

Spring 1978
No 26

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BRITISH
MILERS'
NEWS



BRITISH MILERS' CLUB NEWS

Number 26

Spring 1978

EDITORIAL

We make no apology for returning to a subject raised in our last Editorial. After reading the last issue, it would have been reasonable to expect the following to be understood by all members:

1. The annual subscription to the B.M.C. is now £1.00 with a penalty of an additional £1.00, making a total of £2.00 for those who do not pay before the end of March.

2. That subscriptions should be sent to the Treasurer, Ray Williams, at 39 Nursery Avenue, Bexleyheath, Kent.

3. That cheques and postal orders should be made payable to the British Milers' Club.

Despite all the publicity, subscriptions are still being sent to other people, with cheques made out in favour of individuals, and at the old rate.

Please, not only read the B.M.C. NEWS, but act on the instructions contained in it.

A HAPPY OCCASION.

On February 6th. your Committee paid its tribute to Steve Ovett in recognition of his fine performances during the year and in particular for his performance in being the fastest athlete over 1,500 metres during the year. Steve attended the committee meeting and after it our chairman gave a survey of his performances during the year and presented him with a bracelet inscribed 'Steve Ovett, World 1500m Champion, 1977'. In thanking, Steve mentioned how much he had got from the B.M.C., starting when he first met Frank Horwell seven years ago at the Crystal Palace, when he was attending a winter course there. After the presentation, the Committee entertained Steve to a most excellent dinner at the Primavera Restaurant in Golders Green. Altogether a most happy and enjoyable occasion.

Three years ago, when writing in the BMC NEWS, Gordon Surtees made the following comments regarding Brendan Foster:- "When he was a young athlete, I felt he would not make the top because he appeared to have too much fun in his training and he was invariably the culprit when a serious session turned lighthearted. I now recognise that fun is an essential element, especially for youngsters."

The young Steve Ovett must have been imbued with the same sense of enjoyment, for he told us that when he went on the Crystal Palace Winter Course, he spent the

entire two days being disruptive. On the final day, he blew a 'raspberry' during one of Frank's talks. Frank rounded on him crying out: "Ovett, you just haven't got what it takes to be a champion!"

There is a lesson for all of us here, coaches and athletes.

ADVERTISEMENTS

In this issue there are advertisements from two suppliers of athletic equipment. In both cases we have been asked to advise members that they are prepared to give a 10% discount to BMC members.

Those wishing to take advantage of these offers should give their BMC membership number when ordering.

We would like to thank both of them for supporting the BMC in this way.

B.M.C. Equipment

Equipment may be obtained from:

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

Telephone: Deal (030 45) 62366

The following items are available:

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

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

It is important that your cheque or postal order should be made out in favour of W.F.BENNETT and not the B.M.C.

Also, please state clearly your category (i.e. Youth, Coach, Junior Etc.) when ordering a badge and your chest size for vests.

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OLYMPIC PROSPECT

Profile of

Josephine White

Name: Josephine White
Date of Birth: 7th. December, 1960
Place of Birth: Redhill, Surrey
Club: Mitcham
Height: 5'9" Weight: 9st.3lb.
Occupations: "A" level Student
When did you take up running seriously?
Twelve years ago.

Personal bests, year by year:

Age	400m.	800m.	1,500m.
12	-	2:30.0	-
13	-	2:17.2	5:03.0
14	-	2:14.8	4:51.0
15	58.1	2:11.6	-
16	56.3	2:02.0	4:16.8

Best competitive achievements and placings:

1974	English Schools Junior 800 - 3rd.
	Southern Inter-Counties Junior 800 - 1st.
1975	English Schools Junior 800 - 5th.
	Southern Counties Junior 800 - 3rd.
1976	English Schools 400m. - Eliminated semi-finals
1977	English Schools Inter 800 - 1st.
	G.B. v France 800m. - 1st.
	G.M. v France Junior 800 - 1st.
	U/21 Home International 800 - 1st.
	European Junior 800 - 3rd.
	G.B. v West Germany 800 - 2nd.
	IAC 'Coca Cola' 1,000m. - 1st.
1978	National Indoor 1,500m. - 1st.

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

Until winter 1976/77 I trained 3 times a week, mostly track training, but ran lots of cross-country races throughout the winter. 1976/77 winter, mostly endurance work, 20/25 miles per week. Plenty of cross-country races.

1977/78 mileage increased to 45/50 per week. Very little training is done on the track, sessions being done on grass and in woods. No weight training, but this winter I have included daily mobility exercises.

Fewer cross-country races than in previous years, but also ran one indoor race.

What are your views on the comparative values of indoor running and cross-country during the winter?

I think cross-country is very valuable during the winter, not only for helping to keep up endurance, but to satisfy the need to race, as most athletes thrive on competition. Although indoor running creates a change of distance and conditions and can add a highlight to the winter, I don't really enjoy running in the dry atmosphere or on a small track.

Please describe in some detail your summer training and outline how it has progressed during the past three years:

In summer, training is very varied according to racing plan. Two or three long runs a week are continued throughout the summer to keep up endurance. One session that is repeated throughout the winter and summer months are repetition 1,000s in the woods. Two weeks training prior to European Junior 800m.

- 1) Sat - 3 miles easy run and strides
Sun - 800m. race + 4 miles easy run
Mon - 5 miles run
Tue - a.m. 4 miles easy run
p.m. 4 x 100m. fast
Wed - 3 x 300m. fast on grass - full recovery, 4 x 100 (50 stride, 50 fast)
Thur - 200 fast/100 jog/100 sprint/200 jog - 4 sets + p.m. 4 miles easy
Fri - 3 miles easy run
- 2) Sat - 800m. race + 2 miles easy
Sun - 6 miles steady run + 4 fast strides over 100m.
Mon - 1 x 600 (400 steady/200 fast), 10 min. rest, 1 x 300 fast, 3 x 100m. sprint
Tue - 6 x 200 with 200 jog between + 4 x 100 stride
Wed - REST
Thur - 3 miles easy + 4 x 150 strides

What is your attitude towards training?

I don't think it is essential to run hard on all sessions, but there are certain ones which are always a challenge to me and they are the most important ones, when an all out effort is needed.

Do you train alone?

Yes, except when at training camps, which is the main reason why I enjoy them so much.

Are you well provided with training facilities?

There is a 300 metre track at my school which is 2½ miles away from my home. I live ten miles away from the Crystal Palace. Chiefly I am fortunate to have access to hilly open fields and woods next to my home. How important is your athletic success?

Very important. I have always had a strong need to succeed, but have realised that without the right physical training the will alone is not enough.

Please describe how you warm up.

For an 800m race, depending on weather conditions, I usually do ½ hour warm up, consisting of 10-15 minutes jogging, 5-10 minutes stretching exercises and 10 minutes strides.

