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BRITISH MILLERS' CLUB



NEWS

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Spring 1977

Editorial

We have managed to produce the Spring issue of the B.M.C. NEWS slightly earlier this year and would like to thank all contributors who have helped to make this possible.

In it you will find particulars of races being organised during the summer months and to save postages members are asked to advise the appropriate race organiser as soon as possible of the races in which they wish to run, sending the correct fee.

Additional races will, of course, be advertised from time to time, but it is essential that expenses should be reduced to a minimum, which means that there will only be outside advertisements where absolutely essential. With the high postal charges, the circularising of hundreds of members is no longer a possibility.

It must also be remembered that members may only compete in races if their subscription for the current year has been paid. The treasurer will be keeping a close look out for defaulters trying to get into races organised by the B.M.C.

Last year 62 members were eliminated for non payment of subscriptions, despite their having received reminders. In this issue there is the usual reminder regarding payment, and it should be noted that anyone who has not paid by the time this issue is received will have to pay double, making the sum due now £1.50 per member.

When we received Sebastian Coe's answers to our questionnaire, we didn't anticipate how quickly he would achieve his short term ambition of fast times for 800 metres during 1977 and in such a magnificent way. He is to be congratulated on his truly wonderful performances, culminating in his Gold Medal at the European Indoor Championships. Now, what about his long term ambition of an Olympic Gold at Moscow!

Another member who must be congratulated on her indoor performances, again culminating in a Gold Medal at San Sebastian, is Katrina Colebrook, who just to show her versatility, won the Northern Women's Senior Cross Country and came 6th. in the National, as a break from her 800 metres indoor runs!

These two B.M.C. members must be among the finest prospects the country has had for many years and we offer them our heartiest congratulations.

The resignation of Frank Horwill from the post of National Secretary of the British Milers' Club certainly merits some Editorial comment. After all, Frank was the founder of the B.M.C. and has been identified with it more than anyone else over the years, so it must come as a surprise to members that the Committee should have accepted his resignation at their meeting last December 10th.

Members don't need to be told that Frank has been engaged in a campaign against the Establishment in general, and certain members of it in particular, over the past years.

In a letter to the Chairman, Frank expressed the view that it would be much better for him to carry on his fight as an individual, rather than as Secretary of the B.M.C., where his personal views tend to be regarded as those of the Club as a whole. On the other hand, if his writings had all to be approved by the Committee, he would feel himself muzzled.

The Committee accepted the situation with regret, and appreciated the sincere manner in which Frank had acted, thinking of the good of the British Milers' Club. The objective of the Club is to improve Middle Distance Running in this country and becoming involved in personalities can not help in this, but might well have the reverse effect. Thus, in future Frank's personal views on the Establishment and what should be done about it will be seen in the SPECIALIST and other publications of his, and members must realise that these publications are not connected in any way with the B.M.C.

Finally, we must put on record our great appreciation of all the work that Frank has done for the B.M.C. over the years, the sum total of which can only be known to those who have worked closely with him. It is good to know that he will continue on the Committee and that we will still have his help in organising races and training days. Frank made the British Milers' Club and we are sure that he will continue to contribute to its development.

We all wish the new Secretary, Mick Dunphy, every success in the post and hope that members will give him full support.

THE B.M.C. NEWS

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Olympic Prospect Profile of Sebastian Coe

Name in full: Sebastian Newbold Coe
Date of Birth: 29th. September, 1956
Place of Birth: London
Height: 5'9½" Weight: 129 lbs.
Clubs: Loughborough Students A.C.
Occupation: Student (Economics at
Loughborough University).

When did you take up running seriously?
At 12 years of age.

Personal bests year by year:

Age	1,500m.	800m.	3,000m.
13	4:31.8		
14	4:18.0	2:08.4	
15	4:05.9	1:59.9	8:50.4
16	3:55.0	1:56.0	8:34.6
17	No races due to two stress fractures		
18	3:45.2	1:53.8	8:14.2
19	3:42.6	1:47.7	3:42.6 (file)

Best competitive achievements and placings:

Age	
15	N.C.A.A.A. Youth Champion, 1,500m. A.A.A. Youth Champion, 1,500m. Eng. Schools Champion, 3,000m.
18	N.C.A.A.A. u/20 Champion, 1,500m. N.C.A.A.A. u/20 Champion, 3,000m. A.A.A. Junior Champion, 1,500m. S.D. v France v Spain - 1,500m. 1st. Yorks Senior Champion, 1,500m. European Junior Championships - 3rd. (Bronze medal).
19	Yorks Senior Champion, 1,500m. C. A. U. 1,500m. - 2nd. B.N.C. Invitation 800m. - 1st. A.A.A. Championships 1,500m. 4th. Gateshead 'Redifusion' Mile - 3rd. Bell's Whisky Mile - 2nd.

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

Winter training always low mileage - but good quality on hills plus a few decent cross country races, (17 years - 20 miles a week), (18 years - 20½ miles a week),

(19 years - 35 miles a week) - no cross country racing at all last winter - but all steady distance at 5 min. to 5 min. 30 pace. Average run 6 to 8 miles - long run 11 - 12 miles at 6 min. pace. The winter of '75/'76, no cross country but genuine track speed work plus circuits and weights for the first time in winter. This was 400 metre training (very useful - my coach arranged for this and thanks to my coach very much), also this winter started some double day work.

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

Summer training is 50/50 fast track and fast road work. Race a little over distance (3,000m.) to ensure that stamina at speed has been reached and a little under distance (800m.) to ensure speed, then only a few actual 1,500ms. that are serious - just area and national championships. Summer '76 saw increase in both mileage and intensity. Mileage was 30 in winter to 40 plus for a while in early summer. But all training in summer mainly anaerobic when on track plus 6 to 8 fast half miles on road (1½ min. recovery). A lot of my basic track training over the years has been along



Sebastian Coe

the lines of Frank Forwill's 'Five Year Training'.

Please give details of any training other than running:

Circuits one evening and weights in winter. Plenty of flexibility exercises.

What is your attitude towards training?

In the words of my father: "follows coach's instructions to the letter. Dedicated and willing to drive to the maximum limit - an ideal attitude in every respect. Interested in reasons for sessions, but never argues."

Do you train alone:

Mainly alone, but more with others now I am at University. Not many like my summer sessions. Always alone with coach in summer holidays.

Are you well endowed with training facilities?

Very, very poor, but good at Loughborough during term.

How important is your athletic success?

Very important indeed. I felt a great sense of achievement indeed beating Quax, Corbridge, Owen, etc.

Please describe how you warm up.

Carefully and slowly plus a careful 'warm down'. Always statically stretch before the speed work part of warm up, but only after gentle jogging. The shorter the race, the 'hotter' the warm up.

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

I don't consciously try to improve mental approach, but have developed a personal pre-race drill. Try to be absolutely disciplined in all my training, aimed to be and get mentally tough enough to attack the top athletes, like the New Zealanders.

Describe any serious illness or serious setbacks that you have had and say how they have affected your progress and attitude:

Very disappointed in Spring '74. Going very well when stress fractured a tibia, recovered, then the other broke. This kept me out all season - just made me more determined to be better still. It was clear that though on low mileage, I had a 'teenage' vulnerability to high intensity work and am very alert to any symptoms of any sort now.

How interested are your parents in (a) athletics and (b) your athletic progress?

Both very interested. Great support from my mother over meals and training delays. My father has been my coach throughout my career and is very keen to discuss certain aspects of training with National Coaches. Acknowledges and seeks second opinions in these areas.

How interested are your friends in (a) athletics and (b) your athletic progress?

Just one or two family friends only, otherwise no one outside athletics at all, I suppose.

Have you any athletic heroes on whom you model yourself?

