

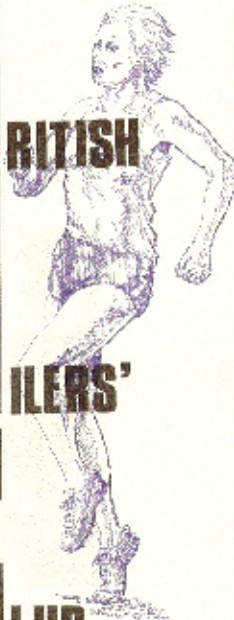
AUTUMN 1977  
No. 25

**B**  
**M**  
**C**  
**CLUB**

**BRITISH**

**STAYERS'**

**NEWS**



# BRITISH MILERS' CLUB NEWS

Number 25 — Autumn 1977

## EDITORIAL

There are times when the Treasurer and the Membership Secretary begin to wonder whether the B.M.C. is made up completely of illiterates.

In his report to the A.G.M. the Treasurer said: "Cheques and P.O.s for subscriptions should be made out to the B.M.C. and NOT to individuals, NOT to me, NOT to Frank Horwill, NOT to Charles Booth, NOT to Mick Dunphy, but to the B.M.C.

### WHY WAS THIS NECESSARY?

In every issue of the B.M.C. NEWS there is a note to this effect, and instructions that subscriptions should be sent to the Treasurer, Ray Williams, at 39 Nursery Avenue, Beakley Heath, Kent. Yet payment is still being made to others, with the cheques and Postal Orders being made out to various individuals. This all calls for needless work and irritation, so please, please do it right next year and help create a record.

On a later page you will see how you can pay by Banker's Order. Why not do so? It will save both you and the Treasurer a great deal of bother and remove all risk of your forgetting and being landed with the extra £1 penalty.

It was a pity that there was such a small turn-out of members at the Training week-end and A.G.M. at Osmore by Sea. Those who were there had a wonderful time finding out the challenge of the sand dunes at Merthyr Mawr.

At the last count, there were still over 100 members who had not paid their subscriptions for 1977, and who have therefore been crossed off the membership list. Even with the increase to £1, the subscription is still low, and it is sad when old members, for many of whom the club has done much over the years, drop out when they become less active, when their support could still be of great value to the B.M.C.

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### EDITOR

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## PRESIDENT'S MESSAGE

I wish to thank all concerned for the undoubted honour of being made President of the B.M.C., an honour made even greater by following the athletes who have previously held this post.

It has long been my belief in athletics that it is not simply the winning that matters, but the way the win is achieved.

I am proud to be President of a Club that holds this to be of utmost importance.

May I wish all members a fruitful athletic year.

*Sebastian N. Coe.*



Sebastian Coe leads  
U.K. v W.Germany

## OLYMPIC PROSPECT

### Profile of CHRIS SLY

Name: Chris Sly  
Date of Birth: 24th. January, 1958  
Place of Birth: Chiswick, London  
Club: Weltham Athletic Club  
Coach: Neville Taylor  
Occupation: Student (Physical Education)  
Allegor College

When did you take up running seriously?  
At sixteen years of age.

Personal bests year by year:

Age	Best
16	4:12.2 - 1,500m. Steeplechase
17	1:56.1 - 800 metres 3:52.7 - 1,500 metres 5:43.2 - 2,000 m. Steeplechase
18	1:51.3 - 800 metres 3:47.3 - 1,500 metres 8:12.8 - 3,000 metres
19	1:49.8 - 800 metres 3:41.6 - 1,500 metres 50m.15s. - 10 miles road

Best competitive achievements and placings:

Age	Achievement
16	SCAAA Youth Champion 1,500 Steeplechase 2nd. English Schools 1,500 Steeplechase 2nd. AAA Youth Champs 1,500 Steeplechase 2nd. Schools Internat: 1,500 Steeplechase
17	2nd. English Schools 1,500 Steeplechase 3rd. AAA Junior 2,000 Steeplechase 6th. Junior International 2,000 Steeplechase
18	4th. SCAAA Senior 1,500 metres 2nd. AAA u/20 Indoor 1,500 metres 4th. AAA Junior 1,500 metres 2nd. AAA Junior 3,000 metres 4th. Junior International 1,500 metres Middlesex Junior Cross Country Champion

- 19 3rd. SCAAA Senior 1,500 metres  
1st. SCAAA Junior 800 metres  
8th. AAA Senior 1,500 metres  
(British Junior record, 3:41.6 in heat)  
2nd. AAA Junior 800 metres  
1st. Junior International 1500 metres  
2nd. European Junior Championships

Please describe in some detail your winter training and give some indication of how it has progressed over the past three years:

A gradual build-up of mileage over the last three years, average 55-65 and in 1976/77, 80 miles per week, with all sessions carried out at a good pace. No track sessions, but as much running over undulating terrain as possible. A few good cross-country and road races. An increase in weight training and flexibility exercises almost every day. The aim here is to achieve an all round athletic fitness and conditioning with fresh physical and mental approach in preparation for main objectives in the summer.

Please describe your summer training and outline how it has developed over the past three years:

Continuing to run relatively high mileage at good pace - no sessions are run at slow rate in either summer or winter training. Training will differ each week depending on my racing programme.

Three weeks prior to AAA Championships:

1st. week	A.M.	P.M.
Sunday	12 mile run	3 x 200m.
Monday	6 mile run	2 x 1,200m. (long recovery - grass)
Tuesday	6 mile run	6 mile run
Wednesday	6 mile run	4 x 600m. (long recovery - grass)
Thursday	6 mile run	5 mile run
Friday	5 mile run	
Saturday	7 mile run	



Chris Sly leads Stuart Piddock & Aidan Constable  
at bell — Southern U/20.1500m.

2nd. week		
Sunday	12 mile run	3 x 200
Monday	6 mile run	12 x 300 (100m. Jog)
Tuesday	6 mile run	6 mile run
Wednesday	6 mile run	400m. race
Thursday	6 mile run	3 x 4 x 100m. (10 sec. recovery)
Friday	6 mile run	4 mile run
Saturday	5 mile run	800m. race

**3rd. week**  
 Sunday 5 mile run 800m. race  
 Monday 5 mile run 6 mile run  
 Tuesday 5 mile run 5 x 400m.  
 Wednesday and Thursday, A.M. - 6 mile run - easy running  
 Please give details of any training other than running.

Flexibility exercises are carried out daily throughout the year with two weight training sessions per week in winter months. Also included in the programme are drills and gymnastics.

What is your attitude towards training?  
 I have a very positive attitude towards training with the emphasis on quality. I am aware that this is necessary to the realisation of my full potential in Championship races.

Do you train alone?  
 I run mainly on my own in the winter, though when I am at College I often run with the lads. I prefer to train with others in sprint sessions.  
 Are you well endowed with training facilities?

I live near Osterley and Richmond Parks and eight miles from West London Stadium. Alagar College have a grass track and weights room.

How important is your athletic success?  
 My athletic success is very important to me - my life is geared to success at the highest levels of athletics.

Please describe how you warm up.  
 I do a 4 - 5 mile run on the morning of all my races. Pre-race warming up is a 15 - 20 minute run, with mobility exercises and six sets of fast strides.

What importance do you attach to 'mental' training and how do you go about improving your 'mental' approach?

I regard myself as a dedicated athlete. An objective is set at the beginning of each year and a programme of training is planned which will bring me to both mental and physical peak at the appropriate time. A mental therapy is adopted which will produce complete belief in what I am doing, giving me the confidence to race at the highest level and against any opposition, not fearing anyone.

Describe any serious illness or physical setbacks you have had.

None.  
 How interested are your parents in athletics and your athletic progress?

My parents have become very interested in athletics through my running and have contributed greatly to my success. My father watches most of my races and my mother and sister usually attend Championship events. How interested are your friends in athletics and your athletic progress?

Most of my friends are interested in athletics and are keen to encourage followers of my progress.

Have you any athletic heroes on whom you model yourself??

I have no heroes or athletes on whom I model myself. We all have to develop our own talents to the best of our ability, and I do admire athletes who have done just that, like Jipcho, Keine and Laase Viren. Outline your feelings on being coached and describe briefly some of the ways you have been helped by your own coach.