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

I don't consciously try to improve my mental approach, but improvement and self-confidence have increased with racing experience and training discipline. Describe any serious illness or physical setbacks you have had and say how they have affected your progress and attitudes.

None.

What was your reaction at being selected to run for England and what are your views on the organisation of international competition?

Seeing my name included in the U.K. team in the newspaper was a great thrill. As far as views on the organisation of international competition is concerned, I haven't had enough experience to form an opinion.

How interested are your parents and friends in athletic and your athletic progress?

My parents are interested in athletics in general as well as my athletic progress, but most of my friends, although they are interested in my progress, do not follow or understand a lot about athletics. Have you any athletic heroes on whom you have modelled yourself?

No, I don't model myself on any athlete, but I do admire Borzov, Juanterena and Irena Szewinska. Give your views on being coached and describe some of the ways in which you have been helped by your own coach.

To progress in athletics, I think it is essential to have a coach, particularly at the beginning of a career in athletics. The right coach in my view doesn't just dole out training schedules, but passes on the benefit of his own experience for planning and racing and his attitudes in general. My own coach (Harry Wilson) has helped me most by having faith in me and giving me every practical help possible. His great interest in my progress is an inspiration in both training and competition.

What are your targets?

My immediate target is the 800m. in the Commonwealth Games and looking further ahead, to improve to the point where I can beat the world's best.

SUBSCRIPTIONS

HAVE YOU PAID YOUR SUBSCRIPTION?

The Club cannot carry on without money and the greater part of this comes from subscriptions. Last year one hundred members were eliminated for non-payment of their subscription!

In many cases they just forgot all about it and are then surprised to find that they are no longer members - that they no longer get race invitations - that they no longer receive the BMC NEWS.

DON'T PUT YOURSELF IN THAT POSITION.

Send your subscription at once to the Treasurer, if you have not already done so. But, don't forget, if you have not paid by now, you will have to pay £2.00 as the end of March has passed.

Another reminder, subscriptions should be sent to the Treasurer, who is -
Ray Williams,
39 Nursery Avenue,
Bexleyheath, KENT.

If you are a forgetful type, as most BMC members seem to be, why not arrange to pay your subscription by Bankers Order and not have to bother any more.

Bankers Orders should be made payable to: Midland Bank, 237 Broadway, BEXLEYHEATH, (Ref: 40 10 15), for crediting to the British Milers' Club, Account No. 61014331.

Don't forget to let the Treasurer know if you decide to pay in this way.

Some Quotations

From Frank Horwill's Coaching Newsletter

You get writers who think there's some kind of magic formula and they want to be the first to tell the world how to do it. What's the secret? Yogurt? Vitamins? Maybe. I don't know. But I'll tell you one thing. You don't run 26 miles at five minutes a mile on good looks and secret recipes.

FRANK SHORTER

My ignorance is my strength. I know neither the history nor the tactics of the 800 metres, so fast times do not worry me.

MARCELLO FIASCONARO

I have found that the Europeans train twice as much as I do. 150 miles a week is good conditioning, I guess, but I doubt if it would help ME to run faster.

FILBERT BAYI

The limited approach of discussing training and racing merely in terms of necessary work often may do as much harm as good. The coach may unintentionally be training the athlete's body and at the same time 'blocking' his mind. By taking the attitude, 'If you can't run 12 x 440 in 59 seconds, you'll never run a four minute mile', a coach may be limiting performance.

JIM MCFADDEN

Iowa High School

Quiz Solution

- 2,000 metres (4:51.4)
- Steve Prefontaine
- Wilson Kiprugat (Kenya)
- 1960
- 4:08.1 by Mary Stewart (also a world record)
- Lyudmila Bragina (U.S.S.R.). Her world 3,000m. record is a fine 8:27.1
- Coe actually ran 1:44.95 for 800m.
- Alan Simpson ran 3:59.8 at White City on August 21st. 1966 and 3:58.8 at Brighton on the next day.
- 3:34.9 by Kip Keino (Kenya) in 1968
- Charlene Rendina (Australia)

Looking at People by Dave Cocksedge

Here are some interesting comparisons of the top ten milers from 1977, as ranked by TRACK & FIELD NEWS in their world renowned 'merit' lists, based on honours, win/loss record and sequence of marks. In column order we have name, age, height and weight.

Ovett	22	1.83m.	69.8kg.
Wessinghage	26	1.83	69.8
Walker	26	1.84	73.9
Flachy	29	1.83	69.8
Straub	25	1.81	63.0
Waigwa	29	1.73	66.2
Morselli	21	no data	no data
Fleshen	22	1.78	63.0
Scott	21	1.85	72.5
Coghlan	26	1.83	63.9

From this we might gather that the ideal blueprint for a modern miler is 1.83 tall, aged between 21 and 26 and weighing in at 69.8 or 70 kg. That's six feet tall and eleven stone in old English terms. Interesting to note that Ovett, Wessinghage and Flachy, ranked 1, 2 and 4, fit the bill exactly, and that Walker is easily the heaviest top miler around, whilst Steve Scott is the tallest. (Scott was the only man to defeat Ovett last season over 1,500m. by the way). Unfortunately I do not have any data available on the new African sensation, Morselli, and a comprehensive list of top 1500 men should also include Bayi, who raced the distance sparingly last year. For the record, his statistics are: age 24, 1.83 and 59kg.

It was just that Ovett should be ranked top in the world 1500 merit lists last year. He won 13 out of 14 races at 1500/mile and throughout the season only lost to Steve Scott (1500), Filbert Bayi (3000) and Miruts Yifter (5000). Sure, he picked his races (who with any sense at all doesn't?), and he picked them with devastating effect. Most thrilling was that thrilling explosion of majestic power with 200 to go in the Dusseldorf World Cup 1500, but most significant for me was Steve's 800 in 1:48.3. Why? Because he ran that time only eight days after winning a half marathon at Dartford in 65:38. Anyone who knows anything at all about running will know what racing on the road at that pace will do to a track runner's legs. Quite frankly, I'd have been amazed if he'd got around in 1:52 after the road effort, because it literally crippled him for a few days afterwards! In ordinary everyday terms of being a runner, he simply had no business mixing the two types of racing; but ordinary everyday laws of man do not apply to Steven Michael Ovett. He got his track speed back in double quick time and blew everyone else off the track in the World Cup. It was

fitting that the BMC committee should award him a commemorative bracelet on February 6th., whilst having him as their special guest to dinner. It says something for Ovett's respect for the BMC that he accepted this function when he turned down such giants as the BBC and DAILY MAIL Sports Personality of 1977 'bashes'. Though it choked some members of the athletic press to do so, the British Athletics Writers Association also voted him the male athlete of 1977 (UK)! The first BMC member to achieve world No. 1 status for 1500/mile since the founding of the club in 1963, Steve is also the first British athlete to rank first in the 1500/mile lists since Derek Ibbotson in 1957.