No, but getting close to Dixon and Walker sometimes just a second away, was a great feeling. Also I admire Bayi, Puttemans, Foster, Wohluter, for examples.

Outline your facilities on brain coached and describe briefly some of the ways you have been helped by your own coach.

I enjoy and value the long term planning I get. It's good to know that the future is not being left to itself. The moral support throughout injury or illness and the detailed preparation for big events is very reassuring.

However, I've been taught how to take care of myself when away from my coach. Places great store in my being eventually totally independent.

What are your targets?

Long term:- A Gold in the Moscow Olympics.

Short term:- A season of fast 800m. races.

PEAKING

by Tony Saunders

Midland Counties Staff Coach
MD Coach to W.Midlands Schools AA.

A great deal of training literature seems to me to be based on the assumption that an athlete has a track available for twelve months in the year. I would suggest that the majority of athletes have no track facilities between the end of September and the beginning of April, and some maybe have nothing even in the summer apart from perhaps a marked-out circuit on a school playing field.

Having a tartan track and an indoor track 'on my doorstep' has provided me with every opportunity to inoculate my locally based athletes with regular weekly doses of pace work in anticipation of the following outdoor season. But when I begin to coach and advise middle-distance athletes from a wider area, it becomes quickly apparent that most of what was an ideal winter programme for a runner living in Wolverhampton, would be of little practical value to someone in Hereford or Holbeach or Northampton.

The basic ingredients which I found it possible to include without regular track facilities are therefore as follows:-

- 1) Steady aerobic runs, with pulse check.
- 2) Conventional fartlek.
- 3) Repetition work done fartlek style, and based on Saltin, Watson and Astrand theories as outlined in previous issues of NAC News by Frank Forwill. The aim is to reduce recoveries between repetitions, e.g. 6 x approx. $\frac{3}{4}$ mile road circuit (4 minutes jog recovery) in October became in March 4 x $\frac{3}{4}$ mile (1 minute recovery).
- 4) Interval Training, Gerschler-style, done as fartlek, e.g. 30 x 30 secs. strides (75 secs. jog), becoming 30 x 30 (30 secs. jog).
- 5) Hill Training. As many as possible in a set time. Increase total time by 25% per month and try to maintain same frequency of reps. In February the emphasis switches to quality, with a reduction in number and an optional recovery.
- 6) Mobility and strength work. Emphasis is placed on the endurance end of strength. Athletes are encouraged to work on injury prevention exercises with mobilisation of

lower back, strengthening of abdominals, etc. receiving special attention. By experience is that runners often do this work with reluctance, unless supervised.

I encourage all my athletes to race indoors, although in general no special preparation is done for these events. They serve merely as guide to current progress. The exception to this would be the case of an outstanding Junior who had a medal winning chance in the Indoor Championships. A moderate cross-country programme is also planned with any special preparation for the National and/or English Schools being confined to a 50% cut in mileage for the week immediately preceding the race. This additionally allows a minor recuperation in the midst of an extensive/intensive training period.

By the end of March, recoveries should be at their lower pre-competition limits and a high level of aerobic/anaerobic fitness have been attained.

It is important to discuss with athletes (and often with parents and coaches) the summer racing programme as soon as possible and this is normally very early in April when fixture lists are published. Main and major competitions, and subsidiary (training) competitions are diarised.

Certain questions must be considered, viz:-

- 1) How many top-class races are needed at the runner's specific distance before the peak performance is reached?
- 2) How long can the peak be maintained?
- 3) How many under-distance and over-distance races are needed?
- 4) How frequent should competition be?
- 5) What sort of competitive density will the peak meeting entail? (e.g. how many rounds in how many days - competitions must be found or simulated in training to prepare for this).

6) At what time of day will the peak meeting be held? (e.g. the English Schools 1500 metres heats - has your athlete ever tried to run a p.b. at 10 in the morning? If not, you may need to plan some competitions or time-trials to take account of this).

7) What outside commitments are likely to influence training/competition structure? (e.g. exams, which necessitate some lightening of the load).

It is obvious that the answers to some of these questions can only be a matter of guesswork in the first year or two of an athlete/coach relationship. But over the years, analysis and observation should produce some consistence in the pattern.

From April onwards, the same criteria apply to all squad members, except that those who have been track training all winter will need a different bias from those who have not done so since the previous summer, apart from occasional squad or area training days. I have noticed little difference in ultimate seasonal peaks between the two types of athlete. It seems the essential ingredient is the complex training mixture as outlined, irrespective of the terrain over which it has been carried out.

In general I feel, from past experience, that a three-week run down to the main competition brings successful results. Week one is predominantly over-distance (road runs at a high quality pace, i.e. 160-180 pulse, long repetitions on track), week two is devoted to speed and pace work, and week three is predominantly fartlek, striding and easy sustained running.

I have deliberately kept this article non-technical in content and anyone looking for something new will be disappointed. However, I hope I have made it clear that



Stephen Caldwell - Dane Joseph - Garry Cook

lack of track facilities need not be an excuse for omitting quality from the winter training programme. Although it may seem from previous issues of *TC News* that Frank Forvill and I disagree on certain topics, on this particular one we are in total agreement and our methods are not dissimilar. If any athletes or coaches operating in circumstances similar to those outlined need advice on training/competition planning, I shall be pleased to hear from them.

Athletes currently being coached/advised include:-

Larry Cook

Michael Field (Junior Cross-country International, 1976 indoor 800 Junior Champion)

Tim Shakeshaft (Welsh Junior International)

Mike Gerrard (Oxford Blue, Avon Junior Cross-country Champion)

Jack Palmer (4th. ICAA Junior Boys 1500)

Richard Wrightman (ranked 3000m. Boy 1976)

A Balanced Training Programme

From 'Textbook of Work Physiology' by P. O. Astrand

1. Bursts of intense activity lasting only a few seconds may develop muscle strength and stronger tendons and ligaments.
2. Intense activity lasting for about one minute, repeated after about four minutes of rest or mild exercise may develop the anaerobic power.
3. Activities with large muscles involved, less than maximum intensity, for about three to five minutes, repeated after rest or mild exercise of similar duration may develop the aerobic power.
4. Activity at sub-maximal intensity lasting as long as 30 minutes or more may develop endurance, i.e. the ability to tax a larger percentage of the individual's maximal aerobic power.



Sue Smith & Pat Byrne

LOOKING at PEOPLE

by Dave Cocksedge

Sports doctors from the GDR are remarkably frank about including banned drugs and substances in documentation of pre-Montreal training for East Germany's explosive events athletes. Shot putter Mike Winch calls them pragmatists in the coolly efficient way they monitor all aspects of conditioning and administer drugs and supplementary vitamins such as Deca-Durabol and Winstrol. "We're just children compared to their approach," he says.

TRACK AND FIELD NEWS released a detailed treatment regimen taken from official GDR National team paperwork available in Montreal, recently. Consider this:-

- (i) Begin each week with 100 mg. injection of Deca-Durabol or Winstrol.
- (ii) Minimum daily injections of B₁₂B₆B₁ combinations, and 1,000 tev. of B₁₂.
- (iii) Daily ingestion of 4 - 8.5 mg. administration of Dinabel, Neurobol or Winstrol.
- (iv) Every second day an injection of Gervital H
- (v) Every third day an injection of liver-iron, calcium, minerals and Vitamin E. Two to five grammes of Vitamin C daily.
- (vi) 0.1 g. caffeine tabs, 2 - 3 times per day before training sessions.
- (vii) Mental training sessions once or twice daily, including hypnosis, auto-suggestion, meditation, discussion, psychology.
- (viii) Dance or ballet exercises daily.
- (ix) Massage four times per week.
- (x) Technique films twice per week.
- (xi) Awareness of physical and psychological highs and lows of biorythmic curves.
- (xii) No use of testosterone, as it prevents glucose absorption in the liver.

