

Splash

Official Journal of the Barrier Club

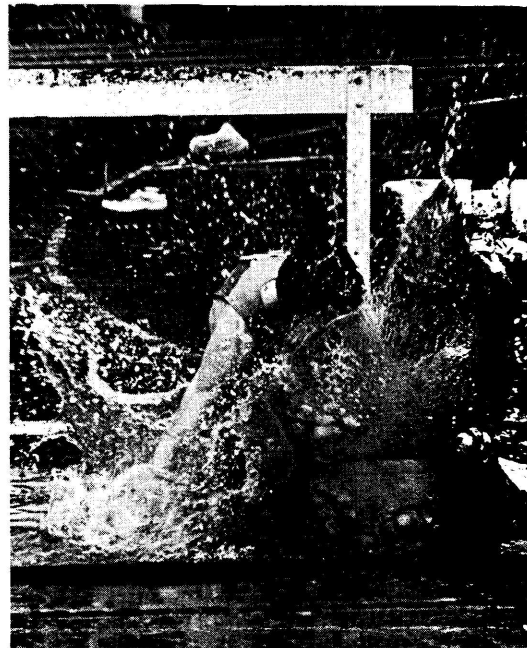
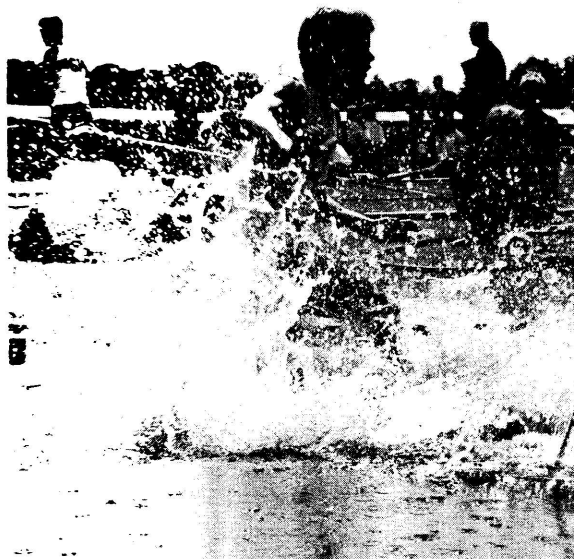
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Volume 3, Number 1. OCTOBER 1971.

**The BARRIER CLUB -
the specialist club for
Steeplechasing.
Founded: March 1959
'To promote steeple-
chasing as an athletic
event through 'Splash'
and any other means'.**

Back...with a Splash!

Yes, chaps: the Barrier Club is indeed back with a splash, and in more ways than one. One of the first specialist clubs - and the trend-setters among them - we have, after a lapse of 6-years, 'plopped-in' on the scene again. In "Splash-down '71" we bid to end the complacency in respect of facilities, but not by trouble-shooting. We will co-operate with the relevant authorities (not just criticise) to improve the 'lot' of the steeplechaser. If we want more waterjumps and barriers we may have to provide them or help build them ourselves. "To promote steeplechasing" is our object - with your help!



Photographs by courtesy of Stewart Fraser (above), Tim Pike (left) and Gerry Cranham (below).



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Photograph by ED LACEY

A MESSAGE FROM MAURICE HERRIOTT the club PRESIDENT.

I am very pleased to announce the reconstitution of the Barrier Club after its six years of inactivity. In the past the club played a major part in the development of steeplechasing in Britain, and "Splash", read by steeplechasers all over the World, brought together in a unique way my contemporaries in international competition. I feel the club has an important role to play in the further development of the event, not only in Britain but throughout the World.

As your President I am especially proud to be able to welcome you to the club, and invite everyone interested in the event to join and give their support to the officers and committee and especially to Charles Elliott, our Honorary Secretary who was responsible for the founding of the club in 1959, and its reconstitution this year.

Editorial Comment

THE BEGINNING

from Charles Elliott

Well, here we are again - back with a Splash! It is some six years since this magazine appeared, and indeed since the Barrier Club was in operation. The Club has been in existence since April 1959, and its early years were crowned with success: Coaching, Competition, Facilities and Performances all improved dramatically as a result of the relentless perseverance of the Barrier Club in staging courses and races throughout the country, and in partnership with the Specialist Clubs' Committee persuading clubs and local authorities to improve the many dangerous waterjumps in existence, as well as to build more 'jumps'. Introduction of two 'new' events in April 1962 - the 1000 and 2000 metres Steeplechases - resulted in a tremendous upsurge in performances by Youths and Juniors, and a much greater interest in the event from athletes within those age-groups as well as, through the 2000 metres 'chase, introducing flat-event Seniors to the so-called 'man-killer', since they would attempt this shorter distance but not go straight into the deep-end and try their luck at 3000 metres without a 'warm-up'.

REVIVAL

Although the Club was technically still in existence from 1966 to 1st of May this year, it had not functioned during that period. Following gentle 'prodding' from the Specialist Clubs' Committee - on which I sit as a representative of the Barrier Club, holding the post of Public Relations Officer - I decided that as I still had a little 'spare time' available, and to avoid what might well have been an embarrassing situation for the S.C.C., the Barrier Club should be reconstituted officially, and on 2nd May this year, following circularisation of all known enthusiasts, a Reconstitutive General Meeting of the Club was held at the Crystal Palace National Sports Centre by kind permission of the Director Emlyn Jones. All present deplored the non-operating of the Club since 1966, and agreed wholeheartedly that the Club should indeed be reconstituted.

