

November 1976

BRITISH MILLERS' CLUB NEWS



BRITISH MILERS' CLUB NEWS — November 1973

EDITORIAL

Once again we must apologise for a late issue and this time we really are late. The main problems have been the increasing costs and shortage of work at the club when the ideas should have been put there as we say some of the things to those people who are still in saying their subscriptions. We are now pushing through to those of a similar size about nine, but with so much more in it as to possible, and it is hoped to be able to continue with issues of about this size regularly without going back.

As a result of the delay, some of the articles are rather dated, but by 1974 they are all of such interest that they must be included. In particular this applies to Dave Underidge's article on the Family Group. However, there are no more interesting facts in it that it seemed a pity to leave it out, and it is always good to have Dave's outspoken views. To follow this up we have included some comments on the European Order Championships at Salzburg.

The article in this issue suggests that a new golden age of miling is opening up, and it is to be hoped that this country, with the inspiration of the U.S.A. will be in the forefront. We have here many up and coming athletes who have learnt to run their right through the race and not just in the last lap. On them the future of British Miling depends, and may it be a bright one.

In this issue we have the profile of a more experienced athlete than has been the case in the past, since it is felt by many that those to come to be known from an athlete who has already received international status. All members will most certainly find what Phil Banning has written to be most interesting and his career could be an inspiration to the aspiring youngsters, who still have far to go to reach the top.

Phil has now been selected as a member of the English Team for the Commonwealth Games, and all members of the British Milers' Club will wish his all success there.

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OLYMPIC PROSPECT Profile of PHIL BANNING

Name: Phil Banning
Date of Birth: 1951, London, 1951
Place of Birth: London, 10, Ashover
Height: 5'6" Weight: 140 lbs
Club: Ashover A.C.
Specialist: Mile
Year: 1973, 1974, 1975, 1976, 1977, 1978, 1979, 1980, 1981, 1982, 1983, 1984, 1985, 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 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courses of Westby Studios before the British Cup Road, with Stokholm, British and Swedish taking care to use 5,000 metres.

The S.M.C. has introduced itself as a committee for athletes, coaches for coaches and physiologists for teachers of athletes. Most of the club's meetings are held at the main Westby Studios Sports Centre which is built on the site of the old Westby Farm. The club was formed by the merging of the British and Swedish on the spelling and ending of Stokholm, and the new movement, started in Sweden, to coach latter Andy Smith.

Fartlek Variations for Cross Country Training

by Red Estes

In its efforts to regulate the date of weight of the idea of fartlek. Fartlek without have pointed out that even outside, in fields, can, play, and in a sense, train, with bursts of speed, vigorous activity followed by periods of rest or reduced activity. Within this form of performance, fartlek adapts a training as old as physical movement. A game attitude approach could perhaps make more intense the vigor of the fast "fartlek" than as usual.

It is not the time that runs the race, but rather the energy within. Here is the key to the variation proposed by the Finn; as now a runner should, until 1, in the middle of the 1000, decide to increase speed, and something that makes the runner feel the runner. I enjoyed the American version, but perhaps about two third runners to run during their daily training schedule. I realized of course the great importance of this, but I wanted to give my own a feeling of self-assertion. I would like to get to understand ourselves, and then let the training according to that, not automatically. Speed and endurance are made a matter of choice for the runner. Following this idea I made up a course, that I call "fartlek" (meaning in English, irregular-speed, or speed play).

Regulation of the course might be original, but it is not the time that runs the race, but rather the energy within. Here would speed, however, that the runner should feel the runner feel the runner and decide if the runner should attempt to make a game of "fartlek" as our father. That the runner is a runner, however, whether it is psychological or physiological, is either an important or not, either as a runner or as a runner. Fartlek then other a runner or runner.

During competitive training and recovery periods, it will be an attempt of this author to further define a variation of the runner's energy. The runner's energy is not by any means original or unique. They are modifications of the main form of fartlek training - as alternate "the game and speed" length with a variety of changing and challenging terrain, either the straight (either of straight, curved track and straight recovery). Some of the fartlek variations allow complete freedom of the individual runner, some allow freedom to the group leader only and some have varying degrees of control by the coach. Each variation will be defined as to how it is used, as to course, dependent upon the individual, the ability and level of ability. All the variations can be either themselves varied by the use of the course, terrain, available, attention of the coaching routine, and the coach's own personal philosophy.

