

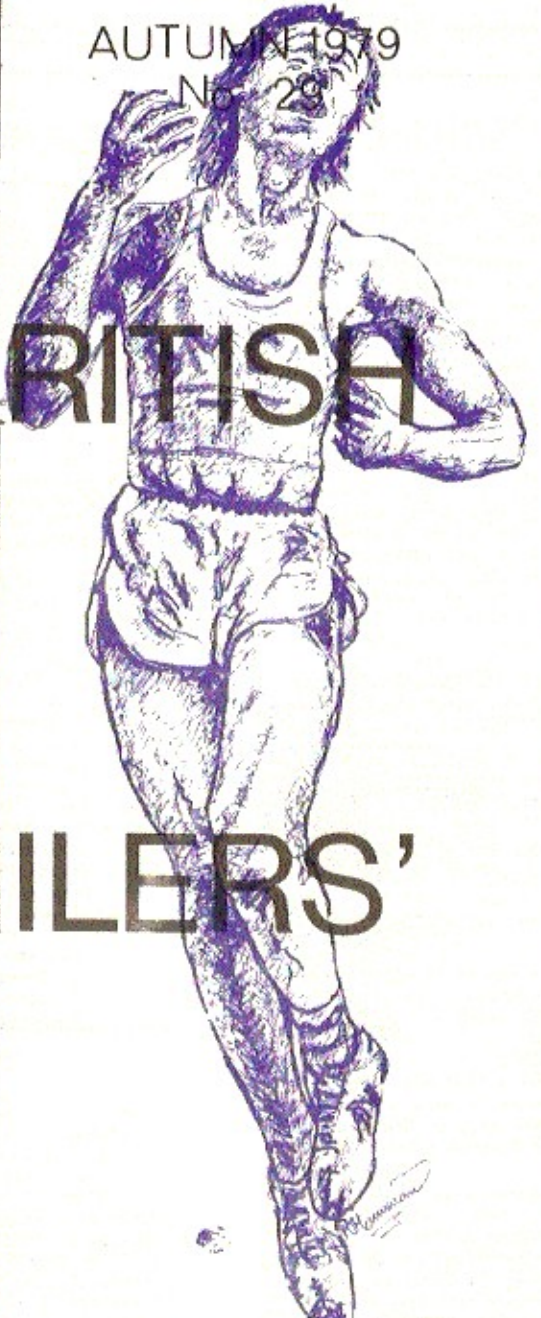
AUTUMN 1979

No. 29

BRITISH

MILERS'

CLUB



Price 20p.

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BRITISH MILERS' CLUB NEWS

Number 29
Autumn 1979

EDITORIAL

It was in November 1971 that I agreed to take over the editing of the BMC NEWS. The first issue for which I was responsible came out in January of the next year and the present one is the sixteenth which I have edited. During that time a great deal has changed and I hope that both the appearance and subject matter have improved over the year. Now, I feel that the time has come for a change, and this is the last one that I will be editing.

I would like, therefore, to thank all who have contributed during the years and in particular the athletes who have filled in the questionnaire. At one time, Harry Wilson suggested that filling it in was 'the kiss of death', but looking back, I think that is a little unkind to the successful athletes, though I must admit that the men have done better than the ladies.

Elsewhere in this issue, comment is made on the outstanding achievements of B.M.C. members during the past season which have more than justified the existence of the British Milers' Club and shown what a fine thing Frank Horwell did for British Athletics when he founded it.

B.M.C. Equipment

The following items are available:-

Vests (male)	£2.50
Vests (female)	£2.50
Ties (new design)	£2.50
Badges	25p.

All equipment can be obtained from:-
Bill Bennett,
319 Dover Road,
Walmer,
Deal, KENT

Please enclose a stamped, addressed envelope LARGE enough to hold the item you order. Your cheque or P.O. should be made out in favour of W.P. Bennett, and not the B.M.C.

Please also state clearly your category (i.e. Youth, Coach, Junior Etc.) when ordering badges and your chest size for vests.

If you have moved from one age group to another, you can wear the badge of the senior age group, provided you have done the qualifying time for that age group. Just send .25p. and S.A.E. to Bill Bennett and let him know what you require, and you will get your new badge.

SUBSCRIPTIONS

Those who have not yet paid their subscriptions will receive a reminder with this issue. They should send their £2.00 which is overdue to the Treasurer at once.

As they should know, he is:

Ray Williams,
39 Nursery Avenue,
Bexley Heath, KENT

Those who do not pay, will be crossed off the membership list at the end of the year, and will not be allowed to rejoin till they have paid all they owe.

GET THAT SUBSCRIPTION OFF AT ONCE.