Nothing is left to chance with East German athletes. They adopt an unashamedly elitist approach and they expect (and get) results. Remember, however, that there is no 'athletics middle class' in the GDR. Unless you are a world class athlete, or are considered capable of becoming world class - forget it. Study and become a coach or sports doctor.

If you are interested in compiling a season of 50 races, all of them at top level, without a breakdown, it might be worth while to look at John Walker's training. Note, however, that late in 1976 the New Zealander underwent emergency surgery for appendicitis - perhaps forcing him to take a much needed rest. Normally, he trains twelve months in the year, with long fast runs being an essential feature of his routine. During build-up time he runs from 10 to 23 miles in a session, never slower than 6:05 pace. A typical non-competitive week: Monday - 10 miles in 56 minutes on grass and flat with hills; working the last 5 miles, 'but not straining'. Tuesday - 11 miles on hills, running the flat stretches 'hard'. Wednesday - 18 miles, averaging 6:00, all on roads. Thursday - 11 miles in the morning, easy 7 miles hard on the road in the evening. Friday - 10 miles on grass in

60 minutes. Saturday - 15 miles in about 1.20 on flat road. Sunday - 18 to 23 miles around hilly Waitarua all at 6:00 pace.

Typical week during the speed section of build-up period: Monday - 8 miles in 44 mins. on road in morning. 8 x 300 in 40.5 with 300 jog in evening. Tuesday - 8 miles in morning. 600 m. in 1:19.2 in the evening (target 1:20.0). Wednesday - 8½ miles in morning. 8 laps of 50/60 dashes in evening. Each lap in 69/70 secs. Fast stride for 50 yards, followed by 60 yards 'float'. Thursday - 6 miles in morning. 6 x 400 in 57 secs with 400 jog in evening. Friday - Rest. Saturday - 2 mile jog; 2 x 200 strides. 1000 time trial in 2:21 (target 2:24). Sunday - 18½ miles on hilly roads.

This is what Walker did in the last week leading up to his 3:49.4 mile in August 1975 - August 5th. - 6 mile jog in 36 mins. August 7th. - 800 in 1:46.5 for third place. August 8th. - 8 miles in 48 mins. August 9th. - 5 x 200 varying from 25.7 to 30.0 August 10th. 2 x 200 in 23.0 and 22.9, 300 in 38.4, 2 x 150 in 15.1. Then slept 10½ hours. August 11th. - Jogged 4 to 5 miles and ran untimed strides. Loosened out. August 12th. - 10 minutes easy jog in morning with some strides. Mile in world record 3:49.4 in the evening after resting.

Personally, I've always found Dave Moorcroft a likeable, polite and intelligent young man. But in assessing performances throughout a season, personalities shouldn't come into the reckoning. That's why I did not include him among my list for 1976 athletes of the year in the annual British Athletics Writers' Association poll: I didn't feel he had achieved enough to merit inclusion. So I was staggered when he placed second to Brendan Foster in the final count! He did that as far as I can judge, on ONE race. That was, of course, the Emsley Carr Mile, when his well timed burst off the final turn nailed down Filbert Bayi and gave him a personal best of 3:57.1. But Chris Black placed as well as Moorcroft did in Montreal (7th.) and in addition, broke the British hammer record twice. Moorcroft did no record breaking during his 1976 campaign, yet I doubt if any of my press colleagues included Black in their lists. Frank Clement placed 5th. in the Montreal 1500 final and reached the 800 semi. Steve Ovett did the same with the events reversed. Tony Simmons was 4th. in the Olympic 10km. final and second in the International cross country. I consider these to be superior performances to out-kicking an obviously half-fit Bayi over a mile. But before George Gandy gives me a roasting, let me outline Dave's fine season: I traced it out to 18 races, (with heats), which included 1 km. in 2:19.0, 1500 in 3:38.9, 2 km. in 5:07.0 3 km. in 7:58.6 and 5 km. in 13:58.4. For Clement I make it 21 races including 800 in 1:45.8, 1500 in 3:37.5 and mile in 3:57.2.

The forgotten athlete of 1976 is undoubtedly Mike Leif. Following the bitter disappointment of being pulled out of the Olympics due to a situation totally beyond his control, he ran under 1:46 for 800 SIX times, breaking 1:44.0 twice and came within three hundredths of Juanatorena's world record with 1:45.57. That fine run came in West Berlin on 20th. August, when he just blew Wohlhuter (1:47.3) and Susanj (1:47.8) off the track. Passing the bell in 51.0, he cruised another one in 52.6. Two days earlier in Zurich he had clocked 1:45.9 (51.8/52.1) to beat Ovett (1:45.5). It's a crime that he was not allowed to race in Montreal.

Because I had the good fortune to accompany Mary Stewart on a training spin I got to find out something about the least known member of the Stewart clan. Always polite, but reserved at press conferences, Mary opened up a bit as we ran and talked, and I got a rare insight into this tough-minded young lady. She runs to win and I don't see her being pushed off the top of the British female middle distance heap for some years yet. Her never-say-die attitude in races impresses me, too. I brought up the subject of that gripping 1000 m. race at Crystal Palace last May, where she set a W.K. record of 2:39.4 just after returning from altitude training at South Lake Tahoe, Nevada. Mary had taken the lead away from Lesley Kiernan and hit the final straight with Liz Barnes poised to strike at her shoulder. Eighty metres out, Liz pounced. "I thought to myself, 'Well, either she goes by me real fast, or she's got a race on her hands'", Mary related. But Liz was struggling as she drew alongside. Mary sneaked a glance at her, broke cadence and threw it into another gear. Her final spurt carried her through the tape 3 m. in front. Moral: No race is lost until it's won.

Teenage middle distance runner of the year has to be Sebastian Coe. He looks slight and fragile, but this Loughborough student is tough as nails. He ran 1:47.7 for 800 and 3:40.8 for 1500 last summer and his daredevil front running habit made for some of the most exciting racing of the year. I'd very much like to see Coe and Glen Grant carving it out in front this coming season. Britain has depth indeed at 1500/mile these days. Clement and Moorcroft are both hard-nosed veterans who have proved their mettle, whilst Grant and Coe have the courage of their front running convictions. Add Tony Settle and Steve Ovett, both of whom need to take the distance more seriously, and you have the ingredients of some fast, stirring action. Did I hear you say: "Harry Smith", Ben? Well, there is a 12½ lap Olympic distance called 5000 metres. Harry has run it in 13:53 and is capable of running it a lot faster.

Accolades for the year of 1976 must go to big Alberto Juantorena for that formidable Olympic 400/800 double. To my mind, this was a greater achievement than

Viren's double; as I submit that there is a greater difference between 400 and 800 than there is between the aerobically based 5,000/10,000. Female distance runner of the year just has to be Tatyana Kazankina. For once, the East Germans were completely wrong when they worked out that their Erika Klapezynski could cope with the Soviet's finishing speed at Montreal. This time a year ago, I had envisaged a Montreal winning mark of 3:58.0 and I would have been stunned if you had told me that some girl was going to run a 56.9 last lap in a 4:05.5 race. And I'd have had a job to believe a world record of 3:56.0.

Best Junior race of the year: that amazing WAA Junior Girls' 800 in which Christy Petermott and Alison Clifford fought it out tooth and nail every second of a gripping 2:11.1 final. Most exciting Junior Men's race: the English Schools senior 800, won in 1:50.8 by Nick Brooks, who kicked his last 200 in 27.9 out in lane three.