The Meeting went on to discuss plans for holding coaching courses/clinics, training days; for improving the lot of the steeplechaser with better facilities, coaching and competition and for a raising of standards in the events to overcome 'once and for all the idea that a steeplechaser is one who is a hack middle-distance runner' - the generally accepted concept of a steeplechaser still. A discussion on the possible replanning of the steeplechase events followed in which it was suggested that a strong indication was that younger athletes wished to take up the event seriously, with the observation that, following lengthy experimentation, the restructuring of the events could be: 1000 metres (Boys), 1500 metres (Youths) and 2000 metres (Juniors) since, too, it was becoming apparent that with the earlier development of athletes these days the 1000 metres Youth event was becoming 'too easy' for the now generally more advanced youngsters, and perhaps too dangerous in that it had developed into no more than a 'burn-up' from gun to tape. The resultant effect in this respect is that little or no attention is paid to the techniques of waterjumping or hurdling so that the younger athletes are themselves developing a crudity of movements likely to be difficult to eradicate at a later stage in their athletic careers.

THE RECONSTITUTION

Following this discussion the more serious business of the day was dealt with: the Barrier Club was formally reconstituted and a new Club constitution was agreed upon. The officers and committeemen were elected (and here proxy votes were accepted) and then under 'Any Other Business' it was agreed that "Splash" should be republished. Dissatisfaction was expressed at the non-inclusion of heats in many major Championships; that such large fields were allowed by meeting organisers who, in desperation - or perhaps rather as a compromise - added an additional obstacle alongside the first to accommodate a large field (in the usually fast first 300 metres). It was felt that such action gave an unfair advantage to some athletes able to run 'outside the normal race area' in negotiating the additional hurdle.

TRAINING DAY

Immediately following the R.G.M., those attending adjourned to the track, reinforced by some late-comers, for a practical session of hurdling followed by a training session. During and after lunch discussion continued, and then we went back to the track where, with the assistance of Alan Jelf (Coach), Keith Falla (Guernsey International) and Raymond White (Parent of one of the athletes) we continued with a practical waterjump session followed by 'Chase repetitions and ending with a Paarlauf race. A brief get-together after a hard day's talking and working resulted in tremendous enthusiasm being expressed for what everyone agreed had been a most successful, enjoyable and fruitful day.

THE CLUB'S PROGRESS SINCE THE R.G.M.

Since the R.G.M. the Club's Executive has been extremely active in every respect: Chairman Stan Allen, arriving at Enfield Stadium to compete in a league match steeplechase 'withdrew his services', refusing to compete on what he stated to be "an extremely dangerous waterjump"; the rest of the field followed suit and the race was cancelled. This was reported to the Specialist Clubs' Committee and taken-up by the Press. The end-result is that the waterjump has been completely rebuilt by Enfield Borough Council, who are to be congratulated - and thanked. President Maurice Herriott, "extremely pleased and honoured to have been invited and elected" has increased his coaching activity on the Salford Park track which, he says: "has a first-class waterjump". The Secretary (that's me) has been appointed Staff Coach to the Southern Counties' AAA and held several coaching/training courses which have been very well supported, whilst Treasurer Keith Falla (versatile from 400 to 5000 metres and 400 metres hurdles and 3000 metres steeplechase) assisted with great enthusiasm on all courses as well as taking subscriptions. Letters have been written to several local authorities, governing bodies and clubs warning of the dangers of many waterjumps, suggesting in some cases banning competition likely to include these 'jumps, and in other cases recommending either filling-in, improving or rebuilding the 'jumps.

COACHING PLANS

A fixture list of Coaching Courses, Training Days and Coaching Clinics has been drawn-up and, as soon as this has been agreed by General Committee it will be published in "Athletics Weekly" and sent to all members of the Barrier Club. The only draw-back at the moment in finalising the list (which covers Britain!) is in determining the available funds with our bankers. Only recently has the account been traced, and the somewhat lengthy process of transfer following the reconstitution of the Club is almost complete.

Our intention is to bring in everyone interested in learning about the event - training, techniques, racing - and encourage the majority of middle distance runners, whatever their age, to at least learn about steeplechasing, for we are sure that many more athletes would turn to the event given the chance of experienced instruction and encouragement. Once and for all we must prove that to be a good steeplechaser you need to be technically and physically adept at flat running; to be fast and strong; to be a proficient technician - and not just a 'hack' middle distance runner. We want to ensure that, although there are very few steeplechase coaches in Britain, every athlete learning about the event and/or competing 'over the sticks' is given the opportunity of qualified coaching and advice. For too long steeplechasers have had to muddle along seeking advice of coaches who, although proficient in some events and eager to assist where they can, are not able to impart sufficient knowledge to their charges to, perhaps, prevent unfortunate and unnecessary injury and to prevent in many cases, the speedy departure of such athletes from the steeplechasing scene.