Isn't it always good to see a front runner come back with a finishing flourish after being passed by a sitter? This is exactly what Kevin Tesh did in the 1977 English Schools 5000m, and for me it was the race of the meeting. Tesh set a hot pace from the outset and gradually dropped off his pursuers one by one - all except Tony Miroslav, who clung on grimly through 2000m in 5:31 and 300 in 8:33. Then, on the final backstraight, he struck hard and swept past. It looked all over bar the shouting, but Tesh responded immediately, chasing his man around the final turn and gunned him down with a swift burst of speed coming off the final bend that had us all gasping in admiration. I don't blame Miroslav for sitting in - the pace was fast, he was discovering new territory and there was a title at stake - but how nice to see a front runner responding to being outkicked like that! Obviously Kevin felt that as he'd done all the hard work, he deserved to win and he wasn't putting up with any of this 'sit-and-kick' routine from his midland rival! His reward was an excellent new championship best of 14:18.2 and it was a depth-laden race - easily the best in ESSA track championship history.

Early season promise from our females failed to materialise last year. Jane Colebrook ran a fine, gummy race to win the European Indoor 800 in 2:01.1, but never really recaptured that spark in the outdoor season. She was the victim of illness at the UK Championships (where it was good to see Lesley Kiernan back to form in 2:01.5) and was the victim of nerves in the Europa Cup final, where she folded in the last backstraight at a pace that should have suited her. She is young and very talented and will one day come good. I think that she has the speed to run 52 for 400 too. Mary Stewart broke the indoor world 1500 best with 4:08.1 and won the European title as she pleased. What impressed me was the way she kept kicking from the front in that race without let-up. Outdoors she appeared to lack incentive and had a very

poor year in terms of achievements. One of the best races of the season for me was the 'Coke' 1000m, which saw Jo White stave off all her rivals to win in a UK record of 2:38.6. Its just incredible how far this Mitcham girl came in the space of a few months! This winter she's been winning them everywhere on the country and just for kicks blew the 1978 WAAA Indoor 1500 field apart in 4:16.2 in a solitary appearance.

There was some record progress, too. Ann Ford took Joyce Smith's 3000 record with a fine 8:52.8 in August and clearly has the strength to go faster. Very much due for revision are those 800 and 1500 records of 1972 set by Rose Wright and Sheila Carey at 2:00.2 and 4:04.8 respectively. Colebrook and/or Wright can take the former this year and Stewart must sooner or later account for the latter. I feel that Jo's potential is such that she could get them both, however.

Back to the World merit rankings, I can't agree with the choice of Marty Liquori as No. 1 in the 5000m. True, he won the 'summit' race in Zurich against Quax and Yifter (the only man to outkick Yifter last year), but in Dusseldorf he lost to the lithe Ethiopian in very fast time (13:13.8 to 13:15.1). Yifter beat him in the big race and ran faster, yet gets second place! Ludicrous! Dick Quax set the new World record at 13:12.9

but lost to too many people in an exhausting European tour to merit top slot in my view.

Sorry, but I can't agree with Brendan Foster being ranked first in the 10,000 list either. In my lists he gets a clear second. Of course, he only ran the distance twice and each time he won against good fields in cracking times, but Samson Kimombawa's early season form gives him the nod. The Kenyan broke Bedford's formidable record with 27:30.5 and then ran 27:37.3 a few days later! Then he simply over-raced. Foster won against a battle-weary field in the 'Coke' meeting. I don't want to take a single thing away from Brendan, who was never fully fit himself last summer I felt, but his lack of races did count against him. The man is an incredible competitive animal - he battles unto the last gasp. His stirring last lap struggle with Henry Rono was breathtaking in that 'Coke' 10,000m, but I thought Rono finished as the fresher man. Foster was sold out at the tape after having to muster up everything he had left on the last bend. This is no criticism; it takes a particular type of athlete to give his all the way Foster can. But the Brendan Foster of 1974 would have won that race in around 27:20 by breaking away with four or five laps to go. That's my contention, anyway and I'm sticking to it.

If we all sit tight and hold our breath, we might just see one of THE domestic struggles on the track this summer. I'm referring to a clash between Nick Rose and Brendan Foster over 5000m. That would be worth travelling some miles to watch, wouldn't it? Both men have a penchant for racing the same all-out, gutsy way and it will be a fascinating race. Nick has certainly been setting the boards alight this winter. His 8:20.3 for two miles against Nyambui and Rono featured a middle mile of 4:05.8 after a 65 first 440 yards! When Nick hits the accelerator pedal he doesn't let up and its devil-take-the-hindmost every time out. That Commonwealth 5000 is going to be some race. My pick is Suleiman Nyambui, a very underrated Tanzanian. His countryman, Filbert Bayi gets all the publicity, so we haven't really appreciated here in the UK just how good this man is. Significantly, when he ran his 13:19.4 last year, he covered the last kilometre in 2:27.2. That's the sort of closing speed that wins major championship races. Indoors he held off Rono to win that classic Sunkist 2 mile race in 8:18.3. Only Puttemans, with 8:13.2 is faster.

Girls to watch out for in 1978 are Cherry Hanson and Christina Boxer. Both are workhorses (in the best possible sense!), who will come good and surprise some of us one of these days.

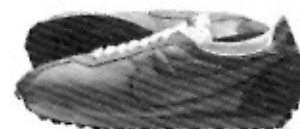
If ever a man salvaged a season it was Sebastian Coe last summer. Shortly after winning the European indoor 800 in a superb front-running 1:46.5, he injured himself road training and had to sit out much of the early season outdoor activity. The year looked hopelessly lost, even though he started a cautious come-back with 1:51.5 at Spalding in July. By the AAAs he was down to 1:46.8 and he made the Europa Cup final. The rest is well known. He finished fourth at Helsinki after getting a hefty shove from winner Willi Wulbeck, beat Filbert Bayi in the Emsley Carr Mile and ran Mile Bolt (1:44.8) to a very close decision in the 'Coke' 800, where he reduced the UK record to 1:44.95 (rounded off to 1:45.0).

I've admired Coe's fighting spirit for some time now, but I'm a little worried about his tendency to stress injuries. His feather light build of 1.76/5'9 $\frac{1}{2}$ " and 130 lbs./59 kg. make him very vulnerable in a physical contact type race, as Helsinki proved. True, Rick Wohlhuter fared all right with the same almost flimsy build, but I felt the American always seemed to have more resilience, though he did, of course, fall in the Munich Olympic 800 heats. Wohlhuter was remarkably lucky with managing to avoid serious injuries in spite of that springy stride. Coe does not appear to have this luck and I hope he can stay clear of any

problems of this nature in his build-up for Prague. In admitting that he's 'not even thinking of Edmonton' he is in fact ignoring a classy race, but he could be quite right when you consider the travelling involved and the short space of time between the Commonwealth and European meetings.