Three cheers for Dave Billington who put the Women's Cross Country and Race Walking firmly in their place (A.W. 20th. November) Cigar-puffing Vera Searle has come out with some incredible horse manure in the past, but her regal edict regarding 'fun' events must qualify for the grand prize. As Billington pointed out, they have as much control over a 'no entry fee/ no prizes' event as they have over a girl running 30 miles on a Sunday morning or playing tennis for three hours on a Wednesday night. What is their attitude to the 'Montreal Ted' antics, I wonder? I suppose where collections of money for the IAAF and ICA are concerned, they rush forward with their blessings!

Two fingers, Harvey Smith style, to coach Norm Higgins and some of my press colleagues for their behaviour in 1976. Higgins doesn't allow his athlete Jan Merrill to talk to her fellow competitors or to the press; then he writes: "An interview with Merrill may be helpful to the overall picture of track in the U.S., but her interview period has passed, which is during September and early October..." Thanks a lot, Norm. Amazingly enough, the press men who slated Steve Cvet for waving to his parents 10m from the finish line of the Olympic trials 1500 were the same men who praised Brendan Foster to the skies when he did exactly the same thing in the 'Coke' 10,000. A little consistency, please, gentlemen.

Psychological Preparation

At the recent conference in Aldershot on Biathlon, Dr. Willi Nails, a Professor at the Norwegian College of Physical Education, spoke on this aspect of preparation.

Dr. Nails believes that Western athletes seriously neglect this aspect of their training, and it is certain that the East Germans have developed it to a fine art. He believes that they can concentrate to such good effect that they undergo a form of self-hypnosis, which he terms 'autogenic' training.

Experiments involving control of breathing were described and physiological changes such as a rise in skin temperature of 2 to 4° C. have been observed.

Sports psychologists think that there may be some athletes who experience too great an 'arousal' level before their event, and this form of preparation can help to control the level so that the subsequent performance is that much better.

Some years back in the U.S.A., psychologists observed that blood lactate levels could be lowered by transcendental meditation techniques.



Mary Stewart & Helen Fielon
City of London 3,000m.

Have YOU paid your

SUBS?

If not - DO SO NOW

Which is best?

Training Cycles or Periodisation?

by Mick Dunphy

The foremost advocate of the use of a four week training cycle is Harry Wilson. Harry has described the method as follows:

"This method calls for a careful selection of races between which the runner follows a cycle of training. After each race the runner repeats the cycle. When planning the 1974 season with Steve Overt, Tony Simmons and Lesley Kiernan, we worked on the basis of one very hard race each month during May, June, July and August, with a cycle of training repeated between each race. Using this method means that the athlete must plan his sessions carefully and also make sure that the high point of his cycle coincides with the important events."

There is no doubt that this method can be very successful, provided that the major competitions are well spaced out, but I have rarely found this to be the case. Another fault of this method is that any minor illness or injury which causes the runner to miss training for two or three days has the effect of unbalancing the whole of the training cycle.

It is my belief that a training cycle is of great benefit in the winter, working on a basis of three weeks hard training followed by one week of easier work. This system seems to help the runner keep his training going during the cold, wet winter months when the bulk of the work consists of endurance runs and long intervals. In the summer I would prefer the 'periodisation' approach, which Harry Wilson describes thus:

"With this method a runner usually aims for a peak period of competition. He precedes this with a period of mainly anaerobic work. A runner who regards July as his peak competition month may spend from January to April on aerobic work, followed by anaerobic work in May and June."

This latter method is the approach I adopted with Ed Barrett in 1972 when he ran 1:54 for 800m. He trained specifically for 3,000m. in March and April, winning the Surrey Junior Championship on 10th. May. His training then altered to 1,500m. work, and on 10th. June he won the Surrey championship in a personal best of 4:04.2, equaling the time he had run on 24th. May. Immediately after this 1,500m. race, Ed concentrated on pace work for 800m. and raced every weekend. The results were immediately forthcoming.

- 17/18.6 Southern Junior 800m. 1:58.1 heat (p.b.)/1:59.2 final (very wet)
 23.6 Southern Senior 800m. 1:55.9 heat (p.b.)
 24.6 Redhill 1,500m. 4:03.1 (p.b.)
 3.7 Crystal Palace 800m. 1:56.1 (second fastest time)

We were expecting great things in the A.A.A. Junior at Kirkby. Heats and finals of the 800m. were on the same day, which suited Ed admirably. Coming off the last bend in the final, Ed was on the leader's shoulder when he was barged off the track and failed to finish. During the next month most

of Ed's races were over 1,500m., but no specific training was done to prepare for these. The long awaited breakthrough to 1:54 came in mid-August.

- 22.7 A.A.A. Junior 800m. 1:56.3/1:57.1 final
 23.7 Crystal Palace 1,500m. 3:59.4 (p.b.)
 29.7 Luton 1,500m. 4:01.9
 5.8 Inter-Counties Patch 800m./1,500m./400m. relay leg 1:57.0/4:04.8/51.9 (p.b.)
 9.8 Tooting 1,500m. 4:01.9
 12.8 Harlington 1,500m. 4:02.5
 18.8 Crystal Palace 800m. 1:56.9
 20.8 Inter-Area Patch 800m./400m. relay leg 1:54.0 (p.b.)/52.1

The great advantage of the periodisation approach is that it permits the runner to get consistently good results, because the races themselves are used as part of the sharpening process.

Ron Holman on The Warm-up

(With particular reference to Middle and Long Distance Running)

"Our understanding of its effects is imperfect".

Dr. John Williams, Secretary-General, International Federation of Sports Medicine.

1. Definition and Discussion

Warming up has been variously described, from 'a preliminary programme of jogging, perhaps light calisthenics, and some fast striding before training or competition' to 'an occasion for destroying your opponents' confidence (and sometimes your own)'.

Experimental evidence both in support of, and against its value is conflicting, and opinions among physiologists vary from Karpovitch and Sinning's sceptical to Forehouse and Miller's favourable assessment.

Dr. Brian Corrigan (Australian Olympic Team Doctor) has stressed the value of warm-up's 'positive psychological benefits' in terms of the relief of pre-competition tension, and despite recognising the conflicting evidence, Dr. Vaughan Thomas (Director of Physical Recreation at Liverpool Polytechnic) still believes that 'warm muscles are capable of stronger contractions BECAUSE they are warmer'.

2. Procedure

(a) 'LIGHT JOGGING' at a speed of approximately 7 - 8 minutes per mile until warm, i.e. mild perspiration is effected together with a greater fluidity of movement.

(b) 'STRETCHING & STRENGTHENING' EXERCISES working systematically through the major body areas using 'hold stretch' techniques rather than ballistic movement.

(c) MORE JOGGING breaking into a series of fast (controlled) strides.

(d) RUNNING 'DRILLS' or OTHER SKILL PRACTICES may be included.

3. Purpose

(a) To prepare the athlete physically and mentally for the more difficult task(s) ahead (Training or competition).

(b) To foster a group spirit between athlete and athlete, and coach and athletes.

(c) To introduce athletes to the 'ritual' discipline inherent in a planned programme of middle and long-distance training.

W.P. BE AWARE OF THE NEED FOR FLEXIBILITY OF APPROACH WITH REGARD TO CLIMATIC CONDITIONS.

B.M.C. QUIZ

Compiled by Dave Cocksedge

- 1) Name the athlete from the Commonwealth that no British middle distance runner has ever beaten over any distance, track or country.
- 2) Which U.K. athlete set two U.K. middle distance records in the last Commonwealth Games in 1974. What were they?
- 3) What is the current U.K. 800m. record? Who holds it?
- 4) Why was the last 2 kilometres of the Olympic 5 kilometres final especially significant?
- 5) How many women broke the world 800m. record in the 1976 Olympic final?
- 6) What pace per 100m. is required to run 1,500 metres in 3:45.0?
- 7) How many metres are there in a mile?
- 8) How many yards are there in 1,500 metres?
- 9) Brendan Foster holds the world two mile record, but someone has run faster indoors for the same distance. Who is he?
- 10) Who was the last U.K. athlete to defeat Steve Ovett in an 800m. final and who was that?
- 11) Who was the last British athlete to hold the World mile record?
- 12) What pace per lap did Dave Bedford average when he set up the current World 10,000 metres record in 1973?