We aim to teach coaches as well as athletes, and to encourage all to greater versatility: it is not wise to be a one-event man. The more one knows about other events the easier it can be to apply one's effort to the 'main event' in one's curriculum. "Event specialisation" is a new phrase in British coaching, but it can easily be misunderstood. With the introduction of the Staff Coach/National Event Coach system in athletics recently, it means that an athlete knows to whom he can apply for (one hopes) expert advice in respect of his main event: it does not mean that the system is encouraging the athlete to become a one-event man. The various Specialist Clubs - if fully operational as the Barrier Club is once again - working in association with the Staff Coaches, have the opportunity at last of ensuring that every athlete, no matter what his age or standard may be, has the chance to achieve his potential and, as has been the case in many instances, to achieve far greater development than his initial potential indicated.

Make the most of these opportunities, and encourage others to do so. An example of what can be achieved in just a few minutes comes to mind: At an early-season coaching course organised by the AAA Junior Club where I was to coach steeplechasing (to only three athletes!) a young middle distance runner Colin Wappett, 17, asked at the end of the course: "Can you teach me to hurdle?". Having established that he had not even been over a 2'6" hurdle before, let alone a waterjump, I applied a 30-minute 'crash-course' on the event at the end of which he was hurdling, waterjumping and covering 200-metres 'chase repetitions better than the actual steeplechasers on the course' Young Mr. Wappett, who lives in Westmorland, later wrote: "Since my lesson with you last April, I have decided to take-up the steeplechase seriously as my main event, because I find it much more interesting and rewarding than just flat racing".

Steeplechasing is interesting, and can be extremely rewarding; with commonsense in availing yourself of the opportunities offered by the Barrier Club, rather than attempting to 'go it alone' in independence, you can start off on the right foot without suffering the pitfalls of ignorance, and, too, with determination to work hard throughout the year to continually improve techniques, general training and racing ability. The old saying 'one learns by one's mistakes' need not apply to you, since, with the opportunity of learning of the mistakes of others through the experience of both Coaches and International Athletes on the Barrier Club Courses, 'one learns by the mistakes of others'. **CHARLES ELLIOTT**

club 'gear'

The Colours of the Barrier Club are Black, White, Red and Green, and its badge and insignia a Barrier set in a track oval with the name The Barrier Club inscribed therein. A supply of badges in the new Colours and design will be available shortly from the Club Treasurer, Keith Falla. A design for a Club vest in the above colours is at present being considered by the General Committee. Information concerning these items will be published as soon as possible. They will be available for sale only to Club members.

Officers and Committee

The following officers were elected at the Reconstititional General Meeting on 2nd May 1971, to serve for the term until the next General Meeting of the Barrier Club:-

President - MAURICE HERRIOTT
 Chairman - STAN ALLEN
 Treasurer - KEITH FALLA
 Honorary General Secretary - CHARLES ELLIOTT
 Assistant Honorary General Secretary - ROBIN KING

The following were elected as Members of the General Committee to serve for the term until the next General Meeting of the Barrier Club:-

MICHAEL SIMMONS, PAUL KYRIACOU, JOHN DOBSON, GRAHAM HUNT
 and MICHAEL HANAHOE.

AWARDS?

It is hoped that in the near future an awards scheme can be instituted so that the Barrier Club will be able to offer due recognition to all those who, by their example through performance or work have, in the opinion of the General Committee, contributed greatly to the aim of the Club. It is suggested that a trophy in the shape of a miniature Barrier should be designed for this purpose.

A light-hearted (?) suggestion that 'Booby Prizes' along the same lines can be presented to either Local Authorities who operate dangerous waterjumps within their territory, or to individuals regarded as being obstructive to the aim of the Club, is receiving serious consideration.

Membership details

Membership of the Barrier Club is by invitation only and open to all those who, are interested in furthering the aim of the club as defined in the Constitution of the Club: 'The promotion of Steeplechasing as an athletic event, through a journal titled "Splash" and by any other means'. It entitles those elected to a reduced subscription to "Splash" magazine (50p. instead of 60p.) and a 50% discount on fees for Coaching Courses, Coaching Clinics and Training Days as held. Election to the Club shall be at the discretion of the General Committee in applying the Constitution, following receipt of a completed form of membership and the membership fee of £1.00.

JOIN the club NOW!

DON'T DELAY - WRITE TODAY.....with a stamped/addressed envelope, of course, for your application form to join the BARRIER CLUB - The Specialist Club for Steeplechasing.

MEMBERSHIP IS OPEN TO ALL - whether Coach, Athlete or mere enthusiast.

TELL YOUR FRIENDS - or tell us about your friends. Send the names and addresses of any Steeplechasers or likely steeplechasers (we may know about them, or we may not).

WE WANT EVERY STEEPLECHASER PAST, PRESENT..... OR FUTURE - to join the Barrier Club. Every Steeplechase Coach or enthusiast likely to help us to help you to help us.....

MEMBERSHIP FEE IS £1.00 PER YEAR - which entitles you to a reduced subscription rate to "Splash" (50p. instead of 60p.); 50% reduction on fees for Coaching Courses, Coaching Clinics and Training Days as held, plus the advantages that a 'Union' like ours can gain for you in Coaching, Competition and improved facilities: We have secured heats in the A.A.A., Inter-County and Southern Counties' A.A.A. Championships; improved facilities at Enfield, Crystal Palace and several other much-used tracks; introduced the 1000 and 2000 metres Steeplechase events and, in co-operation with the Specialist Clubs' Committee are continually playing a great part in the development of better Competition, Facilities and Organisation of athletics in Britain at all levels..... WITH YOUR SUPPORT WE CAN CONTINUE OUR WORK TO IMPROVE THE STANDARD OF STEEPLECHASING IN PARTICULAR, AND ATHLETICS IN GENERAL THROUGHOUT BRITAIN - AND THE WORLD!

