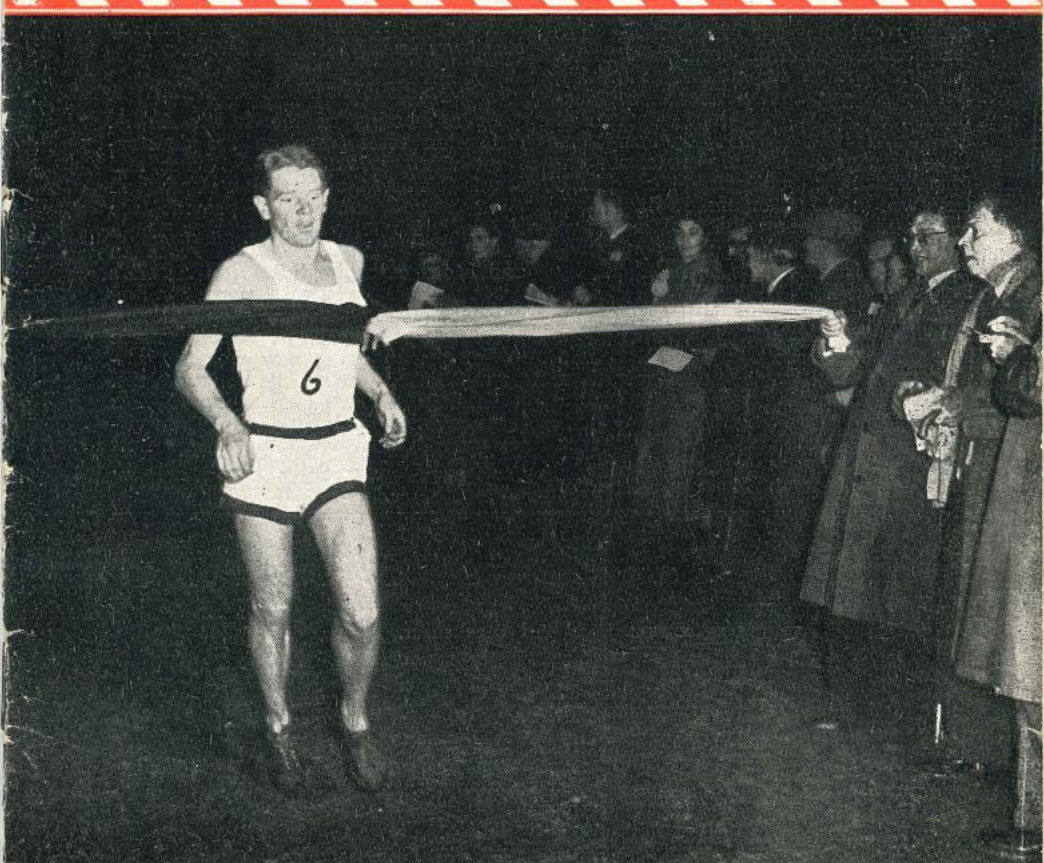


ATHLETICS WEEKLY



C. J. CHATAWAY winning the Oxford-Cambridge Cross-Country

H. W. Neale



**IDEAL FOR WRITING OUTDOORS
ON ANY SURFACE—WET OR DRY**

AUSTRALIAN NOTES

By J. H. Galli

In the most thrilling mile battle seen here in years, Les Perry scored his second win over national champion, Don Macmillan, to register the season's fastest time of 4:19.4, at Melbourne on November 25th.

Perry, aiming for a new 3 miles record (he is running miles to sharpen himself), Macmillan and Ken Macdonald—three of Australia's best distance men—were quickly out in front of the field. The lead see-sawed throughout, and for a while it appeared Macdonald would win, but he flagged on the final turn. Macmillan, 6ft. 4in., gave it all he had in an effort to pass the 5ft. 4in. Perry, but the latter, going like a little steam engine, was not to be denied. Macmillan's time was 4:19.6, Macdonald's 4:22.

In another mile division, marathon runner Gordon Hall surprised by beating ex-Australian champion, John Marks, by 3 yds. in 4:24.

Percy Cerutti, who is training (on revolutionary lines) Perry, Macmillan and Hall, said later that all three should eventually break the national record of 4:15.8 (held by Macmillan); with 4:10 a possibility.

Empire champion Peter Gardner showed improved form in winning a 120 yd. hurdles heat in 14.4 sec. A cross

breeze appeared to give some assistance, although Ray Weinberg, who clocked 15 sec., said it had an unsettling effect. Both men clipped several battens.

Hop-step-jump standards also improved, as Ian Polmear (third at Auckland) cleared 47:1, H. Jack 46:6, and R. Blainey (a junior) 46:5.

Over in Adelaide, Empire Games sprinter Allister Gordon opened his season's account by equalling the South Australian state 220 yds. record of 21.8. Dave Watt, former Sydney schoolboy star, won another heat in 21.9 sec.

WELSH WOMEN'S A.A.A.?

At a meeting of the Welsh A.A.A. discussion took place on the development of women's athletics in Wales, and it was felt that the formation of a Welsh Women's A.A.A. would provide the necessary incentive for women's athletics in the Principality. Already Glamorgan and Monmouthshire S.S. Girls A.A.A.'s are established, and this year a number of other championship and open events were held. Every effort is being made to bring into being new women's sections attached to the male athletic clubs.

Tommy Richards (S. London H.) has been awarded the Fellowship Cup in virtue of his Welsh Championship Best Marathon record of 2 hours 42mins. 53 secs. A.E.W.

Athletes! This is NEWS

Ribena is pure blackcurrant juice plus cane sugar. Blackcurrant juice is three times as rich in *natural* Vitamin C as orange juice. Clinical trials of Ribena show that it increases the capacity for strenuous physical effort and lowers the occurrence of muscular cramp. You'll be a better athlete on Ribena.

(Write for a free copy of "Blackcurrant Juice in Modern Therapy" to Dept. 18, H. W. Carter & Co. Ltd., Coleford, Gloucestershire).

FROM ALL CHEMISTS
HIGHLY CONCENTRATED 3/3 A BOTTLE

VITAMIN C
Ribena
BLACKCURRANT JUICE

Fights fatigue!



