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(Surrey Walking Club)

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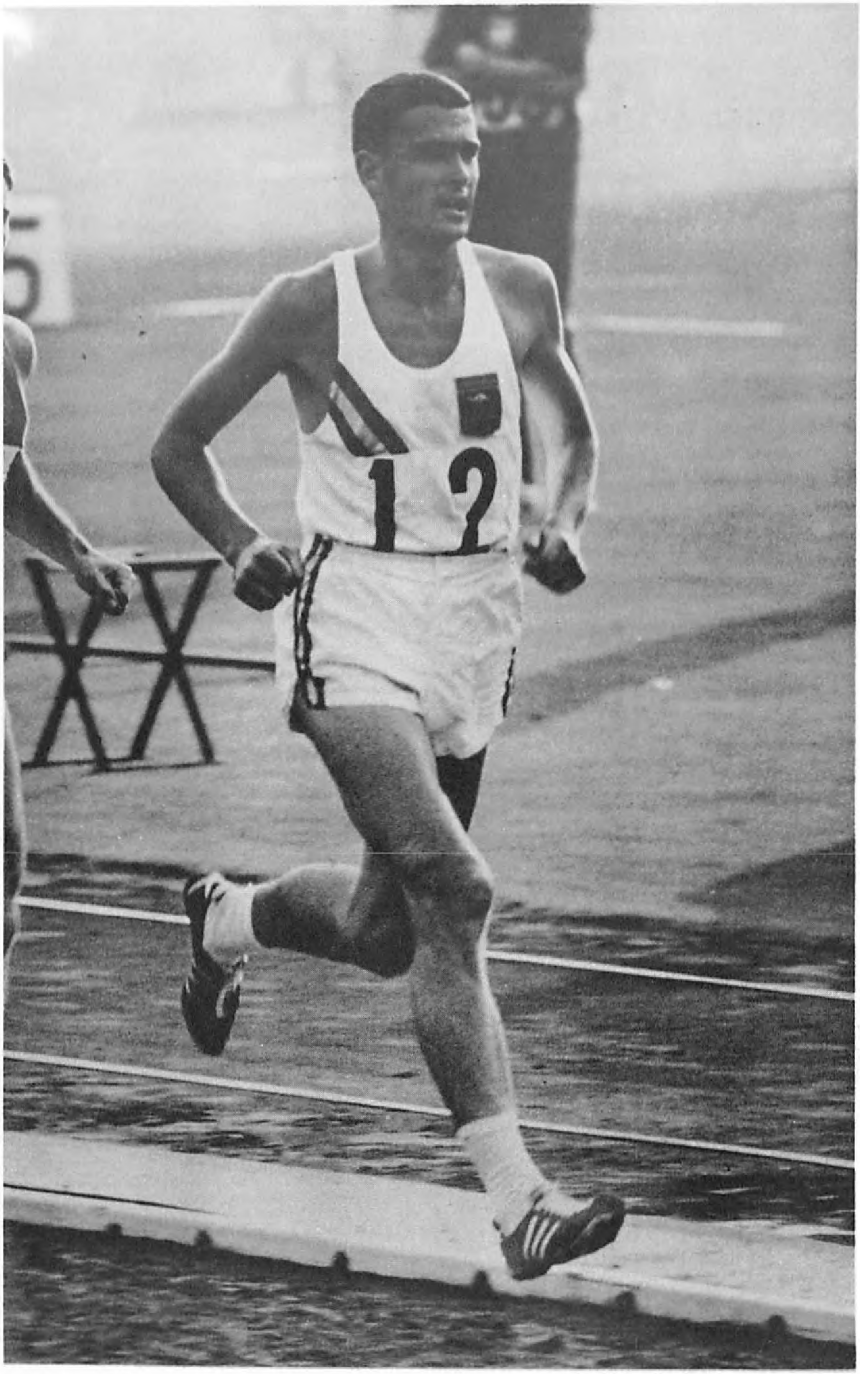

RON CLARKE
(Australia)

ORIGINS OF THE OLYMPIC IDEAL

Peter C. McIntosh.

Why is each celebration of the Olympic Games separated by an interval of four years ? The organization of an Olympic Festival includes nowadays the provision of elaborate facilities for sixteen sports or more, the building of a 'village' for competitors and officials from eighty or ninety different countries, the arrangement of transport and communication through the Press, broadcasting and television, and the establishment of services for the health, welfare, nourishment, and entertainment of many thousands of spectators. The whole process costs vast sums of money and takes about six years. Even with a four-year interval between each Olympic Festival preparations for two festivals now overlap. Four years may well be a convenient period of intermission, but convenience was not the reason for it.

Baron Pierre de Coubertin, in founding the modern Olympic Games at Athens in 1896, drew much of his inspiration from the ancient Olympic Festivals which German archaeologists and scholars unearthed and popularized in the nineteenth century. The ancient games were held every four years and we are, therefore, at once transported back to 776 B.C. and many years before that dated, to find the origin of the festival and the four-year cycle which we still observe. The festival was always held at the second or third moon after the summer solstice. Lunar months and solar years do not often coincide but eight solar years are about equal to ninety nine lunar months. Perhaps the very first games before recorded history, were held every eight years, but by the eighth century B.C. they were held every fiftieth and forty ninth month.

In historic times the Olympic Games were an intrinsic part of a religious festival in honour of the god Zeus. The five-day programme included sacrifices and religious rituals as well as races, wrestling, and competitions in the arts. Some scholars have maintained that the association of religion with competitive sport was to a great extent haphazard. A religious festival provided the concourse of people and so the occasion for races and contests. One of the legends woven round the Games told how they were originally funeral games in honour of the hero Pelops.

Pelops was a Phrygian who came to central Greece and there challenged Oenomaus, King of Pisa, to a chariot race which Oenomaus had ordained as the trial for the hand of his daughter Hippodamia. Oenomaus was thrown and killed in the race and Pelops took his daughter and his kingdom. Scholars have suggested that Pelops, the victor in the chariot race, was the lineal descendant of the divine king or weather magician. His title to the kingdom depended on a contest and he had periodically to defend his title. Belief in mimetic magic credited the victor with power to bring fertility and growth to crops and stock.

There is no certainty about the religious origin of athletic competition in Greeece but anthropological researches as far apart as Ireland and Bali have tended to emphasize the importance of mimetic magic in primitive societies. The dead are often identified with powers of growth and just as blood shed by means of sacrifices was thought to refresh the dead for their labours, so the degree of vigour expended in sport was thought to be transferred to the powers

of growth and fertility. Today sacrifices and athletic contests have been replaced as agricultural and biological instruments yet there is a curious echo of primitive beliefs in the strivings of the nation states to indicate their vitality through their success in international sport and in the sense of shame and humiliation which the sporting Press reveals when athletes or footballers fail to justify the hopes and expectations of the masses.

The Olympic Games continued for over 1000 years and many changes in form and organization took place. By the Romans they were developed throughout the Mediterranean world as full scale professional events under the domination of guilds or unions of athletes, gladiators, charioteers, wrestlers and the like.

There grew up also factions of spectators designated by colours, at first red and white corresponding to the liveries of the charioteers in a simple race of two chariots. Then green and blue factions appeared. They became more and more disorderly until on one occasions in the Hippodrome, the greens who had treacherously concealed stones and daggers under baskets of fruit massacred 3000 of their blue adversaries. Gibbon writes "From the capital this pestilence was diffused into the provinces and cities of the East and the sportive distinction of two colours produced two strong and irreconcilable factions which shook the foundations of a feeble government.... Every law, either human of divine was trampled underfoot, and as long as the party was successful, its deluded followers appeared careless of private distress or public calamity". The term "Vandalism" is derived from the name of one of the tribes that invaded Italy and conquered Rome but it might be argued that their excesses were not worse than some of those which existed in the empire which they destroyed.

Between the fifth and the eighteenth centuries there were, of course, many games and sports in Western Europe. Some of them were highly organized for the aristocracy such as the tournament and jousting in the middle ages or football in Renaissance Italy. Many were spontaneous or rural sports handed on by tradition but not organized or even recorded.

Track and field athletics was a social offshoot of the popular and professional pedestrianism. At the turn of the eighteenth century gentlemen and artisans competed in long distance walks or runs. Perhaps the most famous was Captain Barclay Allardice who, in 1803, accepted a wager of 1000 guineas to go on foot 1000 miles in 1000 successive hours at the rate of one mile in each and every hour. He did not consider necessary to go into training and began his walk on 1st June, 1909, finished on 12th July more than 28 lbs lighter in weight and almost at once set off on a military campaign in Holland. Unfortunately, pedestrians were viviously exploited by promotors and gamblers. Bribery, corruptions and drugs were resorted to. The middle classes became disgusted and separated themselves off and organized their own track and field meets. Running events were simple enough. Steeplechasing and hurdling were adaptations from fox hunting and horse racing. The steeplechase was an imitation on foot by the boys of Eton or their fathers who rode across country from church steeple to steeple. Hurdling was divised by the undergraduates of Exeter College, Oxford, in 1851 when they took 10 sheep hurdles 3 foot 6 high and set them up at ten yard intervals to race over on foot instead of on horseback. High jumping and long jumping had long been rural sports, so had jumping with a pole, especially in the

north of England. Throwing events, that is the spear and the shot were ancient pastimes and although Dr. Arnold the famous headmaster of Rugby liked to throw the spear this event was not very popular with the new middle class track and field men. Of the modern track and field events only the Marathon and discus events had to wait for the revival of the Olympic Games in 1896.

The founder of the modern Olympic Games, Baron de Coubertin, had two sources of inspiration. One was German archaeological excavations at Olympia.