I do feel that every athlete has need of some kind of guidance at the beginning and this should come from the coach. As the athlete gets older and progresses in the sport, so should the relationship change to a more mature basis. Ideally the coach and athlete should plan together and this is the way in which Neville and I tend to work. At the beginning of the year, we sit down and discuss the whole racing and training programme for the year, timing the arrival at peak fitness for the major events.

Quite apart from the sound technical advice which Neville has given, his greatest gift to me has been the way in which he has made me realise my own ability. What are your targets?

I aim to improve at both 800 and 1,500 metres and hope to perhaps make the Commonwealth Games in 1978. My long term target is the Moscow 1980 Olympic Games.

## SUBSCRIPTIONS

SUBSCRIPTIONS for the new year have been put up to £1, together with a penalty of a further £1 for those not paying by the end of March.

No member is eligible to run in a B.M.C. race whose subscription for the current year has not been paid - so it is in your interest to pay it as early in the year as possible.

Subscriptions by cheque or P.O. should be made payable to the B.M.C. and NOT to any individual.

YOU CAN PAY BY BANKERS ORDER IF YOU WISH to: Midland Bank Ltd., 237 Broadway, Blackheath (Ref: 40 10 15), British Milers' Club, Account No. 61014531.

If you do this, PLEASE INFORM THE TREASURER for record purposes.

THE TREASURER'S NAME AND ADDRESS:

Ray Williams,  
 39 Nursery Avenue  
 Bexleyheath, KENT

## DID YOU GET A REPLY ?

Members are constantly complaining that their letters are not answered. Nearly always, this is their own fault. If you want a reply, you are asked to SEND A STAMPED & ADDRESSED ENVELOPE.

YES, HOW OFTEN HAVE YOU FAILED TO DO SO?

If you want a reply, REMEMBER that S.A.R. If you don't send one, don't complain of no answer.

The Fault is YOURS

## Frank Speaking

At last, the British Athletics Fraternity has a literary mouth-piece which will publish without fear or favour THE TRUTH. It is called ATHLETIC REVIEW, price 15p., published by the Newby Press (Merseyside) Ltd., 439 Clook Pace Road, St. Helens, Merseyside and printed by Syndico (Warrington) Ltd., 85 Sankey Street, Warrington, WA1 1NE. All editorial and advertisement material should be sent to Dr. Phil Thomas, 'Athletics Review', 5 Newby Avenue, Rainhill, Prescot, Merseyside, L35 9NH. (Telephone 051 430 9022). Predominately about Northern athletics, it has much in it which will appeal to all British athletes and coaches. The Editorial comment makes a refreshing change from the reticence of other athletic journals. It is pleasing to read in one issue that the N.C.A.A. and B.W.A.A.A. do not sit on the right hand of God. In another one must admire the impartiality of the writer when he condemns those who look upon the league as more important than the Area championships. He raises the old and valid idea that if you do not run in the area meeting, you cannot run in the Nationals. One might even go further and say that those who do not support their County Championships should not be allowed to run in the Area. One snag against the latter idea is that some counties are virtually a club championship and the event is a farce. One way to combat this is to combine their championships and thus the winner of the Norfolk/Suffolk or Cheshire/Lancashire or Durham/Yorkshire is truly a champion with status. I understand that National B.A.A.B. Coach Tom McIsab is working on a scheme to bring something like this into being. It is long overdue and will improve British athletics. There will always be those tin-pot county officials who will oppose any change which takes away their sovereignty, but their protests will be like the death struggles of the condemned.

One writer in ATHLETICS REVIEW who caught my eye was Mike Gordon, whose article on the Olympics seen from the inside was little short of brilliant. If you can get hold of issue No. 5 of May 1977, page 24, I recommend it as an article which portrays the great pathos of any Olympics... "I sat in almost disbelief as I saw a small, shy looking girl sit opposite me at dinner one evening. Her tray was covered with a vast amount of food, but what caught my eye were the trickling on her white delicate cheeks. She sat away from her friends, refuelled her tiny body with the mass of carbohydrates stacked before her. The good food was obviously tasteless even though the drops on her face dried and the colour of the dining room, with its cosmopolitan good humour, appeared to influence almost everyone. Everyone, that is, except the incomparable Olga Korbut, a living legend, a princess of sport, whose wonders touch all eyes. The grief was caused, as I found out later, because silver does not shine as gold and 1st. is 1st. and 2nd. (says Ian Stewart) is nowhere!"

A certain club coach is having a strange influence on the young middle distance chasers who join his club. Apparently there is a notice on the club news board which reads 'JOIN THE BRITISH SWILERS' CLUB'. Now this is a very strange philosophy because the inferences are many. Firstly it suggests that the members of a well known club are miserable. Secondly it suggests that it promotes misery and finally it suggests that the instigator has a large-sized chip of arrogance on his shoulders. I made further enquiries and discovered that this coach may well have a philosophy which has no place in modern-day athletics but certainly has its part in a 'Keep Fit Club'. It seems that one must not get out of breath for this causes suffering and the smile disappears from the face. Well, there is nothing wrong with this idea, in America there is a giant National Joggers Club, its adherents wear sweat-shirts with 'KEEP FOR FUN' inscribed boldly on the front. This is much to be preferred to smoking, drinking and 'pop', but it has little place in an Athletics Club where one (dare I say it) COMPETES against others, strives for better times, learns to jockey for position and above all else, learns to overcome the fear within oneself. In other words, this is a man's sport in a man's world and if you can't take it or coach it, don't dicker others who can. Above all else, if you are a coach with these views, resign.



Hilary Hollick wins from  
 Joan Allison



to-morrow and throw your badge away, because you are obligated as a coach to IMPROVE THE EVENT YOU SUPPORT AS WELL AS IMPROVE YOUR PROTEGES. Needless to say, the coach in question has a large group of boys whose progress in the cut and thrust of top competition is so pedestrian that perhaps a new sign should be put up on the notice board - WALK - DON'T JOG - IT'S EASIER.

Paul Bonier, that stalwart of the B.M.C. in the South West Counties, has said 'The B.M.C. has a reputation for discipline amongst its members with regard to race attendances, WE MUST NOT LOSE THIS.' No member can complain one iota about action taken against him for non-attendance at any race which he accepts in writing. The conditions of acceptance appear very clearly on the invite - it is a contract. So, when a young upstart withdrew from his second invitation race the day before the race, he got very upset when he was told a few home-truths. He tells other members "I'm resigning from the B.M.C. following Frank's letter, Etc." I have learnt one thing from this lad, he won't be world class simply because he lacks honesty with himself and others. He also taught me a new procedure with race defaulters. No more nasty letters (we have a stereotyped one which has been approved by the committee), we just enter their names in the Black Book - NO MORE INVITES UNLESS THEY ASK FOR THEM IN TWO YEARS TIME.

As winter comes, we must ask ourselves some questions about the next six months. We must not rush headlong into the stampede that thousands of athletes do each winter without thought. Here are some pertinent queries which require clear answers:-

WHAT WAS MY BIG WEAKNESS DURING THE CURRENT TRACK SEASON AND WHAT CAN I DO TO RECTIFY THE SITUATION THIS WINTER?

Can I do a big mileage and race weekly? Which do I think is more important? Is March, April and May enough time to find the speed for world-class 800 running (women 1:56 - men 1:43), or shall I start my speed work earlier?

Am I strong enough and what exercises shall I do to improve?

Shall I race indoors this winter and do I want to do any specific training to this end and go for a National Indoor Title? Is a cross country international within my grasp and how best can I build up towards it?

Is my training plan PROGRESSIVE, does it increase each month or every two months?

## Those Feet

Abnormal stresses on the feet may be the result of faulty technique, improper footwear, structural foot deformities, hard running surfaces or strenuous and prolonged efforts by poorly conditioned athletes. The design of footwear for distance runners particularly has lagged behind modern training techniques and gives inadequate support and protection to the foot.

## B.M.C. QUIZ No.2 Compiler Dave Cocksedge

- Who were the last two men to break the World mile record twice each?
- What were their times for those four World records?
- Who won the 1972 Olympic 1,500 metres and what was his pace for the last 800 metres?
- Name the 1974 European Women's 1,500 metres champion.
- Name the 1971 and the 1974 European 1,500 metres champions.
- Who set a U.K. record in the 1972 Women's Olympic 800 metres final and what was the time?
- Name the only track athlete to retain his title in the 1960 Rome Olympics.
- Who gained the bronze medal in the 1976 Olympic 5,000 metres final?
- Why was Alberto Juantorena's feat in the last Olympics unique?
- Who succeeded Peter Snell as World mile record holder?

