

R E P O R T

I.A.A.F. ROAD MEASUREMENT SEMINAR - WARSAW, POLAND

Friday, 14th - 21st May, 1989

This was the first seminar to be held on the technique of road running course measurement to be held in Eastern Europe and was organised by the members of the Cross Country and Road Running Commission of the Polish Athletic Federation led by Vice Chairman Henryk Paskal. The Director of the Seminar was John Disley from London, an Approved International Amateur Athletic Federation and Association of International Marathon's Road Course Measurer:

The seminar was financed by the I.A.A.F. and the pre-administration dealt with by Mike Gee in the I.A.A.F. London office.

Objective

The objective of the seminar was to introduce the "new" technique of road course measurement using the Bicycle/Jones Counter Method, to the National Athletic Federations of Eastern Europe.

Invitations

Invitations were sent to Poland, U.S.S.R., East Germany, Hungary, Czechoslovakia, Bulgaria and Rumania. Acceptances were received from Poland, Hungary, Czechoslovakia and Bulgaria. *See Appendix 1 for list of members.

Staff

Seminar Director	-	John Disley	(London U.K.)
	-	Lennant Julin	(Stockholm Sweden)
	-	Peter Riegel	(T.A.C. - U.S.A.)
	-	Ted Paulin	(Melbourne, Australia)

Venue

The Physical Education & Sports College, Warsaw, 3 miles from City Centre.

The Seminar

After the opening by Mr Jan Moulak - Chairman, Technical Committee of the Polish Athletic Federation, the three days were spent in alternating practical sessions with discussions and lectures. The venue was ideal for this format with the opportunities to ride bikes on the traffic free campus immediately outside the lecture room.

Facilities

The Polish members of the Road Race Commission - Henryk Paskal and Tadeusz Dziekonski, had provided all the facilities and equipment. This included 16 new bicycles - all the same model, which greatly helped the running of the seminar. Their organisation of accommodation and meals was also excellent. The 'students' stayed at the Sports Centre and the staff in the Forum Hotel in the centre of Warsaw.

Communication

The seminar was conducted in English and this was effective because there was at least one English speaking representative from all of the attending countries. Occasionally explanations were expanded in German. In any case, measurement is a very practical subject and involves figures which are universally understood.

Duration

The amount of time available was sufficient for explaining and practising the Jones Counter/Bicycle methods - providing that the students were already familiar with the problems of road-course measurement.

Achievement

The staff were very pleased by the progress made during the weekend. This progress was directly related to the previous knowledge of the students and their ability to ride a bike with total confidence.

The Polish group of four were excellent and only needed more practice in actual course measurement to become totally proficient.

The Hungarians went away with all the skills and understanding but will need more practice before they become as confident as the Poles. Maria Vekerdy could become Europe's first women A.I.M.S./I.A.A.F. measurer.

The Czechs had good understanding of the principles but there must be doubts if either of them will do more than pass-on the skills of measuring to colleagues who will have more time and direct interest in road running.

Our Bulgarian participated without complaint, although they were surprised by the practical nature of the seminar and re-found cycle riding as a fatiguing pursuit in their middle-age. Again I think that they understood the principles of the new measurement system but in my opinion they personally are unlikely to set-out for a 42km bike ride. I suppose it will now depend on the students and discipline of the Bulgarian Athletic Federation. If they wish to capitalise of the I.A.A.F.'s initiative then the opportunity is there but they will need to de-brief Kojuchovov and Paounov promptly before their new found skills are forgotten.

It is regrettable that neither the U.S.S.R or the D.D.R responded to the invitation as this would have made the seminar really worthwhile. Maybe a seminar could be organised in the future if delegates from these countries are definitely involved.

As it is left now - our Polish measurer wants I.A.A.F./A.I.M.S. measurers to come to Poland later this year and certificate a course in Torun - Lennart Jalin is looking at the possibilities, and the Hungarian have invited John Disley to the Budapest Marathon next October.