Weight Training

John Goodbody writing in SPORTS REVIEW

The chief benefit that regular weight training can give is increased strength, but it can also aid local muscular endurance and cardiovascular recovery if the weights are comparatively light and the duration of the exercise prolonged.

Weight training is based on the 'set system', since research has shown that muscles grow more quickly when each group of muscles is subject to intensive exercising before one moves on to the next group of muscles. To take a simple movement like press-ups, the individual who might be capable of a maximum of 16 may conveniently perform ten repetitions of the exercise, then rest for a few minutes, perform another ten, rest again and then perform another ten. This is termed three sets of ten repetitions (often written as 3 x 10).

Although press-ups are a form of weight training, since the individual body is the weight that has been raised, the expression is more commonly used to describe the raising of barbells or dumbbells. The advantages of weights is obvious - the resistance can be accurately assessed and increased as the muscles grow stronger. This follows the fundamental rule of weight training - that the body becomes stronger to cope with the increased resistance.

It has been found that low repetitions with heavy weights are best for increasing strength, that repetitions from 4 to 8 promote muscular bulk and above 10 put an emphasis on muscular endurance. Very high repetitions (over 30) help to create stamina.

It is important to be warm while training - a track suit and vee-shirt are recommended clothing. Warm up with some light exercises before beginning training (e.g. free-standing squats, touching toes and some press-ups).

Equipment News

Equipment may be obtained from:

Bill Bennett,
319 Dover Road,
Walmer, Deal,
KENT

Telephone: Deal (030 45) 62366

Equipment available is as follows:

Ties	-	£1.00
Vests	-	£2.00 (both male and female)
Badges	-	25p.

Please enclose a stamped and addressed envelope LARGE enough to hold the items you order.

It is important to make your cheques/postal orders payable to W.P. Bennett and NOT the BMC for convenience at the Bank. Also please state clearly your category when requesting a badge (i.e. Youth, Coach, Junior, Etc.) and your chest size for vests.

Over 150 members, including Derek Ibbotson, Frank Horwill, Hugh Barrow and Fred Wilt (USA) wear the club tie, so do the club treasurer and equipment secretary!! At £1.00 and in BMC technicolour, its a give away at this price and just the final piece of clothing to watch your new blazer or sweater. Where possible a same day service is guaranteed for equipment.

You've joined the British Milers' Club because you are proud of its policies in athletics - be proud to wear its equipment.



John Greatrex

Anti-Inflammatory Drugs

by Dr. Peter N. Sperryn

In a Sunday paper a few months ago there was an article suggesting that the use of Tanderil could cause blood degeneration. It was decided that we should get the advice of Dr. Sperryn regarding the use of this drug for combatting inflammatory conditions (e.g. Achilles tendon).

On the subject of anti-inflammatory drugs in general, Dr. Sperryn writes as follows:-

Most of the anti-inflammatory drugs are pretty safe in limited doses - Aspirin, Panadol, Prufen, Indocid and so on. More powerful drugs such as Butazolidin (Phenylbutazone) or Tanderil (Oxyphenbutazone) however are well known to cause serious side-effects.

While the statistical incidence of these side-effects, including bone-marrow damage, is low, it is extremely unpleasant when it does occur and may be fatal. Secondly, side-effects may happen with one tablet only. It is true that long and heavy dosage increases the chance of trouble but I think it should be remembered by everyone that a single tablet of Butazolidin can cause serious trouble.

I am aware that Butazolidin type drugs have been used to combat stiffness in both humans and in race horses, but the latter is now banned.

In my own practice I should say that I very rarely use Butazolidin and Tanderil simply because in my rheumatology practice, using all the anti-inflammatory drugs for non athletic patients with rheumatic diseases in general, these side effects are held in some awe. All the more terrible to risk such serious effects in otherwise fit young sportsmen when other drugs are available with fewer side-effects.

Clearly I am not advocating a ban on Butazolidin. I must, however, make a clear case for its very carefully controlled use under direct prescription and controlled by a doctor only. It is dangerous to use this group of drugs indiscriminately, e.g. in a coach using up his wife's stock bottle of Butazolidin for arthritis on a young athlete's soft tissue injuries. I do use these drugs in my sports practice but most carefully and occasionally only.

I have rarely used it for Achilles inflammation on the basis that this is a mechanical problem which is mechanically provoked and the small area of tissue you want to treat is not likely to gain a very high tissue concentration of any drug given orally. There is a case for careful injection of cortisone-type drugs into such an inflamed area so that the drug actually works where it is put.

Drugs like Aspirin also have side-effects but despite these and the fact that they may very, very rarely kill, they are so widely available and taken that the risk is negligible and these are effective drugs in soft tissue injuries and can be very helpful. It is true that Aspirin is taken for rheumatic diseases in doses of up to

20 tablets per day, for long periods of time, by some patients and that the simple athlete's injury dose would only be something like 6 to 8 tablets a day at most, which would be much safer. Apart from the chance of sudden collapse (very rare indeed), or skin rash, buzzing in the head is the commonest side-effect of Aspirin and easily combated by dropping the dose a little.

How to improve British Middle Distance Running Members' Views

By encouraging runners to run at the front hard all the way and by good coaching of our young athletes.

Sita Baniis - Romford

More money put into it by the government and more time given to the top athletes in the country to prepare themselves for big international meetings.

Oliver Lamb - Cheltenham

To teach speed, speed and more speed, especially to younger members let endurance and stamina develop with maturity and length of training.

John Coggin - Uppingham

Publicity is needed on a national scale for:- more facilities throughout the country; more sponsors for athletic meetings of all kinds and more meetings; closer relationship between schools and clubs; to promote interest by the public so that they may become active supporters.

Stephen Fowler - Staffs

By a more professional approach to training and training systems. e.g. time off work for training and racing when the athlete wants it.

Leó Benjamin - S. Harrow

I think the state of British Middle Distance running could be improved if the athletes peaked more efficiently for the major athletic events e.g. Olympics.

Simon Shanks - New Malden

a) By supporting the B.A.A. in as many ways as possible. b) By hard work. c) As with other areas of British athletics, by making the feelings of the athletes known to the high ranking officials who continue to turn a deaf ear to everything that resembles progression. d) By eliminating the 'amateur' status, making athletics open, thus eliminating point (c). e) By getting through to local councils that even small clubs with dedicated athletes need facilities of some description in order to progress.

Christopher Ross -
Asinoteke

By provision of better tracks and training facilities, especially in the South-west.

Radie Jones - Plymouth

By encouraging more senior athletes to become coaches.

Jacqui Cowall - Kent

With middle distance events requiring more and more basic sprinting speed, there must be many a 400m. man who just 'misses the boat' at this distance, but could achieve a higher level of performance in the middle distances if persuaded to take these events seriously. I think that the channelling of sprinters with an aptitude towards middle distances into these longer events will produce runners with the necessary combination of speed, strength and endurance and thereby might benefit middle distance running in the U.K.

Geoffrey Jerwood -
Crawley

It is a shame that many people in financial difficulty cannot receive greater financial assistance to further their athletic careers better than they are able to at the moment. Also it is a shame that many people do not realise that, as well as correct training, a good diet and adequate sleep is needed to get the maximum performance possible in an athlete.

Ian Williams - Wrexham

More high level races for those runners just below international standard to broaden the base of international athletics.

Peter Fitzhenry -
St. Helens

By better national and local facilities, especially indoors.