Solution page 16

## Mile/1,500 Conversion A New Look by Charles Booth

Recently disagreement has been expressed by many at the method used for comparing times for the mile and 1,500 metres. It seems to have become established that it is only necessary to add or deduct eighteen seconds to get a fair comparison. It should be obvious that the conversion factor must be different for a race run in world record time and for a promising youth. I have therefore been looking into the matter at the request of the committee.

In 1968, when it was decided that this country should go metric in athletics, Tony Elder wrote a most interesting article in the B.M.C. NEWS. He pointed out that the mile is 119.6 yards longer than 1,500 metres, but based his calculations on 120 yards difference. He based his time differential on the assumption that the runner would cover the extra distance at the same speed as the average for the rest of the distance. As he says, one might suppose that the runner would slow down because of the extra distance, but that would be pure guesswork. On the other hand, the last 120 yards of a mile race are often the fastest. The probable speed for the extra distance must therefore depend more on the average speed of the race than on the speed over a certain part of it.

Tony pointed out that, in 1968 the Olympic qualifying time was 3:42.0 for 1,500 metres and 4:00.0 for the mile, a difference of 18 seconds, which gave an advantage to the mile runner, so that one athlete (Witold Baran of Poland) came to London to do the easier qualifying time, when he ran a mile in 3:59.2 at the White City.

Brian Smith has drawn up an interesting table showing the differential based on the 1971 I.A.A.F. Scoring Table. This gives surprising results as can be seen below:

Mile time	Points	1500m. Time	Difference
3:41.0	1195	3:22.5	18.5
3:50.0	1096	3:31.1	18.9
4:00.0	995	3:40.7	19.3
4:10.0	903	3:50.3	19.7
4:20.0	818	3:59.8	20.2

At the faster speeds, the differential would seem to be much too much and at the other end, too small, and would mean that the world mile record is worth 1102 points whereas the 1,500 metres record is only worth 1084 points. In view of the greater number of 1,500 races run each year, including all the major championships, one would expect that record to be the more valuable.

Looking at practical results, it is hard to get a definite line, but of the twelve fastest milers in this country last year, the differential between their best 1500 time and their best mile time varies from 16.2 secs to 19.7 secs., though this can not be regarded as a particularly fair comparison, again because of the greater number of opportunities to run the shorter distance and the very different conditions that must have surrounded the different races.

We return, therefore, to the Tony Elder formula to see what result it gives. These are set out in the following table:

Mile time	Average 440 paces	120 yds. time	1,500m. Equivalent
3:40.0	55.0	15.00	3:25.0
3:50.0	57.5	15.68	3:34.3
4:00.0	60.0	16.36	3:43.6
4:10.0	62.5	17.05	3:53.0
4:20.0	65.0	17.72	4:02.3
4:30.0	67.5	18.41	4:11.6
4:40.0	70.0	19.09	4:21.0

It is no problem to work out the differentials for intermediate times, and it is probable that this is the fairest way to compare times over the two distances.



Steve Ovett - Wilson Waigwa  
John Walker

As an example, in his recent U.K. 1,500 metres record, Steve Ovett clocked 3:34.5 and the press stated that this was equivalent to a mile in about 3:52. However, if you apply the Elder formula the answer comes to about 3:50, which is a very different matter.

It is hoped that these figures will give athletes and coaches plenty to think about and discuss, but surely the real answer is that it can never be really satisfactory to compare times over different distances, even where the difference is not great, and expect to get a really accurate comparison.

## Looking at People by Dave Cocksedge

Press reaction to the last two U.K. mile record holders has been curious. When Frank Clement lopped 3 tenths off Peter Stewart's 1972 mark with a run of 3:55.0 in Stockholm in June 1975, the occasion went completely unnoticed. 'A.W.' gave it a bare paragraph mention, noting that Frank was placed 7th. in a superfast race won by John Walker. A nineteen-year-old named Steve Ovett, placed 9th. (3:57.0) in that race and, of course, he succeeded Clement as U.K. record holder with 3:54.7 in an exciting race at the Debenham Games on June 26th. at Crystal Palace this year. The press, with few exceptions, turned savage. No matter that Ovett had beaten the world record holder and Olympic champion. No matter that he had done so with positive ease. No matter that he left such tough customers as Walker, Wilson Waigwa and the brilliant junior Ari Paunonen trailing in his wake. He had refused to race if Kenyan Mile Boit was allowed into the event, and for that he was accused of 'monstrous' behaviour!

The rights and wrongs of the behind the scenes affair have paled into insignificance now with the passage of time. What is worth remembering is that the crowd at Crystal Palace that day went home happy at seeing a British athlete slay a top international field of milers with a U.K. record. The only thing that mystified them is why exactly Boit did not clash with Alberto Juantorena in the 800m. That had been one of the ticket-selling ballyhoo feature attractions and it did not come off. Why it did not come off had nothing to do with Ovett, but lay with the Cuban officials and big Alberto himself. But no matter. The British 'pop' press had their story and their sharpened knives ready to plunge into Ovett, for whom they have little love. Since the 1975 Europe Cup final, since the 1976 Olympics and since the January 22nd. issue of ATHLETICS WEEKLY, when Ovett roundly slammed the British athletic press, he suddenly became the man they love to hate.

Their hate affair with Ovett led the press to some childish excesses. Colin Hart of THE (Sorrow) SUN, dug up Derek Ibbotson to deliver a tongue lashing at the Brighton art student. Ibbotson expressed his amazement at Ovett being frightened of facing Boit over a mile, because he 'isn't even a miler.' You've got a short memory, Derek.



Nike Hoyt was 4th. In the 1972 Olympic 1500, one place ahead of Brendan Foster, and 6th. In the 1974 Commonwealth 1500, again one place ahead of Brendan Foster, and he's only lost once to a British athlete - Steve Overt, no less. (Coke 800, August, 1976). Then, angered at Overt's withdrawal from the AAA championships, they goaded New Zealanders John Walker and Dick Quax into some verbal fist-waving. Quax's comments about Overt being a 'nowhere man' included some accurate observations about his best times compared to theirs, but they rebounded rather unfortunately on him when he suffered a crushingly bad run in the following AAA 5000m championship. Walker, who was more guarded in his criticism of Overt 'picking his races', also lost in the 800m. to Milevan Savic and Seb Coe.

Overt very sensibly kept quiet. He preferred to answer with his feet, choosing to race over 5km. in the Gateshead Phillips Games, where he clocked a highly promising 13:25.0 in his second attempt at the distance. He beat the AAA champion, Dave Black, but for the first time in his life, was made to look slow on the last lap by Miruts Yifter's explosive 54.6 finale. John Walker took the mile very easily from Thomas Westinghouse in 3:56.6. Where was Quax? Oh, he'd gone back to high altitude at Frank Shorter's 'camp' in Colorado, to work his legs and rest his mouth.

It's usual in running events to start your career at a short distance and move up as ambition and confidence grow. 'When are you moving up to the 1500/5000/10,000/Marathon?' has become a stock question asked by reporters of aspiring young stars. But what about these new fellows who have moved down? The most striking of them is Sebastian Coe. The Sheffield boy (21 this year) won the 1973 English Schools Intermediate 3000m. title and closed out his last Junior year with a 1500 bronze medal gained at the European Junior Championships at Athens. As everyone knows, he's now embarked on a pretty successful 800m. career, taking the European indoor title in a hard-driving 1:46.8 last March, and nipping John Walker at the line for second place (1:46.8) in the AAA Championships. Then there is Dave Warren, who in 1975 was a most promising steeplechaser, with a best of 5:41.4 for the 2000m S.Chase event. That year he ran 800 in 1:55.0, 1500 in 3:49.2 and 3000 in 8:32.6. Suddenly he's another 800 runner. Following a year at Murray State University (U.S.A.) where he was pushed into the two lap event, he comes back to the U.K. to become British 800 champion and caps a fine season with a best of 1:47.4. Or how about Christopher Sly? In 1975 he ran the 2000m S.Chase in 5:43.2 as a 17-year-old as well as 800 in 1:55.9; 1500 in 3:52.7 and 3000 in 8:21.6. Taking advantage of a hard paced race in the 1977 AAA senior heats, Chris cut the U.K. Junior 1500 record down to 3:41.6 (59.9, 2:00.9, 2:43.7 bell, and 2:57.9) and followed that up with an excellent 1:46.8 behind Colin Swed in the AAA Junior 800 final. There can be speed in their legs, if you're prepared to dig and work for it, boys!