Write NOW to: Honorary General Secretary
 The Barrier Club
 325 Streatham High Road
 LONDON SW16 3NS

.....and remember to enclose a stamped/addressed envelope.

Action Strip

Photography
John Sunter



KERRY O'BRIEN [Australia]

by Richard Amery

In this day and age, when it is considered that to reach World-class in virtually any sporting event requires a high degree of specialization, it must be unique to have a World record-holder who never directly practices his best event. Such is the case of Kerry O'Brien - global record-holder for the 3000 metres steeplechase - who trains purely for flat events and has never seriously practised over the barriers, either hurdles or waterjump.

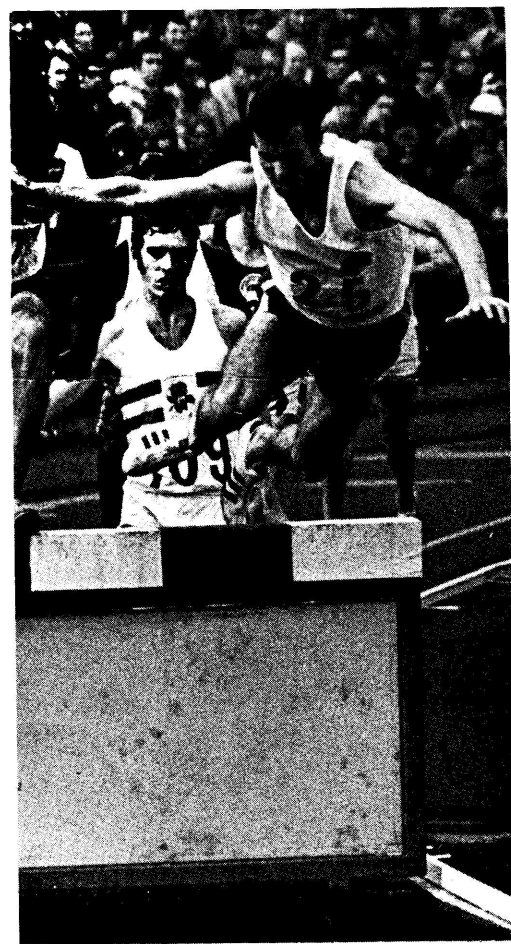
In the light of this it is interesting that his hurdling technique has been the cause of considerable comment due to the fact that with each clearance he lands on the top of the hurdle, stepping rather than hurdling over each obstacle. Although he claims that this action may be suspect in a tight finish over the last hurdle, he feels that for the great bulk of the race it enables him to run more comfortably, since he is less likely to be pushed off balance in a large field, and can be confident taking-off on either foot. If his hurdling has been the subject of some critical comment there has been nothing but praise for his clearance of the waterjump. It was with some amazement we saw him crash heavily at the penultimate waterjump during the final of the Edinburgh Commonwealth Games after catching his foot on top of the waterjump barrier, and not finish the race.

The steeplechase seems to be tailor-made for O'Brien. He is capable of running at least in the low 8:30's under almost any conditions with monotonous regularity. O'Brien's career has been interesting in that he began as a competitor over flat distances, gained most of his recognition at steeplechasing, and is now working hard to further improve his flat performances. However, since he began training for running, it has always been directed at reaching the top in 5000 and 10,000 metres, and his success at the steeplechase is certainly more by accident than design. Although certainly not in love with his World record event, O'Brien realises that he has a definite natural aptitude for it. He appreciates the fact that, even when very tired, he can still pull out a World-class performance, a big consideration during some of his more arduous overseas tours.

Probably one of the factors that has led O'Brien to dislike the steeplechase is the ever present danger of tendon injuries it has brought in the past. This has been a major source of annoyance and frustration to him over the years, the worst case being during his preparations for the Mexico City Olympic Games, when a damaged achilles tendon limited his training to swimming and exercises for some weeks.

Kerry O'Brien is 26 years of age, stands 5'11"/1.80m and weighs 150 pounds (68-kgs). He was born in the mid-North of South Australia at the town of Quorn. At the age of eleven his family moved to Port Augusta (an industrial City some 150-miles north of Adelaide), and it was there that O'Brien began to train for athletics at the age of 15 years. After eight years at Port Augusta the O'Brien's moved again, this time to Adelaide, and Kerry has lived there ever since, except for a ten-month sojourn in Melbourne - aimed at improving his running. On leaving school he joined the South Australia Electricity Trust and completed an apprenticeship. However, once overseas invitations began to arrive, he quickly realised that his job would impose severe limitations on his overseas travels. His search for a new occupation resulted in him finding his way on to the Public Relations staff of a World-wide soft-drinks Company, a job that he finds both interesting and more conducive to successful athletics.

Photos:
PETER
KEMP



*
*
*

ANGUISH

These two photographs capture the moments of anguish of the World record-holder as he topples at the waterjump in the Commonwealth Games steeplechase at Edinburgh in 1970. Would this have happened if he had taken time-off from his flat-running efforts to practice waterjumping? More comment in the next issue of "Splash".