Seb and his father, Pater, spoke to AW's Jon Wigley in February and it proved to be an absorbing interview. The Coes emerged as thoughtful pragmatists with a realistic approach to their preparation. Sebastian has all the attributes to be very good, but I must disagree with one of his assessments of 1977. He hinted that the World Cup would have been a different race if John Walker had saved his Brussels 3:32.7 for Dusseldorf and contended that the New Zealander 'ran tired' in the World Cup. Firstly, Walker was in Dusseldorf for several days before the Cup race, preparing himself for a 'summit' clash with Overt and Wessinghage. This involved rest and no serious racing. After his disastrous performance he bounced back with 7:41.9 for 3000m, to beat Liquori at Crystal Palace, thus negating wild stories that he had injured himself on the last lap at Dusseldorf. My theory is that he was simply psyched when Overt went by him like an express train in the World Cup, especially after he and Wessinghage had thrown such a fast pace at him.

RON HILL SPORTS



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Steve Overt leads Kev Steere
Inter-Counties Cross-Country

Photo:- Tim Pike

Then, in the 'Coke' meeting he needed a good win badly to get some confidence back. This he did and that speaks volumes about the tenacity of the man. Injuries notwithstanding (and Walker had plenty of them in 1977), John Walker is a great athlete and he will be back. But even if he had come up with his Brussels 3:32.7 in Dusseldorf, who is to say that Overt would not have run 3:31.5? No one can say for certain, but what is certain is that Overt was not going to be beaten that evening in September 3rd. His margin of victory and the ease of it reflected that. I agree we'd have seen a different race with Walker in his Brussels mood at Dusseldorf. We'd have seen two men go under the world record and I think the Briton would have been in front at the tape.

Comments from Gordon Surtees

At the end of each athletic season athletes anxiously await the publication of ranking lists, too often incorrectly accepted as being the ultimate guide to athletic achievement. Selectors, too, appear to be influenced by rankings, especially when choosing teams for early season competition in the following year.

In view of this there is little wonder that some athletes worry if they fail to feature in prominent ranking positions. It could well be that there are good reasons, such as illness, injury, final exams, weather conditions, poor facilities or lack of opportunity that play large parts in determining ranking positions, but as these aspects are never shown, some athletes are not spared the embarrassment of seeing some inferior being ranked in a superior position.

The successful athlete does not worry too much about ranking lists because he or she is more concerned with who they have beaten rather than how fast they have run. As they must be totally honest in their self-analysis, they also take into account the level of competition.

Last year it was more important for Steve Overt to win the World Cup 1,500m. than it was for him to concentrate on recording fast times. The fact that Overt achieved impressive times lends weight to the opinion that if you beat the right men you will record the sort of times hoped for.

Other athletes not quite as gifted or fortunate as Steve may have selected the European Cup Final or the A.A.A. Championships as their most important event of the season, where success would necessitate overcoming the best opposition in Europe or Great Britain. Any success there would be significantly more rewarding than some faster time achieved at some minor meeting.

Athletics is all about competing against and if possible beating people of similar ability. To do so gives tremendous satisfaction to the true athlete. Unfortunately there are too many athletes who have forgotten the real meaning of our Sport, that is Competition. There are some athletes who have recorded some reasonably fast times, yet have never won or been placed in a race of any consequence. They run race after race sitting in behind others, content at being towed round to times fast enough to satisfy second rate minds. These are the athletes who lack the determination to produce that extra effort required to become a winner, but more important, they lack self-respect.

Some years ago I listened to a talk by Chris Chataway and he remarked that in his epic race against Kuts at the White City Stadium he had found himself - he had realised how much his body and mind could endure, how the real object of competition was man against man and not man against stopwatch. Chataway gave the impression of not only running to his limit, but actually enjoying doing so.

This is what promising young athletes must appreciate and accept, that to strive for victory does not detract from pleasure. In fact it actually increases the amount of pleasure derived from the sport. To win is satisfying, but to lose does not mean the loss of self-respect. To fail shows at least somebody has tried. It is those who have not tried to win, who lose self-respect and it is the eternal sitters who do not gain the respect of others.

A lot of athletes pay more heed to training accomplishments than to actual racing achievements and these must be regarded as the second rate citizens of athletics. Some are more concerned at how many miles of training are recorded in their diaries and no doubt a run for the early morning bus helps boost their all important total. Others ensure the high quality content of their sessions by using wind assistance on each and every run.

Obsessions like these in training can be the undoing of athletes and while fast times achieved in training promote confidence, there can be little doubt that if these fast times are brought about by dubious methods, it is a false feeling of well-being that is obtained. One athlete I have watched is so keyed to running fast times in training that on each wind assisted effort his foot is invariably placed half a metre over the starting line. When it becomes necessary to cheat in training, there is little hope for success in the tough, hard world of athletics, and needless to say, the athlete concerned is a renounced sitter, who has not achieved any success other than at minor level.

It is all a question of attitude. If the attitude is right, then success is within the grasp of the athlete. When the attitude is wrong, however, it is similar

to walking along the wrong road and the traveller will never reach his or her destination. Character, the favourite word of gum-chewing soccer managers, results from a continuation of habits, but we must also accept that any continuation of bad habits will have a detrimental effect when the day of reckoning arrives.

We have all seen the young athlete who always seems to have the problem of loose shoe laces whenever the going gets tough, or the guy who strips down to vests and shorts when most of the others have not even shed their wet suits. At some time we have also met the athlete who gets lost somewhere in our interval training sessions but somehow gets the kiss of life to screw all and sundry on the final run of the session. Then we have the self-styled super athlete who expects each member of his training group to be at his disposal as pacemakers. These persons are the also rans of our sport, who are easily satisfied and probably the type who become the artful dodgers.

The artful dodger should not be confused with leading performers who on occasions must be selective in their racing. There are times when top athletes appear to avoid direct conflict with each other, but they have so much at stake that it is essential that they ensure that they are as fit as their opponents and do not compete on unequal terms. At lower levels of ability some strange and incomprehensible avoiding action occurs and it is often difficult to relate these to any strategy or a pre-race build up.

It is not hard to spot the athlete who would be a big fish in a small pool, who switches events in order to win against lesser opposition, rather than face athletes of similar ability in his or her chosen event. These athletes invariably shout afterwards of the lack of opposition or opportunity.

Imagine the sitter who avoids a 400 or 800 race a few days before an important 800 or 1500 race and runs instead in a 5000 event, only to complain that he was not sharp enough on the day of the big race. Conspicuous too are the sitters who relish being towed around, but who dramatically slow the pace if ever they are tactically outwitted and forced into the lead.