Philip Hughes - Rugby

More recognition of middle distance running in teenage runners, not only officially, but on television, to encourage others of the same age.

Glen Brooks -
Sevenoaks

The need for more technical research of our own - rather than leaving it to the Finns, U.S.A., Germans etc. - especially on the medical side of things. Also the provision of regional centres for coaching - at the moment the Palace is the only permanent centre for coaching and the problems of travel mean that the coaching of athletes who cannot get there every week is neglected to a certain extent. Also at junior level, the provision of more top class races for their own age.

Keith Irvine -
Barrow-in-Furness

I think British middle distance running would be improved if there were more and better facilities provided. Also if our runners could be provided with more good class competitions from home and abroad.

Gary Taylor - Mansworth

Have more local area coaching sessions.

Susan Brown - Sheffield

I think it could be improved by having more British Miler coaches at schools and clubs.

Gillian Sawyer -
Long Ditton



Glen Grant & Pat Chimes

HAVE
YOU
YOUR
BMC TIE
and
BMC VEST

??

See page — 10

Frank Horwill reviews

SPORTS MEDICINE - edited by J.G.P. Williams and P.N. Sperryn - published by Edward Arnold - Price £23.50.

This book was first published in 1962 and the editors have made a good job of bringing it up to date. There are twenty-nine contributors of which certain names are world renowned and others extremely well known and respected in British sports medicine, not the least by hundreds of athletes who have had the benefit of their expertise when faced with injuries that have defied the G.P. and even the local physical medicine department of hospitals not specialising in the treatment of athletic injuries.

Naturally the book is comprehensive, dealing with sport in society, the physiological aspects and the much neglected psychological spheres through to training, cardiology, to the treatment of all forms of injury. One chapter is of great interest to the woman athlete and those who coach women. It discusses at great length the tedious business of menstruation (periods) and their manipulation to avoid occurring in major championships. This chapter by J.G.P. Williams and Katherine Salton airs a subject that needs discussing and must be classed as one of the most practical in the book. It is a well known fact that the East Germans have conquered this facet of women in athletics. The book should find its way onto the shelves of most club libraries where it can be hired out at £1 a time for 14 days, which will meet the initial cost of the book. Coaches, anxious to keep abreast of the times, can get the book cheaper via a member of the Institute of Sports Medicine.

One irritating aspect of the book is that the list of contributors does not occur with the articles they have written. For instance, Dr. Barry, formerly of Guy's Hospital, is well known to me and I wanted to read his contribution. However, it was necessary to thumb through some 500 pages before I could find his article. This is a bad practical fault.

I also thought the chapter on nutrition to be very sketchy and not really up to date. There was no mention of the importance of a good haemoglobin count and in the reference to Vitamin 'C', it was not stated that doses of 1G. (one thousand milligrams) taken for long periods can destroy Vitamin 'B12' which in turn would affect the blood count. Neither was there any reference to the importance of potassium in maintaining form through the season (this affects the heart muscle) nor the use of desiccated liver as an aid to endurance running.

Coaches will find the chapter on First Aid something that they may well require and they should commit the contents to memory, for many silly things are done in the name of First Aid, one being the yanking up off the ground of athletes who collapse in a pile after a race. If they are left there a minute, the blood will very quickly return to the brain and all will be well. Pulling athletes to their feet suddenly, merely prolongs the feeling of nausea.

RACE RESULTS RECORDED BY RAY WILLIAMS

CLACKINGTON - 1st. September - Cold, v. windy

1,500 Metres - Men

1.	S. Markley	3:50.2
2.	M. Prince	3:51.0
3.	D. Brennan	3:53.3

CRYSTAL PALACE - 15th. October - Fine

2,000 Metres - Junior/Youth

1.	T. Hutchings	5:28.4
2.	G. Dewily	5:29.2
3.	A. Langton	5:30.6

3,000 Metres - Ladies

1.	V. Stammers	10:33.6
2.	A. Matheson	10:59.0

HAPLOW - 28th. August - Fine - Rough course

1.	G. Jackson	4:26.5
2.	D. Curwell	4:30.1
3.	W. Yellow	4:32.6
4.	D. Palmer	4:33.6

1,000 Metres - Ladies

1.	S. Hines	3:03.9
2.	C. Prace	3:05.3

CRYSTAL PALACE - 10th. November - v. cold

1,200 Metres - Junior/Youth

1.	T. Hutchings	3:07.3
2.	J. Spooner	3:11.0
3.	G. Long	3:11.7
4.	T. Tracey	3:12.1

LEICESTER - 1st. December - Fine, cold

1,500 Metres - Men "A"

1.	C. Nuree	3:54.7
2.	D. Driver	3:54.7
3.	S. Anders	3:56.0
4.	J. Dagnan	3:59.9

1,500 Metres - Men "B"

1.	K. Capper	4:07.3
2.	C. Moutt	4:09.3

800 Metres - Ladies "A"

1.	C. Lyson	2:12.5
2.	C. Avery	2:13.1
3.	C. Brace	2:14.7

800 Metres - Ladies "B"

1.	J. Vernon	2:21.8
2.	J. Walker	2:21.9
3.	Shirley Dunyan	2:23.2

CRYSTAL PALACE - 8th. December - cold, windy

3,000 Metres - Men

1.	N. Leach	8:30.0
2.	S. Lowe	8:39.8
3.	L. Benjamin	8:42.6
4.	A. Marshall	8:43.6

STRETFORD - 28th. December - v. cold, icy

1,200 Metres - Men

1.	A. Mottershead	3:03.4
2.	C. Gussick	3:04.0
3.	S. Deegan	3:04.3

CITY OF LONDON RACES

2nd. January - Cold and windy

Junior Ladies Mile

1.	J. Clarke	5:22.4
2.	J. Baker	5:25.2
3.	C. Trott	5:26.2
4.	J. Vernon	5:30.8

Intermediate Ladies Mile

1.	W. Smith	5:05.0
2.	D. Kiernan	5:10.5
3.	C. Brace	5:16.4
4.	S. Ludlam	5:19.1

Senior Ladies 3,000 M.

1.	E. Stewart	9:25.4
2.	H. Fielon	9:32.6
3.	L. Harvey	9:48.4
4.	S. Mines	9:56.8
5.	A. Mason	9:58.0
6.	S. Harvey	10:08.0

Youths/Boys Mile

1.	S. Berridge	4:34.7
2.	M. Christy	4:36.0
3.	F. Capper	4:36.3
4.	D. Black	4:37.0
5.	E. Kiddle	4:37.8
6.	A. Marshall	4:41.3
7.	C. White	4:44.2
8.	C. Farley	4:49.4
9.	P. Collins (Boy)	4:50.0
10.	A. Croxford	4:52.0
11.	T. Brennan (Boy)	4:53.0

Senior/Junior Mile

1.	G. Grant	4:09.3
2.	P. Chimes	4:09.9
3.	C. Monk	4:11.7
4.	K. Steere	4:12.0
5.	D. Ainslie	4:14.3
6.	F. Lee	4:14.3
7.	P. Lewis	4:16.2
8.	M. Wilson	4:16.2
9.	H. Leach	4:18.0
10.	P. Williams	4:20.0
11.	W. Dononey	4:21.0
12.	S. Lowe	4:22.0
13.	P. McGrath	4:22.0
14.	G. Jarvis	4:23.0
15.	C. Jackson	4:23.0
16.	S. Paterson	4:24.0