IN THE NEXT ISSUE I shall expand on the 'commonsense necessities' for an ideal technique by explaining the reasons for my suggestions. CE



TECHNICAL ANALYSIS by Staff Coach Charles Elliott

A 'problem' facing any coach is explaining the 'successes' of athletes using techniques inferior or unorthodox to those he himself expounds as being the most ideal to achieve perfection. In steeplechasing this has been most pointed in recent years - with Bixott and O'Brien taking the Olympic title and World Record respectively - and now there is our own Dave Bedford! ('How can you criticise them?') is an oft-asked question. The answer can only be 'They're just how much better they could be by perfecting the techniques'.

Let us then analyse the sequence of Kerr, O'Brien's 'technique' shown above:- Frame 2 - Instead of prying up to place the foot on top of the barrier he is reaching up - propelling himself forward over the bar. It can clearly be seen how soon the leading foot touches the bar in comparison to the driving foot leaving the ground. This reaching for the bar indicates one of two things: either he is too near the jump or he is going into it far too slowly. In each case, reaching will interrupt the smoothness of the running action and slow down the momentum. Frame 3 - Through having pulled himself far too high above the bar, he is having to pull and then push hard off the top of the barrier causing his body - and his centre of gravity - to traverse the bar in an ever-increasing arc outwards and upwards instead of, ideally, simply pivoting over the lead-leg and the bar continuing an over-exaggerated running action.

Frame 4 - His momentum is still proceeding, and his centre of gravity being high above the bar, he is now needing to push really hard and high to avoid losing all momentum as well as a straight-drop down into the deep-end of the waterjump landing area. Frame 5 - Still very high in relation to the bar (note the more compact, lower bar-pivot of the following runner in Frames 5 and 6) he is, in fact, just visible in each frame from number 2 onwards - O'Brien has forcefully driven

Frame 6 - Now, and in view of the rapidly slowing momentum, he is dropping like a stone. In a matter of a yard he has dropped some 2'6" whereas, with a soepler attack of the barrier, a lower pivot round the bar and a less determined drive off the front of the bar instead of the top as in the photo-sequence, he would have lost little of his forward movement, travelled on a lower trajectory and landed in virtually the same place on the landing area. He would, too, have spent much less time in the air and thus cleared the whole waterjump from take-off to landing in little more than half the time it must have taken here.

Note the left knee in frames 4, 5 and 6. Firstly it appears to have been snatched off the bar too quickly to enable him to at least aid his forward momentum and, secondly, too quickly for him to be able to bring it through high enough to achieve a fuller stride in frame 7, where, landing heavily the left leg is slammed onto the landing area. Ideally, with a lingering of the pivot-leg on the bar until the last split-second before hitting the water, the athlete is enabled to achieve a high knee carry-through, which on landing with the leading leg - the pivot-leg having followed through high - would have enabled him to then pivot over the landing leg, gaining a full driving stride out of the water.

Frames 8 and 9 - With his momentum slowed still further by the heavy landing and the lack of a drive-out stride, O'Brien virtually comes to a halt, then needs a superhuman effort to get back into his running again.

Now carefully analyse the action and apparent speed of the following runner, and compare it to O'Brien's: in frame 9 the second steeple-chaser has arrived at the landing area almost at the same time as the World record-holder, whereas in frame 4 he is only just coming up to the barrier whilst O'Brien himself has been in contact with the bar for the previous two frames.

In summing up then, I will state simply, and I hope clearly, the points that to my mind are purely commonsense necessities in attempting to develop the ideal waterjump clearance (economically, technically and tactically):-

1 - The approach to the barrier.

The approach should be fast and attacking.

The action a long-striding movement.

2.- The drive up to the bar.

The actual take-off point for the drive-up must not be too close to the barrier since you must aim for your highest point in the drive to be before the barrier, enabling you to come down onto the bar.

The drive-up must be powerful and in the same rythm as the approach-run to continue forward momentum unimpaired.

The arms should simply follow a slightly exaggerated running-action swing, be kept low, and not allowed to wave wildly.

You should lean forward into the drive.

3 - The landing and pivoting on the bar.

Since, as explained in the first paragraph of the previous phase, you are coming down across the bar with your speed on the run-in ensuring a continuation of forward momentum, you must endeavour to spend 'as little time as possible' in the air - and on the bar - landing (assuming you have a four-spiked shoe) with the front two spikes slightly overlapping the front of the bar, and the second two spikes therefore about 2-inches back.

You must keep both knees well bent, and the body, leaning forward, as low as possible, bringing the trailing knee through quickly to the side.

The head, trunk and arms too, must be kept as low as possible, the arms continuing the near-normal running action.

Pivot round the bar and over the leading leg.

4 - The landing.

Having thus done little to upset the forward momentum or rythm, you must still keep this in mind as you move forward and downwards into the landing area.

You are still travelling forward: at the last possible moment before hitting the water, give a slight push off the front of the bar, still keeping to just a slightly exaggerated running action.

Bring the trailing knee off the front of the bar at the last possible moment and ensure that you bring it through as high as possible.

Land on your toe in the waterjump and pivot over the toe at the same time as bringing your trailing knee through very high.

Keep your elbows down to ensure that your arms are not flung wildly about. As you pivot over the landing toe drive upwards and forwards out of the waterjump.

Carry the trailing knee through very high to the front pushing it high as you drive out of the water to ensure a full-length stride out of the water to enable you to immediately get back into your running again.

SPLASHDOWN '71....