> "Nothing in ancient history has given me more food for thought than Olympia. This dream city consecrated to a task strictly human and material in form, but purified and elevated by the idea of patriotism which there possessed asit were a factory of life-force, loomed with its colonnades and porticos unceasingly before my adolescent mind. Long before I thought of drawing from its ruins a revivifying principle my imagination had been occupied in rebuilding it, in making the lines of its silhouette rise again. Germany had brought to light what remained of Olympia; why should not France succeed in rebuiling its splendours ? It was not far from there to theless dazzling but more practical and fruitful project of reviving the Games, particularly since the hour had struck once again when international sport seemed destined to play its part in the world".

The second source of inspiration for de Coubertin was admiration for the English Public Schools with their emphasis on sport, especially Rugby School with its great tradition of football and fair play.

> "For a great many years I had studied the school life of English and American youth. Although we may criticise on many points the teaching which public schools afford in England, there can be no reasonable doubt about their providing a strong and vigorous education of body and character. To the merits of this education we may ascribe a large share in the prodigious and powerful extension of the British Empire in Queen Victoria's reigh. It is worthy of note that this marvellous development began at the same time as the United Kingdom school reforms of 1840. In these reforms physical games and sports hold, wemay say, the most prominent place: The muscles are made to do the work of a moral educator. It is the application to modern requirements of one of the most characteristic principles of Greek civilization: To make the muscles the chief factor in the work of moral education".

The constitution of the International Olympic Committee which perpetuates itself and is responsible to no-one else reflects the Clubs of England in the eighteenth and nineteenth centuries which governed sport until 1860 rather than the democratic associations which succeeded them.

Baron de Coubertin said that the reinstitutions of the Olympic Games was not spontaneous but a natural result of improvement of communications, physical and telegraphic. Science, art and commerce were already having their international conferences and exhibitions. What was more natural than that sportsmen of different nationalities should meet together on common ground. The opportunity for the institution of international sport may have

been a fact of history, but the philosophy and form of the modern Olympic Games bore the unmistakeable stamp of Baron de Coubertin. Morality as well as athleticism was to be fundamental to the Olympic Games. In his own words to the Paris Congress, 1894 - "Healthy democracy, wise and peaceful internationalism will penetrate the new stadium and preserve within it the cult of honour and disinterestedness which will enable athletics to help in the tasks of moral education and social peace as well as of muscular development".

That is why every four years the revived Olympic Games must give the youth of all the world the chance of a happy and brotherly encounter which will gradually efface the peoples' ignorance of things which concern them all, an ignorance which feeds hatreds, accumulated misunderstandings and hurtles events along abarbarous path towards merciless conflict".

Since there words wer spoken there have been two world wars and many other merciless conflicts. The Olympic Games have been subjected to pressures of professionalism and commercialism which have been hard to resist. The Games have changed their form and scope. They will continue to develop. The question whether international sport can fulfil de Coubertin's lofty aspirations is still an open one but it does no hard to remind ourselves what they were. Ideals demand idealists. Can International Sport produce them in the 1970's?

SURREY ATHLETIC CLUB

(President -P.W. Green Esq.,)
Club Motto: 'NIL SINE LABORE'

SURREY ATHLETIC CLUB was founded in 1903 as Malden Harriers but 1904 it was renamed Surrey A.C. The Club built up quickly in strength, winning the National Cross-Country Championship in 1914. In 1920 there was a world record when 17 club members were selected by England for the Olympic Games and amongst these were such famous names as; E.D. Mountain, W.A. Hill, C.A. Griffiths, J. Hatton, D. Bullough and W.H. Nichols. Untill P. Radford broke the English Native 100 yards record in June 1958, two Club members featured in the old record of 9.8 - H.H. Hodge, set up in 1927 and J.C. Heap in 1932. In the 1908 Olympic Games, Joe Deakin was the individual winner in the threemiles team event, in a time of 14:39.6. Now at the age of 90 Joe is still enjoying his Sunday morning training; at Tooting Beck Track and up until one year ago he was regularly turning out in the club Christmas handicap.

The Club was founded by Mr. E.F.Vowles who was one of the great men of athletics. He was co-founder with Ernest Neville, of the Surrey County A.A.A. He was one of the most efficient handicapers and first class starters in the South of England, and was the first man to introduce the idea of red coats for starters. Mr. Vowles was also the original organizer of the London -Brighton Relay, When 10 members of the Club ran over the now famous course. This idea was taken up by one of his many friends in athletics - Joe Binks of the 'News of the World'and it was through this friendly connection that the 'News of the World' sponsored and took over the organization of this race.

In the late 1930's the Club was certainly one of the top two clubs in England supplying as many as 12 members of one International team. The war years saw an end to this famous era and members

David Travis.
(Surrey Athletic Club).

who were on Club books at that time included Donald Finlay, Geoff Dyson, Geoff Iden and C.J. Morris (Olympic Walker). The Club was kept going by the efforts of their hard-working officials, many of whom are still active in the sport today, such as Ernest Neville, Bill Fairhead, Ted Nice, Sir Lancelot Royle, Alf Sutherland, Tom Reynolds, Bert Holland, Harry Bassett, Jack Gillis and Stan Belton. This Club Spirit is kept going today by its younger element of officials including Eric Thompson, Phil Tomkins (grade 1 starter), John Errickor, John Dale, Sid Smeed, John Snowden (ex-international cross country runner) and John Martell.

Today's up to date international list includes Antony Tymms, George Tymms, David Travis and Maureen Barton, both 1968 Olympic representatives.

The Club has a membership of some 300 men and 150 ladies - active and non-active and the past tradition is carried on by these members. The Club's strength, at the moment, is undoubtedly on the track and 1969 saw the men's section promoted to Division 1 of the National Athletics League, which comprises the top six clubs in the country. The Club uses the Norbiton Sports Ground (Kingston Borough Council) during the track season and the Rivermead School in Kingston for its winter headquarters, training and racing through the delightful Richmond Park.

Full particulars of the Club, its past and present successes, and its future, may be obtained from the Secretary; Miss D.M. Cleaveley, Flat 1/3 Thornton Hill, Wimbledon, London S.W.19.

THE EVOLUTION OF ATHLETIC RECORDS

Tom McNab.

In 1868, no man had cleared 6' in the high jump; a hundred years later, this had been achieved by thousands of men and by three women. Recently,at Andover, a 13 year old boy ran a 4min. 36sec. mile, a time which no adult had achieved until the early years of the 19th century. In 1870 the world 'best' for the pole vault was short of 11'; now the record is 17'8" and boys of 16 clear 15 ' regularly. In this article I shall deal with the major reasons for these vast changes in performance.

Many laymen would attribute the difference between Victorian and modern performances to changes in training methods. Although 19th century statistics are scrappy and incomplete, there are many clear accounts of training-methods. The most fully documented account of early 19th century methods is by Thom, who in his classic 'Pedestrianism' describes in detail the methods of Captain Barclay Allardice.

'After having gone on in this regular course for three or four weeks, the pedestrian must take a four-mile sweat, which is produced by running four miles in flannel, at the top of his speed. Immediately on returing, a hot liquor is prescribed, in order to promote the perspiration; and of this he must drink one English pint. It is termed the sweating liquor and is composed of one ounce of Carraway seed,one ounce of root Licquorice and half an ounce of sugar-candy, mixed with two bottles of cyder and boiled down to one half. He is then put to bed in his flannels, and, being covered with six of eight pair of blankets, and a feather bed, must remain in this state from twenty to twenty-five minutes, when he is taken out and rubbed perfectly dry. Being then well wrapt in his great coat he walks gently for two miles and returns to breakfast, which, on such occasions, should consist of a roasted fowl. He afterwards proceeds with his usual exercise.'

Any man who survived this spartan regime was bound to be fairly hardy, but it is not surprising that many men'went to seed' after ending their athletics careers. Indeed, the popular concept of the athlete 'going to fat' probably began at this time, when men were kept, like jockeys, in unnatural surroundings at incredibly low weights.

Allardice's ideas had a surprisingly long life, but were rightly rejected by the early Oxbridge amateurs as fit only for the lower orders. Unfortunately their reaction was in many cases to go to the other extreme and to avoid training altogether.

We have come a long way from Captain Barclay and the early Oxbridge dilletantes and 'scientific Coaching' has become a watchword in many sports circles. This is a contradiction in terms. Coaching is a practical art although we draw freely on scientific knowledge from such disciplines as psychology, physiology and mechanics, it is the blending of this knowledge and the human relationship which the coach builds up with the athlete which ultimately results in success or failure. Coaching can therefore be said to use science but is not itself scientific.

Technique is a means of expressing physical 'force'. Athletics

techniques have changed massively over the years and this is nowhere shown more clearly than in the evolution of high-jump technique. Jumpers of the 1850s mainly used the 'scissors' technique (sometimes called the 'Scotch technique') and Scottish jumpers cleared close on 6' using this method. The 'scissors' produced a good vertical take-off, but a poor position on the bar, as the jumper had to lift the head, shoulders and upper trunk to massive heights in order to clear relatively low heights with the lowest part (his buttocks) of his body. Greater heights could have been cleared if jumpers had flattened out over the bar by dropping on to their backs, but this would have resulted in considerable shortening of their athletics careers, as most jumping at that time took place without the benefit of landing areas.

Tireless experiment by American jumpers produced the 'Sweeney Roll' (later called the Eastern Cut-Off) a modified scissor jump which produced a much better lay-out position on the bar. The main drawback of this technique was that it was extremely difficult to perform and the Western Roll, a simpler technique which was the invention of the American George Horine was embraced by many jumpers.

A rule which was discontinued in 1937, which disqualified any jumper who allowed his head and shoulders to lead the rest of his body over the croos-bar slowed down the development of more advanced lay-out techniques, such as the 'straddle' which first started to filter into international jumping in the early 1930s. The 1937 change of rule did, however, make possible the advanced lay-out techniques which we now take for granted.