Next year, as decided at the A.G.M., the subscription is being raised to £2.00. If you pay by Banker's Order, see that it is altered to the new figure. If you pay direct to the Treasurer, don't forget to pay £2.00.

If you have not paid by the end of March, you will have to pay an additional £1.00, to make the total £3.00.

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In This Issue

Profile - Steve Emson	3
Physiological Impact of Interval Training - Ron Holman	4
Coaching at the World Cup - Montreal, 1979 - Denis Watts	6
Vitamins - Frank Horwill	7
Looking at People - Dave Cocksedge	9
A. G. M. Report	10
How to Improve British M.D. Running	13
Correspondence	14
Race Results	14
County Representatives	16

OLYMPIC PROSPECT

Profile of Steve Emson

NAME: Stephen John Emson
PLACE OF BIRTH: West Bromwich
DATE OF BIRTH: 5th. November, 1956
HEIGHT: 5'9" WEIGHT: 9st. 3lbs.
CLUBS: Tipton Harriers & National Westminster Bank A. C.

OCCUPATION: Bank Clerk

WHEN DID YOU TAKE UP RUNNING SERIOUSLY?

1971, after finishing 23rd. in the ESAAA Cross Country (Seb Coe was 24th.)

PERSONAL BESTS (YEAR BY YEAR):-

	800m.	1500m.	1 Mile	3000m.	5000m.
1970	2:25	4:55	-	-	-
1971	2:07.7	4:13.5	-	-	-
1972	2:02.2	4:10.4	-	-	-
1973	1:58.4	3:58.5	4:34.0	8:40.6	-
1974	1:54.5	3:52.2	-	-	15:01.4
1975	-	3:49.3	-	8:31.0	-
1976	-	-	-	-	-
1977	-	-	4:11.8	8:05.6*	-
1978	1:51.8	3:43.7	4:00.4	8:01.3*	-
1979	-	3:41.2	3:58.7	7:52.4	13:29.0

*Indoor

BEST COMPETITIVE ACHIEVEMENTS & PLACINGS:-

1971	ESAAA CC - 23rd. (Junior)
1972	ESAAA CC - 25th. (Intermediate)
1973	ESAAA CC - 10th. (Intermediate)
	ESAAA 1500m. - 5th.
	AAA Youth 1500m. - 5th.
	Midland Youth 1500m. - 1st.
1974	ESAAA CC - 5th. (Senior)
	Inter-Counties CC - 10th. Youth
	National CC - 9th. Youth
	ESAAA 1500m. - 1st.
	Midland Junior 1500m. - 1st.
	AAA Junior 1500m. - 5th.
1975	ESAAA CC - 2nd. (Senior)
	Inter-Counties CC - 17th. Junior
	National C.C. - 8th. Junior
	International CC - 24th. Junior
1976	National CC - 50th. Junior
1977	AAA Indoor 3000m. - 7th.
	Inter-Counties CC - 2nd. Junior
	National CC - 19th. Junior
1978	AAA Indoor 3000m. - 1st.
	Midland 1500m. - 1st.
	AAA 1500m. - 4th.
	National CC - 47th.
1979	National CC - 42nd.
	AAA Indoor 3000m. - 3rd.
	Midland 3000m. - 1st.
	AAA 1500m. - 6th.
	Inter-Counties 5000m. - 1st.
	AAA 5000m. - 1st.
	England v Poland v Switzerland - 2nd.
	England v Russia - 1st.

PLEASE DESCRIBE IN SOME DETAIL YOUR WINTER TRAINING AND OUTLINE HOW IT HAS PROGRESSED OVER THE PAST THREE YEARS:-

In cycles: Autumn - winter/indoor - spring. General build-up of mileage from average approximately 55 to 75 miles per week, with periods of 100 miles per week

last winter for the first time. Distances from 5 to 10 miles, with long run of 15 to 18 miles once a week, generally steady running. Track work introduced Dec/Jan for indoor season with interval work and repetitions, e.g. 12 x 400m., 5 x 800m. Then build up of mileage in spring before track season. The last three years have seen a gradual increase of steady mileage at the rate of 10 miles a week each year for the period commencing at the beginning of September for 47 weeks.

PLEASE DESCRIBE YOUR SUMMER TRAINING AND OUTLINE HOW IT HAS DEVELOPED OVER THE LAST THREE YEARS:-

Winter speed work introduced. Steady runs of 5 to 10 miles, with one large run of 10 to 15 miles depending on the stage of the season. Intervals, e.g. 6 x 200m., 5 x 300m. fast, 10 x 400m., 6 x 600m. Repetitions, 5 x 800m., 4 x 100m. Differentials over 300, 500 and 600m. Cycles of training to fit in with the major races. Over 3 years increase in speed and intensity. Twice a day training during last year. Also race pace short recovery runs e.g. 600m. followed by 300m.

