers, that the average of the nine best European throwers mentioned works out at 5' 11" and 185 lbs. I particularly liked the section on important points to watch for during the learning stages and this will undoubtedly prove of great help both to the athlete and the coach, particularly those engaged at School level. The teacher who is often forced into taking athletics in schools with little or no knowledge and poor facilities, must have something which he can consult in order to obtain a grounding in fundamentals and this, to my mind, is where these instructional booklets should and do, in many cases, play an important role. I am sure that the readily assimilated text, together with the photographs including an excellent sequence, with the comments of the

author on Janis Lusia will prove an excellent guide. The position of British Javelin Throwing is undoubtedly somewhat brighter. If we look at the average of the top ten U.K. performers it has, from a peak year in 1962, at last begun to improve after a resultant decline. I should also like to echo the author's acknowledgement of the part Colin Smith, who writes the foreword, has contributed to British Javelin Throwing, both as a competitor and coach. He is at present engaged in coaching a large number of our leading competitors. Nobody who has been fortunate enough to hear Colin lecture on this event could fail to be impressed by his obvious knowledge and enthusiasm.

These two booklets maintain the very high standard which one has come to expect from these publications. I feel that this is also a good opportunity to pay tribute to the efforts of Harry Hitchcock who, as the A.A.A.'s Honorary Publications Officer, is responsible for the publication and distribution of these booklets and I am sure that the Association is very fortunate in having a man of his calibre to carry out this exacting and, I am sure, often frustrating work.

I should also like to recommend the A.A.A.'s official Coaching Magazine "Athletics Coach" which appears 4 times a year and is under the Editorship of Denis Watts. This publication though, of necessity, containing a large number of technical articles has something of interest for all those who are either engaged in athletics, in whatever capacity, or merely spectators. It is exceptionally good value, and for eight shillings a year can be posted anywhere in the world. It is obtainable from Harry Hitchcock at the above address.

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.

Honorary Secretary of the A.A.A. Club: H. R. H. Stinson, Tite Corner, Tite Hill, Englefield Green, Egham, Surrey. Hon. Editor of Newsletter: P. S. Lenton, 38 Rugby Avenue, Wembley, Middx. Hon. Treasurer: R. K. Farmer, 9 Porlock Close, Gayton, Wirral, Cheshire.

LODGE leads

... and Lodge Athletics Equipment was again selected for the 8th British Empire and Commonwealth Games—Jamaica 1966 and the English Schools Athletic Championships 1966. 'LODGE LEADS' in the specialised field of sports equipment, and amateur athletics authorities throughout the world know this. They also know we give full guarantees. If you haven't seen our new catalogue, we shall be happy to send you a copy on request to Dept. AAAN2. Then you can see for yourself, 'Lodge Leads.'



LODGE (EQUIPMENT) LTD Manufacturers of Achilles Olympix Equipment
Achilles Works . Island Farm Trading Estate . West Molesey . Surrey
Tel: Molesey 8236/7/8 Grams: Lodgesports



RECIPE FOR SUCCESS

There's no short-cut to a championship. Only a determined mixture of patience, training and perfect fitness can lead to the laurels.

That's why Horlicks is the nightly drink of athletes (and has been for over fifty years), why Horlicks was supplied to the British team at the last Olympics.

Because Horlicks helps you to get the *right kind of sleep*—the sleep that refreshes tired bodies, relaxes tensed nerves. The sleep that helps keep you at your peak of fitness.

Make it a part of your recipe for success, tonight and every night—comforting, creamy Horlicks.

FITNESS THROUGH SLEEP