From 1950 onwards technique-changes occurred on the ground, rather than in the air. Like the English, the Russians broke down high-jump technique by film analysis but unlike us, they put it together again. They decided that the method of bar clearance was relatively simple to acquire, but that the priorities of high-jump lay in the securing of a powerful, lift-orientated take-off. The Scot A.S.Paterson won the high jump in the 1950 European Championships against three crude Russian jumpers, none of which were able to clear 6'6". By 1960 the Russians had deposed the Americans from their place in world high-jumping by gaining silver and gold medals in the Rome Olympics: no British high-jumper even competed in this Games.

High jump shows its technical evolutionary processes more clearly than most other events, but almost all events have gone through technical changes of similar magnitude. Almost all of these changes have been the result of trial and error efforts by athletes, rather than studies of coaches and physiologists.

In 1868, the population of the world was just over 1 billion. Our present population is over three times as large so that we have this amount of greater choice. To leave matters there, however, would be a simplistic approach, because the fraction of the world population which was exposed to organized competitive athletics in 1868 was considerably less than 1%. Even now, vast areas of Africa and Asia have still, for social, economic and political reasons to make their presence felt in athletics. We know, for instance, that the Chinese have a high-jumper, Ni-Chi-Chin, who has cleared 7'5¾" but who is precluded, for political reasons, from competing in international athletics.

The industry of our Victorian forebears has left us with a clear,

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if crude, picture of the physical dimension of the children of that era. It shows us that present-day children are on the average anything up to 3" taller and 14 lbs heavier than their Victorian counterparts, and there is little doubt that tests of strength and endurance, had they been made, would show similar disparities. This is strong evidence that the trend in height and weight has, for several thousand years been an upward one. Stone-age man was a stunted, diseased creature and there is no evidence that even the nobility of medieval times was of great physical stature. The organizers of the 1828 Eglinton Tournament, a disastrous attempt by Scottish gentry to recreate a medieval tournament, drew upon armour from the castles of Scotland, but found that, almost without exception, it was too small. As long as the vast inequalities of human resources exist we have no reason to be smug, but it is undoubtedly true to say that we are now the strongest, fittest humans who have ever walked the face of the earth. The implications for athletics performance are too obvious to require stress.

In 1936 the German government issued a directive to all Civil Service departments saying that leave with full pay should be granted to athletes for a period of up to three months before the Olympic Games. This marked the first formal intrusion of a national government into the preparation of national teams, and the pattern established by Nazi Germany was to be closely followed by Eastern European nations in the post-war period. It is not my purpose in this article to go into a detailed examination of the validity of the idea of using successful national teams as a yardstick to establish the superiority of one culture over another. Suffice to say that the folly of this outlook is too obvious to warrant serious discussion and to observe that 5th century B.C. Athens, at its peak in terms of prose, poetry and art, won no Olympic gold medals. To cast scorn upon this outlook does not, however, cast doubt upon its effect upon the progress of athletics performances.

The attention which an athletics performer receives in different societies is not, however, confined to better training facilities and material advantages. The statue of the athlete in the eyes of his immediate society is obviously a major factor in his progress. In Britain, the athlete is often looked upon as an eccentric, and if he is a hammer-thrower or pole-vaulter as a dangerous eccentric. Athletics clubs developed in Britain in 'harriers' huts' away from the general public and this separateness has made the process of alienation more intense. Sports development in many European countries developed on a multi-sport basis, with free interchange between sports, and the athlete was therefore less of an 'outsider'. This, with the communist concept of the athlete as part of the State's 'shop-window' has meant that the athlete has been accepted as a valued member of society. This pressure, this ambience, is vital to athletics performances and has been increasingly evident since World War II.

The establishment of the five and a half day week provided the basis for a massive increase in recreational activity by the working classes. This was no new phenomenon as pre-19th century rural England had enjoyed a multitude of wakes and feast-days. These had, however, been whittled away by the demands of a more competitive society and the mass movement of population to the towns had dealt a heavy blow to this rural recreational culture. Leisure has increased massively since 1850 and with it the economic foundations and educational background which are an essential prerequisite to

freedom of recreational choice. Competitive sports such as athletics have, often because of weaknesses in local structures, probably benefitted less than they should in this country. Other countries have probably made better use of the influx of sports-hungry youngsters and this increase in leisure-time must be counted as a major factor in the improvement of athletics standards.

Up till World War 11, when an athlete wished to travel to a foreign country to compete against the world's best he had to go by train or boat. This involved long, boring journeys and athletes often arrived at the place of competition several seconds slower that when they set out. Confrontations between the world's greatest athletes was therefore relatively rare and were mainly confined to the quadrennial Olympic Games. The post-war development of air-travel changed this; now athletes move freely from one country to another with no ill-effects and this competition has been a major factor in the development of athletics records.

Where will it end? is a recurrent question. Obviously it must end somewhere, in that no one is going to clear 9' in the high-jump or run the 100 yards in 5 seconds. There will undoubtedly be an increasing sophistication in means of timing in that measurements will be to 100ths and 1000ths of a second. Distances and heights will be measured electrically, rather than with tapes. There is also no reason in the world why the events themselves should not change, in that heavier implements could be thrown and the standing jumps and the aggregate throws re-introduced. Man's imagination and ingenuity are infinite and athletics records, though their improvement-curve will undoubtedly flatten out, will continue to rise year by year for as long as it is possible to conceive.

IRISH ATHLETICS

Kevin Ryle.

Irish Athletics have gone through many phases in the past 100 years. Towards the end of the last Century and the beginning of this one, Irishmen held many world records, notably in the hammer and the numerous weight events then pertaining to athletics. One performance still standing as an Irish record and which stood as a world record for 20 years was Peter O'Connor's long jump of 24'11¾", made in the now world famous Royal Dublin Society Horse Show Grounds in 1901.

Unfortunately from an athletic view point, politics became inexorably bound up with sport. Athletics passed through many vicissitudes, with some short moments of glory in the 1928 and 1932 Olympics when all Ireland competed as one team. Dr. Pat O'Callaghan won the Hammer Throw in Amsterdam (1928) and Los Angeles (1932) but was prevented from competing in the Berlin (1936) by the change of one word in the I.A.A.F. rules - 'political' for 'national' boundaries. R.M.Tisdall made it a double for Ireland in 1932 with his win in the 400m. hurdles. Standard-wise the doldrum years of Irish Athletics followed. These lasted during world war 1 and ever since with few exceptions. Most Irish athletes were prevented by I.A.A.F. rules from competing internationally, at a time when world standards, particularly in field events,continued to rise to their present dizzy heights. One great exception was Ronnie

Delaney's 1500m. win in Melbourne (1956). But look at the field events position: e.g. (Irish Record v World).

Pole Vault 13'0" v 17'8¾" ; High Jump 6'5¾" v 7'5¾"
Shot Put 53'8" v 71'5" ; Javelin 215'8" v 304'

In April 1967 two of the three Irish Athletic Bodies then existing agreed to form one body. The National Athletic & Cycling Association (N.A.C.A.) and the Amateur Athletic Union (A.A.U.) dissolved themselves and formed a new body viz. Bord Luthchleas na hEireann (B.L.E.), which could be translated into English as the Irish Athletics Board. Unfortunately the Northern Ireland Athletic Association refused to join and a few dissident members have tried to keep an anaemic N.A.C.A. going.

The B.L.E. Executive were given power for 2 years, and in April of this year the first National Congress under B.L.E. rules was held. A new Executive was voted into power and among the many sub-committees set up was a Coaching Committee. As Director of this Committee I have been the one most intimately engaged with Coaching policy during the past 3 months, and so the invitation to write this article with stress on the Coaching scene was passed on to me.

Individuals from Ireland who were enthusiastic enough to go to the Loughborough Summer School of Athletics mostly at their own expense, have been attending there since immediately after the war years. This might be an opportune moment for saying a very sincere 'Thank You' to Loughborough, the A.A.A. Coaching Committee and anybody else who might of helped, for accepting and making at home all their Irish Athletic Confreres. An effort was made to set up an Irish Coaches Association about 15 years ago. A small group came together but the whole affair petered out.

In 1953 a step was taken which has left its mark quietly but decisively on the Irish Athletics Scene, particularly at Post Primary School level. In that year, as a follow up on winter week-end lectures, a small group of enthusiasts decided to hold a Summer School of Athletics for one week at the picturesque grounds of Newman House, St. Stephen's Green, Which is part of University College, Dublin. Mr. Michael Farnan, who belied his almost 60 years and who was a keen long jumper of the 'twenties, was the inspiration behind the project, while Jack Sweeny who had been to the Loughborough Summer School and was himself a school teacher was Director of the School. Jack's advanced knowledge of Mathematics and Physics were an immense help to him and he had the practical experience of coaching high quality men like Ronnie Delaney (1500m), Eamon Kinsella (Hurdles), Brendan O'Reilly (High Jump) amongst others. In that year Jack taught the 20 'pupils' in all events, including the Hammer, and he did this without help from anyone !

In the previous years I had held some Coaching Sessions in the West of Ireland, having previously been to Loughborough and having "button-holed" experts at the 1948 London Olympics and others like Ken Doherty (University of Pennsylvania) whenever they come to Ireland. In 1954 Jack approached me to help with the Summer School that year. We invited Fionnbar Callanan Who was a keen student and performer of the Long (24'5") and High jumps, to join the Coaching scene. This team of Coaches handled an increasing number of students, backed in organization by a small but efficient band of workers. Other Coaches have joined the scene from time to time since then.