LEICESTER - 9th, January - wet, windy800 Metres - Men

1.	D. Palmer	2:00.0
2.	C. Mault	2:03.0

600 Metres - Ladies

1.	C. Avery	1:35.7
2.	S. Johnson	1:38.5
3.	C. Monaghan	1:38.6

CRYSTAL PALACE - 12th, January - blizzard1,200 Metres - Men

1.	S. Lowe	3:09.9
2.	S. Trew	3:09.9
3.	A. MacBrayne	2:12.6

STRET福德 - 23rd, January - mild, calm2,000 Metres - Men

1.	P. Gaylor	5:24.2
2.	I. Gilmour	5:25.2
3.	J. Ashton	5:25.4

CRYSTAL PALACE - 9th, February - cold, damp2,000 Metres - Men

1.	P. Williams	5:23.2
2.	K. Glastonbury	5:26.4
3.	T. Hutchings	5:28.6

WEST LONDON - 2nd, February -1,200 Metres - Ladies "A"

1.	H. Fielon	3:37.1
2.	A. Hartley	3:43.7
3.	B. Tierney	3:44.4
4.	G. Emerson	3:44.4

1,200 Metres - Ladies "B"

1.	C. Trott	3:47.5
2.	N. Eisenberg	3:50.1
3.	S. Charman	3:51.0
4.	T. Blackman	3:51.7

CRYSTAL PALACE - 9th, March - windy1,000 Metres - Men "A"

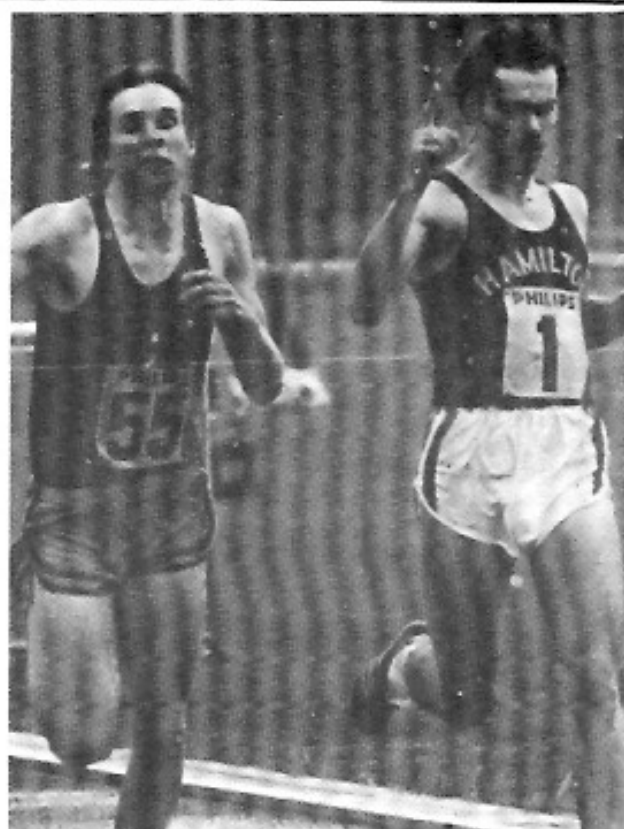
1.	N. Leach	2:29.0
2.	T. Hutchings	2:29.1
3.	D. Palmer	2:32.2
4.	G. Long	2:32.6

1,000 Metres - Men "B"

1.	D. Black	2:34.3
2.	G. Brooks	2:36.0
3.	D. Askew	2:37.3

Quiz Solution

- 1) Ted Nixon, but on a strict basis, Brendan Foster finished a step ahead of him in their Olympic heat, which Foster won in the Olympic record of 13:28.3.
- 2) Brendan Foster - 1500 in 5:37.9 and 5 km. in 13:14.6.
- 3) 1:45.1 by Andy Carter in 1973
- 4) Tasse Viren covered the last 2 km. in 5:06.2 to win.
- 5) Four.
- 6) 15 seconds.
- 7) 1,008.6 metres to one mile.
- 8) 1,641 yards to 1,500 metres.
- 9) mile runners in 8:13.0. This is 0.5 sec. faster than Foster's electrically timed 8:13.7 outdoors in August 1973.
- 10) John McNeill and Tony Settle beat Trott in Commonwealth Games trials, West-ender 1973.
- 11) Peter Watson. 3:57.2 in 1957.
- 12) 50.00 sec. per lap for 25 laps.



NICK BROOKS, PETE BROWNE

WAYS TO INCREASED FLEXIBILITY

The emphasis in all stretching exercises must be on progressive, controlled movements. Gone are the days of violent ballistic movements and the belief that you'll get there in the end if you force yourself hard enough. There is a growing reliance on the methods used in yoga.

Just set aside ten minutes a day and follow a simple routine, used, if you like, as a prelude to weight training. Here are six exercises to begin with.

COBRA - Lie face downwards on the floor with your feet together and your hands beneath your chin, palms down. Press down with your hands as you would for a press-up, but bend from the small of the back, keeping your hips on the floor. Crane your neck backwards to look as far up and behind you as you can. Hold for five seconds, then relax. Repeat ten times.

ALTERNATE LEG PULLS - Sit on the floor with both legs spread wide in front. Take your left foot and tuck it over your right thigh, as high up as you can. Place your hands palm down on the top of your right thigh keeping your thumbs together. Slowly, without bobbing, push your hands down towards your ankle. If you can, grasp the sole.

SIDE BEND - Stand upright with your feet at shoulder width and your arms outstretched at each side of you. Slowly bend sideways from your waist to your left, bring your right arm upright, and push down the outside of your left thigh with your left hand. Push as far down as you can without bobbing. Come up slowly and repeat on the other side. Five times each side.

ROLL TWIST - Stand upright with your hands on your hips and your feet at shoulder width. Bend from your hips and, keeping your legs straight, draw as wide a circle with your head as you can, bending as far as possible forwards, sideways and back. As with all exercises, do it slowly, then stop and repeat in the other direction.

STANDING TWIST - Stand upright with your feet together and your arms held out in front of you with the thumbs together. Slowly twist to the left as far as you can, finishing the turn by coming up on tiptoe. You should be able to point your arms nearly directly behind you. Then come back slowly and twist the other way.

ARM AND LEG STRETCH - Stand upright with your feet together and one arm pointing straight upwards. Reach back with your other arm and grasp your ankle (your leg should be brought up behind you). Pull your foot upwards and back and stretch up with your upright arm. Relax and repeat on the other side.

FUTURE RACES

STRETFORD

Tuesday, 3rd. May

Men - 1 Mile at 8.00 p.m.

Ladies - 800 metres at 8.00 p.m.

Tuesday, 24th. May

Men - 800 metres at 7.30 p.m.

Ladies - 1,500 metres at 8.15 p.m.

Tuesday, 14th. June

Men - 1 Mile at 8.15 p.m.

Ladies - 800 metres at 7.45 p.m.

Tuesday, 5th. July

Men - 1 mile at 8.15 p.m.

Ladies - 1,500 metres at 7.15 p.m.

Tuesday, 26th. July

Men - 1,500 metres at 8.30 p.m.

Ladies - 800 metres at 7.15 p.m.

Entries to all the above races should be sent to Peter Shaw, 43 Stonepail Close, Gately, Cheshire, together with the race fee of 25p. for members and 50p. for non-members.

ALDERSHOT - Wednesday, 6th. April

Army Cup-final Mile for men

WEST LONDON - Wednesday, 6th. April

ENC 800 metres trials for ladies -

All age groups - 8.00 p.m.

WOODFORD - Saturday, 23rd. April

800 metres - Ladies and men - 4.00 p.m.

WEST LONDON - Wednesday, 4th. May

1,500 metres ladies at 8.00 p.m.

OXFORD - Thursday, 5th. May

Chevron Mile for men at 8.00 p.m.

ALDERSHOT - Wednesday, 11th. May

1,200 metres - men and ladies - 8.00 p.m.

LOUGHBOROUGH - Thursday, 2nd. June

800 metres ladies - six only required, all

sub 2:08 standard - at 8.00 p.m.

1,500 metres men - five B.M.C. members only

required - at 8.00 p.m.