The 'lot' of the Steeplechaser is comparable in many respects to that of the Pole Vaulter, as far as facilities is concerned, both in the sparcety of competitive venues and in the low standard of available sites. The Specialist Clubs' Committee is at present running a National campaign to 'discover the 100 Worst Tracks in Britain', and although it is appreciated that there are many appallingly dangerous venues throughout the country, it is nevertheless still remarkable that such conditions are allowed to remain, despite recent claims that an AAA sub-committee is responsible for negotiating with and advising authorities operating athletics arenas, and the suggestion that it would be more prudent for any complaints or suggestions for improvements to be directed through that committee rather than a direct approach by the Specialist Club concerned, or the S.C.C., seems rather ludicrous, since the Barrier Club for one has achieved tremendous advances by direct approaches (see Editorial: the Enfield episode).

The aim of the Barrier Club in this respect is not initially to provoke an antagonistic relationship with the Local Authorities responsible for the operating of athletics tracks, or with athletics officials at any level responsible for advising such authorities or implementing rules and regulations. Rather, we wish to work closely in association with these people in a relentless effort to improve the conditions under which the steeplechaser in particular (and athletes in general) is able to train and compete.

Let's hear from you!

Many aspects of steeplechasing are discussed within these pages, and we would like YOU to write with your news, views and comments on the event

This is where YOU can help to spotlight the unenviable 'lot' of the Steeplechaser. See if you can beat this:-



The waterjump (to use the discription loosely!) at the Wallasey (Cheshire) Lingham Lane track. The photograph was sent in by DOUG HANNA 'on behalf of the Members of Wallasey Athletic Club' with the comment: "We have in our club some very promising steeplechasers, including Dave Lockley and Bob Brimage. We constructed the Barriers ourselves on the understanding that the Corporation would dig and line a suitable waterjump. This was, eventually, only dug to a depth of 15-inches; when a drain became blocked work was terminated. The 'pit' is now overgrown with weeds, and serves - as do the jumping pits - as a play-ground for the local children

FURTHER COMMENT

Comments from other correspondents equally draw attention to some quite appalling 'pits'. Some are reproduced here:-

WYCOMBE - "Steeplechase waterjumps? There are none anywhere in High Wycombe", Roger Buzzard, Hon. Sec. Wycombe Phoenix H & AC.

HEREFORDSHIRE - "We have selected three of the County's prominent tracks: The Racecourse Track - The Waterjump has yet to be constructed; this should be our 'showpiece' track, and was established by the voluntary work of local athletes. Whitecross Secondary School Track - There is no waterjump. RAF Credenhill Track - The waterjump is the best in the county, but there again, it is the only one and leaves a lot to be desired", Paul Tomlinson and Tom Goodwin, Hereford.

PRESTON - "The waterjump, rarely having water in, contains a great deal of Preston's rubbish". Michael Fistwick.

SOUTH SHIELDS - "No waterjump: is it possible to provide steeplechase facilities on a five-lap track that has no usable outer perimeter?". J.E.Rolph, per pro South Shields Harriers.

PRESTON - "There are no steeplechase Barriers except at the waterjump". Neil D Swindlehurst, Preston H & AC.

SHEFFIELD (Hillsborough Park Sports Arena) - "This is the only public track in Sheffield, a city of half-a-million people; Waterjump: Four feet of cinder before the Barrier. The 'pit' is too long (we had 15-feet length of water plus another 2-feet of slope at a recent league match!)". Ian Wainwright, for the Running Section Committee, Sheffield United H & AC.

NOW, GENTLEMEN: If we are to be in a position to help with your understandable grievances; if we are to negotiate for better conditions, then we need to know about the facilities in YOUR area. We need constructive suggestions as well as complaints; we need photographs, measurements and a complete description of the waterjump as well as a report on any action that has been taken by yourself, your club or the local authority and the results of any previous approaches or negotiations concerning the 'jump'. With the foregoing in mind we ask you to write as soon as possible to the Honorary General Secretary so that all available information can be studied by the General Committee to enable them to report fully to the S.C.C. and to Barrier Club members (through "Splash") at the earliest opportunity.

CLUB H.Q.

The Headquarters of the Barrier Club are at 325 Streatham High Road, London SW16 3NS, ENGLAND. Telephone: 01-764 9889. All communications must be addressed to the Honorary General Secretary at the above address, and where a reply or receipt is required must be accompanied by a stamped/addressed envelope.

CASH-IN?

HAVE YOU ANY IDEAS TO PUT FORWARD TO ENABLE THE CLUB TO RAISE FUNDS ?

Here are two suggestions from us:

- 1 - YOU can encourage enthusiastic athletics followers (maybe Mum and Dad too?) to take-out Associate Membership at £1:00 a year.
- 2 - YOU can persuade as many people as possible to take out a subscription to "SPLASH".

BUT...although this will be helpful, it will simply mean that we shall be covering our costs - printing and postal charges being what they are these days.

WE NEED BIG MONEY to enable us to:

FOLLOW-THROUGH OUR LARGE-SCALE PLAN FOR COACHING COURSES, COACHING CLINICS AND TRAINING DAYS THROUGHOUT THE COUNTRY.....

PROVIDE STEEPLECHASERS WITH THE OPPORTUNITY OF REGULAR TOP-CLASS DOMESTIC AND OVERSEAS COMPETITION.....