I cannot stress too much that down through the years everything was on a voluntary basis, with no financial or other backing apart from a little N.A.C.A. money on one or two occasions and whatever the Committee might inveigle from Commercial firms or from the public by way of raffles. About 8 years ago an effort was made to seek help from the Council of Europe but the people sent were more interested in physical education in general, and a temporary alliance soon ended. Eventually the Dept. of Education recognized the Summer School, but this recognition - while welcome - meant financial aid to the students travelling and not to the school as such. This arrangement continues.

I have dwelt on the Summer School at some length as it is the spring board for launching the B.L.E. National Coaching Scheme. The National Coaching Committee is now composed of nine members. Seven of these are Active Coaches from various corners of the Country, whilst the Chairman is an executive of the Summer School of Athletics. Our hon.Sec/Hon. Treas., Mr. Joe Kelly is Sales Manager of Becker's Tea, who are backing the administration - financially and otherwise - of the whole scheme. This is of vital importance to us as athletics in this country is completely dependent on voluntary effort, not getting a penny from the State or any public body. This is equally true of facilities.

Circulars are being sent to all who are known to have Coaching qualifications or experience with particular emphasis on those who attended Loughborough or Dublin Summer Schools. To quote the circular "We are now proceeding to the registration and accrediting of people interested in Coaching at School/Club/National level. Persons with:-

a) Qualifications from abroad.
b) Experience in Coaching at any level.
c) Experience as athletes of ability.

are asked to apply for registration as B.L.E. Honorary Coaches.

The B.L.E. Executive Council have appointed Fr. Kevin Ryle and Mr. Jack Sweeney as B.L.E. Senior Hon. Coaches with authority to accredit people applying for membership of the B.L.E. National Coaching Scheme. Those interested are requested to fill in the enclosed card and return it as soon as possible.

Those INITIALLY registered as B.L.E. Coaches will be so accredited on the information submitted on the card and without formal examination." Formal examinations will follow later. The Senior Coaches already appointed intend to devote most of their time in the coming months toward coaching athletes to International Standard. To help in this work they are inviting others to attain Senior Status in individual events. The B.L.E. Track and Field Committe are preparing lists of the 'Top 10' in each Track and Field event at both Senior and Junior level, with a view to having these Coached during the winter months.

A week-end at Galway in mid-October, in co-operation with the University authorities there, will be devoted to Distance training. The top athletes will be invited along for haemoglobin, electrocardiogram, spirometer tests. It is also hoped to have a telemeter and to help with injuries. In general we hope to direct individual athletes to the best possible methods of training in the months ahead.

Also starting in October a fortnightly series of film instructions (with emphasis on loop films) will be held in Dublin in conjunction with University College Dublin Athletic Club. Particular attention will be given to field events.

Leaving aside finance, which is a real difficulty, biggest immediate problem is the lack of adequate training facilities. We have no indoor area of any consequence at the moment. We have 3 cinder tracks - 2 in Dublin and the other 25 miles outside it. The latter is a private one belonging to a school . One of the Dublin ones was erected by the Dublin Corporation and is reasonable for training: the other is world famous as Santry Stadium, but belongs to a Club viz. Clonliffe Harriers and is not at present ideal for field events.

The British Board in deference to the N.I.A.A.A. have not allowed British Clubs to accept B.L.E. athletes at their sports meetings, and this is understandable in the present athletic impasse in the North of Ireland. In consequence the B.L.E. Executive arranged a number of International matches with Continental Countries during the past two years.

I was in Bilbao, Spain, last month (August) with our Junior Team. Spain by reason of a clean sweep in 6 events viz. the sprints and 4 technical events won the match. Apart from these 6 events, there was nothing between the two teams. We learned there that Spain has 120 athletes on athletic scholarships at Madrid/Barcelona Universities: that 80% - 90% of their Senior Team come from this 120: that 5 of their Junior team including a 6'10" high jumper, were on these scholarships; that these athletes are coached by 6-7 coaches, paid by the Spanish Athletic Federation; that the Spanish Athletic Federation received £250,000 approx. last year from the National Football Pools.

We wonder whether we can ever catch up on Spain not to mention the stronger Countries. I believe that, relative to the population, we can and we must. The members of the Irish Team showed great fight on that occasion. The material is there. At the moment, our middle distance runners are equal to the best. Let us have some money for coaching and some reasonable training and competiting facilities throughout the country: let us have these and I believe that with the material in athletes and coaches available to us, Ireland will shortly return to the special athletic niche held at the turn of the last Century.

COMPETITION FOR JUNIORS

A.J. Kendall, Hon. Secretary Southern Counties A.A.A.

Questionnaires which we have sent out to Junior and Youths from time to time have always indicated that for a most convincing majority the No. 1 priority is for more good class competition. Expressed in a number of different ways, the theme is that inter-club competition rarely provides much satisfaction, even to the winner, and the wish is to compete against athletes of roughly the same standard. We have tried to meet this problem, by no means an easy one in such a large area as ours, by invitation events with the assistance of some of our clubs, and more recently by the Open

Meetings at Crystal Palace. Support for these events has varied considerably and can be described as follows: 800m.-3,000m very good, 100m.-400m reasonable, Field Events decidedly poor. (I have used the modern metric distances although up to 1969 such events were at the old linear distances). I should make special reference to an annual Sunday afternoon field events meeting which we have promoted in conjunction with Thurrock Harriers at Grays. Although by no means an easy track to reach on a Sunday, support for the first few years was excellent, but has declined steadily so that in 1968 and 1969 it became a question of whether or not it was worth continuing with the Meeting.

At a higher level we organised in 1964 a match S.C.A.A.A. Juniors v Leichtathletik Verband Niederrhean E.V. (Germany) at Southend. This was, of course, the first international fixture for Juniors ever held in this country at any level higher than club or school matches, and was most successful. The Athletes enjoyed taking part, some fine performances were achieved and the Borough of Southend provided excellent hospitality. The following year we had a return fixture in Duisburg, had another excellent match and an enjoyable week end in Germany. Interesting comments are that the number of spectators at Southend greatly exceeded those at the return match, the Hammer event was held in the centre of the track at Southend, but in Germany it was held outside the stadium, the National Press in this country completely ignored the fixtures, whereas the German papers had a good pre-match write up and a report with full results. We won both matches comfortably, but it is only fair to say that we covered a larger area than our opponents and therefore had more athletes from whom to select a team. A fair proportion of the athletes who took part in these fixtures subsequently became members of the G.B. Senior Teams. Arrangements were well advanced for another visit by the German team in 1966, before they found that they were unable to raise the money for the visit. Subsequently attempts have been made to arrange matches with district teams from other countries, but finance has always been the problem. In any case now that the B.A.A.B. and the English Schools hold Junior International fixtures the leading athletes in our Area are catered for.

However, there is still a need for some top-class competition after the Area and National Championships for those not fortunate enough to make the National teams and the experiment of a match for the leading athletes in the Southern Area was tried out in August 1969 at the Crystal Palace Track. Team names do not matter too much, but we decided upon London and District v Rest of the Southern area. Teams were selected on the results of the Southern Championships, the first six in the track events and the first four in the field events, and these athletes were split as equally as possible among the two teams. For example the first six in the 3,000m. were all strictly speaking outside the London Area (a possible interesting line of research?) so that those from towns nearest to London were included in 'London and District'. No doubt some people will ask why only four competitors were in the field events? The answer is quite simply that this was a reasonable assessment of the athletes taking part in the Championships, 42 entered for the 800m. and 3,000m., and 29 for the 1500m, compared with 7 for the Discus and 8 for the Shot. This means that roughly 50% of the athletes entered for the latter two events were given the opportunity, compared with about 14% of those entering the 800m and 3,000m. The result was a very evenly contested match with London narrowly in the lead until the last event when a dropped baton gave

the Rest victory by 5 points. There were many good performances and the athletes undoubtedly appreciated the competition, while although August is the main holiday month very few athletes were unable to accept invitations to compete. Those who attended the Meeting were convinced that it was a successful venture, and I would like to think that it can become an annual event, but as usual the matter of finance will crop up. I feel that if we can hold this or a similar match each year, athletes would be provided with an additional incentive if they knew that a good performance in the Area Championships could lead to this type of competition.

CINDERELLA UP A POLE

Alan Neuff.

Much has been written about the problems of the pole vaulter and this article is an attempt to survey the present and future.

In order to have any hope of competing on a reasonably equal basis internationally, a vaulter must be using a glass fibre pole. This does not mean one but a minimum of three poles and also a rapid replacement service when they break. Vaulters must buy their own poles at a cost of between £15 and £65 depending on the type of pole. The heavier and faster the vaulter, the more costly is his pole and the more likely it is to be broken.

Glass fibre poles are fragile things and the vaulter is understandably anxious about the way they are treated. For this reason he is obliged to obtain a car to transport his pole because commercial transport is too risky, too costly and too slow. For example it took six weeks for a pole consigned to me, to travel 15 miles across London, and when British Rail delivered it the case was smashed to pieces. Any minor scatches on the surface of a glass fibre pole weaken the structure and increase the likelihood of the pole breaking when the vaulter is using it. This is the reason that vaulters are upset when an official fails to catch the pole during a competition.

Many spectators have the idea that a pole just bends and all the vaulter needs to do is to is to run up, stick the pole in the box and hang on. Nothing could be further from the truth as the vaulter has to work very hard in order to bend the pole. A vaulter weighing 11 stone and approaching at the slow speed of 20 m.p.h. exerts a force of about 10 tons per square inch in order to bend the pole. If this force is not applied at the right time and in the right direction then the pole does not bend. There are many vaulters in Britain who are not bending their poles properly because they do not have access to other vaulters or a coach with the necessary technical knowledge. Most field events require frequent contact between the coach and the athlete. This is especially true with the very technical pole vault event and the scarcity of coaches is one reason for the low standard of vaulting in Britain.