So progress had definitely been made and the gospel of the Bicycle/Jones Counter spread within East Europe. There are now 14 Jones Counters waiting to be used in earnest in this area - the seed is planted.

Our thanks to the I.A.A.F. and Mike Gee for setting-up and financing the seminar.

Programme

Friday, 19th May

- 13.00 Lunch
- 14.00 Opening of Seminar - Welcome by Mr. Jan Moulak, Chairman of Technical Committee, Polish Athletic Federation.
Supported by Mr Zbiznef Kenskivitch (General Secretary).
- 14.15 Introduction by John Disley.
- 14.30 Meet the Jones Counter and Bicycles. Practical session on bicycles on athletic track.
- 16.00 Lay-out calibration course in College grounds - 500m. Practice steel-taping.
- 16.45 Calibration videos.
- 18.00 Dinner
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Saturday, 20th May

09.00 Discussion on Calibration and Measurement - basic principles.
09.30 Calibration.
10.15 Shortest possible route - lecture.
11.00 Practice course measurement.
12.45 Re-calibration
13.30 Lunch
14.30 Discussion of figures - pre and post calibration.
15.30 Lay-out of course practice - Area A.
18.00 Dinner

Sunday, 21st May

09.00 Shortest possible route - discussion continued.
10.00 Calibration.
10.30 Lecture - Short-Course prevention factor.
11.00 Course lay-out practice - Area B
12.00 Re-calibration videos.
12.45 Assessment of pre and post figures for calibration - how they effect lay-out and measurement of a course.
13.30 Lunch
14.30 Lecture - Practice problems in measurement.
15.30 Practice videos in streets with obstructions etc. Area C.
16.30 Final Discussion.
17.00 Seminar Close.

APPENDIX I

SEMINAR WARSAW - 19-21 MAY 1989

NAME	ADDRESS	POSITION
Lubomir Kojuebarov	Bulgaria - Sofia D Voinikov N 21	Dip. Ingener - Geodefia
Alexandre Paounov	Bulgaria - Sofia Federation Attetisme Bulgaria Telex 22723 22724	Coach - Trainer
Vitezslav Zak	Juokovicova 10 63800 Bono, CSSR	Member of the Commission of Judges of the Czechoslovak Athletic Federation
Bedrich Skala	Nadrazni 112 150 00 Praha 5, CSSR	Secretary of the Commission of Judges of the Czechoslovak Athletic Federation
Tadeusz Dziekonski	15-057 Biatystok - Poland. Ul Chrobrego Yu 8 (Skrytka Pocztowa 14)	Economist Member of Statistical Commission, Cross Country & Road Races Commission of Polish Athletics Federation
Henryk Paskal	Ul Bydgoska 112, B'/9 64-920 PILA, Poland	Vice-Chairman Commission of Cross Country, Marathons and Road Races of the Polish Athletic Federation. Member of Statistical Commission of the Polish Athletic Federation
Bogdan, Piatek	05-220 Zielonka Ul Armi Radzieckiej 7m 485 Poland	Member of Cross Country and Road Races Commission of Polish Athletics Federation.
Maria Vexerdy	2233 Ecser Arany F.u. 29 Hungary	Secretary General of the Budapest Athletic Federation

Peter Pignitzky	1025 Budapest Nagybanyai 7 Y/B	Judge, Sports Teacher Uni of PE Hungary)
Josef Jarosz	Torun	Member of Commission of Cross Country and Road Races Polish Athletic Federation
John Disley CBE	c/o London Marathon Box 262 Richmond upon Thames Surrey TW10 5JB	
Lennart Julin	Gastrikig 14 5-11334 Stockholm. Sweden	
Pat Riegel	3345 Kirkham Road, Columbus Ohio 43221 USA	
Ted Paulin	Olympic Park, Swan Street Melbourne VIC 3002 Australia	