ATHLETICS

WEEKLY

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN
Edited by P. W. GREEN

Published by:
JOHN LANGDON, LTD.
9, Clifton Road,
Maida Vale, London, W.9
Tel: CUNNINGHAM 6176-7-8

Editorial:
KENT ART PRINTERS,
The Brook,
Chatham, Kent.
Tel : CHATHAM 4644-5

Subscription Rates: 12 months 25/-: 6 months 13/6: post free

VOL. IV. No. 51

EVERY SATURDAY

DECEMBER 23rd, 1950

ONCE again Xmas and the festive season is with us and our Good Wishes go to all followers of athletics.

In this issue Arthur Newton is given the chance to reply to his critics, who have been rather numerous of late. It is doubtful if there was ever an enthusiast or writer who had the ability to make others "see red," or had such ardent, almost fanatical, adherents as Newton.

During the past year representatives of several clubs have told me "cut out Newton, or else—!" Yet, as soon as he is assailed in print, the "faithful" come to the rescue in no uncertain fashion. Who would be an editor!

En Route for New Zealand

Many will envy "Mac" Bailey, Arthur Wint and Roger Bannister, who are on their way to New Zealand for the Canterbury Centennial Games. While hardy enthusiasts combat the winter elements over here, they will be enjoying a normal track season in a warmer clime. We shall follow their fortunes with more than ordinary interest, for they must comprise one of the most formidable "teams" ever to leave these shores.

New Feature.

In the next column will be found details of a new feature which should prove not only popular but of great benefit to athletes of both sexes. The idea of a Coaches Panel was really George Pallett's, though something of a similar nature had been under review for some time. Full details will appear in our first January issue, so make sure of your copy and tell all your athletic friends about it.

THE EDITOR

FORMATION OF COACHES PANEL

"Athletics Weekly" has formed a "Coaches Panel" to answer readers' queries on all matters appertaining to coaching and training, thus bringing the benefits of advice from first-class Coaches to all athletes—and to other Coaches as well.

Among the many well-known Coaches who have agreed to serve on the Panel are—A. G. K. Brown, G. J. Pallett, S. A. Tomlin, S. G. Scarsbrook, Sam Ferris, Squire Yarrow, A. A. Gold, R. St. G. T. Harper, Ray Barkway, L. H. Ward (Chief Coach, W.A.A.A.), D. L. Grigg, D. N. J. Cullum (who will advise on Weight Training as well as the Hammer), T. Lloyd Johnson and F. W. Blackmore (Walking), and Arthur Penny, former Empire Games 6 Miles Champion and Cross-Country international, who will advise on Cross-Country Running. Others who will also assist include Dr. A. E. J. Etheridge and J. C. McPhail. Queries outside the scope of the Panel will be referred to the A.A.A. Coaching Committee.

Full details of the scheme will be published in our issue for January 6th, 1951.

MASSAGE LEAFLET REPRINTED

We are advised that the leaflet "Light Massage and Athletic Fitness", published by the Crookes Athletes' Advisory Service, has been reprinted and those who still require copies can obtain them from the Service at Crookes Laboratories Ltd., Park Royal, London N.W.10.



M. J. DENLEY

EN-TOUT-CAS

THE
LARGEST CONTRACTORS
in GREAT BRITAIN for
all types of SPORTS GROUNDS

SOLE MAKERS OF
The EN-TOUT-CAS Record
Making RUNNING TRACKS

as used for the
OLYMPIC GAMES (1948)

AT WEMBLEY STADIUM
The WHITE CITY (1949)
R.A.F. STATIONS,
COLLEGES, etc.

All enquiries to :

THE EN-TOUT-CAS CO., LTD.
SYSTON, Near LEICESTER

(Tel. : SYSTON 86163-4-5-6)

London Office in Harrods Sports Dept.
(1st Floor) Knightsbridge

The A.W. Questionnaire M. J. DENLEY

Name (surname first): Denley, Michael John
 Club: Thames Valley Harriers
 Occupation: Quantity Surveying Student.
 Age: 18 yrs. 11 months.
 Height: 5ft. 11ins.
 Weight: 145lbs.
 Educated at: Hampton Grammar School.
 First started athletics (at All Events, mostly Throwing the Cricket Ball and
 what event): Sprints.
 Favourite events now: Javelin, Jumps and Sprint Relay.
 Brief details of athletic 1st Middlesex Junior Champs., 1949-50; 1st Senior
 successes: 1950; 2nd Southern Jnr. 1949; 1st A.A.A. Senior
 1950; 1st A.A.A. Junior 1949 (New Record);
 1st T.V.H. Field Events, Aggregate, Champs.
 Junior 1949.
 Best Performances: Jav. Senior 1949 178ft. 9ins. at "Kinnaird" 1950.
 197ft. 2½ins. at "Kinnaird." 195ft. 5ins. at Mddx.
 196ft. 10ins. GB v. France. Junior—200ft. ¾in.
 A.A.A. Junior 1949. 199ft. 6ins. Mddx. Junior
 1950. 210ft. 1in. at "Kinnaird" Junior 1950
 (Denley planned to throw, and did throw, only
 once in this competition—J.A.)
 Have you any particular objec- To see Thames Valley Harriers go up another
 tive or ambition in athletics? two places in the Kinnaird Trophy and still
 stay the happy crowd they have been for years.

What part do you consider coaching has played in your success?

How many days a week do you train?

When do you train?

How long do you spend on each training session?

Have you any special ideas on training?

Are there any particular features or reforms you would like to see in athletics?

What advice would you offer to the novice?

I could not really estimate this. Besides keeping me up to scratch, and getting me better, Physically and Technically, Bill Plumridge, my coach, has taught me to think for myself and discuss things. Something extremely valuable.

In the early part of the season 5 or 6 days, end, 2 or 3.

Evenings about 6.30 and Sunday mornings.

1-1½ hours.

Not on training, on technique.

Yes, I should like to see more athletics in schools.

I have never come across better sportsmanship or team spirit in any other sport in which I have participated. Besides which, on the space of one track, you can have as many as 200 athletes, whereas, on the corresponding ground only 22 can play cricket.