The British standard of vaulting is slowly rising and although Mike Bull is still out on his own, we do now have other vaulters over 15'. Dave Stevenson is now mainly coaching in Scotland whilst Gordon Rule has not been vaulting very high since he landed outside the landing area, but Martin Higdon and Mike Bryant are still going

Michael Bull
(Queen's University A.C.)

well. There are quite a number of vaulters in the 14' region with two in particular, Steven Chappell and Stuart Tufton, being hopes for the future at 15' or more. They are both juniors and Chappell who will be a junior next year has improved from a best of 11'3" in December 1968, when I worked with him on a young athletes course, to 14'0" in August 1969. Also a help to the rising standard is the increasing number of vaulters in schools and clubs and there are quite a number in the 11-12' region. The introduction of the leagues has had an effect and we hope that these things will have a considerable effect in the future.

In the English Schools championships of 1969 most of the senior boys were using glass poles although many were not using them to full benefit. The intermediate group had about half on glass poles but only three boys had much idea how to use them. The few juniors using glass poles were not bending them. This shows that a great effort must be made in the future to obtain coaching for these youngsters so that they can learn how to bend and control a glass pole and also their P.E. Staff or coach must be helped to gain experience of teaching the slightly different technique involved in the use of the flexible pole.

Now pole vault is obviously not an event suitable for class teaching and this must contribute to the limited number of vaulters but there is no reason why a boy should not have the opportunity to try vaulting in the Star Award Scheme where a vault of 11' is comparable to 9.9 for 100 yards. At present only about 0.05% of schools do pole vault.

The young vaulter changing to a glass pole will take about three months to learn to bend and to control the pole so that the change must be done during the winter months. Unfortunately there is nowhere available for the vaulter to train indoors at frequent intervals.

although they can, if able to travel, attend occasional training-competition days indoors. The vaulter cannot vault outdoors in the winter because it is too cold to grip the pole and the pole is affected by the temperature becoming brittle, more difficult to bend and more liable to breakage. It is vital to the whole future of vaulting that each area of the country has somewhere for the vaulters to train and have coaching indoors one a week. The Pole Vaulters' Association with help from Avon are trying to arrange indoor training days around England but are having difficulty in finding suitable venues.

Well over half of Britain's vaulters are in the southern area. The main reasons for this are:-

a) the coaches with most experience with the use of glass poles are there.
b) indoor training days have been held at irregular intervals over two years.
c) facilities are slightly better for safe landing areas etc.
d) success breeds success and the coaches have tended to operate with small groups which engenders a competitive spirit in training.

For example a group of vaulters who live in the north western Home counties includes two promising juniors, Steve Chappell and Robin McFarquar who train at Hemel Hempstead with Morton Evans and his group of vaulters in cluding Martin Higdon, Tim Edwin and Dave Lease. Stuart Tufton and Richard Reeves of Newham both tended to improve together although Tufton has progressed more rapidly recently and has been working with Charles East in East London, whilst I have a group developing at Crystal Palace with some young vaulters- youths around 11' including Steven Clark who cleared 11' soon after his fifteenth birthday and has improved from a personal best of 8'6" last year.

Away from London we tend to find the vaulters on their own and even with good coaches this is very difficult. Brian Drinkhall the Yorkshire winner of the intermediate schools P.V. in 1969 and coached by Phil Laverack is hoping to learn how to control a glass pole over the winter but he has no comparable vaulters in his area and it is for the likes of him that the Pole Vaulters' Association are arranging training days indoors. Similarly Terry Nicholson, winner of the junior event, has the same problem. Youngsters in the more rural areas such as the South West and Wales have even more difficulty.

As Secretary to the P.V.A. this season I have written one letter a week to vaulters all over the country who have asked for coaching advice, especially about the use of glass poles, but personal contact with a coach is essential. The P.V.A. hope that the proposed courses will help but the future is not very promising without a better range of facilities. Unfortunately the facilities are normally only available where a coach is working regularly. For example it is only recently that the landing area at Crystal Palace has had the concrete removed and facilities available for more than one approach direction. The vaulter is very susceptible to changes of wind speed and direction and a slight head wind can be enough to prevent him reaching the landing area onee he has left the ground. Vaulters know that the event is risky and are obviously willing to take calculated risks. In order to be a vaulter the athlete has to be both strong and skilled. Most vaulters can raise a respectable score in the Decathlon but their training and skill is such that they are likely to be quite useful at other, safer sports and

sessions, especially with coaches who have experience with glass poles then I would expect to see some rapid progress from them in 1970.

We look forward to a greater awareness of pole vaulting which has a great spectator interest and now that the B.B.C. has begun to show field events on Television, we hope that the pole vault will no longer be consigned to a pile of sand, as a Cinderella event, because more young athletes will see the event and begin to take an interest.

CUBA 1960 AND NOW

Andrew Huxtable.

January 1, 1969 marked the 10th anniversary of overthrow of the Batista regime in Cuba by Fidel Castro and opened the "Year of Decisive Endeavour" for the Revolution. Anyone who has followed the history of this island (with a population of just over 8 million) over the last decade will now of the enormous strides made in all fields, cultural and recreational included.

In an article in the special 10th birthday issue of N.U.T.S. Notes (copies of this lavishly produced and extraordinarily interesting publication are still available from the Hon. Secretary, National Union of Track Statisticians, 78, Toynbee Road, London S.W. 20. at 5/- post free), John Bale pointed out that of the so-called "under-developed" countries Cuba alone has shown uninterrupted progress in track and field in recent years. Apart from the obvious improvement in depth and an indication of the impact of the Revolution can be seen in a comparison of the national records as of 1960 and now:

		Men		
10.3.	Jacinto Ortíz	100m	10.0	Enrique Figuerola Hermes Ramirez
21.1	Rafael Fortún	200m	20.5.	Enrique Figuerola
47.7.	Emigdio Torres	400m	46.3	Rodovaldo Díaz
1:53.4.	Emigdio Torres	800m	1:50.3	Rodovaldo Díaz
4:07.8	Ramiro Garcia	1500m	3:55.9	Lazaro Valdivieso
15:43.4	Antonio Capote	5000m	15:19.0	Rigoberto Mendoza
33:49.0	Antonio Capote	10000m	32:09.2	Ricardo Suárez
10:18.2	Heriberto Puente	3000mS	9:18.8	Rigoberto Mendoza
14.1	Evaristo Eglesias	110mH	13.9	Juan Morales
54.3	Jorge Cumberbach	400mH	50.8	Miguel Olivera
40.9	National Team	400mR	38.3	National Team
3:29.9	National Team	1600mR	3:04.9	National Team
1.95	ROberto López Jova	HJ	2.01	Miguel Durañona
3.76	Arturo Foya	PV	4.40	Roberto Fernández
7.32	Claudio Cabreja	LJ	7.77	Abelardo Pacheco
15.40	Ramon Fleita	TJ	16;01	José Hernández
14.57	Arnoldo Pallares	SP	16.69	Fidel Estrada
44.70	Modesto Mederos	DT	56.20	Modesto Mederos
53.46	Arnaldo Pallares	HT	68.78	Enrique Samuells
65.56	Arnaldo Pallares	JT	80.10	Aurelio Janet

events so that many potentially good vaulters have travelled other paths as a result of hurting themselves by landing in sand when they were younger.

Many readers will be aware that vaulters have been refusing to vault in conditions that they consider dangerous. This action has upset some officials, but whose back is broken by falling across a concrete kerb on the edge of the landing area? Fortunately the A.A.A. Equipment Officer is now taking an interest and we hope that the present ridiculous specification, of size only, will be changed. this will also help to raise standards. The vast majority of landing areas in Britain are concrete boxes filled with sand or, rarely foam. There are 10 landing areas in the whole of the country that are suitable for vaulting and 4 of those are privately built. The result is that few vaulters will try to bend their pole to the fullest extent because they are frightened of the landing . A young vaulter in the Isle of Wight recently told me, when I suggested that he should pull his legs over his head early in the vault, that he dare not do this because he had to land on his feet to avoid injury in the pit.

Most other countries are far better equipped than Britain. For example glass poles are readily available to vaulters at tracks and sports halls who often have several dozen available. In Britain a wait of six months to replace a broken pole is not exceptional with the result that our vaulters rarely train all out because should they break their pole they do not know where the next one is coming from nor how long it will take.

In July 1969 a Courage Award P.V. Course was held. The coaches and vaulters who attended spent time in very useful discussion and training. The main points that arose were that specifications for landing areas acceptable to the vaulters were agreed, certain points about technique of the vault were studied and agreed and, most important, it was agreed that it was a waste of time and effort to teach boys to vault with metal poles. Those of us with the experience of teaching realized that time was spent teaching the boy to slide his hands together with the metal pole but as soon as he changed to glass we had to teach him to keep his hands apart. The natural inclination with the metal pole was to keep the hands apart but we have to convince P.E. teachers, coaches and P.E. organizers that it is reasonable to teach glass technique to schoolboys. Poles suitable for the young and light vaulter can be obtained and they are nowhere near as costly as those suitable for the skilled adult vaulter.

The landing area problem is not yet resolved but it is known that vaulters are happy with a pile of loose foam- no concrete walls- which costs about £100 compared to the concrete box of sand at £120, so that the vaulter is not asking for very expensive equipment to be provided.