Equally foolish are those who develop colds at will, or wear the wrong shoes, or did not have sufficient time to warm up. Some even claim to go off course during a road or cross country race, even though they were positioned in the middle of the field at the time. Others assure everyone in earshot that they would have won if only the race had been ten metres longer.

Some years ago I coached two young athletes who occasionally crumbled to a heap after crossing the line. I soon learnt to coax one of them to his feet by means of a gentle tickle of the ribs with a boot.. The other needed all my strength to hold the deadweight of his body caused

by running to his limit. One of these athletes had more chance of winning an Oscar than a medal, while the other probably had more courage than sense.

The actors of our sport are those who set out for a ten mile easy run, but include a dozen sharp sprints, usually in the vicinity of bus shelters. These same guys lose ground on the back straight but emerge as leaders each time they pass the grand stand. Others suffer from "Parkinson" disease and conduct that shows throughout the races. A cheerful wave or a bit of eyeball rolling shows the ease or agony of the occasion. The inevitable injury which occurs once contact with the leaders has been lost, surely deserves some sympathy as does the classic scholar who refers to his exhausted state as 'equine quadruped fatigue'.

If we B.M.C. members, athletes and coaches are totally honest in our self-analysis, we will recognise in this article some faults that we have experienced at some time and we will make honest endeavours to eliminate these weaknesses. We will look for competition against athletes previously thought to be superior and we will try to beat them, rather than allow them to pull us to fast times. We will contribute positively to races, we will give reasons rather than excuses and we will instil an iron discipline into our way of life in order to gain self-respect.

We will then be able to look ourselves straight in the eye and know that we have done our very best and perhaps in the words of Rudyard Kipling, we will have filled the unforgiving minute with sixty seconds worth of distance running.

B.M.C. QUIZ No.3 Compiler Dave Cocksedge

1. What world record did John Walker set in 1976?
2. Name the great American distance runner who came from Coos Bay, Oregon.
3. Who was second to Ralph Doubell in the 1968 Olympic 800m.?
4. When was the 800m. distance for women re-introduced into the Olympics?
5. What is the fastest indoor 1,500m. by a British woman and who achieved it?
6. Name the woman who has set three world 1,500m. records and a 3,000m. record that still stands?
7. Sebastian Coe actually broke 1:45.0 for 800m. when he set the U.K. record for that distance last September. Do you know the exact time?
8. Which U.K. athlete ran sub-four minute miles on successive days, and when was it?
9. What is the Olympic 1,500m. record and who holds it?
10. Name the 1974 Commonwealth Womens' 800m. champion?

10 How to adapt to Different Racing Distances by Chris Stewart

I have run most distances from 880 yards (1m49s) up to marathon (2hrs. 13m), although not in the same season. I should say that I have graduated from the shorter distances, specialising in the mile during the late 60's, moving to the 5,000m in the early 70's and graduating to longer events in the late 70's. I should here mention that during my marathon sojourn, my times for the shorter distances haven't been as fast and I am not as sharp in speed or muscular endurance at speed. However, due to long runs and preparation of a more commando type nature, the element of recovery is very much greater.

To achieve a great performance in the middle distances I think a combination of both types of training is necessary with the emphasis on whatever distance is required in competition. I would like to point out two or three factors that I have noticed; firstly, during a period of long distance build up there is a tightening of the muscles due to lack of extension and a fatigue element brought about by the slower pace of training. This leads to lethargy and a marked lack of sharpness in short distances, as well as a different set of injuries. However,

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it is probable that form will last longer during interval training periods when a build-up is also involved. Thus form becomes stronger during the season. I think possibly with this sort of training (really similar to Lydiard type which is suited to the English climate) a good result in the middle distances could be achieved and during the 1979 season I shall be seriously returning to the mile and middle distances. This year I shall naturally be concentrating on the marathon, the real training for which is totally different from track running preparation.

I should point out here one important thing, that logging a long way slowly will not make a great athlete and furthermore will lead easily to injuries, due to lack of proper extension in the muscles. My runs of this nature are over a very hilly, muddy commando type course and the speed may not be there (it is not a fast course) but the effort involved is. A welcome change was interval training on the track and it is known that athletes, particularly milers, crave the reverse.

Vitamin Requirements by Frank Horwill

Some of the quotes in the last issue of the B.M.C NEWS may have confused many middle distance athletes that vitamins are of little consequence in training and racing. We repeat the findings of Ludvig Prokop, M.D., who gives these facts for an athlete weighing 70 kilograms.

Vitamin A - 6mg. per day
Vitamin B1 - 4 to 8 mg.
Vitamin B2 - 4mg.
Niacin - 40 mg.
Vitamin C - 240 mg.
Vitamin E - 50 mg.

He goes on to say: "It is obvious that during athletic stresses real inadequacies must result. The vitamin balance of the athlete for the present continues to demand special attention." This does not mean that athletes should necessarily rush to the vitamin bottle. It does, however, mean that they should examine their normal intake of food to see that the above requirements are being met in the normal daily meals. We give some guidance in this matter:-

Vitamin A - 6mg. per day provided by one cup of milk and one ounce of cheddar cheese.
Vitamin B1 - 4-8 mg. per day provided by 3½ oz. of pork, ½ cup of peas, 2 medium size potatoes, 2 slices of bread, 1 plate of cereals and a handful of nuts.
Vitamin B2 - 4 mg. per day provided by 3½ oz. of liver or beef together with milk, cheese, bread cereal and 2 eggs. Liver alone (3½ Oz.) provides 5.1 mg. of Vitamin B2 and must rate highly in the athlete's diet.

Niacin - 40 mg. per day provided by 3½ oz. of liver together with three medium sized

potatoes, corn vegetable (½ cup), 2 bananas, 2 slices of bread with peanut butter and a plate of cereal for breakfast. Lamb (3½ oz.) provides a sixth of the daily needs.

Vitamin C - 240 mg. per day provided by 3 medium sized oranges or grapefruits or 3 cups of frozen or 2 cups of fresh orange juice. Liver (3½ oz.) also contains a tenth of the daily Vitamin C needs.

Vitamin E - 50 mg. per day provided by one medium sized lettuce together with a glass of milk, morning cereal and 2 eggs. Meat (3½ oz) and fish (3½ oz.) together provide the full daily requirements.

Some of the deficiency symptoms to look for in your athletes include:-

Vitamin A - Repeated infections of the nasal and bronchial membranes.

Vitamin B1 - Muscle cramps, growing depression and fatigue.

Vitamin B2 - Sore lips and ulcerated tongue, also growing digestive troubles.

Niacin - Increased tiredness, sore mouth and growing nervousness.

Vitamin C - Sore mouth, prevalence of stiff and aching joints, wounds and injuries take a long time to heal.

Vitamin E - Associated with anaemia, increased digestive troubles and loss of skin condition. Difficulty with long, slow runs.