It is no good having a beautiful technique, if you don't jump or throw with it. The technique should be put round the athlete, not vice-versa.

HOW THEY DO IT

By James Audsley

M. J. DENLEY (Thames Valley Harriers)

IN his autobiography, that well-known author, broadcaster and Oxford running Blue, S. P. B. Mais, mentioned being invited to Oxford to judge an athletic match between the University and the A.A.A.; and added that the programme included events unknown in his day and of which he had never heard. As an example, he cited the javelin.

This event was, for a time, regarded with suspicion—why, I cannot imagine—by some of the older brigade of British athletics, and it is certainly one at which British athletes have generally failed to shine: but it is a standard international event, and one which we must not neglect if we are to occupy the place in international athletics which might well be ours.

The winning, therefore, of the A.A.A. javelin championship—an open event, of course—by a British athlete, and an 18-year-old still far short of full physical and technical development at that, is an occasion for rejoicing.

Mick Denley has supplied the basic facts about himself in the questionnaire: but his answers merit some enlargement. He was born at Putney; and, during his schooldays, he was an all-rounder, going in for soccer, cricket and gymnastics, as well as athletics. He joined T.V.H. in June, 1948, when he was 16 and already capable of about 150

feet with the junior javelin. Helped by his coach, Bill Plumridge, he rose in two years to within a yard of 200 feet with the senior implement.

Denley, now also a member of Walton A.C. where he often trains, follows no strict schedule. His training might, in fact, be described as a kind of field event *Fartlek*, for it is really a continuation of the all-round activities of his schooldays. He likes most physical pastimes, including tennis, table tennis, ice skating, gymnastics, swimming and cycling. A training session will include jogging, gymnastics, high jumping, discus throwing, baton passing—and, perhaps, some javelin throwing. Plumridge thoroughly approves this scheme, which seems fairly obviously correct for a youngster still some years away from full physical development: indeed, more mature athletes, especially those who force themselves to undertake a strict exercise schedule which they do not really enjoy, might find it worth trying. Some of the ingredients of Denley's programme, however, invite some comment.

He regards gymnastics as particularly important, pointing out that many of the world's best javelin throwers are good gymnasts. Plumridge agrees with this; and his only interference with Denley's physical, as apart from technical, training is a reminder if he does not see

Mick doing any gymnastics during a session.

The swimming and cycling may cause surprise. These are traditional "must nots" for athletes, though it is now more or less agreed that a restricted amount of swimming does not do much harm. Regarding cycling, Denley not only does it, but pays high tribute to the help it has been to his athletics. He originally took to it because of weak ankles; and he took it up quite seriously, riding with time trial riders. Its value, he says, lay in the development of strong thighs. When considering cycling as an adjunct to athletic training, though, it should be remembered that, in Denley's case, it was one of many activities, others of which would have counteracted any ill effects, such as the cramped upper body posture. Incidentally, soccer may again figure among his sports, for he is keen on this, and only stopped it because of a tricky cartilage, which is now cured; and which never, strangely enough, handicapped him in athletics.

Denley—and, throughout, this could read Denley and Plumridge—refuses to exaggerate the importance of technique; though he agrees that the javelin is not an easy event, the speed required making it harder than the shot or the discus. He does not under-rate technique, but feels that the time to think about it is in training, and not in competition. It must be made automatic, for a javelin throw is very fast. There is time to concentrate on one thing only, and that, says Denley, must be force: for the event is a throwing, and therefore a strength, event. The importance of acquiring technique lies, of course, in the necessity of seeing that that force comes from the body, and not only from the arm—a fundamental which Mick acquired naturally, chiefly. Plumridge thinks, because his first-ever throws were with a senior javelin.

Actually, there is little wrong with Denley's technique. During 1950, he visited Sweden with T.V.H., and had two periods with the Swedish coach, Gosta Holmer. Holmer gave him a few hints, mainly connected with leg drive, but recommended no radical alterations in his method. When throwing, Mick takes 9 fast strides to a check mark, and then 5 more—instead of the usual 3—for the transition from approach to delivery, which is made from 12 feet behind the line: a shorter distance than many expert throwers need.

Denley's technique during 1950, however, did leave something to be desired:

probably because of his 197 feet Kin-naid throw. It was, perhaps, unfortunate that he should have come so close to 200 feet so early: for this may have made him, perhaps subconsciously, over anxious to pass that mark. At any rate, he started omitting the momentary straightening of the arm before delivery, bringing the javelin through too soon, and releasing it too far forward and too low. Though a worthy champion, it must be admitted that his A.A.A. victory was somewhat lucky, being gained with his last throw, in which, having given up hope, he achieved something of the necessary fluidity of movement. By the end of the season, this fault seemed to be disappearing; and the winter, during which he never throws over 150 feet, should put things right.

I asked Denley his views on the statement which is sometimes heard that javelin throwing resembles cricket ball throwing. He thinks that the way some people throw javelins it does: but that it should not. Javelins, he points out, are released overhead, cricket balls at the side. He does think that, if cricket ball throwers could acquire a javelin technique, they would throw farther.

Denley has answered the question about reforms thoughtfully and sensibly: but, had he been thinking more of himself, he could have answered differently. He thinks it essential, if British throwers are to hold their own internationally, that cinder run-ups should be provided. Watch a slow-motion picture of a Continental thrower, he says, and note the shower of cinders as he swivels his foot at delivery. This indicates the speed and force of a movement which is an essential, but which is quite impossible on grass. As an example of the effect of grass, he cites the American, Seymour, whose throwing in Britain was some 30 feet below his home performances.