PLEASE GIVE DETAILS OF TRAINING OTHER THAN RUNNING:-

Some hill work in winter.

Sand and dune training in spring.

WHAT IS YOUR ATTITUDE TOWARDS TRAINING?

Enjoyable, particularly when I'm racing well.



Steve Emson

Photo:- George Horingsham

PLEASE DESCRIBE HOW YOU WARM UP:-

10 to 20 minutes jogging (steady running).

10 to 15 minutes striding with jog or walk back.

Include a few stretching exercises, usually between jogging and striding.

WHAT IMPORTANCE DO YOU ATTACH TO 'MENTAL' TRAINING AND HOW DO YOU GO ABOUT IMPROVING YOUR 'MENTAL' APPROACH?

It is very important, particularly in longer distances when someone attempts to make a break from the pack and it is necessary to react to the change in pace. I approach a 5000m. race knowing that I should not be dropped before 3000m. in view of my time for that distance and that I am capable of beating 4 minutes for a mile, so I am fast enough for the last laps.

DESCRIBE ANY SERIOUS ILLNESS OR PHYSICAL SETBACKS YOU HAVE HAD AND SAY HOW THEY HAVE AFFECTED YOUR PROGRESS AND ATTITUDE:-

Yes, glandular fever. Symptoms began in summer 1975, and I had to cease training from mid-December till February. Consequently no track season in 1976 and when able to compete I over-raced during winter 1976/77, hence missed 1977 track season. At one stage, I didn't think I would make it to international level. I had to be content and work at it gradually. My patience paid off. In my first season back, I was disappointed to miss out on the Commonwealth Games, but it made me more determined this year.

HOW INTERESTED IS YOUR FAMILY IN ATHLETICS AND YOUR ATHLETIC PROGRESS?

Very interested. My parents were very keen for me to join Tipton in the early stages of my career and to be guided by someone with a great deal of knowledge of the sport. Throughout my career my parents have been marvelous to me through thick and thin in every way possible. They very much enjoy watching me compete at every opportunity.

HOW INTERESTED ARE YOUR FRIENDS IN ATHLETICS AND YOUR ATHLETIC PROGRESS?

They follow my progress with a great deal of interest and enjoy talking to me about athletics in general and finding out more about the sport and other athletes. I listen with interest to comments made on my performances, particularly any criticism.

HAVE YOU ANY ATHLETIC HEROES ON WHOM YOU HAVE MODELLED YOURSELF?

No, but I very much admire Steve Ovett for both his athletic achievements and his personality and sense of humour.

OUTLINE YOUR FEELINGS ON BEING COACHED AND DESCRIBE BRIEFLY SOME OF THE WAYS IN WHICH YOU HAVE BEEN HELPED BY YOUR OWN COACH:-

It is important to have a coach who understands the athlete and his potential and also to understand the athlete as a person. My coach, Tony Phillips of Tipton, has not rushed my progress, but throughout has underlined his approach to my career by obtaining and holding a peak during my

mid to late 20s. It is important that a coach can be at hand throughout periods of loss of form and disappointments, etc. and obviously to plan the athlete's season, revolving around important meetings.

DO YOU TRAIN ALONE?

Yes, most of the time. However, long steady runs on Sundays are generally with my Tipton Club-mates. Several times a week in evenings during term time with Chris Smith and other Birmingham University athletes.

ARE YOU WELL ENDOWED WITH TRAINING FACILITIES?

Yes, three local Tartan tracks, indoors at Gosford. Several cruder tracks in area also. Training over distances usually over road, 'black country' canal banks or sometimes countryside. Hills are situated reasonably locally for hill work.

HOW IMPORTANT IS YOUR ATHLETIC SUCCESS?

Very important. A great deal of time and effort is involved and at the same time sacrifices have to be made to maintain progress. The success achieved makes it all worth while, both in enjoyment and satisfaction.

WHAT ARE YOUR TARGETS?

To reach and hold my peak as outlined and in this process to represent Britain in the Olympic Games to the best of my ability.

Physiological Impact of Interval Training - by Ron Holman

Most athletics coaches are now aware that energy is provided for muscular work from three sources - the AEROBIC combustion of food, the ANAEROBIC breakdown of glycogen forming LACTIC ACID, and the ALACTIC breakdown of muscle phosphagens (also an AEROBIC process).

Many believed that interval training was primarily used to accustom the system to lactic acid, that it was a training system with an ANAEROBIC impact physiologically and yet others cited the work of Reindell and Gerschler to illustrate the fact that it was first and foremost a system designed to train the heart (cardiac output and stroke-volume increases).