Mike Bull the best known of British vaulters has had a season of consolidation after his Mexico performance but like other vaulters he suffers from lack of poles and from isolation and lack of competitive training, which is serious handicap to clearing 17'. Of our present younger vaulters it is very difficult to predict the future. Two have shown considerable progress this season and no doubt with continued coaching they will be even better next year. If those in the youth age group have access to regular coaching

Women

11.9	Bertha Díaz	100m	11.3	Miguelina Cobián
24.7	Bertha Díaz	200m	23.2	Miguelina Cobián
60.8	Bertha Díaz	400m	52.7	Aurelia Pentón
2:37.0	Juana Menendez	800m	2:10.6.	Aurelia Pentón
10.8	Bertha Díaz	80mH	10.7	Bertha Díaz
47.8	National Team	400mR	43.3.	National Team
1.51	Alejandro Coffyna	HJ	1.65	Hilda Fabré
5.35	Alejandro Coffyna	LJ	6.33	Irena Martínez
10.71	Alejandrina Herrera	SP	14;24	Grecia Hamilton
43.94	Caridad Aguero	DT	53.70	Carmen Morero
39.26	Ofelia Massague	Jt	49.68	Hilda Ramírez
	----------	Pen.	4186	Marlene Elejalde

A VITAL TRANSFUSION

Tony Ward.

Sport, by its very nature, is reactionary. There is so much in favour of the status-quo, of keeping things which are well-tried and proven. Taken in such a context, League athletics in Britain has had a remarkably successful year.

Briefly, the National Athletics League, at the peak of the structure, is composed of 3 divisions with 6 clubs in each. The 3 divisions meet on three occasions (4 in 1970) and after every meeting points are awarded in descending order from 6 to 1 according to the finishing position of each club. At the end of the season clubs are champions, promoted or relegated accordingly with a Two-up and Two-down system operating. The bottom two clubs in the lowest division are replaced by teams from a Qualifying Competition. Beneath the National League are two Area Leagues at the moment with two more to follow in 1970.

The National League came into being for two main reasons both, I believe, basic to the sport: one was to create a purposeful competition for clubs and the other was to bring about more balance between track and field in Britain, especially at this vital club level. At the end of this first season we believe that these are the criteria upon which the League should be judged and why we believe the League has been so successful. Certainly there have been problems but no more than were expected in the beginning: what has emerged from 1969 is just how vital this transfusion has been.

Typical of the nail-biting excitment which was omnipresent throughout the season occurred in the final Division One match at Cardiff. At the beginning of the final event, the Javelin, neither the championship nor the relegation issue had been finally settled. Only 64 points separated the top 5 clubs in the division after the three meetings- on a scoring system in which a club could score a maximum of 20 points in any one event. Positions changed dramatically throughout each meeting and above average presentation kept those present in touch with the excitment. It will take much longer to correct the imbalance between track and field for this is a malaise that has been with us since the sport was re-vitalized in the 19th Century, created by the great love that we have for running.

What League athletics has done in this one season is to show clubs in a most realistic way the imbalance that has been preached about, unsuccessfully, for years. Five-foot high jumps and twenty-foot Hammer throws have not been uncommon - astounding weaknesses from the top eighteen clubs in Britain. Club officials have been shown that in order for their clubs to survive they must have respectable performers in the traditionally weak events and this realisation must bring about a raising of the standard- not before time either for in pole vault and Hammer there are still more facilities than competitors of any sort of standard. Biggest tribute to the National League came at this year's Qualifying Competition when the competition to graduate to Division Three was fierce indeed. The biggest disappointment was the size of the crowds - wrong word, really- but this is a factor not confined to League meetings.

Critics cite poaching, amalgamations and expense as the evils of League athletics but to me the biggest danger lies with the fact that overworked honorary officials may concentrate solely on the club team to the detriment of the other sections. "What has happened to yourfifth-string half-miler today?" I asked one leading team manager at a League meeting. He couldn't say.

When Baird invented television he could never have visualised the problems created by soap-box operas like Coronation Street. So we in the League will undoubtedly come across situations and problems at present unthought of. Already, simply by existing it has exposed fearful weaknesses in certain club's standards and administration, it has blown quite a few reputations and created problems with the out-dated first-claim rule. It has precipitated a number of amalgamations from discussion to reality and caused a number of old gentlemen to castigate it in Athletics Weekly when others are threatened. The biggest additional danger for the sport lies not in the League itself but in the fact that it could be an additional cocoon in a highly compartmentalized structure. British athletics has so many water-tight compartments - international matches and meetings, championships, coaching, facilities, officials, women's athletics etc. - all essentially self-centred. In the fifties coaching and facilities were cited as the prime needs and so hundreds of tracks, anywhere and everywhere, were built and a massive coaching scheme evolved. Without athletes, however, both became redundant and athletes are mainly created by competition, the lifeblood of any sport. Because of the lack of athletes and clubs, especially field-event performers, coaches lost interest and became only an index number in the A.A.A. files. Now we might well find that as the clubs discover raw talent in events and look around for coaching so it won't be there and off we go on the roundabout again. If there is one single, basic reason for a British Athletics Federation it is that it will, we hope,drag all the various sections into one plan.

The future could be exciting if enough financial backing for a nationwide structure of League athletics is forthcoming. Already a Division 4 is scheduled for 1971 and within a few years a knock-out cup competition will probably come. A Closed Clubs League, a league for women's clubs are other possibilities. Most exciting prospect of all is that our national club champions will compete one day in a European Club competition run on similar lines to the present international European Cup. Most European countries have League competition and such a prospect would add further stimulus to what is already an exciting new era for British Clubs.

A REPORT ON BOB BEAMON'S RECORD LONG JUMP AND HIS SUBSEQUENT COLLAPSE

Professor Ernst Jokl, M.D.
University of Kentucky.

Beamon's winning jump of 8.90 metres (29 feet, 2½ inches) at Mexico City represents the greatest single feat in the recorded history of athletics. It is equivalent to a high jump of 2.40 metres (7 feet, 10½ inches) and to a 5000 meter race of 12 minutes, 56.4 seconds, performances that are not in sight. (see also appendix 1.)

Between 1935 when Jesse Owens established his world mark of 8.13 meters, and the end of the first three-quarters of 1968, only 21 centimeters were added to the record. This figure must be kept in mind if one wishes to place into perspective the magnitude of Beamon's performance. His Mexico City jump surpassed the existing world record by 56 centimeters.

That Beamon's 8.90 meter jump will be repeated in the lifetime of the present generation is unlikely. It is impossible that it would ever be improved by the same margin by which it improved the world record on October 18,1968. A jump of 9.46 meters (31 feet, 0.5 inches is beyond the range of the physiological potentialities of man.

An analysis of Beamon's performance allows the identification of six components. Each of them would have been sufficient to bring about an improvement of the record. Their simultaneous presence at Mexico City created a situation without precedent.

The Ethnological Factor - First, there is the fact that, like many of the world's best long jumpers, Beamon is a Negro. With two exceptions, all world record holders in the long jump since 1921 have been Negroes. Negroes possess special anthropometric and biochemical performance prerequisites for the long jump. They have longer legs, and their muscles contain enzymes which enable them for short periods of time to release conspicuously large amounts of mechanical force from the body's fuel resources.** Nevertheless, the advantages thus bestowed upon Negro athletes are significant only in statistical terms. Nambu of Japan and Igor Ter-Ovanesyan of the Soviet Union held the long jump record in 1931 and 1962.

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* Paper presented on April 10,1969, at the Annual Meeting of the National Association of Sport Psychologists, Boston, Massachusetts.

** The genetic endowment of East African Hamites, e.g. of the Kenyans and Abyssinians who won the 1500m., the 3000m. steeplechase, the 10,000m., and the 42 km. races at the 1968 Games, differs from that of West African Negro athletes, including U.S. Negroes whose hereditary make-up is of course linked to their West African past. The fact that in contrast to their Hamitic competitors, few Negroes have ever excelled in endurance events supports the assumption that they differ genetically. That Hamites in general are distinguished by an exceptionally high maximal oxygen intake capacity was demonstrated by Mann (Lancet, Dec.25,1965).

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Sprinting Speed - Second, all sprinting records had fallen during the months preceeding the 1968 Olympic Games. This fact alone justified the prediction of new world records in the long jump at Mexico City.* During the past century, all major advancements in long jumping followed such improvements. Beamon is capable of running the 100m. in close to 10 seconds. The fact that only he surpassed the old 8.34cm. mark on October 18, 1968, was due to extraneous circumstances. A few minutes after the world record jump, a thunderstorm broke loose. Several jumpers would otherwise have broken the old record of 8.34 cm. Beamon was singularly fortunate to be able to perform before the break, and also in that he attained his best ever performance with his initial attempt. In spite of the unfavourable weather conditions, 10 athletes jumped over 7.90cm. (25 feet, 11 in.) the greatest mass finish in the history of long jump competitions.

During the elimination rounds for the long jump at Mexico City in the morning hours of October 17, Ralph Boston established a new Olympic record of 8.27m. (27 feet, 1½ inches0, with Beamon ranking second with a jump of 8.19m. (26 feet, 10½ inches). In the finals Boston was unable to repeat his earlier performance. He obtained a bronze medal with a jump of 8.16m (26 feet 9¼ inches). Klaus Beer of the German Democratic Republic, who placed second with 8.19m. (26feet, 10½ inches), improved upon his previous best by 11cm.

The Run-Up Track - A third factor was the magnificent tartan run-up surface. It allowed speeds such as had not previously been possible. During the hop-step-and-jump competition in which the same run-up was used the day before, five finalists broke the world record. The winner, Victor Saneyev of the Soviet Union, leaped 17.39m. (57 feet, ¾inches), i.e. 54cm. above the best performance of the winner of the 1964 Olympic Games, J. Schmidt of Poland.

Weather Conditions - Fourth, when Beamon was called out for his record jump, weather conditions were ideal. The air temperature which had been rather high in the morning, was 15° cooler, and the tartan track therefore assumed a harder texture. A following wind blew with a force of 2.0m. per second.** Had it blown into his face, the jump would have been 40cm. shorter. The reduced air resistance at Mexico City further benefitted his performance, as it benefitted the performances of the other long jumpers.