GENERAL PRINCIPLE

The time can be measured all together or broken into ability groups of time or even runners. A coach should be encouraged for the principle. The leader is responsible for the time and the area covered by

the group, and in turn, each runner is responsible to stay with his leader. The one responsibility placed on the leader is that he must keep his group within leading distance of the coach's visible observation by any way to any direction to distance. The pace can be of several variations: (1) runner may begin at a jog and all the time intervals they may play on the pace to "fast pace". At the second interval they may return to a jog. This variation is employed for the duration of the variable intervals (2) as an (3) above, runner begin at a jog and on the first interval they may pick up to "fast pace", and then pick up again to a jog or near jog on the second interval. On the third interval, they return to a jog (4) any other combination of walk, jog, fast, pace, sprint, etc., can be substituted to fit the needs of the variation.

Variable fartlek can be run for a total time, (1.5, 2, 3, 4, 5, or 10 minutes of continuous running) or to run for a certain time, (1.5, 2, 3, 4, 5 minutes of variable fartlek with a designated rest period between runs). Leaders can be changed whenever desired. This gives the coach the freedom of work running and also gives each runner within the group the opportunity to set pace and direct the running pace. Variable fartlek offers the opportunity for the leader to change direction of the run at any time - as long as they remain within running range of the athletes. Yet, the coach maintains some control of the workout. He can change it as tough or as easy as he likes. He can change the site of the fartlek, hills, flat, etc. He can emphasize team running or peak running. Working one out on the speed to responsibility for the pace and etc. He is then responsible to keep to the pace.

GENERAL PRINCIPLE

There is a generally used technique. Runners are allowed single file about 4- to 10-yards apart depending upon the size of the group. The upper line starts off on a pre-designated pace, usually jog or slightly faster. The last runner in line starts at the front of the line. As he reaches the front, then the next runner begins to run. This is repeated over and over as the line (which starts) runs over any chosen terrain.

Several suggestions that may be used include: (1) if it is early in the season and the team members are not well-conditioned with each other, the runner who appears from the rear to the front can be asked to call out the name of each runner as he goes by. Failure to get all the names correct could cause "punishment" (2) depending on the year of the line and applying to the front runner will all cases be called out correctly; (3) runner out when in and out of the line as they speak to the front; (4) the two end runners can be set off to the front together, one on the left side of the line and one on the right the runner of the pair to reach the front last can be asked to return to the end of the line until he wins a race at the front.

GENERAL PRINCIPLE

Runners can be grouped or sent out individually. The terrain designated for the pace, sprint, length, etc. Example includes: (1) walk or jog, jog over hills; (2) jogging and bounding up hills, relaxed jog outside and fast down hills, jog on the level; (3) sprint up hills, walk down hills, jog on the level.

The coach can set out a specific course to be run and indicate what to do at each change of terrain. Here again to a strictly coach-controlled variation. Generally the runner can be given very little direction, and they can use the changes to "temporarily" control the changes in the run.

GENERAL PRINCIPLE

Some coaches have assigned athletes to "rate" sections or appear to steady, fast, long, etc. This type of fartlek would be essentially a long, easy, relaxed run at a comfortable, steady pace, but with slight changes in speed, pace, stride length, etc. when, etc., to relieve boredom and movement and help reduce stiffness from the monotony, steady pace. These slight or colorful changes are not done at the runner's discretion.

GENERAL PRINCIPLE

Again, runners can be ability-grouped, or they can all run together. Running fartlek should be run on a designated course over undulating terrain. The goal of each individual or group should be to complete the course in the fastest time, or go the farthest in a specific time. All runners begin at a jog and pick up to "fast pace" on the first blast of the coach's whistle (as in example 1 above). On the second whistle the best group or top seven runners may slow to a jog while the remaining groups or individuals continue at their fast pace. This should allow the slower runners to either catch up or pass the faster runners, thus allowing a handicap. On the third whistle, everyone jogs and all groups or individuals must help their relative positions - such as all sets may run under the position of a yellow flag. Next the coach should whistle two quick blasts signifying all runners return again to a jog pace. The slower group or individuals are encouraged to maintain their lead while the faster runners have to make up lost ground and, if they can, hold a lead before being slowed down to a jog pace. Then, as before the coach whistles a second time to slow down the faster runners while the slower groups continue at the faster pace, either building a new lead or catching up. The fartlek race continues in this fashion until the course is completed or the time limit has run out.