B.M.C Constitution

1. Name and Objects

a) The name of the organisation shall be the BRITISH MILERS' CLUB.

b) The objects of the organisation shall be:-

1. To raise the standard of British Middle-Distance running.
2. To increase the knowledge of coaches and others interested in these events.

2. Membership

1. Membership shall be divided into the following classes:-

- | | |
|----------------|-----------------------|
| (a) Senior men | (b) Junior men |
| (c) Youths | (d) Boys |
| (e) Women | (f) Life-members |
| (g) Coaches | (h) Associate members |

2. a) The qualifying standards for classes a, b, c, d and e shall be decided by the members at the A.G.M. All members elected in these classes shall be amateurs as defined by the A.A.A./W.A.A.A. Laws.

b) Free Life-membership shall or may be awarded for outstanding performances or service to the Club.

c) Class g membership shall be confined to coaches holding at least the B.A.A.B. Club Coach Award.

d) Class h membership may be offered to individuals who do not possess the above qualifications but who have special qualities likely to benefit the Club. Membership of this class is subject to annual review by the Committee.

e) All members shall complete an application form and be elected at a meeting of the General Committee.

3. Subscriptions

a) The annual subscription rate for classes a, b, c, d, e, g and h shall be £1.00 payable at the time of joining and due each subsequent year on the 1st. January.

b) Members not paying their subscriptions by the 31st. March each year shall be liable to £1.00 levy.

c) Any member more than six months in arrears shall be deemed to have forfeited membership and may not be re-instated until all arrears have been paid up.

d) Life-membership (class f) shall be free, but Life-members may make annual donations to the Club if they wish.

e) Any alterations to the subscription rate shall be approved by a majority of the members at a General Meeting.

4. General Committee

a. The Club's business shall be managed by a General Committee - hereinafter referred to as the 'Committee'.

b. The 'Committee' shall be elected at the A.G.M. and shall consist of:

Chairman, Vice-Chairman, General Secretary, Treasurer, Membership Secretary, Minutes Secretary, Regional Secretaries and five others.

c. The 'Committee' shall have the power to co-opt up to three additional members or to replace any of its members.

d) Committee meetings shall be as and when the 'Committee' thinks necessary and there shall not be less than six such meetings in any one year.

e) A quorum at a meeting of the 'Committee' shall consist of five members.

f) If a quorum is not present within 15 minutes of the specified commencement time the meeting shall be adjourned.

g) The Chairman shall be entitled to a casting vote in the event of a deadlock.

h) The Vice-chairman shall be entitled to act as Chairman in his absence. If neither are present at a meeting, the members shall elect an acting Chairman from those members present.

i) Regional Secretaries may appoint deputies to act in their absence.

5. President and Vice-Presidents

These positions shall be elected at the A.G.M. They may attend meetings, but shall not be entitled to vote on motions put forward at these meetings. Membership is free, but Presidents and Vice-Presidents may make donations to the Club if they wish.

6. General Meetings

a) The Club shall in each year hold a General Meeting as its A.G.M., in addition to any other General Meetings in the year. This meeting shall be held not later than 31st. October in any year.

b) All General Meetings other than the A.G.M. shall be called Extraordinary General Meetings.

c) The A.G.M. shall be held at any appropriate place approved by the Committee.

d) Members shall be given at least 28 days notice of the A.G.M. via the Athletic Press and at least 14 days notice of Extraordinary General Meetings.

- e) All matters for including in the A.G.M. shall be received by the General Secretary at least 21 days before the meeting.
- f) An Extraordinary General Meeting shall be called by the General Secretary within 21 days of the receipt by him of a requisition signed by at least 20 members, stating the business to be brought before such a meeting.
- 7. Alterations to the Constitution**
The Constitution shall be altered only at a General Meeting by a two-thirds majority of members present and voting. Proxy votes shall not be allowed. Any alteration made at a General Meeting shall take effect immediately.
- 8. Proceedings at General Meeting**
The business of the meeting shall be--
- To receive and consider the Annual Reports of the Treasurer, General Secretary, Regional Secretaries and the Income and Expenditure Account and Balance Sheet.
 - The election of the President, Vice-Presidents, Committee Members and Auditor for the ensuing year.
 - To transact any other business.
 - No business shall be transacted unless a quorum of fifteen members is present.
 - All resolutions put to the vote must be approved by a majority of members voting and entitled to vote. Only paid-up members are entitled to vote. The Chairman of the meeting shall decide the manner of voting.
- 9. Accounts**
- a) The Treasurer shall keep an account showing details of all sums of money received and spent. This means that this account shall be available at each meeting of the 'Committee'.

- b) All outgoing cheques shall be signed by the Treasurer and one other officer.
- 10. Audit**
- a) Audited accounts shall be presented at the A.G.M.
- b) The Hon. Auditor shall be appointed at the A.G.M.
- 11. Interpretation of the Rules**
The interpretation of the Rules shall be the prerogative of the General Committee.
- 12. Dissolution**
In the event of the Club's dissolution its net assets shall be realised and donated to a charity nominated by a majority of the members.

Problems of Coach and Athlete in Scotland by Derek Parker

SENIOR BAAB COACH - BMC SCOTTISH SECRETARY

In the following article I have endeavoured to describe the main problems which confront the middle distance athlete and coach in Scotland. The observations come from my own experiences and from discussions with other coaches and athletes. I have made no attempt to draw comparisons with other areas of the United Kingdom as I am not cognisant with matters pertaining to the sport elsewhere, other than what I see in the press or see and hear on television. From a coaching point of view, one of the greatest difficulties is that of maintaining the interest of young athletes who show such promise and potential

early in their careers, then all of a sudden retire, before they have barely started. This seems to be a common problem everywhere, though I feel it is more marked in Scotland, where most youngsters either want to play football or watch football. In my own part of the country, there are several leagues for all age groups, and soccer is undoubtedly responsible for enticing talented athletes away from athletics. The position is not helped by the vast amount of publicity which football receives in all the newspapers, and at a time when Scotland has made tremendous progress in the World Cup and her players are establishing glowing reputations south of the border. It is not surprising that thousands of boys try hard to emulate their heroes by devoting their sporting energies to soccer. With unemployment at a higher level in Scotland than the national average, it is understandable too that many athletes decide that passing examinations and establishing themselves in a career is more important than running fast times in races. It can be seen, therefore, that I place cultural, environmental and sociological factors high in the list of problems which face the athlete in Scotland, though there are several other points to be considered.

Many people complain about the lack of facilities, but in all fairness, I do not consider that their complaints are entirely justified. In the Glasgow area, there are good tracks at Scotstoun, Ballahouston and Coatbridge. While it is true to say that this does involve a considerable amount of travelling for athletes - especially those who do not possess their own transport - the problem is more a nuisance than an insurmountable obstacle. A certain degree of hardship must be suffered by those who aspire to the heights.