Mick would also like to see athletic age categories changed. In Scandinavia, youngsters progress from junior to senior implements at 18, but compete only with others of the same age group up to 21. They then enter full senior competition with several years of experience with senior implements behind them. Here, of course, athletes compete with junior implements until they are 19, and then have to face the senior implements and the top-class athletes at once. Denley himself has not suffered through this, mainly because his standard is much above the average. He was competing with the senior javelin at 17; and

continued on page 12

WHATEVER YOUR SPORT

LIGHT MASSAGE AIDS FITNESS

NO matter what your sporting activity proper care of the muscles will increase your physical efficiency. Light massage, applied with a soothing lubricant, not only makes your limbs supple before exercise but helps them to recuperate afterwards. CROOKES IODINE OIL is specially suitable as it carries the healing warmth of iodine into your tissues — without any staining or skin irritation. It quickly frees the limbs from stiffness, builds up muscular well-being and gives instant relief in all cases of sprains or strains. A little at a time is all that you need. A leaflet describing the essentials of light massage has been published by The Crookes Laboratories. All athletes and sports clubs are invited to apply for a copy — and to send in their problems on training, nutrition or general fitness for free advice. Write to:— The Crookes Athletes' Advisory Service, Dept F/38, The Crookes Laboratories Limited, Park Royal, London, N.W.10. Remember, too, that Crookes Iodine Oil, when lightly applied to chilblains, brings immediate and lasting relief.



Relief...AT YOUR FINGER TIPS

Crookes *IODINE OIL*

Obtainable only from chemists. 1oz. bottle 2/5, 4oz. bottle 7/4, including P.Tax

PREPARATION AND COACHING FOR FIELD EVENTS — 1

By GEORGE PALLETT

BEARING in mind that coaching requires above all infinite patience and a very great amount of human understanding, the process of instruction can be summed up in four stages which are common to the teaching of any operation:—

- (a) preparation of the athlete
- (b) presentation of the event
- (c) performance under supervision and instruction
- (d) practice of the event.

These will be dealt with in turn.

(a) Preparation of the athlete

This is the most important stage of the four and the one most frequently overlooked, particularly in field events. Most athletes appreciate the need for preparation for track and cross-country running but field events demand much more. Modern developments aimed at achieving the best results call for a gymnastic performance of a highly complicated nature. Looseness, suppleness and a well-developed mental and muscular co-ordination are essential. It is, none the less, a common experience of coaches that a man keen on a particular event is completely, or almost completely, lacking in these basic requisites.

For example, it is too often found that the hurdler cannot even achieve the correct position on the ground, let alone over the hurdle, because he is not supple enough and loose enough in the joints and muscles of the hips and legs; the javelin enthusiast cannot have his throwing arm forced back to the correct position for the throw without risk of injury because his shoulder and arm joints and muscles are in a similar plight. Nor can most of them achieve a semblance of easy rhythmic transition from one phase of the movement to another. To attempt to teach such a beginner is likely to break the heart of both coach and pupil, and the poor coach will either give the athlete up as a bad job or be satisfied with mediocre progress.

The good coach, however, will use a power of diagnosis to locate the cause of the trouble. He will then explain to the athlete why he cannot perform the movement properly by assisting him to take up the position required, pointing out that the athlete is not loose enough here, not supple enough there and he will be

ready with a remedy in the shape of specialist exercises.

It will often be found that when a novice, or even a fairly proficient athlete, is asked to do a simple exercise which requires the limbs on one side of the body to perform one movement while the limbs on the other side perform another, he either cannot do it or does it very imperfectly. This is symptomatic of a very common failing—lack of co-ordination powers.

The good coach should be able to discover all these things and propound the remedy—in bad cases at least six months work in a well-conducted modern physical training class, plus specialist exercises for the particular event which should be continued during the process of learning the event—and afterwards. Better still, if the coach himself is competent to run a class in physical education; his first three months of coaching could not be better spent, and the winter months are ideal for the purpose.

In brief, modern physical education, particularly of the rhythmic type, is the basis of success in field events. The field events man should do a considerable amount of his winter training in the gymnasium under a competent instructor. He will then reap the benefit of his athletic coaching in full and spare himself and his coach many heartaches. Remember that if the athlete is physically incapable of achieving separately the various positions required of him in the performance of the event he will develop faults which will be eradicated later only with difficulty, if at all, and in any event his progress will be retarded. If attendance at a gym class is difficult, the next best thing is a comprehensive set of exercises regularly and conscientiously carried out progressing by stages from the simple to the more complicated—and the exercises **must** include rhythmic work to improve the co-ordination powers.

The Coach must ensure that his material is prepared and ready to be moulded.

b) Presentation of the Event

Learning a field event can be a laborious business. Most human beings can

continued on page 11

Arthur Newton Replies to his Critics

ALTHOUGH personally I thought it wiser to refrain from any reply to Mr. Lloyd Johnson's criticism, I have been over-persuaded and hence this further effort. I regret exceedingly that some should find these articles wearisome, but the fact that they provoke others to enter the arena with different viewpoints assures me that progress towards further knowledge is being achieved. Seems to me that criticism is exactly what we want and, provided it is of the right sort (we all make mistakes on occasions, especially when we're hurried) we can't have too much of it. After all, it's exercise has provided mankind with all the accumulated knowledge we possess: without genuine criticism—another name for "reason"—we should still be no better than the other "beasts that perish."

I cannot get it out of my head that until quite recently athletes have been encouraged to make themselves physically supreme without giving a thought to the mental counterpart: our accepted methods of training point this way. Yet we are all agreed that under careful mental control physical accomplishment can be enhanced. Surely then it's quite time we applied our minds to learn more of our subject so as to be able to apply any knowledge gained. That is why I continue to criticise—I feel it is the only way to progress. Were I able to think of any better way I'd turn to it; and if any of you can suggest one, let's have it. But breaking anything down is useless if you have no better with which to replace it.

Now for Mr. Lloyd Johnson's points. To my mind stamina, not oxygen, is the athlete's reserve, just as money is the business man's. You might be able to sprint 70 yards in 7 seconds, but if you hadn't the stamina to keep it up for the full 100 yards, or whatever the distance was, you'd never become a successful sprinter. The principle applies to all distances.

After much thinking I concluded that stamina was more important than speed in most competitions, and if that supposition were correct it would mean that rather more time had to be spent acquiring it than would be needed for speed: hence my idea of training somewhat in excess of the actual distance specialised at. At the same time I realised that this only worked for less than half the actual distance a man could walk or run on a single occasion. You may be surprised to know that I consider somewhat the

reverse should be applied to very long distances. For 50 to 200 miles it seems to me that a man should train daily at much less distance and rather more speed than his racing pace might suggest: much less distance, because his work should be a daily affair and it is impossible to cover fifty or more miles daily for any length of time. And for sprinting, he should train at greater distance and slightly less speed, because it is impossible to exceed optimum sprinting pace. So far as these points go we seem to have been working up till now almost entirely in the dark, but if you who read this will get to work on the principle we shall soon learn some more.