WEST LONDON - Wednesday, 1st. June

800 metres - Ladies at 8.00 p.m.

CRYSTAL PALACE - Tuesday, 7th. June

Jubilee Bank Holiday Meeting

Ladies 3,000 metres at 3.15 p.m.

Ladies 1,500 metres at 3.30 p.m.

WEST LONDON - Wednesday, 6th. July

F.J.H. Mile at 8.00 p.m.

CRYSTAL PALACE - Wednesday, 13th. July

City Mile at 8.00 p.m.

THE OVAL - Saturday, 13th. August

Men - 5,000 metres at 12 noon

ERITH - Monday, 29th. August

Men - 5,000 metres including BMC championships

All applications to run in the above races should be sent as soon as possible to Frank Norwill, 201 Sumatra Road, London, NW 6, together with fee of 25p. for members or 50p. for non-members.

NOTE

B.M.C. MEMBERS MAY ONLY RUN IN THESE RACES IF THEIR SUBSCRIPTION FOR THE PRESENT YEAR HAS BEEN PAID

?SUBS?

WINTER ACTIVITIES

How did B.M.C. members get on during the cross-country season?

We give below the positions of our members in the Nationals, which gives some indication of the versatility of our members.

<u>Men - Senior</u>		<u>Junior</u>
1. Brendan Foster	2. Nick Lees	
6. Barry Smith	8. Micky Morris	
8. John Wild	11. Malcolm Prince	
10. Chris Garforth	12. Chris Buryan	
11. John King	<u>Youths</u>	
12. Julian Coater	1. Mike Morton	
13. Steve Overt	5. Oliver Lamb	
14. Ray Crabb	8. Tim Redman	
<u>Ladies - Senior</u>		<u>Intermediate</u>
1. Glynis Penny	1. Wendy Smith	
2. Ann Ford	3. Chris Brace	
6. Katrina Colebrook	5. Kim Trunley	
8. Julie Clarke	10. Denise Kiernan	
11. Christine Tranter	12. Jane Furniss	
12. Thelwyn Bateman	<u>Junior</u>	
	7. Sara Harris	

Meanwhile, our members were also making their mark in the indoor championships, as the following shows:

<u>800 metres - men</u>		<u>1,500 metres - men</u>
1. Sebastian Coe	1. Alan Mottershead	
2. John Goodacre	2. Adrian Weatherhead	
	3. Walter Wilkinson	
<u>800 metres - ladies</u>		<u>1,500 metres - ladies</u>
1. Sue Smith	2. Cherry Hanson	
2. Pat Byrne	3. Helen Fielon	

It must not be forgotten that Katrina Colebrook missed these championships to have a change of occupation and win the Northern cross country.

One final word on the doings of Sebastian Coe, to bring us up-to date from the beginning of this year.

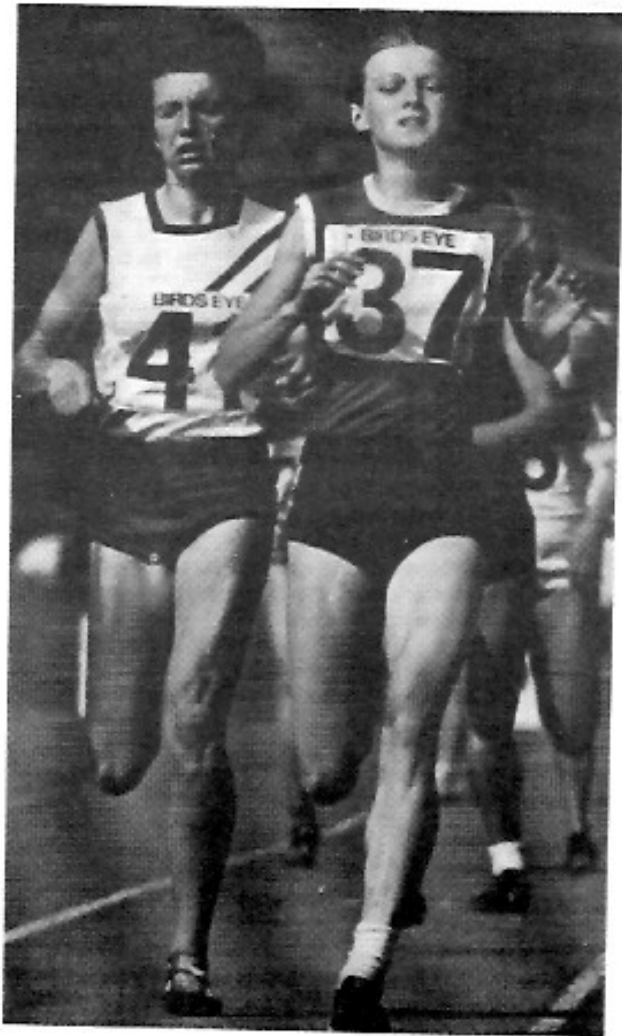
AAA Indoor Champion - 800m. - 1:49.1
G.B. v W.Germany - 1st. 800m. - 1:47.6
G.B. v France - 1st. 800m. - 1:47.5
(Commonwealth Record)
European Indoor Champion - 800m. - 1:46.5
(Championship Record)

George Candy points out that he has achieved 10 personal beats in his last 16 races. What a record!

B.M.C. OFFICERS

In view of recent changes that have taken place, we give below a list of B.M.C. Officers and their addresses, so that members may know whom to contact with their problems.

PRESIDENT: Dave Moorcroft
CHAIRMAN: Harry Wilson, 15 Hillside, Welwyn Garden City, Herts
TREASURER: Ray Williams, 39 Nursery Avenue, Bexleyheath, Kent
NATIONAL SECRETARY: Mick Dunphy, 85 Hartland Way, Shirley, Surrey, CR0 8RJ
MEMBERSHIP SECRETARY: Charles Booth, 34 Quarry Lane, Swaffham Bulbeck, Cambs, CB5 0LU
EQUIPMENT SECRETARY: Bill Bennett, 319 Dover Road, Walmer, Deal, Kent
AREA SECRETARIES AND REPRESENTATIVES
Scotland - Harry Bennett, 43 Bridgend Street, Dundee, DD5 8LZ
N. Ireland - John Glover, 8 Stormont Street, Belfast, BT5 4NX



SUE PARKER &
WENDY SMITH

Wales - Colin Daley, 12 Plane Street, Rhydyfelin, Pontypridd, Mid Glamorgan
North West - Peter Shaw, 43 Stonepail Close, Gately, Cheshire AND Andy Carter, 5 Tintern Road, Cheadle Hulme, Cheshire
North East - Jim Douglas, 16 Glaisdale, Greenways Estate, Spennymoor, Co. Durham AND Peter Freeman, 26 Norman Square, Richmond, N. Yorkshire
Midlands - Mike Hallett, Holme Oak, 134 Henwick Road, Worcester, WR2 5PB
South West - Paul Rozier, 42 Parkside Road, Pinhoe, Exeter
East Anglia - Brendan Byrne, 12 Anderly Drive, Paton, Norwich, NR4 6HY
South (North of Thames) - Mick Dunphy (as above)
South (South of Thames) - Ray Williams (as above)
PRESS SECRETARY - Dave Cocksedge, 82 Florida Road, Thornton Heath, Surrey, CR4 8RW
COACHING SECRETARIES
Scotland - Alex Naylor, 13b Stuart Close, Burns Road, Cumbernauld, Glasgow, G67 2A
Midlands - George Candy, 30 Pantain Road, Loughborough, Leics AND Tony Saunders, 2 Parkdale, Tattenhall Road, Wolverhampton, WV1 4TB
COMMITTEE MEMBERS - Ron Holman, Neville Taylor, Dave Hall, Malcolm Coomber, Bryan Smith