BUILD WATERJUMP AND HURDLES FACILITIES WHERE THEY ARE MOST NEEDED AND TO IMPROVE FACILITIES BY OUR OWN EFFORTS (IN PROVIDING WOODEN-FLOOR LANDING AREAS) WHERE EXISTING WATERJUMPS ARE TOO DANGEROUS TO BE USED IN THEIR PRESENT CONDITION.

WE ARE NOT GOING CAP-IN-HAND as do so many athletics organisations in Britain (that's another trend we want to 'kill') but are prepared to earn our money by providing a service. We will soon have a stock of Barrier Club Badges, which we hope will bring in a bit of cash.

"ATHLETICS ARENA INTERNATIONAL", published by Arena Publications Limited (Directors: Arthur Kendall and Charles Elliott) is providing us with a list of books giving both YOU and the Barrier Club generous Sales Discounts. We will publish the list soon and circularise members with details. This is a start, and the sort of thing we are looking for, but it will be up to YOU to do this work on behalf of the Club, since the Officers and Committeemen (though they will no doubt 'do their bit') will have their hands full running the Club.

WRITE TO THE HONORARY GENERAL SECRETARY WITH YOUR SUGGESTIONS - and the names and addresses of possible contacts.

10th European Championships Helsinki - 10th to 15th August 1971

FULL REPORT & RESULTS BY BOB SPARKS & GORDON SMITH. EDITED BY BOB SPARKS

The heats were of a tremendously high standard, the winner of heat 3, Anders Gärderud of Sweden, clocking 8:28.4, which then ranked him 17th of all-time. Three others beat 8:30.0, and the Lithuanian Bitte - slowest qualifier for the final, and one of the very strong trio of Soviet 'chasers' - ran 8:34.4; whilst the unlucky fastest non-qualifier was Sverre Sørnes (Norway) with 8:35.2, while six others found sub-8:40.0 insufficient to reach the final. Other notables who did not survive the heats were Tapio Kantanen from the host country (best of 8:31.8 in 1971), sub-8:30 performer Henryk Lesiuk (Poland) and Mikhail Zhelev the holder, who admittedly has not been at his best this year.

Heats - 13th August at 20.05
Humidity: 75%; Temperature: 18°.

Heat 1 (2:47.6; 5:42.2)

- | | |
|-----------------------------|--------|
| 1. Pavel Sysoyev (SU) | 8:29.8 |
| 2. Toni Feldmann (Swi) | 8:29.8 |
| 3. Georgi Tikhov (Bul) | 8:31.0 |
| 4. Józef Rębacz (Pol) | 8:33.4 |
| 5. Tapio Kantanen (Fin) | 8:36.0 |
| 6. Umberto Risi (Ita) | 8:37.2 |
| 7. Spyros Condossoros (Gre) | 8:38.2 |
| 8. Paul Thys (Bel) | 8:41.2 |
| 9. Willi Wagner (WG) | 8:44.6 |
| 10. Ståle Engen (Nor) | 8:44.8 |
| 11. Gérard Delalandre (Fra) | 8:54.8 |
| 12. Ron McAndrew (GB) | 9:02.2 |

Heat 2 (2:53.4; 5:50.0)

- | | |
|------------------------------|--------|
| 1. *Dušan Moravčík (Cze) | 8:32.8 |
| 2. Pekka Päivärinta (Fin) | 8:33.4 |
| 3. Jean-Paul Villain (Fra) | 8:34.2 |
| 4. Romualdas Bitte (SU) | 8:34.4 |
| 5. Arne Risa (Nor) | 8:35.6 |
| 6. Henryk Lesiuk (Pol) | 8:40.4 |
| 7. Gheorghe Cefan (Rum) | 8:44.4 |
| 8. Hans-Dieter Schulten (WG) | 8:47.0 |
| 9. Carlos Lopes (Por) | 8:54.8 |
| 10. Francesco Valenti (Ita) | 8:58.0 |
| 11. Hans Menet (Swi) | 8:58.4 |
- * = Finished with only one shoe.

Heat 3 (2:48.0; 5:42.2)

- | | |
|-------------------------------|--------|
| 1. Anders Gärderud (Swe) | 8:28.4 |
| 2. Mikko Ala-Leppilampi (Fin) | 8:29.0 |
| 3. Vladimir Dudin (SU) | 8:30.4 |
| 4. Kazimierz Maranda (Pol) | 8:32.0 |
| 5. Sverre Sørnes (Nor) | 8:35.2 |
| 6. Andy Holden (GB) | 8:36.2 |
| 7. Wigmar Pedersen (Den) | 8:36.8 |
| 8. Gérard Bucheit (Fra) | 8:40.2 |
| 9. Mikhail Zhelev (Bul) | 8:50.6 |
| 10. Milan Tomić (Yug) | 8:53.4 |

Jürgen May (WG) did not finish; he retired after seven laps, in 5th place.

FINAL - 15th August at 15.55;
Humidity: 100%; Temperature: 17°.