Now as to practising "breathing exercises." I've no doubt you'll agree that lungs, heart and circulation are intimately inter-connected and, in another way, that they are quite different from all other functions in that they are your actual life. They worked perfectly when you were quite unable to use brains or limbs, and presumably they still did so after you had learned to use the latter. Anyhow, I can't see any reason to suppose that they became less perfect as you grew, unless you lived unnaturally by taking insufficient exercise to keep them up to scratch. If they did, the remedy is obvious:—take sufficient, and all three will then work perfectly again. If they are working perfectly, you can't stop one of them for more than a moment or two without stopping the lot, nor can you alter their pace appreciably except by taking exercise; so it would seem that interfering with any one of them would be to interfere with the lot. Also, as their action is involuntary, they only are able to judge what is required and when. Presumably physical work and nothing else originated heart, lungs and circulation. If that is correct, physical work will keep them perfect. One more step: if that is right it must be a waste of time to attempt to "exercise" them without doing the physical work that has made them healthy. You don't try "solo" heart exercises or circulation ones, so why should you single out lungs and give them a dose?

It is to be hoped that athletes and physiologists will get to work on this subject and discover whether or not, by encouraging breathing exercises, we've been acting unwisely until now, I merely point to what I have already thought out: it is up to those better qualified to show us now whether this reasoning is mistaken, and if so, in what way.

MARATHON DIGEST

By SAM FERRIS

THESE is little doubt that, in recent years, the marathon has become a distinct attraction to a greater number of athletes than ever before. It may be that this historical event has always been fascinating but that our distance runners have, for some unknown reason, been scared of the marathon. Perhaps it was owing to the mistaken idea that the marathon was an old man's game and only for plodders. The present day athlete is, however, becoming more "distance minded"; he no longer regards a twenty-six miles race as an ordeal and for conclusive proof we have only to scan the pages of any recent marathon programme to find fresh names creeping into the ever increasing number of seasoned distance runners.

With a careful building up preparation over a period of about three months it is reasonable to expect that any of our normally fit cross-country runners can attain a standard of physical fitness and mental attitude which will materially assist in producing a marathon performance compatible with one's ability. I quote "materially assist" because so many fritter away a conscientious preparation by imprudent running on the day of the race.

More often than not the marathon aspirant is already one of the club cross-country team stalwarts and is reluctant to forego any of his club fixtures to concentrate specifically on marathon training. There is no reason why preliminary marathon training cannot be incorporated with the normal cross-country preparation; in actual fact it may even prove beneficial. Instances have occurred where performances over the shorter distances have improved following one's introduction to marathon running.

In the early part of the season coupled with the weekly cross-country programme I would advocate a ten miles road run which should be increased gradually until fifteen miles is being covered by the middle of March. When, with cross-country commitments over, there are still approximately three months before we have our first marathon in the south. The athlete must now have only one aim in view—to reach a superb physical condition and build up confidence in being able to

complete the marathon distance by the end of June.

The remainder of March and the month of April should be devoted principally to increasing the distance of each run gradually until twenty miles can be undertaken with confidence. An average of fifty to sixty miles per week—to include one run of twenty miles—is now advised and it is recommended that this mileage be spread over four outings to allow for recuperative periods. A great deal depends on the recovery rate of the individual. Nature of employment and working hours can also be a determining factor in planning these runs. Not everyone can find time to fit in a run every day.

During May the longer runs should be increased to twenty-four miles and the shorter spins relatively extended to make up a weekly mileage of approximately sixty-five miles. With the first marathon race only three weeks ahead it is advisable to begin the month of June by slightly reducing the weekly total to around the fifty/sixty mark and the long runs to twenty/twenty-two miles. For obvious reasons runs during the week prior to the race should be moderately reduced both in severity and quantity. Consideration should be given to the nature of the prevailing weather conditions and due care taken when the atmosphere is hot and sultry. More damage than is generally realised can be done by injudicious runs immediately prior to the race. During this period the firm hand of a wise coach is indeed a valuable asset for we are all aware just how impetuous a finely trained athlete can be when 'straining at the leash' as it were.

Just a word about training pace. Anyone aiming for a first class performance should be able to train comfortably at seven minute mile pace over the longer distances but for the shorter runs I strongly advise occasional work-outs at six minute mile pace or at a speed near to that which one intends doing in the race and, of course, consistent with one's ability. Remember, it's the pace that kills, not the distance. I do believe that it is unreasonable to expect the body to find additional speed in a race if it hasn't been driven to it in training. My contention in this respect can be summed up in these simple words "If you don't run fast

in training, how can you expect to run fast when racing." Bearing this in mind and as a relief to possible monotony in training, I suggest competition over distances much less than one's favourite event; it lends variety and counteracts a tendency towards mental staleness to which certain temperaments are frequently disposed.

I am convinced that long walks build up stamina without the same expenditure of energy as occurs in running and I would therefore suggest that Sunday offers an ideal opportunity for a walk in the country. It is accordingly emphasised that these walks should be practised throughout the preparation. In some circles there is a certain amount of antipathy towards walking but there is no apparent reason why this form of exercise should not be enjoyable and profitable physically and mentally. Come to think of it, the action of some marathon runners I've seen is more akin to walking, particularly over the last few miles of a marathon!

In discussions on long distance running one often hears of diverse qualities which contribute to success. The arrival of a new champion invariably creates much speculation as to how his success was attained and in the inevitable interview with the Press the latter is apt

to exaggerate in order to make the write-up an attractive "news" item. In my opinion the basic principles of success are Perseverance, Stamina and Speed. Without perseverance of the highest degree it is sheer waste of time and effort to attempt marathon running; the absence of superlative staying power is equally deprecated and lack of speed will be a most deciding factor in preventing an athlete from gaining the highest honours. There is not sufficient emphasis placed on speed in connection with marathon running. The majority of athletes training for distances up to ten miles include speed work, in some form or other, in their programme so why should the speeding-up process be neglected when turning to the longer distances? If one cares to reflect on the personal performances of past and present world class marathon runners it will be found that, with rare exceptions, all have been capable of first-class achievements at distances much less than half their nominated speciality.