Everyone has been staggered by the progress shown by Mitcham's Jo White this

year. Harry Wilson took her over as an 2:11.6 800m. performer last October and she quickly started making tracks from early this summer, slashing her best to 2:05.7 at Grangemouth in May, 2:04.9 at Crystal Palace in June and then 2:02.8 at Lice (International debut) in July. Significantly, Jo improved over and under distance too, as her confidence grew with each win. At Nottingham on July 30th., she produced a devastating 61.8 last lap to destroy Ann Ford and Paula Fudge with 4:16.8 for 1500 (previous best 4:51.01) and ran a fine 54.6 relay leg in a 4 x 400 (first stage). Anyone who has seen Jo run 300m in training in 39-40 secs., as I did, would have known that she had the speed and strength to handle anything from 400 up. Josephine, from Woodmansterne in Surrey, runs cross country in the winter, but not particularly well. She uses it as conditioning. Sensible girl! For track runners, cross country racing is a means to an end. All Jo needed after a winter's racing (she also won the WAAA Inter 800 title) was a heavier training load than just three times per week, as she had been doing before she teamed up with Harry Wilson, and learning to relax whilst racing at speed. Her win in the English Schools Intermediate 800 had the crowd gasping as she calmly produced a 30.9 last 200 to hit the tape as Sally Ludlam and Alison Clifford were turning into the final straight! Jo's 2:05.6 in that race after a 2:09.0 heat just had to be the best bit of middle distance running I've ever witnessed in the BSAA Championships.

The racing of Nick Rose, with all its bubbling self-confidence and élan, has been one of the most satisfying sights for me this year. It is poetic justice indeed that Nick should come back in triumph over all in 1977 after the dismal treatment meted out to him by the Olympic selectors in 1976. Those people should pause and reflect that it was only an IAAF ruling that brought Nick back to the U.K. for another try. Under the Federation rules, a man wishing to switch his eligibility must spend three years in the 'international wilderness' and not run in any National team in anything. Nick had expressed the desire last summer of switching his loyalty to the U.S.A. and trying out for their National team. That rule worked in our favour, because Nick wouldn't have had any trouble in making the AAN 5km. squad (their best man ran 13:29.3 this year) but for that bit of legislation. The Western Kentucky post graduate student sped an early season 13:27.2, followed up by winning the U.K. title at Cwmbran in 13:20.6 and won the Europa Cup semi in 13:29.9, thanks to a 58.8 breakaway lap approaching 2km.

Are we stagnating in depth as a middle distance nation? I pose the question after checking through some statistics that I was asked to compile for the IAC committee in their bid to review club standards. Get a load of this: In 1973 the 50th. best 1500 mark was 3:49.0; in 1974 it was 3:49.0; in 1975 it was 3:49.1 and in 1976 it was 3:49.0! Now take a look at the 100th. best for those years: 1973 - 3:52.7; 1974 - 3:53.0; 1975 - 3:52.8; 1976 - 3:52.7! Interesting, is it not? On the women's side, the 50th. best marks for these years have been: 1973 - 4:39.2 - 1974 - 4:39.6; 1975 - 4:37.6; 1976 - 4:37.4. We seem to be improving there.

I'm drawing no hard conclusions from these figures and offering no constructive criticisms. I am merely presenting the facts.

Remarkably solid season for Mike Kearns this year. The former AAA Junior 3000 champion has been running them fast all the year, culminating with his excellent new U.K. record of 3:36.8 whilst chasing John Walker in Stockholm. The day before he had won the match race (U.K. v Sweden) in 3:44.3 and, of course, he enjoyed a handy win for the England team in Turin (3:41.2) in June. An aggressive runner in the Foster mould, he is not afraid to push the pace early on as he did so well in Cwmbran, which set things up nicely for Steve Overt's 3:37.5. Mike also gave Nick Rose some fluttery moments over the 3000 at Gateshead, when he clung onto the Bristolian's 59.1 injection before submitting to Nick's successive broadsides of 61 and 60. I have a feeling Mr. Kearns will play an important role in the Commonwealth and European festivals of foot racing next year. With Moorcroft, Clement and Gettle taking a back seat this season, it's good to see men like Kearns, Paul Lawther and Jim McGuinness getting stuck in.

Steve Cran is for real. After watching his run in the English Schools, I can confirm that, in American hoodlum parlance 'he's the goods'. Those of us who follow the Junior/Youth scene and take note of promising newcomers were stunned to learn of this Jarrov 16-year-old turning in a 3:47.7 for 1500 early in the season. Who is this boy? Is that performance, shooting down the World age best, valid? Well, I'm sure of it. He ran easily to qualify in the BSAA heat, and then cruised a casual looking 58.9 last lap after a slow opening pace, utterly to dominate the final in the Intermediate Boys event at Hendon. Lanky and rangy in the manner of young Ryan, he turned it on from the front and overwhelmed his rivals in a manner unknown in his age-group since the heady days of David Glassborow in 1970. All the time he looked as if he had more leg speed to offer, too. Then he confirmed his status by taking the AAA Youth title at Aldershot in 3:54.6. We should be hearing a lot more from him. Let's hope that he won't be another promising youngster lost to the sport, as Glassborow was.

## Multiple Vitamins

A one-a-day type multiple vitamin tablet will not do any harm. On the other hand, the use of any amount of vitamins has never been shown to increase athletic performance in any way when evaluated in a double-blind study. With fat-soluble vitamins there is a danger of overdose, especially in the younger age groups. The water-soluble vitamins are simply excreted in the urine, and it is primarily the B-complex vitamins that account for the bright yellow colour in the urine of those who take excess vitamins. Americans excrete the most expensive urine in the world because it is loaded with so many vitamins!

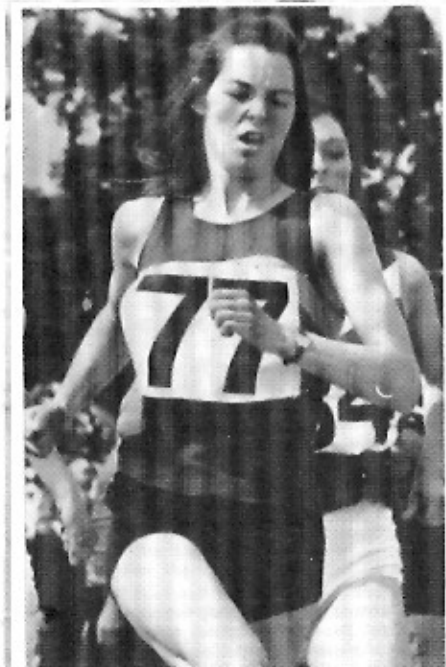
JOURNAL OF AMERICAN MEDICAL ASSOCIATION

## Some Thoughts on 800 Metres by Ron Holman

Recently there has been much discussion on the subject of why we do not produce world-class 800 metres runners in the U.K. Senior coaches have been putting forward many reasons and I would like to submit the following questions and answers on the matter.

Firstly, did we ever produce that many world class 800 metres runners? Looking back over more than 20 years of athletic involvement, I would only rank about three in this category....Derek Johnson, 1956 Olympic silver medalist (1:46.6), Andy Carter (1:45.1) and Steve Overt (1:45.4), with Chris Carter (1:46.3) deserving an honourable mention. What we have had is a succession of runners performing in the 1:47 to 1:48 zone, who seem unable to break through to faster times.

However, this is no new problem and I remember Frank Horwill tabling the subject as a discussion at a coaching conference some 5 or 6 years ago. Back came the answers.... wrong training, not enough races, too many races, etc. I do not believe that anybody put forward the view that perhaps we do not breed the sort of animal necessary to do the job. Coaches seem to me at the moment to be paying insufficient regard to natural ability. No amount of training of any sort will turn the proverbial sow's ear into a silk purse in athletic terms or any other. Is there a universal principle that the East Germans (or perhaps the Cubans) possess that will turn



Jo White

your two minute 800 runners into 1:46 men? I doubt it, but do not let us stop searching.

