

equation to determine MSS training pace can be considered a practical method of determining an individual's training pace for the 10km distance, and as an effective method to increase maximal anaerobic and aerobic performance. However, MSS training for the 10km distance will have its greatest effect on runners with a low VO_2 max, while runners with a high VO_2 max may need to work at a higher level of their maximal aerobic power.

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OBITUARY

Surgeon Captain Charles Boyd Nicholson, CB, MB, BS, DLO, RN (Ret'd)

We were most distressed to learn of the death of Surgeon Captain Nicholson on 23rd November at the age of 84. As a doctor's son he was educated at Epsom School then attended the Middlesex Hospital School of Medicine qualifying with Conjoint in 1926. Almost immediately he joined the Royal Navy and saw service in naval hospitals in Portsmouth, Chatham, Hong Kong and Algiers. After the war he returned to sea but later used his excellent administrative ability to help with reorganisation at the Admiralty. He retired from the Royal Navy in 1958 and was appointed Medical Officer at Eastbourne College.

Nick was a keen sportsman most of his life being an excellent rugby player in his younger days and later a keen and capable golfer. While at Eastbourne College he became a leading member of the Medical Officers of Schools Association and he was a founder member of the British Association of Sport and Medicine since its formation in 1953. It was with regret that we received a letter from him in July, 1986 tendering his resignation with effect from 31st December "as disability and age make me a completely inactive member". He expressed his appreciation of his long term of membership, the many business and scientific meetings he attended and wished the new incorporated Association "warmest good wishes for its future success".

I received a very touching letter from his wife, Peggy, to whom we extend our sympathy — also to his four sons. Nick will be a loss to BASM and to MOSA, especially in his interest in bringing together these two associations. MOSA was also a founder affiliated member of BASM.

H. E. Robson