In conclusion to this self styled digest I do feel that readers have sufficient to masticate for the moment. Diversion of opinion and criticism may well follow but let us hope that it will tend to accentuate progress in this

continued overpage

Preparation and Coaching (contd.)

run after a fashion, and most active people run every day for one reason or another. The same does not apply to field event practice. Take the athlete into your confidence. Tell him the **why** as well as the **how** of the style which you propose to teach him (in passing, it is a wise coach who modifies rather than changes, e.g., do not force an Eastern style on a man who shows a natural tendency to the Western roll). Go through the event step by step. Explain the reason for the various movements made by the body at each stage of the event. Why in the high jump the approach is with a rhythmic gradually increasing bounding stride, why the take-off is with a roll-over from heel to toe, why the upward impulse is completed when the body is vertically over the take-off foot and not when it is leaning backward or forward, and why the leading leg is swung up hard.

Remember that it is often possible to demonstrate the point separately, and that visual and personal experience (for the athlete can often try a movement himself without attempting the actual event) usually carries more weight than any amount of talk or diagrammatic de-

monstration. The coach who can demonstrate has a tremendous advantage, but the coach who cannot can generally enlist the services of a proficient athlete, if only occasionally, or use the illustrations, often in cine strip form, of well-known athletes who appear in athletic publications. If obtainable, films, particularly the slow motion type, are a tremendous help. Even lantern slides are most useful—so is the epidiascope.

Summing up this stage, before taking an event as a whole, explain the event and the advantages of the style step by step, using all possible aids. Follow it up by a complete demonstration, and do not forget that in the high jump, for instance, a 5ft. 6in. stylist will serve your purpose better than a 6ft. 3in. poor stylist who has been gifted by nature with more than his share of natural spring. It is the ease with which the stylist performs that impresses, although it is an added attraction if his standard is beyond the reach of the class. Follow up the complete demonstration by a step by step demonstration as far as possible, or alternatively, direct attention to each successive stage during a number of performances of the event.



Start of the Women's National Senior Road Walk at Chigwell

II. Wares

M. J. DENLEY (contd.)

he only threw in two junior competitions at 18. He did not compete in the 1950 A.A.A. junior, though he intended to do so provided he could get permission to use a senior javelin. His entry, however, was late, so he never knew if the A.A.A. would have allowed this.

As Denley competes in a throwing event, I wondered if he included weight-lifting in his training. He does not. Not that he condemns this, but he does not believe that there is yet anyone in Britain with sufficient knowledge of both weight-lifting and athletics to provide athletes with suitable schedules; and he will not act as a guinea-pig. Plumridge takes a similar view; and he points out that javelin throwers want good all-round development, and that Denley has this. Mick's training is, therefore, aimed at preserving this, and at speed.

Denley's views on other points of interest to athletes are not sensational. He does not smoke: but, though in no sense a drinker, he sees no harm in the occasional half-pint. He also likes danc-

ing. Believing in plenty of sleep, he takes the view that one good night immediately before a contest is useless. Long regular nights must start before this, and he feels that it does not greatly matter what happens on the night before the event.

As a student, Denley has deferment from national service for at least 3 years. This is a good thing athletically speaking, for a break now might set him back. Later, when he is more mature physically and more experienced, it should have little effect on a first-rate British field event prospect.

MARATHON DIGEST (contd.)

branch of athletics about which we are all keen to learn more. No doubt constructive criticism would be appreciated by the editor, who may welcome diversion from the D. V. Ellis--Arthur Newton "cold war" about which one of our old masters of the walking fraternity so fervently aired his views in a recent issue!

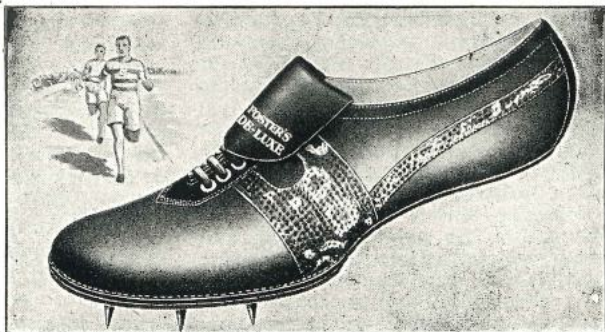
J. W. Foster & Sons

(Athletic Shoes) Ltd.

**TRACK, JUMPING,
FIELD EVENTS RD.,
CROSS-COUNTRY &
WALKING SHOES
BOXING BOOTS**

Self measurement
Form and Prices
on Application

'OLYMPIC WORKS,'
Bolton, Lincs.



AMATEUR

Patron : HIS MAJESTY THE KING

ATHLETIC



ASSOCIATION

President :

The Rt. Hon.
THE LORD BURGHLEY,
K.C.M.G.

Hon. Sec: E. H. L. Clynes.

Hon. Treas: W. C. Jewell.

Asst. Sec: G. W. Smith.

CROWN CHAMBERS, 118, CHANCERY LANE, LONDON, W.C.2.

INDOOR TRAINING CENTRE

The Amateur Athletic Association (Southern Committee) is planning a new project to assist active athletes during winter months. The gymnasium and shooting range of Chelsea Barracks are to be changed into an indoor Athletic Training Centre. The Officer Commanding 1st Battalion Irish Guards has generously allowed the A.A.A. to convert these premises for this purpose.

The aim of the Scheme is to afford athletes facilities to train during winter evenings. With this in view, the throwing net that was used at the A.A.A. Summer School at Loughborough, modified for indoor use, is to be erected in the gymnasium so that shot putters and discus throwers will be able to get constant practice. It is hoped that a jumping pit will be dug in the shooting range to accommodate both high and long jumpers. There will be fixed blocks for starting, hurdles, and for vaulting, a pole, box and climbing ropes.