Of course the converse exists....a lot of athletes who do not fulfil their potential over the distance, be it 1:46 or 1:50. I believe that this is largely because they do not appreciate the requirements of this event or how to go about acquiring them. This opinion is backed by the observations I have made on my travels as a Staff coach and conversations with dozens of athletes and coaches.

Many glibly talk of anaerobic and aerobic running, together with percentages of this, that and the other. When asked to give examples however of sessions to include this they are unable to do so.

If an athlete sprints flat out for 30 to 60 metres, he runs anaerobically, he does not burn carbohydrates with the aid of inspired oxygen to give himself the energy to do so. Neither does he convert the glycogen in his muscles to lactic acid, he runs entirely on his muscle fuel, A.T.P. But he is still running anaerobically, and this particular exercise will ensure that his muscular A.T.P. is replenished on a supply and demand basis. So you can see that in the initial sprint and also the final sprint, it will be important to have trained this particular (anaerobic) mechanism. Yet I would say the majority of 800 metres runners spend little or no time doing this.

Everybody would probably agree with the oft-repeated statement that increased leg-strength leads to greater leg speed. More accurately it should be power, the ability to express force at velocity, that we speak of, but how many 1500 and 800 men do specific resistance work rather than idly and haphazardly lifting a few weights occasionally?

We also know that increased flexibility leads to a greater stride length and thus to greater speed. However, I still observe exercises some of which are hopelessly ill-chosen, done in such a fashion that the only increase in flexibility is in the track-suit zip-fastener. Minimum time with minimum effort at minimum stretch is the order of the day.

Last year, by paying some attention to these matters, an athlete I coach, Barry Smith, reduced his best from 1:51.2 (achieved in 1971) to 1:49.9. It was brought to my attention recently that a prominent Senior coach in Larry's county had observed that weight-training is useless and 'look what it's done to Barry Smith' - (Barry is recovering from an ankle injury at the moment). In fact his injury has no connection with weight-training and short of dropping a weight onto the ankle, it would be almost impossible to injure this part of the anatomy weight training. Such is our wealth of coaching knowledge!

Any physical action performed with an economical effort (i.e. good style) must conserve energy, but despite much emphasis on this by National and Staff coaches, I saw enough wasted at the E.S.A.A.A. championships recently in terms of waggling heads, uncontrolled arm-movements, and feet planted at every conceivable angle except the right one, to launch a battle ship.

Although one can destroy the hypothesis that because the 800m. is a 66% anaerobic

event, 800m. runners should do 66% of their training anaerobically in scientific terms, in practice I must admit it seems to work. However, most 800m. runners clocking around 1:50 seem to favour only one of the two ways of producing an oxygen debt in training. If you are aiming at 1:48, it seems only natural to train at race speed (projected) frequently. Does this mean 27 second 200m. repetitions? I think not, as most 1:48s are run as 53/55, not 54/54. Thus we will take the faster pace that we might encounter in a race, e.g. 25.5 200m. pace, giving a first 400 in 51 secs. Doing repetitions at this pace will invariably mean having a reasonable recovery between (varying from athlete to athlete), whereas repetitions at the slower pace could be managed with a shorter recovery, e.g. 27 second 200s with 30 sec. recovery. I know many 800m. runners who do such sessions as 6 x 200m. in 25.5 with, say, a 200m. walk back recovery. I also know many who will run 8 x 200m. in 27 secs. with short recoveries (e.g. 30 sec), but surprisingly few will run both sessions. Of course, there are many who will have to run this session in sets, i.e. 2 x 4 reps. or 4 x 2 reps.

The primary quality needed is not speed, it is speed-endurance. I can run a 28 seconds 200m., but I cannot continue to 400m. at that pace, let alone 800m. The ability to run a faster 200m. does not ensure 800m. success. I once coached a boy who ran 22.9 for 200m. and placed third in the A.A.A. Junior 400m. with a time of 49.5 secs., but could not break 2 minutes for 800m. I doubt if Glen Grant could run faster than 24.5 for 200m., yet he can run an 800m. in 1:48.

By paying attention to some or all of the above-mentioned factors (increased leg-power, increased flexibility, running technique) and by using the three types of running training mentioned (fast sprinting, faster-than-race-pace with adequate recovery and race pace with short recoveries) another three runners I coach improved in one season from:

- (A) 1:51 to 1:48
- (B) 1:55.1 to 1:50.9
- (C) 1:59.8 to 1:55.7

I would not regard any of these runners as 800m. specialists, in fact runner 'c' is a 31 year old 5,000m. man.

Well, that's part of a Staff Coach's job, disseminating information. I am sorry that it is not Steve Overt's 'secret training' or the 'success of Juntorina's methods revealed', but let's not forget the following words:

"I never did believe in any one system and not now. All the top people....have done different types of training. My approach is to take each person as an individual....I take each of them and build their training around their strengths and their weaknesses." These words were taken from Brendan Byrne's interview with Harry Wilson. (Athletics Weekly - August 30th. 1975)

## THAT SUBS

HOW MUCH? £1.00 if you pay promptly  
£2.00 if you leave it till after

31st. March

WHERE DO I SEND IT? To The Treasurer  
(see page 4).

CHEQUE PAYABLE TO? THE B. M. C.

## Developing the Finishing Kick & a Review of Racing Tactics by Brendan Byrne

Many athletes and coaches must have marvelled at the finishing speed of Overt and Yifter in the World Cup. In the 1500m. Steve Overt's last 200m. took only 25.1 secs. and Miruts Yifter's last 400 in the 10,000m. took only 53.9 secs.

It is a fact of life that some are born with the ability to sprint faster than others. Many athletes become middle distance runners because they feel they lack the basic speed to become a sprinter. The athlete starts on a negative theme and this is bad for both athletes and coaches. Often speed work takes a low priority in training, but finishing speed can be improved in all athletes. The finishing kick, like the start in sprinting or running both up and down hills in cross-country races is a technique that has to be practised. If you think about it, 'kicking' is making the best possible use of your basic speed in an oxygen debt situation and therefore must be practised in training.

One idea would be for a 1500m. runner who is about the four minute standard, but lacks finishing speed, is to start off by doing a standard track session. For an athlete of that standard it might well be 8 x 400 in 61.5 secs. with two minutes recovery. When this is done, walk over to the 200 metre mark and sprint flat out to the finishing line. The positive effect of this is to get the athlete used to think of running fast even though fatigued. Numerous other sessions could be devised on a similar theme. It is now accepted by most coaches that basic speed can be improved by increasing flexibility, weight training, sprinting up hills, technique sprinting on the track, etc. The trick is to get the athlete to make use of that speed.

Differential sessions may also be useful for improving the kick and most important of all, the athlete's attitude to it. Our athlete does a session of 3 x 800m. - another standard track session for 1500m. runners. The aim is to run the first 600m. at race pace and then accelerate very hard for the last 200m. After demanding sessions like the ones outlined above, the athlete gets grooved into being able to run fast even when tired.

How often have we seen in cross-country races an athlete lose many places because others apparently accelerate past with ease. Even the cross-country runner can improve his finishing kick. Coaches could get athletes to sprint the last 100-400m. of a steady training run occasionally. Again, making the point made earlier - get the athlete to think he is capable of running fast even when deep in oxygen debt, or feeling very tired.

Every coach and athlete should be thinking of doing things in training that will get better results. Surely it is a sensible thing to evaluate what other coaches and athletes are doing. I would pay tribute to the valuable advice and knowledge I have acquired by watching and listen-

ing to coaches such as Frank Horwill and Harry Wilson.

Tactics is another item that needs reviewing. Generally, I suppose, there are three basic tactics in middle distance races. First there is the kicker, who will follow the pace and aim to get to the tape first using his speed over the last 150-200 metres. Secondly there is the front runner, who feels at his best leading the whole way. Dave Bedford at his best and Ron Clarke are athletes that have generally fitted this mould. Thirdly, there is the athlete who will play it by ear and not have a total pre-conceived race tactic, but will see what happens before he makes his move. I should imagine that the vast majority of middle distance runners would fit into the third category.