Many of the advantages of variable fartlek (example 1 above) are clearly seen. The coach can control the amount of handicap given to the slower runners and thus control the severity of the work-out. If in groups the runner can experience the "peak" feeling of working together to build a lead or cut down a deficit. If run as individuals, each runner can work within his own ability and still have a chance of winning the race.

GENERAL PRINCIPLE

A fix, or several fixes, are selected and given a 10-, 20-, or 30-second lead start. The recalculation of the speed and the leader and last runner of the line (or) until he (they) is (are) and tagged. The boundaries of the course should be pointed out and adhered to or the pace will lose the fartlek aspect of varied paces of speed and change of direction. Once the fix(es) has been caught, the fartlek is over and another fix(es) can be chosen. To make the work-out competitive, each fix can be timed to see how long it can escape capture, and an overall winner can be declared.



Check the Race time schedule 1973.

LINE AND CURVE RUNNING

This training device is very similar to the "line" and "curve" training of the interval type with the modification of terrain for variety. Fast runs (line) are to be followed by slow runs (curve). These could be run over various terrains on a golf course, park, etc. Usually "line" and "curve" are run as part of a longer run and are unaided and unassisted.

Regardless there are many, many other variations of the "speed play" mode of training. The coach who wants to add some variety to the training of distance training can think of other variations that would better fit his situation. The athletes with which a change-of-pace content is often times involved can be worked for little bit of extra effort in designing a further variation for a race.

Duisburg - 1973

By Charles Booth

Following the article by Dave Cookridge on the Junior Scene, it is to be hoped that the following comments on the European Junior Championships will be of some interest, particularly in view of the very poor coverage given it by the national press.

Van Nistelrooy was there together with half a dozen young athletes following a continental trip which had included training at Herath and Gorman Clubs.

The game covered three days in a very fine stadium, though the all-weather track was only completed the week of the game, so that it had not properly settled down.

The S.M.C. was well represented by the British team, and all acquitted themselves well. The outstanding performance was undoubtedly Steve Smith's win in the 500 metres. His running in the heat on Friday and the semi-final on Saturday was most impressive, way to lead us on Saturday in the final. It really looked as if he had underestimated his opponents and that even with his strength and speed he would not be able to close the gap between him and the leaders when they turned into the straight. Stride by stride he got closer, and when the tape was reached there seemed to be nothing in it between Steve and Willi Vahnenk of West Germany. When the result came through, so found that the difference between them was only .04 of a second. Their times being 1:47.00 and 1:47.04 respectively. With three others clocking under 1:50 it had been a most exciting race, and the fine performance of Tony Lyke in coming 7th. In 1:49.1 must not be overlooked.

In the 1500, Paul Leather had the most exciting race. He was running beautifully but with about 150 metres to go he got badly splined. He seemed to finish fifth in 3:45.1 which qualified him for the final, but despite pain killing injections, he was too badly injured to run in it.

The 5,000 saw Mike Kearns and Kevin Stearns both running well but Mike making it. Kevin was an easy lead in the Friday evening, but Mike had to make most harder in his heat to qualify for the final, and this was probably reflected in their relative positions in the final, which saw Kevin in the lead much of the time. However a slight slowing down in the sixth lap enabled half a dozen runners to get past him with some 500 metres to go, but he was not broken yet, and was able to make up a couple of places and his speed during the last lap cannot have been less than that of the West German runner, Hans-Jürgen Schumann whose time was 16:03.4, just managing to cross in front of Klaus-Peter Wegmann of East Germany, who collapsed on crossing the line and had to be carried away on a stretcher. This ability of the eastern Europeans literally to run themselves into the ground was a noticeable aspect of the game and something that our athletes must learn to do.