The British Amateur Weight Lifters Association will provide a weight training expert for the Centre, who will be able to supervise the schedules of weight training for athletes which have been drawn up by the two Associations. A warming-up session will be taken with the whole group attending. Technical direction is in the hands of the Amateur Athletic Association's Southern National Coach, John Le Masurier, who will be assisted by Honorary Senior Coaches of the A.A.A. The joint administration will be undertaken by Mr. H. Littlewood of the Central Council of Physical Recreation, and Mr. L. F. Northam (London Athletic Club).

As the emphasis is on training, any athletic coach will be free to follow his own method of coaching with his own athletes. The A.A.A. will provide the

facilities which have been long overdue.

The Centre opens on January 4th, 1951, from 6 p.m. to 9 p.m., and will run every Tuesday and Thursday night until the end of March. This means that athletes will be able to get 26 nights' training during winter months for the nominal cost of 7/6d. Enquiries should be made to, and entry forms are available from, the Amateur Athletic Association's London Office, 118, Chancery Lane, W.C.2.

TROPHY AWARDS FOR 1950

The "Harvey" Memorial Cup, to the best Champion of the year.

Jointly to: F. E. Aaron (Leeds St. Mark's Harriers); R. Hardy (Sheffield United Harriers).

The "C.N." Jackson" Memorial Cup for the best performance by an athlete born in the United Kingdom.

To: J. T. Holden (Tipton Harriers).

The "John Thornton" Memorial Trophy (Best performance for the High Hurdles in the United Kingdom during 1950).

To W. Fleming, U.S.A.

The "George Hogsflesh" Memorial Trophy (Best Junior of 1950).

To D. J. Johnson (Fairbairn House A.C.); M. J. Denley (Thames Valley H.).

Fixtures 1951:—

7th and 8th September—A.A.A. Decathlon Championship at Cannock.

21st July—A.A.A. 4 x 110 and 4 x 440 Relays (with Waddilove meeting, Birmingham).

28th July — A.A.A. Marathon, Perry Barr, Birmingham.

Readers' Letters . . .

THAT 880 YARDS RECORD

Dear Sir,

Mrs. Lunn-Neale certainly does not do things by halves, as her seven paragraphs on the subject of women's records indicates. I have no intention of being coerced into expressing an opinion (in public at any rate) on women's forms referred into her first paragraph. Paragraph (2) tells us that Miss Lunn sometime in the 1930's (I cannot remember if this was in the pre-Vera era) was told that her 2 min. 18.2 sec. was a world record—but this makes nonsense if later the W.A.A.A. forwarded the 2 min. 19.7 sec. of Miss Hall. If I could get hold of those British record forms mentioned in paragraph (3), I might go some place.

Paragraph (4). "No! No! Dorette." The I.A.A.F. in 1946 passed a world record made in 1931. There is a time-limit now—but this was introduced at Oslo in 1946. Paragraph (5) Thanks a million!

Paragraph (6) beats me completely. Why when someone told Mrs. Neale that Miss Lines's 2 min. 26 record had been accepted (this was I gather in 1938) as the then world record, did she not point out what nonsense it all was?

Paragraph (7) Don't waste any pity on Miss Ball. I have every expectation that she will make the appropriate valeriedictory comment on this already too prolonged correspondence, next summer, and I have every hope that she won't take 2¼ minutes about it.

As Max Beerbohm said "There is al-

ways something absurd about the past" (even if it was not passed). Let's look to the future.

Harold M. Abrahams

SELLING ATHLETICS AND A TRAGEDY

Dear Sir,

Mr. Roy Fox is incorrect—London's track athletes will support a meeting in the West Country if they hear about it.

I lived in Bristol 1945-7 and remember a meeting on the B.A.C. Filton ground in 1945 in which several well-known London athletes competed. And in spite of the bumpy course a Londoner won the mile event.

But the West must help itself a little. Bristol—a city—has no athletic track, and the average Bristolian's leisure time activity is to promenade round the Centre—he becomes quite dim-witted if you mention athletics.

I can sympathise with Mr. Fox living in such a backward area. May I cast one hint? Put on a marathon race and provided the date does not clash with the other annual races, such as Poly Windsor-London, Liverpool, Peterborough, etc., he will find road runners competing, even if they have to travel from the North, or East, or London.

Only let us have washing facilities after the race; there were none at the Filton meeting.

G. Hubert,

Polytechnic Harriers.

RACE WALKING

Hardy's Half in "Harvey"

The A.A.A.'s assessment that R. Hardy, Sheffield United Harriers, 2 and 7 miles walking champion, is jointly with F. Aaron, 6 miles running champion, the best champion of the year, will naturally afford satisfaction to walkers throughout the country, even if pleasure in the award of the "Harvey" Memorial Cup may naturally be most keenly felt in the North, whence both joint champions hail.

It is a good many years since a walker figured among the recipients of the A.A.A.'s coveted premier awards, and many walking men, without undue bias, have long felt that further recognition

By F. W. Blackmore

was overdue. H. G. Churcher, for instance, when unanimously "best champion" of champion County, Surrey, might have been thought worthy of the higher and highest honour—although it is time that when such possibilities have arisen, there have frequently been outstanding performances in other branches of athletics to equal and even surpass them.

However, all will congratulate Hardy on his half-share in the "Harvey," hoping it will serve as inspiration for the future so that his outstanding promise as an International "hope" may

become complete and convincing fulfilment.

In this connection I notice that Harold Abrahams, sometimes the friend, sometimes a rather ruthless critic of race walking, has again been dissecting the sport, with regard to its inclusion in International competition, in another publication.

This is not the place, neither is there the space, to deal in detail with the several and somewhat confusing points of view which he advances. Whilst, in the main, he attributes the blame for recent International "incidents" to lack of complete competence among all the Judges—and rightly so, I concede—he does not seem completely convinced that a fast walker can possibly walk all the time, and calls for a decision that if there is any "trouble" in the next Olympic Games, the track walk should be "eliminated once and for all."

Remarking that walking was not introduced into the Olympic Games until 1908—although, after all, that was fairly early in the history of the modern Olympic Games—he questions whether it would matter very much to our track walkers if the 10,000 metres walk were eliminated from International competition.