The long run for home has been used to considerable advantage by some of the great athletes. Viren took the lead in the 1976 Olympic 5,000m. with one k.n. to go and covered the last 800m. in 1:57.5, beating athletes with seemingly better sprinting speed. The classic race of this type must have been the 1960 1500m. Olympic final, when Herb Elliott took the lead with 600m. to go and ran the legs off the opposition. Incidentally, his time of 3:35.6 still looks pretty good by to-day's standards. In the same Olympic Games, Murray Halberg took command of the 5,000m. with four laps to go and went on to win. In 1962 Bruce Tulloh won the European 5,000m. starting his finishing burst from 600m. out. To use this tactic clearly takes great courage and belief in one's ability, since the break is made when most athletes are at their tireddest and probably thinking ahead to the last lap. The big advantage of this tactic is surprise and the psychological advantage it gives.

Another tactic used to great advantage is a devastating fast 400m. in the middle of a 5,000m. or 10,000m. race. Some of Brendan Foster's best races, such as the Europa Cup 5,000 in Nice and the European 5000 in Rome, had a lap in the middle of around 60 secs., which devastated the opposition.

In 1956, in that classic Olympic 10,000, Vladimir Kuts put in repeated fast surges which disposed of everyone except Gordon Pirie. A breaking point was reached. Kuts could manage one more acceleration but Pirie couldn't follow another. Kuts accelerated and took the gold medal and a broken Pirie dropped back down the field. This tactic seems to have been revived during the past season by Nick Rose. In the European Cup Final of the World Cup, Rose used to great advantage the tactic of repeated surges to destroy the opposition. Unfortunately this did not work for him in the World Cup Final at Dusseldorf, but it nearly did. This tactic requires great confidence and guts to accelerate repeatedly against world class runners, while already running at a fast pace and the athlete employing it has to be mentally very tough. Such then is a discussion of the less conventional but nonetheless very successful tactics used in middle and long distance running.



# 12 RACE RESULTS

Compiled by Ray Williams

## WEST LONDON - 2nd, March - calm

**500 Metres - Ladies "A"**

1. J. White	1:33.3
2. M. Barrett	1:34.2
3. S. Ludlan	1:35.8

**500 Metres - Ladies "B"**

1. R. Chettleburg	1:38.7
2. K. Sims	1:40.4
3. Shirley Banyan	1:40.9

## CRYSTAL PALACE - 9th, March - very windy

**1,000 Metres - Men "A"**

1. N. Leach	2:29.0
2. T. Hutchings	2:29.1
3. D. Palmer	2:32.1
4. G. Long	2:32.6

**1,000 Metres - Men "B"**

1. D. Black	2:34.3
2. G. Brooks	2:36.0

## ALDRERSHOT - 6th, April - cold and windy

**1 Mile - Men (Army Cup Final)**

1. W. Wilkindon	4:07.7
2. P. Williams	4:08.7
3. G. Nurse	4:09.9
4. G. Jackson	4:10.8

## WEST LONDON - 6th, April - cold, calm

**500 Metres - Ladies "A"**

1. C. Hext	2:08.6
2. C. Bruce	2:11.9
3. S. Harvey	2:12.4

**500 Metres - Ladies "B"**

1. B. Madigan	2:16.7
2. K. Tuffnell	2:17.5
3. S. Brown	2:17.5

**500 Metres - Ladies "C"**

1. J. Elliott	2:17.8
2. D. Miles	2:18.5
3. J. Vernon	2:19.6

## WOODFORD GREEN - 23rd, April - very windy

**500 Metres - Men "A"**

1. R. Weedon	1:59.5
2. M. Carruthers	1:59.6
3. P. Greenland	2:00.7

**500 Metres - Men "B"**

1. A. Croxford	2:03.5
2. N. Arnold	2:06.5

**500 Metres - Ladies**

1. W. Smith	2:13.9
2. J. Clarke	2:16.1
3. A. Roberts	2:16.9

## STRETFORD - 3rd, May

**1 Mile - Men**

1. I. Gilmour	4:06.3
2. L. Reilly	4:06.5
3. D. Brennan	4:07.1
4. K. Harrison	4:07.9

## WEST LONDON - 4th, May - cold, breezy, wet

**1,500 Metres - Ladies "A"**

1. G. Penny	4:23.0
2. W. Smith	4:23.1
3. S. Harvey	4:26.7
4. A. Ford	4:28.9

**1,500 Metres - Ladies "B"**

1. B. Tierney	4:41.6
2. D. Miles	4:42.4
3. J. Clarke	4:42.8

## OXFORD - 4th, May - cold, wet & windy

**CHEVRON 1 Mile - Men**

1. A. Paunonen (Finland)	4:00.2
2. M. Kearns	4:00.7
3. P. Gonzales (France)	4:00.7
4. K. Prince	4:02.4
5. T. Colton	4:02.6
6. A. Simmons	4:02.8

