suggested that individual self-reported values for subjects with more than 12 years education be reduced by 2 cms for height and increased 1.2 kg for weight. However, the regression equation was virtually unchanged with these adjusted values.

The response rate to the questionnaire was poor, but quite typical of sociological studies, and any study such as this is likely to find that fitter people are more willing to respond to a questionnaire. However, the range of abilities of the responders was wide, and representative of the whole group and so for estimating the regression equations the data should be adequate. As for any regression equation, the equation given here will not be such a good predictor if applied in a different race, but is given here so that the average runner can give himself a target to aim for. Extrapolation is unwise; according to the above equation, someone who did no training, i.e. M = 0, K = 0, with a BMI of 26 kg/m^2 and a resting pulse rate of 80 bts/min should still be able to complete the half marathon in just over two hours. Of course these results are conditional in him finishing at all!

Note from the relative contribution to the percentage variance explainable that the distance trained per week (K) and the Body Mass Index account for the vast bulk of the regression, and that pulse rate and number of weeks trained, although statistically significant, are not such critical variables in the equation.

Most studies involve highly trained athletes and expensive laboratory facilities. This study has shown that useful results can be obtained from casual (i.e. not elite) runners and an inexpensive questionnaire. Subjects can reliably measure their own resting pulse rate. Having allowed for the amount of training and obesity, the resting pulse rate still remained a significant predictor of running speed, and thus could be useful for comparing runners who do similar amounts of training and are of similar build.

ACKNOWLEDGEMENTS

I would like to thank Mr. G. Barrell of the Department of Physical Education, University of Southampton, for his co-operation in this study, David Thomas for technical assistance and David Machin for many helpful comments on the manuscript.

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OBITUARY

Stephen Jackson Bell, MChS, SRCh

It is a very sad task to record the untimely death of Stephen Bell after a short illness.

Stephen followed his father in the practice of Chiropody and although quiet and unassuming he was a diligent, enthusiastic practitioner popular with patients and colleagues alike. To me he was a good friend and steadfast colleague.

Stephen had been developing an interest in Podiatric Sports Medicines and was himself a keen shooter. He joined BASM in 1979, and had a special interest in the lower limb injuries, particularly in track and field athletes and joggers.

Stephen Jackson Bell is survived by his wife Carol and their two children.

B. Francis