Well, walking is a far more thriving sport to-day than it was in 1908, which was only a year after the Road Walking Association—the real nursery of the sport on road and track—was formed. I can assure Harold that those of us in a position to do so will fight determinedly for the retention of track walking, with, I believe, the confidence and solid support of the ever-growing army of walking enthusiasts everywhere in Britain.

It is true that race walking is so extensively developed and well organised in this country that International competition, such of it as there is, is but an incidental for the few. This is not so in any other walking country, in almost all of which, with far fewer competitions than are a regular all-the-year-round feature in this country. International competition is rated as the very breath of the sport.

Indeed, it is within recent history that there was a movement towards a break-away of walking from athletics as a whole towards the formation of an International Walking Association with, as a major object, the promotion of far more International walks. The project died when I stated firmly that it would mean the end of recognised International walking, that British walkers would not be associated with it, and that although International walking was only incidental to us, there would thus be none at all without us. So that what there is, British walkers certainly desire to retain.

As to some other points, differences of opinion between Judges, and the suggestion that judges are only able to obtain an overall picture as to whether a man is walking or "running," as to the latter I would point out that any Judge who has an "overall" picture of the competitors is not concentrating on his job. It may be within recollection that when the BBC tried out one of the mechanical judging contrivances to which Harold is a little too prone, against the human element represented by myself, I was able to match the accuracy of the contrivance even if there was a slight time lag due to having to use my voice instead of an automatic buzzer, when a "break" was observed. But this was only achieved because of my insistence that I could only judge the competitor competently over a stride or two, when he was in full focus, and could not vouch for anything outside that very restricted area. So that if there are differences of opinion, they often arise because Judges and experts are not all in the same place at the same time. A man may be perfectly fair at one point, and off the ground a few yards beyond.

The essential is to pick the best Judges in adequate numbers and then to trust them. In my view, little trust is implied in the requirement that two Judges must be in agreement, or that the Judges should be drawn from countries not represented by competitors in the final. An honest Judge, and there are more than Harold may think, will do his job without fear—or favour.

RESULTS

December 9th

Polv H. 26 pts. beat **Faling H.** 97 and **St. Albans C.A.C.** 102—1, J. Dellow (P) 27:19; 2, H. Woollard (E) 27:40; 3, J. Wallis (P) 27:48.

Birmingham Univ. beat **Reading Univ.** by 31 pts. to 49—1, L. Hughes (B) 39:15; 2, Parker (R) 39:50.

Welsh Novice Championship: 1, K. Huckle (Roath H.) 29:10; 2, R. Bredin (St. Davies Coll.) 29:13; 3, D. Richards

(Barry C.S.) 29:22. Teams: 1, R.A.F. St. Athans 46 pts.; 2, Newport H. 51; 3, Roath H. 63.

Surrey Beagles beat **Dartford H.** by 32 pts. to 48—1, F. Griggs (S) 29:05; 2, G. Hutchings (S) 29:25; 3, K. Carter (S) 29:55.

Herne Hill H. beat **Cambridge H.** by 135 pts. to 172—1, W. Nicholson (C) 43:41; 2, D. Holden (C) 43:51; 3, L. Cass (C) 43:58; 4, T. Rowe (H) 45:34. In a youths' match **Cambridge H.** 35 pts. beat **Herne Hill H.** 45—1, K. Harland (C) 22:28; 2, A. Heywood (H) 22:55.

Cambridge H. Champs. — **Seniors:** 1, D. Holden; 2, L. Cass; 3, J. Mahoney. **Youths:** 1, K. Harland; 2, J. Bennett; 3, V. Thompson.

Cheshire Championships—Seniors: 1, J. Green (W) 38:40; 2, J. Price (EC) 40:04; 3, T. Smith (EC) 40:11. **Teams:** 1, East Cheshire 42 pts.; 2, Wirrall A.C. 96; 3, Stockport 109 pts. **Juniors:** 1, M. Morrell (W) 14:45; 2, K. Ledward (Wallasey); 3, B. Smith (S); **Teams** 1, Wallasey 21 pts; 2, Wirrall 24; 3, Sale 48.

Olympic H. 5 M. H'cp. Springburn, Glasgow—1, J. Harriss (2.45) 39:50; 2, T. Calley (2:30); 3, R. Houston (scr.). **Univ. Coll. Exeter I** 21 pts. beat

Univ. Coll. Exeter II 76 & **Taunton A.C.** 83—1, Osmond (E) & Smith (E) 43:38.2; 3, Gunn (E), Watts (E), Ingram (E) & Atherford (E) 45:04.

Oxford City A.C. beat **Wycombe P.H.** by 86 pts to 125—1, M. Hillier (O) 38:31; 2, S. Wilkins (O) 38:31; 3, P. Porter (O) 38:47; 4, D. Selwood (W) 39:43.

Bolton Utd. H. 15 pts. beat **Sutton H.** 33, **Manchester A.C.** 37 & **Salford H.** 76—1, G. Saunders (B) 27:47; 2, W. Berry (B); 3, R. Williams (Winton); 4, F. McMinnis (Sutton). **Youths:** 1, W. Williams (Salford) 14:14; 2, D. Wright (B); 3, K. Whittle (B). **Teams:** 1, Bolton Utd. H. 11 pts.; 2, Sutton Harriers 19; 3, Winton H. 22.

Finchley H beat **Woodford Gn. A.C.** by 94 pts. to 116—1, J. Fenn (W) 46:30; 2, Shirley (F) 47:20; 3, A. Hefford (W) 47:50.

N London H. beat **Loughton A.C.** over 5½ M.—1, F. Ebdon (NL) 30:17; 2, T. Inman (NL) 30:31; 3, N. Sherry (NL) 30:31.

Owing to the disorganisation of the post due to Xmas, Dec. 16th results will appear next week.

SPORTS REPORTS & TALKS

AUTHORITATIVE : CHATTY : INFORMATIVE



WEEKLY ATHLETIC NOTES BY

JOE BINKS

Unrivalled World-wide Reputation
60 Years of Athletics Ex-Holder Mile Record

AND

DOUG WILSON

British Olympic Runner

THE BEST SURVEY OF ALL SPORTS

Sales exceed 8,000,000 copies per issue