- | | |
|-------------------------------|--------|
| 1. JEAN-PAUL VILLAIN (FRA) | 8:25.2 |
| 2. DUŠAN MORAVČÍK (CZE) | 8:26.2 |
| 3. PAVEL SYSOYEV (SU) | 8:26.4 |
| 4. ROMUALDAS BITTE (SU) | 8:27.0 |
| 5. MIKKO ALA-LEPPILAMPI (FIN) | 8:31.0 |
| 6. GEORGI TIKHOV (BUL) | 8:32.2 |
| 7. KAZIMIERZ MARANDA (POL) | 8:33.2 |
| 8. JÓZEF RĘBACZ (POL) | 8:35.2 |
| 9. VLADIMIR DUDIN (SU) | 8:39.0 |
| 10. ANDERS GÄRDERUD (SWE) | 8:39.6 |
| 11. PEKKA PÄIVÄRINTA (FIN) | 8:55.4 |

Toni Feldmann (Swi) - did not finish.

400m: 63.2; 800m: 2:12.2; 1000m: 2:46.6;
1500m: 4:11.6; 2000m: 5:39.4. (Last lap: 61.2).

There was a slight mix-up towards the end of heat 2, with six men still in contention for the four qualifying places, and in the scramble Dušan Moravčík lost a shoe but still managed to sprint home first, gesticulating angrily at his discomfiture. Sensation of these preliminaries, however, came in the final heat with the abrupt departure of Jürgen May only 250 metres from the finish when lying in fifth place. The former East German star, now free to compete for the Western sector after the furore of 1969, found the four ahead of him too strong and no doubt the disappointment of failure after he had seemed to have made such a successful transformation from the flat in the last two seasons caused his premature withdrawal.

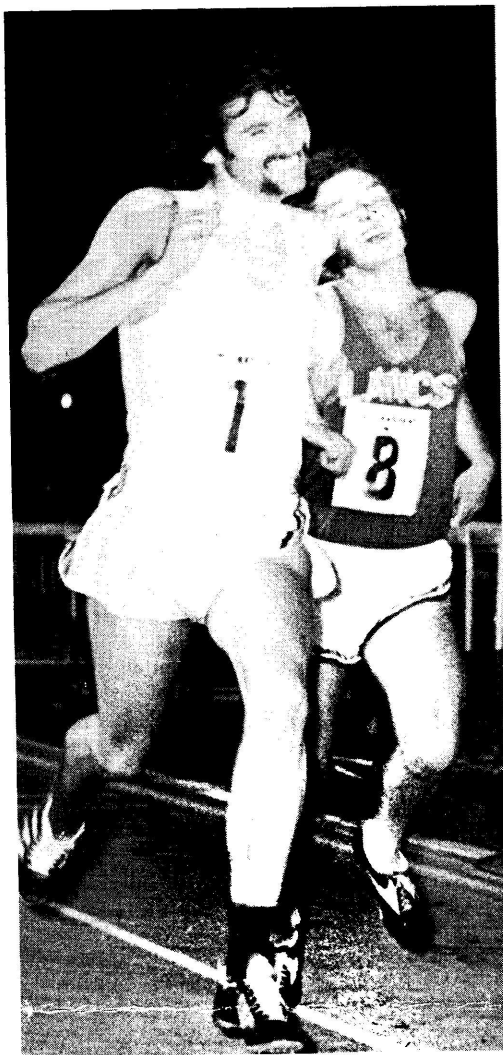
The three Soviet contenders, Dudin, Sysoyev and Bitte went straight into the lead together in the final, and it was obvious that they planned to pace each other as in Athens. In fact it was the 1969 bronze medallist Dudin, a Red Army officer, who cut out most of the pace starting briskly with an opening lap of 63.2; with Villain, Bitte and Sysoyev close behind. Sysoyev led briefly during the second lap, but as the pace dropped to 69.0, Dudin took over again, passing the half-way mark in 4:11.6 and 2000 metres in 5:39.4.

The principal challenger throughout, to the Russians, was the compact French champion Jean-Paul Villain who did not hesitate to mix-in with them pushing his way to the front with a lap and a half left. The perky little Frenchman, smooth and elegant in both running and hurdling, broke clear of the field with 300 metres remaining and proved himself easily the strongest man on the run-in. The winning time of 8:25.2 was only 3.2 seconds outside O'Briens World mark, ranks sixth in the All-Time list, and second to O'Brien (8:24.0) on the 1971 rankings. It was, nevertheless, a 'disappointment' to Editor Elliott "in view of the tremendous talent present in the field, and serious thought must be given to two important factors: firstly the over-large number of competitors in the heats and final, and secondly the time-lag between heats and final. It must surely be obvious to championships organisers by now that, with the hoped-for improvement in standard in the event it is necessary to run faster than hitherto in the heats to qualify for the final, thus the immediate need for smaller fields and a longer (two-day) rest period between".



Photo:
TONY
DUFFY

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daring dave
 "running for
 fun" takes
 over the
 british
 record

PHOTOGRAPHY:
 TONY DUFFY



DAVE BEDFORD pictured here at the first waterjump (above); on the rush for the tape (top left) and on his 'lap of honour' at Crystal Palace (September 10th) when he took over the British steeplechase record from Gerry Stevens (8:30.8 on 1st September 1969) beating AAA Champion Andy Holden into second-place. Times: 8:28.6 for Dave and 8:28.8 for Andy.

This is a performance which, in the opinion of the Secretary and President of the club "will have a beneficial effect on steeplechasing in Britain and the rest of the World since it will at last indicate to the specialists in the event that a major requirement of the 'chaser is power and speed on the flat, apart from good technical ability". Well done, Dave...and thanks'

"Splash", the official in Public-Barrier Club is to 3NS. Heatham High behalf of the Barrier Club.