Reflex Adjustment at Altitude - A fifth facilitating modifier - overlooked by most physiologists - was the lowering of all reflex thresholds that occurs at altitude, one of several adaptive changes in the nervous system to which attention was drawn as early as 1933.

Absence of Computer-Inhibition - Sixth, Beamon, who is 8 years younger than Boston and Ter-Ovanesyan, is an unsophisticated "natural jumper" who pays little attention to the "organization" of the run-up and to the marking of its intermediate portions. All of his co-contestants, among them Davies, Beer, Boston, and Ter-Ovanesyan, painstakingly measured their run-up and sub-divided it with flags. During his record jump, Beamon hit the board "on the dot". "I was just lucky," he remarked after the event.

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* Dr. Manfred Steinbach, physician to the West German Team, who had broken the 8m. barrier in Rome in 1960, said to me before the finals that he anticipated a winning jump of 8½m. I agreed. Neither of us expected a leap of 8.90m.

** This is the maximum allowable wind velocity. Had the wind been 0.1m./sec stronger, Beamon's record would not have been recognized.

To understand the relevance of this point, it must be realized that all other top class long jumpers have to strain the "Computing capacity" of their nervous systems to the limit to bring about compliance with two inherently irreconcilable performance pre-requisities of this athletic dscipline: sprinting at full speed, and placing the foot on the board during take off. Beamon did not thus burden his mind during his world record jump in which he adhered to his habit of"run-hit-and-jump". The absence of the inhibitory component which has been and always will be an issue with outstanding jumpers is a major factor that has to be taken into account in a scientific analysis of Beamon's fabulous performance.

I doubt whether the unique combination of factors that facilitated Beamon's record jump in Mexico will ever recur. His best jump prior to Mexico City was 8.33m. (27 feet, 4 inches), his second effort in the Mexico City final was 8.04m (26 feet 4½ inches). Nobody can say, of course, whether technological inventions equivalent in relevance to the introduction of the tartan track for sprinting, the foam rubber landing cushion for high jump (had the old time sand pit been in use at Mexico City, Dick Fosbury would have broken his neck), and the fiber glass stick for the pole vault, will at some future date add categorically new means of improvement of long jumping. Even if they should do so, it is questionable whether they will exert an influence comparable in magnitude to that which they have exerted during the past decade on performances in sprinting, the high jump and the pole vault.

Beamon's record jump in Mexico City is the first athletic feat of which it is possible to say that it approaches the ultimate limits of human capacities. Corresponding limits exist of course for all athletic records. However, none of them has reached the quasi-terminal position of Beamon's jump of 8.90m. (cp. appendix1.)

Beamon's jump electrified everybody who witnessed it. I for one sensed immediately that some thing unprecendented had happened. During the ensuing minutes a cluster of officials assembled round the pit, waiting for the arrival of a tape measure since the specially installed semi-automatic Cantabrian recording unit did not extend far enough. When Beamon was told that he had jumped 29 feet, 2½ inches, he dropped to the ground as if struck by lightening, due to "sudden loss of tone" or, in terms of accepted neurological terminology,to a "powerless attack". Beamon's awareness remained unaffected.

A similar "powerless attack" occurred in the winter in the ski jumping competition at the olympic Winter Games in Grenoble on February 18, 1968, to Vladimir Belusov. When the result of his decisive final jump was announced, Belusov was jubilant. While giving expression to his excitement, he collapsed and was unable to rise to his feet though he remained conscious throughout.

Beamon and Belusov's breakdowns represent typical examples of a form of syncope whose occurrances in athletes was first described by me in 1936. Kinnier Wilson called the syndrome cataplexy, defining it as an "atonic state or somatic muscles which develops suddenly on the heels of emotional excitement". Though fully conscious, the patient is unable to move. The condition lasts only one-half to one minute.

The outstanding feature of cataplectic fits is its occurrence

as a sequel to emotional excitement which can cause either "convulsion" or "helpless weakness", even in normal persons, often in connection with laughter. The effective stimulus either excites or inhibits, or inhibition succeeds unusual excitation so as it did in Beamon's case. The cataplectic fit is not in essence pathological, but akin to what is found on occasion in healthy subjects. There is a relation between cataplectic fits and inhibitory epilepsy in that during a major epileptic fit the subject is unconscious while his limbs are convulsed; while during the cataplectic and other narcoleptic variants, he preserves his senses while motility is nil. "Here, then", Kinnier Wilson wrote,"is a pair of Jacksonian corresponding opposites whose physiological counterparts must be interconnected."

Cataplectic collapses of athletes are distinguished from other forms of effort collapses which occurred with unprecedented frequency during the 1968 Olympic Games by the fact that they are elicted by symbolic stimuli, in the two cases under reference by verbal communication of the results of the performance. The announcement that he had jumped 8.90m. did not cause Beamon to react. Like most Americans, he is not used to measuring his performance on the metric scale. It was only when he was told that he had jumped 29 feet, 2½ inches, that he collapsed.

The same phenomenon played a part in Bob Seagren's victory in the pole vault competition in Mexico City. Seagren was one of three contestants who had cleared the winning height of 17 feet 8½ inches. Because he had not tried to cross the bar at the preceeding height of 17 feet, 6¾ inches, stunned the audience and demoralized his opponents. After the competition, Seagren said, "If I had known the metric system better, I would not have passed that high. To me, 5.35 meters did not sound as high as 17 feet, 6¾ inches." (cp. appendix 2.)

Symbolic stimuli derive their force from the specific significance they have to the individual, not from their intrinsic qualities. Their sequelae cannot be explained through analyses of the physical factors involved in the performance. In this respect the patho - physiology of cataplectic or "powerless attack" differs from that of the other collapses that occurred at Mexico City, more especially effort migraine, sudden primary loss of consciousness, and cardiovascular shock.

Appendix 1

Beamon's performance corresponds to the following equivalents, none of them likely to be reached in the foreseeable future.

100m.	9.7.	
200m.	19.6	
400m	43.2	
800m.	1:39.9	
1500m	3:26.1	
mile	3:43.3	
5000m.	12:56.4	
10000m	26;56.6	
3000mst.	7:53.0	
110mhh	12.4	
400mih	46.4	
HJ	2.40m	7'10½"
PV	5.71m	18'8¾"
TJ	18.74m	61'5¾"

Appendix 1 continued.

SP	23.34m	76'7"
DT	73,67 m	241'8½"
Ht	87.81m	288'1"
JT	110.85m	363'8"

Appendix 2.

The announcement of the result affected not only the athlete who was directly concerned but also his competitors, chief among them the three men who entertained justifiable hopes to win the event at Mexico City. Ralph Boston and Igor Ter-Ovanesyan, the joint holders of the world record, and Lynn Davies, the 1964 Olympic Champion. They were dumbfounded by Beamon's feat. None of them was subsequently able to perform at his best. Boston came third with a jump of 26'9½" (8.16m), Ter-Ovanesyan placed fourth with 26' 7¾" (8.12m), Davies ninth with 26'0½" (8.05m). Boston and Ter-Ovanesyan's previous world record mark of 27'4¾" (8.34m) would have corresponded to jumps at Mexico City of at least 28'0" (8.53m). Klaus Beer of the German Democratic Republic whom nobody had given a chance of beating Boston, Ter-Ovanesyan and Davies surprisingly obtained the silver medal with a jump of 26'10½" (8.19). His expectations had not been as high as those of the latter three contestants.

SALE HARRIERS

Alan Robertshaw.

The Club was started in 1910, but the First World War seriously curtailed activities. The Club experienced its most successful year in 1928 when they gained second and third team places in the East Lancs. Youth and Junior Championships respectively. There was then a disappointing period in the Club's activities competitive side until 1935, though on the administrative and financial sides the position was somewhat brighter. In 1929 the present Club colours of green vest with red and white bands were decided upon after considerable arguement amongst the Members. In 1935 the Youths won both the East Lancs. and Northern C.C. Championships and the same team went on to win the East Lancs. junior titles in 1936, 1937 and 1938. Also in 1938 the Northern Championships were won by the Junior team. Unfortunately World War 11 started before these youngsters were able to show their true worth in the senior ranks.

In 1946 both the East Lancs. and Northern Associations resumed their championships with special 4 to score Victory races and the Club took both these senior titles and they remain the only senior titles to be won by Sale in their championships.

In 1950 the youth team won the Cheshire Country Cross Country title. The Club's first ever National Title was won by Brian Fox in the English Schools 880 for boys. 1950 was also a landmark in that, after a nomadic existance, summer quarters were moved to the Crossford Bridge area of Sale, where they have been ever since. Facilities, however, were abysmal and a cause of grave concern for many years.

A further victory was achieved in the 1954 East Lancs Junior

Championships. In the same year members started building their own cinder running track on council waste land, at Crossford Bridge. Work carried on until 1956. The track was opened and an active drive to increase membership was started, which resulted in a completely new policy being formed with the emphasis on youth.

In 1967 Mike Berisford became the Club's first international athlete and he was an excellent figure head for the many youngsters then training In 1958 the boys team won the East Lancs.title and Graham Brown won the English Schools 880 for boys. Sale Council added to an eventful year by building a new track as a replacement for the home made one which was in the path of a road widening scheme.

The years since 1958 have been more eventful than all the previous years put together and the horizons have broadened in every way. Over cross-country the East Lancs. title has been won on ten occasions by the boys team and the youths team has won the same title ten consecutive years running and six times in the last seven years by the junior team. The boys team won the Northern title six times between 1959 and 1965 and the youths five consecutive times from 1963-1967, whilst the junior team won in 1964 and also for the last four years. At national level the youths won in 1964,65,66 and the juniors won in 1966 and '67.