## ALDRERSHOT - 11th, May - breezy

**1,200 Metres - Men**

1. T. Hutchings	2:58.9
2. G. Jackson	3:03.9
3. G. Long	3:05.6

**1,200 Metres - Ladies**

1. H. Feilon	3:32.0
2. K. Dunn	3:35.4

## STRETFORD - 24th, May - windy

**800 Metres - Men "A"**

1. A. Mottershead	1:51.1
2. G. Cooper	1:51.9
3. D. Elston	1:52.6

**800 Metres - Men "B"**

1. P. Boswell	1:53.0
2. M. McCausland	1:54.0
3. S. Cahill	1:54.1

## LOUGHBOROUGH - 2nd, June - calm

**1,500 Metres - Men**

1. A. Mottershead	3:48.0
2. T. Colton	3:48.1
3. A. Armitage	3:48.4
4. I. Gilmour	3:48.9

## CRYSTAL PALACE - 7th, June - breezy

**1,500 Metres - Ladies**

1. H. Feilon	4:33.7
2. S. Harris	4:35.5
3. K. Dunn	4:36.1
4. A. Blake	4:37.4

## STRETFORD - 14th, June - cold, strong wind

**1 Mile - Men**

1. D. Brennan	4:06.3
2. K. Harrison	4:06.6
3. M. Plant	4:07.0
4. D. Nicholl	4:07.2

**500 Metres - Ladies**

1. A. Creamer	2:05.7
2. J. Lawrence	2:07.3

## NEW ELTHAM - 3rd, July - hot and still

**R.A.S.C. 1 Mile - Men**

1. W. Wilkinson	4:09.0
2. K. Steere	4:11.0

## STRETFORD - 5th, July - warm and windy

**1 Mile - Men "A"**

1. S. Markley	4:03.5
2. D. Brennan	4:03.9
3. D. Nicholl	4:04.0
4. D. Gee	4:06.0

**1 Mile - Men "B"**

1. K. McDonald	4:10.0
2. R. Maule	4:10.9
3. J. Ashton	4:13.3

**1,500 Metres - Women**

1. J. Lawrence	4:17.0
2. C. Rowe	4:37.3
3. C. Readdy	4:37.4

## WEST LONDON - 6th, July - warm and breezy

**Frank Horwill 1 Mile - Men**

1. M. Plant	4:07.1
2. P. Williams	4:08.3
3. J. Espir	4:08.4

## CRYSTAL PALACE - 13th, July - cool, breezy

**800 Metres - Jun/You/Boys**

1. C. Shulman (Y)	1:57.6
2. G. Brooks (J)	1:58.3
3. N. Taylor (J)	1:58.5
4. R. Wright (Y)	1:59.6

## WEST LONDON - 20th, July - calm

**CITY 1 Mile - Men "A"**

1. W. Wilkinson	4:04.9
2. M. Wilson	4:06.4
3. C. Monk	4:07.4
4. T. Blackwell	4:09.0

**CITY 1 Mile - Men "B"**

1. T. Baker	4:13.3
2. F. Lee	4:14.7
3. M. Gratton	4:15.0

## STRETFORD - 16th, July - cool and windy

**1,500 Metres - Men "A"**

1. A. Mottershead	3:43.6
2. S. Markley	3:44.2
3. D. Gee	3:47.3
4. P. Barker	3:48.3

**1,500 Metres - Men "B"**

1. P. Gaytor	3:51.5
2. J. Ashton	3:51.7

**500 Metres - Women "A"**

1. J. Lawrence	2:04.6
2. C. Tranter	2:07.1
3. S. Parker	2:08.6

**1,500 Metres - Women "B"**

1. J. Arnold	2:15.9
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## WEST LONDON - 3rd, August - warm & calm

**1,200 Metres - Women**

1. C. Ward	3:23.4
2. S. Harvey	3:26.2

## CRYSTAL PALACE - 10th, August - calm, warm

**1,500 Metres - Men "A"**

1. T. Hutchings	3:50.2
2. A. Constable	3:57.5
3. D. Moss	3:57.8
4. N. Taylor	3:58.4

**1,500 Metres - Men "B"**

1. T. Brennan	4:07.3
2. G. Taylor	4:07.8
3. G. Schulman	4:08.6

## WOODFORD - 11th, September - windy

**500 Metres - Men "A"**

1. W. Wilkinson	1:50.6
2. A. Mottershead	1:51.6
3. J. Ashton	1:51.6
4. G. Nurse	1:51.8

**500 Metres - Men "B"**

1. P. Bissell	1:54.2
2. D. Palmer	1:54.3
3. F. Wedick	1:54.4

## CRYSTAL PALACE - 14th, September - cool, fine

**3,000 Metres - Men (under 20)**

1. L. Benjamin	8:33.8
2. C. Sly	8:39.4
3. A. Bristow	8:40.4
4. S. Fox	8:41.8

## HARLOW - 16th, September - very cold

**1 Mile - Men**

1. W. Wilkinson	4:05.5
2. N. Knowles	4:07.0
3. K. Irvine	4:09.1

## CRYSTAL PALACE - 12th, October - cool, breezy

**1,500 Metres - Men**

1. P. Williams	3:52.7
2. G. Jackson	3:52.8
3. M. Gratton	3:53.9

## A.G.M. Report

The Annual General Meeting of the B.N.C. was held at Ogmere by Sea on Friday, 23rd, September, 1977 with 27 members present and Vice-Chairman, Ray Williams, in the chair.

The report of the National Secretary is given below in full.

The Membership Secretary reported that there were 94 new members during the year, the largest increase coming from the North West (including W. Yorkshire) with 27 new members.

The Race Secretary reported on 57 races during the year, results of which have been in B.N.C. NEWS.

The Equipment Secretary reported that he held stocks of vests and badges valued at £400 and 32 ties at £1 each.

The following statement of accounts was presented by the Treasurer:

Income	Expenditure
Subs	446.00 Printing Etc.
Donations	301.55 Inc. BNC NEWS 436.07
Race Fees	164.54 Postage, Phone 135.05
Equipment	Race Expenses 261.97
Sales	67.05 Sundries 36.40
Sundries	51.51 Adverts 47.00
Balance from 1976 AGM	147.46 Equipment 75.55
	Balance 185.67
	<b>£1,177.71</b>
	<b>£1,177.71</b>

He thanked all those who had contributed to club funds. The suggestion that races should be advertised to save postage on invites had not worked. Athletes will race in response to an invitation, but will not bother to apply. He felt the subscription should be increased.

In addition to those named elsewhere in this issue, the following were elected:

- President: Sebastian Coe
- Vice-Presidents: All were re-elected with the addition of Dave Moorcroft. A list will appear in the next issue of B.N.C. NEWS.
- Vice-Chairman: Ray Williams
- Minutes Secretary: Mick Dunphy

It was agreed that the minimum qualification for coach membership should be the B.N.C. Club Coach Award.

It was agreed that the annual subscription should be raised to £1 per annum, with 25% surcharge if not paid by 31st, March. Possible further increases by having a two tier system were to be examined.

Qualifying Standards: The following new times were approved:

	800m.	1500m.	3000m.	5000m.
Senior Men	1:53	3:50	-	14:10
Junior Men	1:56	3:58	8:30	-
Youths	1:59	4:05	8:50	-
Boys (u/15)	2:05	4:20	9:10	-
Boys (u/14)	2:12	4:35	-	-
Boys (u/13)	2:18	4:44	-	-
Senior Ladies	2:10	4:35	10:00	-
Intermediates	2:15	4:43	-	-
Junior Ladies	2:21	4:53	-	-

All age groups as per A.A.A. and W.A.A.A. Laws.

## National Secretary

I started the year as Joint National Secretary with Frank Horwill, but in November Frank submitted his resignation from this post, as he was seeking complete freedom to speak his mind about issues on which he held very strong views. In particular,



he felt that certain officials were holding back progress in British athletics and wished to see them removed from office. However, as the founder of the B.M.C. and National Secretary since its inception, Frank did not wish to do or say anything which would damage the prestige and standing of the club.

Whilst he remained in office, most outsiders were bound to think that Frank's views represented those of the National Committee, which would not necessarily be the case. Frank's resignation was accepted with very deep regret, but to our great relief he has remained a member of the National Committee and he continues to work extremely hard on behalf of our members, organising races and training days throughout the country. We thank him most sincerely for all his efforts over the years and trust that he will continue to inspire us all in the years ahead.

The National Committee has met on 8 occasions during the year and I have attended all meetings. Much of our organisation has been carried out by two sub-committees. The Race Committee (chaired by Frank Horwill) is responsible for the drawing up of the B.M.C. Racing Programme, whilst the Training Day Committee (chaired by Malcolm Coomber) co-ordinates the organisation of B.M.C. training days and weekends throughout the regions.

In February there was an excellent training day (organised by Cy Knibb and Mr. Parsons) in Bristol, with nearly a hundred athletes in attendance and supported by B.M.C. Coaches Frank Horwill, Paul Rozier and Colin Daley, among others. Another training day took place in Morcombe, organised by Colin Genson. Once again the indefatigable Frank Horwill was in attendance and he reported that 88 athletes turned up. Although the administrative arrangements were first class, it was unfortunate, to say the least, when some of the coaches who were supposed to be on the staff failed to put in an appearance.

This year has seen a number of excellent B.M.C. races organised at various centres. By now the races at Stretford, West London and Crystal Palace are very well established. The standard of performance at Stretford has been very high this summer and Peter Shaw is to be congratulated for all the hard work which made these results possible.

In the London area race organisation has been split between Frank Horwill and myself. The races at West London cater for the ladies, those at Crystal Palace for the men. The Crystal Palace races in August and September were particularly pleasing. In August an under 20 1,500m. produced 15 personal bests, whilst an under 20 3,000m. in September produced 12 personal bests, including a time of 8:54.6 for Gary Taylor, the Southern Boys 1,500 and 3,000 champion. In the same race, Mike Slowkowski (age 11) ran 9:41.6, extremely fast for one of his tender years.

I must thank Roger Colson (Stretford), John Sexton (TVE) and Arthur Kendall (SCAAA) for their co-operation in staging these races. Others who staged races at their meetings include: City Charities Committee, Woodford Green A.C., Derby A.C., Harlow A.C.

and Borough of Bexley A.C. The B.M.C. helped to stage races at London Wall on New Year's Day and the well publicised CHEVRON Mile at Oxford in May this year, won by Auri Paunonen (Finland) who went on to win the European Junior 1,500m. title.

I wish in particular to thank my colleagues on the National Committee who work so hard on your behalf. A also wish to thank our Regional Secretaries, especially those in the provinces, who do not enjoy the all-weather tracks, indoor facilities and depth of membership that we in the big cities sometimes take for granted. I want them to know that we certainly do not take them for granted and we are proud of their efforts.

Apart from general organisation, three topics have been discussed at great length at our meetings. We have been very concerned at the lack of depth in U.K. men's 800m. running. So many of our best youngsters get to 1:49 - 1:50 and then seem unable to progress any further. As one possible solution we intend to put on more B.M.C. 800m. races next year. It also appears that many coaches see the gaining of the B.A.A.F. Senior Coach's Award as the final stage in the education of the coach, instead of continuously modifying their ideas as they gain more and more experience of working with top-class athletes. To quote an unknown author 'The athlete makes the schedule, not the schedule the athlete'.

Finally we have discussed the role of the National Event Coach. One Olympic runner stated that he found it very hard to be completely open with the National Coach because that coach trained at least one of his rivals! This athlete thought that the National Coach should be completely impartial, organising training weekends and handling the last minute preparations of the National team members, but not being a coach in the accepted sense, with a regular squad of athletes that he coaches.