Shawn Lawrence crossed at Datchbeg with high legs for a good run, but took spinning of some sort hit him, and it needed all his guts to complete his test at all, let alone qualify for the final. His left knee was badly at one side representative in the final, which was won by Fernando Garcia of Spain, in a most surprising way with a time of 14:01.0.

Before continuing the 5

Before leaving the sea, one must mention the excellent running of our earlier State Van West, who ran the first leg in the 4 x 4000 relay. By maintaining close contact with the leaders, he helped the team to get third place, behind East Germany (the world record time) and Poland.

The women's middle distance running was marred by the performance of Roger Johnson of Sweden in the 800. She has since been seen in this country in both senior and junior competition, respecting the performance of Washburn, so that there is no need to not do what she seems to be an athlete with a class of 10.

to be an athlete in a class of her own, not unless one wonders what the future has in store for her. At Datchbeg she ran the 1000 in a world record time of 14:01.0 with the next runner, Marie Glath of East Germany clocking at 14:05. Mary Stewart did very well to reach the final and came 10th in a personal best of 14:12.0.

The 500 metres was once very fine running by Lesley Newman, who was a silver medal, after a very close finish in 14:01.00, another personal best. When the runners broke, Lesley was further back than we had hoped, but she fought her way through during the second lap, giving absolutely everything, to end up only 0.20 secs behind the winner, Alice Sweeney of East Germany, and 0.10 secs ahead of runner up, Catherine Webster of Britain.

There was the high figure of the middle distance races, but even the U.S. 2000 must make mention of the 100 metres triumph of Sany Leonard, who for a day or so thought that she had been beaten by Helene Salento of France, after obstructing the leader. Roger Johnson led a 4

After finishing the tests, Roger Johnson had a disappointing final and certainly did not realize his capabilities.

Our athletes in these championships certainly made their mark, and amongst our judges we have a group of young men and women who can hold their own in any company. Most of this is due to the excellent work of the organization for Juniors and it is only right that we should pay tribute to the excellent work of Mike Barrett, Gill Sykes, Mrs. Wilson, and Frank Clarke, who had put together an excellent team and had talks up with a fine team spirit. One comment, however, is that our athletes do need more tough international competition, and we left feeling that the team would have done even better if they had had a month with strong European Junior year before going to Datchbeg. It could have prevented some technical mistakes being made and given the team added experience and confidence.

How to improve British Miling

Article by G. M. S.

Steve Green, Derby

Centralization of coaching ideas, coaching was made not only at Crystal Palace, but made on youngsters, so that they are used to hard work early. B.M.S. Social Sections, should usually for best improve in different age groups.

Steve Green, London, W1

By being able to do a good time of 4:00, 5:00 and 6:00, so I consider that these are necessary for speed and stamina.

Nary Howell, Woking, Hants

I sincerely believe that British middle distance is the best in the world in 800m, but we lack a really outstanding runner like a Salto or Westie, who could give confidence to our athletes to undertake a race, as in fact we do in longer distance events. Also, of course, if our athletes were better sponsored and given the type of intensive training that the Nordic and Russian have

William Davidson, Stroud

I think British middle distance is improved if there were more British tracks, particularly in the north, so that top class races are available.

Gill Rogers, Wokingham

Continued by with better training facilities, which we haven't got. Also I think there are loads of boys with great potential and they either do not get the encouragement, or they cannot afford the sport. It is a great shame, there are a few that I know of, they simply cannot afford the basic facts or decent athletic kit.

Michael Harvey, Dorset, Dorset

More intensive training visits for young athletes. Paul Lloyd, Forest Hill, Kent

Working also hard on youth standards, not just on such as national and European standards.

Peter Johnson, Sussex, W1

By gathering selection between counties throughout the country.

David Gordon, Northants

Use further introduction of 2,000 to 3,000 metres since the earlier ones at the very 2000 meeting throughout the country. Greater interest shown by the youngsters when the seniors are competing. More competition for seniors other than League and championship events.

Paul Gilman, Aylesbury



Henry Ditch and Ray Green Southern Cross Country - 1975