I would be the first to admit, however, that training facilities in the east of Scotland, where there are excellent tracks at Meadowbank, Grangemouth and Pitreavie, are vastly superior to those in the west, though this does not invalidate my belief that a certain amount of improvisation is necessary if an athlete wants to realise his ambitions. After all, Peter Snell did repetition running between lamp posts and Herb Elliott ran up and down sandhills and round wooded circuits, so it is obvious that much can be achieved by anyone determined enough to utilise existing facilities and opportunities to the full. Having said all that, what I do feel is sadly lacking here in Scotland is the provision of winter track meetings and indoor competitions. I realise that many coaches are of the opinion that from November to March the middle distance runner who is concentrating on summer track meetings should use this period solely as a build-up, though this is not a point with which I agree.

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While the build-up is important, some competitors welcome the chance to race at distances which approximate to their specialist event during the winter as this relieves some of the drudgery (apparent or real) of the conditioning period and sharpens them up with the added incentive of recording times which can be related to future targets. What was the only indoor arena in Scotland, Bell's Sports Centre in Perth, dispensed with the running track which was laid down once a month for regular competition that also included men's and women's National Championships. This means that the only indoor contests available to Scottish athletes are at Cosford, and although there has been much talk of resuscitating the old track that once adorned the Perth venue and transferring it elsewhere, nothing has yet materialised and a useful avenue of competition has been lost. The position is healthier with regards to outdoor winter track contests, for such an event is a regular occurrence at the Grangemouth track, where monthly meetings are held and interest and entries are very encouraging. The staff and management are to be congratulated on their forward-looking approach and it would be good to see these meetings being extended to other suitable venues. The onus for such venues must, necessarily, devolve upon places such as Grangemouth, Coatbridge



Photo:- Peter Tempest

1.500 Metres Final · AAA Championships 1977



Photo:- E D Lacey

Kevin Glastonbury

and Meadowbank, as these are among the few all-weather tracks in Scotland, most of the others being unsuitable for fast running during the winter season.

Another field in which improvement could be made is in the number of occasions when athletes and coaches get together to pool their knowledge and experience.

While I appreciate the fact that many athletes prefer to assume full responsibility for their own training and racing, without having to rely on the guidance of a coach, I am still of the opinion that advice and assistance should never be automatically spurned just because it conflicts with a 'go-it-alone' approach. Everyone can learn from the experience of others and, while independence is a trait to be encouraged, it should not be allowed to develop, as it often does, into a condition of stubborn aloofness. I feel that this situation could be improved by arranging training days or coaching conferences where those who have middle distance running at heart could meet and discuss the latest developments in training methods and physiological and psychological research. Towards this end it is hoped to arrange a few British Milers' Club training days in Scotland during the next few months, though it goes without saying that success or failure of such ventures will depend on the coaches and athletes themselves. Incidentally, while on the subject of disseminating knowledge, I as a coach very much miss the informative coaching newsletter and specialist magazines which were published by the British Milers' Club. The excellent articles provided up-to-date information on modern approaches to training and gave much food for thought. These publications were invaluable to coaches such as myself who are prevented by geographical considerations from attending conferences and training days in the south, where the latest trends are discussed.

I see from the register of the B.M.C. membership list that there are only 35 members in Scotland including 5 coaches. This, however, does not represent the true picture north of the border, as there are athletes who have not joined although they have attained the qualifying marks which entitle them to membership of the club. During the next few months I hope to expand membership as much as possible, not just among those who have achieved the qualifying standards, but also by arranging races where fast times are possible. That way I would earnestly hope to see more Scottish athletes brought into the wider spectrum of British middle distance running and, to coin a popular phrase, become a greater part of the United Kingdom athletics scene, from both a competitive and coaching point of view. It is not something that can be achieved single-handed, however, and as I have said elsewhere, much will hinge on the athletes and coaches themselves.

The weeks and months which lie ahead will enable us to see if Scotland can produce more athletes of the calibre of Frank Clement and Nat Muir, thus developing the high potential which undoubtedly exists.

RACE RESULTS

Compiled by Ray Williams

WEST LONDON - 7th. September - Fair

1,500 Metres - Women	
1. J. Shepherd	4:26.5
2. C. Gould	4:27.9
3. S. Harris	4:31.8

WEST LONDON - 5th. October - Wet & Windy

3,000 Metres - Women	
1. B. Tierney	9:58.0
2. S. Harris	10:13.0
3. R. Smeeth	10:15.0

WEST LONDON - 2nd. November - Wet & Windy

1,200 Metres - Women	
1. C. Brown	3:42.2
2. C. Trott	3:44.8
3. D. Wilkins	3:47.5

CRYSTAL PALACE - 9th. November - Very Windy

1,200 Metres - Men	
1. T. Hutchings (Junior)	3:00.7
2. N. Leach	3:01.7
3. W. Tarquini	3:03.3
4. D. Black (Youth)	3:04.7

CRYSTAL PALACE - 14th. December - Cold, Calm

2,000 Metres - Men	
1. T. Hutchings (Junior)	5:17.8
2. P. Williams	5:21.6
3. E. Morris	5:45.1
4. K. Kiddle (Youth)	5:58.8

ALDERSLEY - 4th. December - Windy, Freezing

1,000 Metres - Men	
1. R. Jackson	2:38.2
2. S. Wallcroft	2:42.4

1,000 Metres - Women

1. C. Biggin	2:57.8
2. S. Brown	2:58.5

WEST LONDON - 7th. December - Cool & Breezy

3,000 Metres - Women	
1. J. White (U.K. Inter record)	9:26.4
2. P. Yule	9:29.6
3. M. Joyce	9:41.8

CITY OF LONDON - NEW YEAR RACES -

1st. January

3,000 Metres - Senior Men	
1. T. Hutchings	7:43.0
2. C. Monk	7:44.4
3. H. Jones	7:44.8
4. K. McDonald	7:52.0
5. J. Willshire	7:53.0
6. T. Woods	8:01.8
7. P. Williams	8:04.0
8. I. Benjamin	8:10.8
9. R. Hanna	8:16.2
10. E. Morris	8:17.4
11. J. McNamara	8:18.0
12. G. Dwelly	8:19.0
13. D. O'Daly	8:20.0

3,000 Metres - Women

1. W. Smith	8:48.0
2. M. Stewart	8:52.0
3. H. Fellon	8:55.4
4. A. Mason	9:15.0
5. S. Hasson	9:16.0
6. T. Hook	9:22.0
7. B. Madigan	9:23.0

One Mile - Juniors and Youths

1. A. Martin	4:12.9
2. J. Spooner	4:17.1
3. N. Taylor	4:19.0
4. M. Christy	4:20.3
5. J. Kaye	4:23.0
6. G. Taylor	4:27.4
7. T. Brennan	4:28.0