In conclusion, this has been a tremendous year for British middle-distance running. Sebastian Coe and Jane Colebrook won European indoor titles; Steve Crett and Nick Rose won their events in the European Cup; Chris Sly won a silver medal in the European Junior 1,500m., having earlier set a U.K. under 20 record of 3:41.6; Brendan Foster set the Crystal Palace slight with a brilliant victory over 10,000m in the third fastest time ever recorded; Anne Ford broke Joyce Smith's U.K. record over 3,000 metres - one of a host of U.K. records broken this year in the middle-distance events. Possibly the greatest performance came in the World Cup when Steve Crett simply ran away from John Walker and Thomas Wassinghage in the final stages and, despite smashing the U.K. record, seemed to have plenty in hand.

All these performances were achieved by members of the B.M.C. and I would remind you of the stated aims of the club, as laid down in the constitution:-

"1. To raise the standard of British middle-distance running.

2. To increase the knowledge of coaches and others interested in these events."

Through the dedicated work of the club's officers and the performances of its members, we are fulfilling these aims and I thank you one and all for making it possible.

## B.M.C. Regions

**SOUTHERN SECRETARY** - Peter Freeman, Flat 210, Verulam Court, Woodmead Avenue, London, NW9  
**Area** - Essex, Herts, Bucks, Oxfordshire, Berks, Hants, Surrey, Sussex, Kent and Greater London.

**NORTH-WEST SECRETARY** - Peter Shaw, 43 Stonepail Close, Gately, Cheshire  
**Area** - Cumbria, Lancashire, West Yorkshire, Merseyside, Greater Manchester, Cheshire, Derbyshire, Gwynedd and Clywd.

**MIDLANDS SECRETARY** - Ian Page, Walton Heights, London Road, Church Stretton, Salop  
**Area** - Salop, Staffs, West Midlands, Hereford & Worcester, Warwickshire, Leicestershire, Northants, Lincoln and Notts.

**SOUTH-WEST SECRETARY** - Paul Rozier, 42 Parkside Road, Pinhoe, Exeter  
**Area** - Gloucester, Avon, Wilts, Somerset, Devon, Dorset and Cornwall.

**WALES SECRETARY** - Colin Daley, 12 Plane Street, Rhydfelin, Pontypridd, Mid Glamorgan  
**Area** - Wales with the exception of Gwynedd and Clywd.

**EASTERN SECRETARY** - Brendan Byrne, 12 Anderley Drive, Eaton, Norwich, NR4 6HY  
**Area** - Norfolk, Suffolk, Cambridge and Bedfordshire.

**Areas with Secretaries to be appointed:**

**North-East** - Northumberland, Tyne & Wear, Durham, North Yorkshire, Cleveland, South Yorkshire and Humberside.

**Scotland**

**Northern Ireland**

## Other Officers

**CHAIRMAN** - Harry Wilson, 15 Hillside, Welwyn Garden City, Herts

**TREASURER** - Ray Williams, 59 Nursery Avenue, Bexleyheath, Kent

**NATIONAL SECRETARY** - Mick Dunphy, 26 Beverley Hyatt, Addiscombe Road, Croydon, Surrey, CR0 6SL

**MEMBERSHIP SECRETARY** - Charles Booth, 34 Quarry Lane, Swaffham Bulbeck, Cambs, CB5 0LS

**PRESS SECRETARY** - Dave Cockeledge, 82 Florida Road, Thornton Heath, Surrey, CR4 8W

**TRAINING DAY COMMITTEE CHAIRMAN** - Malcolm Coomber, 20 Heathwood Gardens, London, SW7 8EP

**RACE COMMITTEE CHAIRMAN** - Frank Norwill, 201 Sunnyside Road, London, NW6

**EQUIPMENT SECRETARY** - Bill Bennett, 319 Dover Road, Walmer, Deal, Kent

**MIDLAND COACHING SECRETARIES** - George Gandy, 30 Fountain Road, Loughborough, Leics

Tony Saunders, 2 Parkdale, off Tettenhall Road, Wolverhampton, W. Midlands, WV1 4TE

**COMMITTEE MEMBERS** - Dave Hall, Neville Taylor, Ron Holman

## Words of Wisdom

In actual practice, the training done by top-class performers often differs from what may appear to be ideal. This is due to a multitude of factors, including environment, facilities, weather, personal ability and individual differences.

It would be naive to suggest that the secret to optimum training is known, or that it ever will be. The question as to how far, how fast, and how often an athlete should run for optimum preparation for competition remains essentially unanswered.

FRANK WILT

## B.M.C. Equipment

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## How to Improve British Middle Distance Running

British Middle Distance Running at present is headed by a few world class performers, but to be a success world-wide, Britain needs strength in depth. This can be produced by inducing competition amongst top runners to help each other improve and to create a friendship or comradeship amongst British middle distance runners.

Andrew Tait - Loughborough

By getting more of the middle distance men of the past into coaching those athletes who, because of lack of encouragement and the wrong direction are sometimes lost to athletics.

Patrick Wedick - Sidmouth

By providing more competition of good standard for athletes who are on the fringe of being internationals (e.g. very good Juniors, County Champions).

By getting British middle distance runners together for training and thus creating inspiration and team spirit.

By providing more opportunities for athletes to attend coaching courses so as to boost expertise.

Stuart Fiddock - Rythe

More encouragement for athletes after Junior International age (i.e. 17/18 up to Senior standard) by such things as under 21 Internationals (As suggested in "A.W." by one perceptive reader).

Laurence Reilly - Manchester

More coaches of a higher standard are needed at club level, particularly to encourage young school athletes from district and school sports to join a club and to help these athletes maintain their interest by varying their training and assisting each individual to achieve his own potential. Athletes as a whole should be given more prestige within schools so that it is as attractive for a boy to become a runner as to become a member of a football team. P.S. teachers are too often only interested in their own particular sport.

Josephine White - Surrey

More attractive, well organised fixtures throughout the country

More publicity for E.M.C. events, Etc.  
Closer liaison between clubs and schools.  
Greater efforts to attract road and cross country runners onto the track more often.

Publicity to the social aspect of running.  
David Singleton - Bolton

Discourage drinking and smoking by people in authority setting an example.

Encourage all talented athletes to race their betters as this is really the only way they will become their equals.

Increase basic speed and strength levels to cope with 'fast finishing foreigners' - by natural methods of hill running and sand running.

Stephen Wallcroft - Manchester

A better liaison between the BAAH coaching system and the schools programme - either individually or on an area basis. Quite often the staff responsible for PE/Athletics in schools are PE (general) with no special athletic knowledge of coaching, let alone middle distance. They often want pupils to race rather than train to a programme. By co-operation or applying pressure to counties/local authorities, to ensure that facilities for training are provided.

John Duckett - Nelson, Lancs

I consider that a great deal more could be done with regard to publicising information concerning training schedules and quantity of racing to the younger school athletes as it would appear that younger school athletes in this country are under-trained and over-raced.

David Hughes - Liverpool

By making sure that good ability and talent at an early age is encouraged and backed by clubs and parents. Also set discouraging youngsters at an early age by training too hard.

Pamela Crawford - Darlington

I think that there should be more middle to long distance track events for women. To improve middle distance running in Britain a lot of good quality competition is needed.

Judith Shepherd - Glasgow

British Middle Distance Running would improve if there was more winter competition\* for 600/1500 runners at distances just over their own (1½ to 3 miles) instead of the constant round of 6 to 9 mile runs.

Ronald Woods - Durham

There should be more liaison between schools and clubs and more training week-ends.

Robert Sherrock - Chorley

## Quiz Solution

- 1) Peter Snell and Jim Ryan.
- 2) 3:54.4 and 3:52.1 - 3:51.3 and 3:51.1
- 3) László Vaseln (Finland). He won the last 600m. in 1:40.01
- 4) Günhold Hoffmeister (G.D.R.)
- 5) Francesco Sese (Italy) and Klaus Peter Justus (G.D.R.)
- 6) Rosemary Wright was 7th. in 2:00.2 (N.A. record).
- 7) Glenn Davis (U.S.A.) 400 metres hurdles.
- 8) Klaus Peter Hildebrand (West Germany).
- 9) No one had ever achieved the 400/600 double before.
- 10) Michel Jazy (France) with 3:53.6 in 1965.

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