These results come as a direct product of the the emphasis on recruiting and looking after youngsters but the same growth created many problems. The work involved brought a tendency for the senior section to be neglected. Happily this has now been put right but it was a serious difficulty for many years. Another problem was financing a Club which for several years had an enormous number of young members but a relatively small senior section.

The new Council laid track proved to be a white elephant and the surface was so bad that the old track had to be used until it was demolished at the end of 1960. In 1961 and 62 the Club hired the Stockport Track, which was 10 miles from Sale, for "home" matches and all track training had to be done away from Sale. Nevertheless performances improved on the track to a par with the cross country standards.

Sallie Newall joined Mike Berisford in the British team and Mark Gillespie gained schools'international honours. 1962 saw the Club's first A.A.A. title go to Jack Sumich in the decathlon and Morris Jefferson in the junior mile. Mike Berisford dipped under 4 minutes for the mile. The A.A.A's, through Mr Wignall, played a big part in persuading the Sale Council to relay the track for the 1963 season, but the budget was so tight that the Club had to lay the throwing circles themselves and purchase the steeplechase barriers at a cost of £80. This time the surface was very good and very fast and by extreme good fortune the two Council Groundsmen since that time have been first class and kept the arena in constantly good condition. Unfortunately the changing accommodation did not match the track. Even after the Club spent £130 on improvements in 1962/63 the buildings rented from the Council for changing accommodation could only be described as primitive.

In 1964 the Club broke the 4 x 880 national club record at Sale and the following year the 4 x 1 mile national record. Also in 1965 the first of five consecutive wins in the Northern C.A.A. mile medley relay was recorded. New ground was broken by engaging the professional services of a physiotherapist for a monthly visit to the Club

Malcolm Rothwell
Sale Harriers.

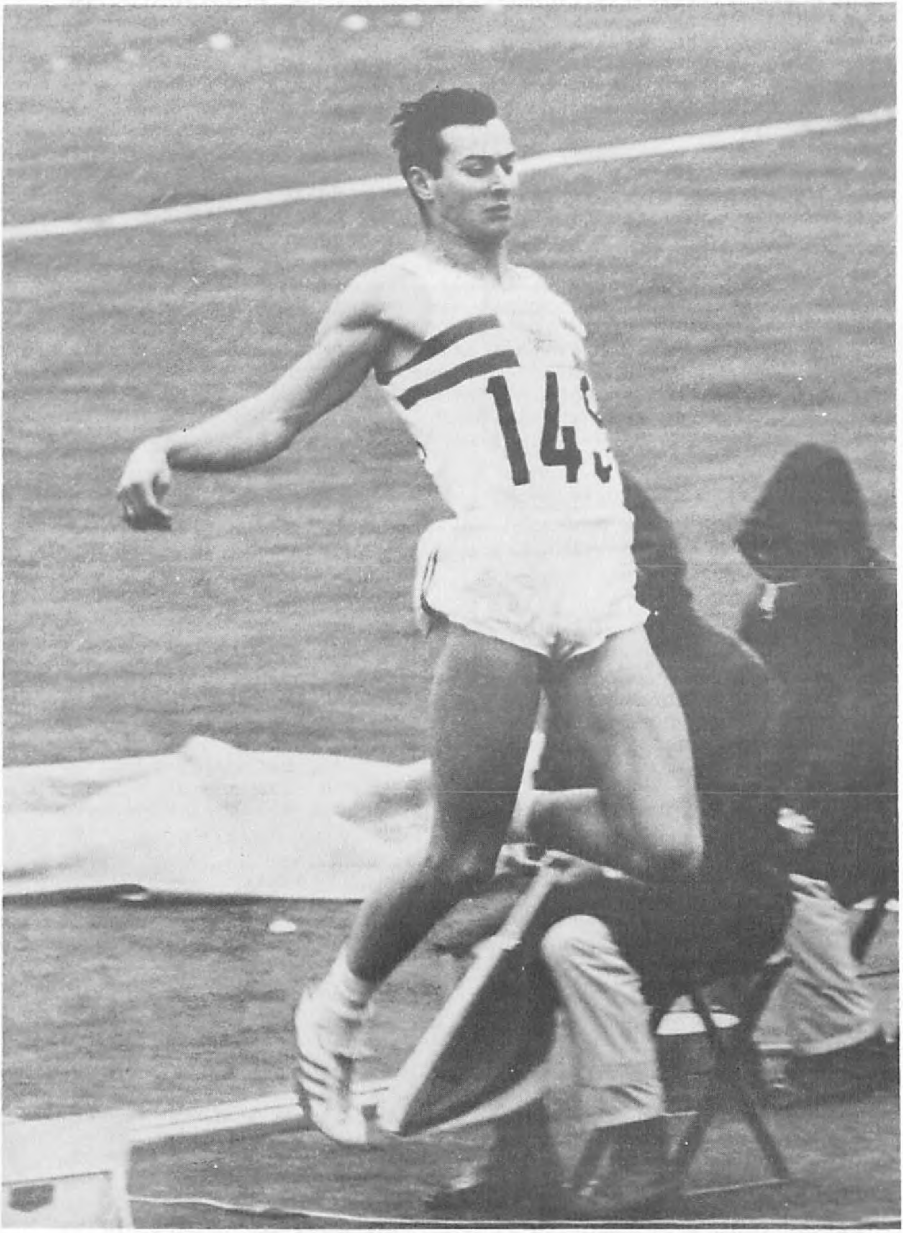
and there are often queues waiting for attention. The same year a bargin buy was made from the G.R.A. when all the athletic equipment from Manchester White City was aquired for only £50, after the track had been grassed over and the stadium closed to athletics.

In 1967 the Club's longest serving Official, Walter Wilson, the President, was awarded the Torch Trophy for backroom service to sport. The Wilsons, President and Honorary Secretary respectively, are brothers and have been mainstays of the Club for many, many years.

Two new British vests were gained by Malcolm Rothwell in 1967 and John Davies in 1968 and these two were in the Sale teams that won the A.A.A. 4 x 880 in 1968 and 4 x 800 in 1969. The latter in national club record time. This year the Club finished third in the second division of the National Athletics League.

Sale Council have continued their help and last winter built a new trackside pavillion and the Club responded by raising enough money to purchase Tartan for a long jump run-up. This was presented to the Council for use in the arena.

The sixties were rounded off in style with a record breaking financial year - £700 being raised by members, almost twice as much as ever before.



LYNN DAVIES
(Cardiff A.A.C.)

INTERNATIONAL AMATEUR ATHLETIC FEDERATION

Owing to financial and other considerations your Committee has decided that it would be advisable to have this issue printed by litho. I am sure that many of you are familiar with this method of printing and the difficulties which arise, not least the fact that the whole issue, with the exception of advertisements and photographs has to be typed up and then photographed. I should like to here, publically, thank my wife for carrying out this considerable and extremely boring task, which has resulted in a considerable saving of money for the Club. I hope, therefore, that members will bear with me for any shortcomings with regard to this issue and I assure you that by the next issue I hope to have found an electric typewriter, which will certainly give a much better effect, and also a competent typist to operate the same, as my wife has never used one. Any volunteers! The printers have given me considerable help with the preparation of this issue, for which I am much obliged, and I am sure that with their continued assistance, and my greater experience, the standard of the next issue will be considerably higher. I should be pleased to hear from any members who have comments to make either about the use of litho or any other aspect of the Newsletter.

I had hoped to include a quiz in this issue but unfortunately this did not prove possible, however there will certainly be one featured in the next issue.

EDITORIAL

The I.A.A.F. have now produced a new Bulletin and it is hoped to publish this three times a year, future editions will appear next January, May and October. The Bulletin can be puchased by individuals who are not members of the I.A.A.F. at a cost of 10/- per year fromthe I.A.A.F. 162, Upper Richmond Road, Putney, London, S.W.15. I am convinced that this is a first class idea and hope that our Members will give this venture the support which it deserves.

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

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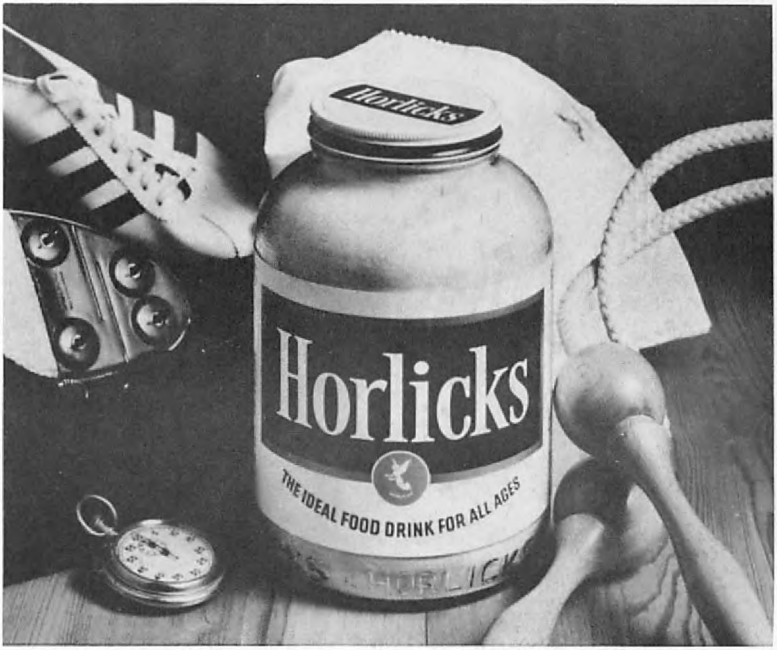

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