WEST LONDON - 4th. January -

1,500 Metres - Women	
1. J. Clarke	4:41.2
2. W. Lodge	4:46.5
3. M. Morgan	4:47.0

CRYSTAL PALACE - 8th. February - Cold, windy

2,000 Metres - Men	
1. P. Williams	5:27.4
2. S. Fox	5:39.0
3. S. Purser	5:42.2

COPTHALL - 15th. February - Cold & windy

1,500 Metres - Men	
1. G. Nurse (Junior)	3:59.0
2. G. Burdett (Junior)	4:02.1
3. P. Ward (Junior)	4:06.7

WEST LONDON - 1st. March - Cold & windy

1,000 Metres - Women	
1. P. Newham	2:46.7
2. A. Mason	2:55.2

CRYSTAL PALACE - 8th. March - Cold & calm

1,000 Metres - Men	
1. P. Williams	2:26.1
2. J. Spooner (Junior)	2:26.8
3. R. Wood (Junior)	2:26.8
4. G. Long	2:27.3

From Frank Horwill's Coaching Newsletter

TRAINING OF WOMEN MIDDLE DISTANCE RUNNERS By Russians - G. Chevalchov and L. Shulgaty

A study was made of two groups of sportswomen to find out the effect of aerobic, aerobic/anaerobic and mainly anaerobic training. Seven tests were used in measuring effects of different types of training. These tests were conducted over a period of nine months.

Stage of Training Method/Emphasis	1 (8 weeks)	2 (11 weeks)	3 (9 weeks)	4 (8 weeks)
	Aerobic	Aerobic	Ined Comb-	Mainly Anaerobic
Steady CC.				
Kms.	380	673	286	165
Fast cont.	35	56	64	32
CC. varied				
pace	48	52	46	29
100-200				
HR 175	24.6	54.5	50.9	19

60-600				
HR 170/190	5.1	15.7	33.4	
Trials and races		11.2	11.7	

After stage 1 both groups improved at 600 and 5,000m. After stage 2 there was a further improvement at 5,000, but a decline in 600. After stage 3 there was an improvement on stage 1 times for 600 and 5000, running starts at 60m. were also improved. Conclusions were that anaerobic/aerobic methods provided the most beneficial effects on training, special endurance in women and permits runners to show high stable results in middle distance running.

Aerobic running alone led to a reduction in anaerobic race results.

Anaerobic running alone promotes high special endurance in women at first, prolonged use led to a drop in aerobic capacity and poorer long term results.

It would seem that stage 1 (October/November), stage 2 (December/mid-February) and stage 3 (mid-February/mid-September) is the best plan.

FREQUENCY, VOLUME AND DURATION OF TRAINING IN MIDDLE DISTANCE - Extracts from article by Manfred Letzelter & Werner Steinmann - University of Mainz

Top middle distance men in the world do 17 training sessions a week, which means three times a day training three days a week. Most West Germans do 13 training sessions, i.e. twice daily except one day in the week. 800 metre runners must train differently from 1500 metre runners and not the same. The tendency to train as 1500 men and race 800m. must stop if West Germany is to recapture her place in world class running:-

Kemper	1:44.9	95km. per week
Kruger	1:47.7	180km. per week
Jochen	1:55.0	170km. per week

Kiprugut	1:45.2	150km. per MONTH
Moens	1:45.7	300km. per MONTH
Courtney	1:45.8	120km. per MONTH
Kerr	1:45.8	150km. per MONTH
Snell	1:44.3	500km. per month

Boysen	3:44.2	200-250km. per month
Schmidt	3:42.5	" "
Delaney	3:41.2	" "
Elliott	3:35.6	400-450km. per month
Valentin	3:38.7	" "
Jungwirth	3:38.1	" "
Snell	3:37.6	600-650km. per month

He argues that there is a limit to the volume increase where it no longer becomes worth while. "Increasing the training load by adding more aerobic work at the cost of intensity does not bring about any additional improvement. The upper limit might be placed at 120-150 kilometres a week. Therefore Van Aaken's claim of increasing the running load up to 80 kms. a day seems inappropriate."

How to Improve

British Middle Distance Running

By taking more interest in and giving more help to the grass-root athletes, there- by giving them more of an incentive to train harder to reach a possible target. Also by aiding those athletes who have established themselves one year but may never be heard of again because of little interest taken in them, e.g. the setting up of more squads especially in the 18-23 year old brackets, when one leaves the ranks of the juniors and may well disappear into the large senior scene.

David Clarke - London, SW 18

Financial assistance would be my No. 1 priority. Athletes like myself, who are outside the 'hub' of athletics, would be able to travel and compete at a much higher level.

Fiona McQueen - Glasgow

By more middle distance coaches joining the BMC and a free exchange of coaching ideas, so that an increase in knowledge is gained by those most interested in the event and the knowledge being put to use on the athletes they coach.

Paul Ray - Enfield

More competition between schools to encourage other schoolchildren to take part in athletics at an earlier age.

Ian Croome - Whitton, Middlesex

By having special coaching schemes for middle distance runners both at club and national level and by having better facilities for training at club level because that is where it all begins.

David Harrison - Stanford-le-
Hope

Local international runners could offer more advice to younger runners.

David Maguire - S. Shields

As well as having B.M.C. races, middle distance coaching sessions and clinics should be held in all of the regions at least once per month during the winter and as convenient during the season to allow athletes and coaches to train together and exchange ideas, etc.

Barry Dickson - Stirling

Encourage youth to take an interest at an early age (even at Primary School). Organise more inter-schools, inter-club competitions. (School football is played every week).

More communication between coach and runner. Let the runner know the theory.

Kieth Redpath - West Lothian

I think one improvement, especially for 800m. runners, would be more incentive in the winter months, such as cross-country races of around 2 to 3 miles, instead of everyone doing 5 miles or over.

Keith Evans - Hornchurch

He goes on to say that Aaken's view that 80km. should be run daily at a speed of 12kms. per hour, which means six to seven hours running per day, are unacceptable and do not find support in Germany. He states that a figure of 82 minutes duration daily is more reasonable, but that it differs slightly in the time of year:-
Preparation period 1 - Mid October to the end of January - 84 minutes duration.
Preparation period 2 - February to April - 86 minutes duration per day.
Competitive period 3 - May to September - 75 minutes per day.

He concludes that beyond 82 minutes a day, it is unproductive and uneconomical to run at a low intensity and that work must be at a faster rate. This comes back to the figures of A.V.Hill in the 1930s, who advocated the training load based on the oxygen intake and output of a race. In the case of the 800 metre runner; two-thirds anaerobic running and one third aerobic, of which the former occupies 61 minutes of the total 80 minutes per day. This seems to indicate that a 20 minute warm up run daily before the track session of entirely anaerobic work is sufficient. Many of the old school will shake their heads at Letzelter's conclusions, but the golden Cuban with his 400/800 double must cause many of us to rethink the 800 training.

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