It has now become apparent that what may be termed 'interval training' has in fact many and varied impacts depending largely on the juxtaposition of the many variables within its use. These variables are mainly as follows:

1. INTENSITY OF FAST EFFORT.
2. DURATION OF FAST EFFORT.
3. DURATION AND NATURE OF RECOVERY.

Figure 1 represents the intensity of the various processes expressed as a function of time. It is assumed that the athlete is running at racing pace.

Table 1

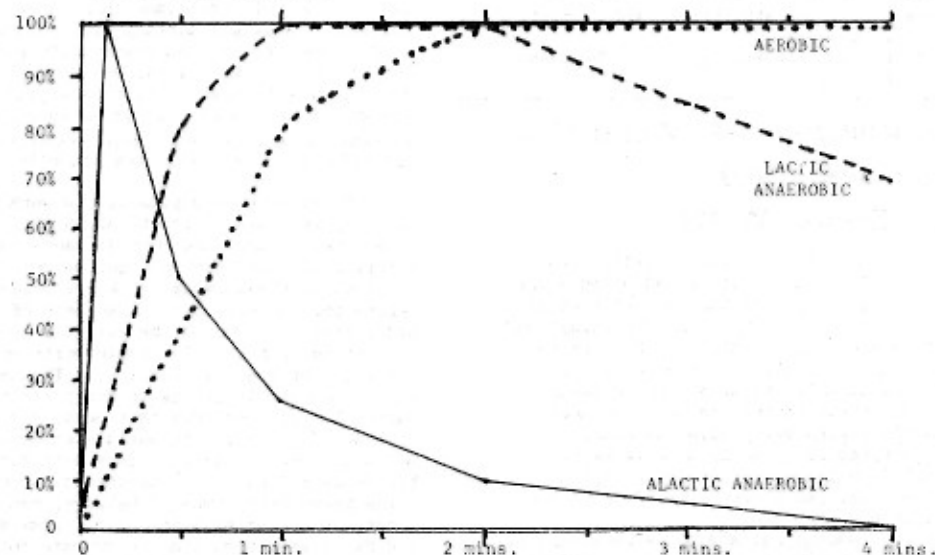
	TIME					
		7"	20"	2'	10'	
SUPRA-CRITICAL ZONE	LONG RECOVERY	ALACTIC	al. - LACTIC	LACTIC (bringing about AEROBIC system)	LACTIC-AEROBIC	
	SHORT RECOVERY	LACTIC or AEROBIC	LACTIC (bringing about AEROBIC system)	LACTIC (bringing about AEROBIC system)		
CRITICAL	LONG RECOVERY	alactic	alactic	LACTIC	al.-lac.-AER	
	SHORT RECOVERY	AEROBIC	AEROBIC	AEROBIC	AEROBIC	AEROBIC
SUB-CRITICAL ZONES						

100% intensity of phosphagen breakdown is reached very quickly (at about 7 seconds) but by 30 seconds this is down to about 50%, at which point the LACTIC system is already at 70%. At one minute the ALACTIC system is down to approximately 25%, the LACTIC system has reached 100% and the AEROBIC system (a 'sluggish' starter) is rapidly climbing towards 80% intensity.

An important point to note is that at various points of time within the scale illustrated the three systems are in fact working and contributing to the energy supply simultaneously and to different degrees.

So one can see that working an athlete at racing pace for 1½ minutes (e.g. 600m. for a two minute 800m. runner) will cause the ALACTIC system to be worked down to about 15% and also the LACTIC system to about 98% and the AEROBIC system to about 88%. In other words, we are not solely training one system, but rather the very subtle relationship between all three systems.

Table 1 represents a rough guide to the physiological impact of the fast effort as a function of time and depending on whether LONG or SHORT recoveries are utilised.

Figure 1
Intensity of Processes

As a rule of thumb, the SUPRA-CRITICAL zone applies to speeds faster than race pace, CRITICAL as equal to race pace and SUB-CRITICAL to slower than race pace.

I would suggest that this means that the distance nearest to the distance of the fast effort, i.e. for a middle distance runner doing 200m. repetitions, use 800m. pace, but 1500m. pace for 800m. repetitions, Etc.

Whether recoveries are considered LONG or SHORT will, of course, depend upon particular athletes and coaching judgement, but pulse rates are a useful guide here and if above 150 at the end of the recovery period then this can quite clearly be categorised as a SHORT recovery.

Where non-capital letters are used, this represents a weak stimulus.

In the case of supra-critical repetitions up to 7 seconds with a short recovery, it will be seen that there are two alternative impacts. If the speed used is MAXIMAL, then the impact will be on the LACTIC system, if SUB-MAXIMAL, it will be on the AEROBIC system.

It must be emphasised that these are coaching guidelines and the impacts listed are the MAIN ones and not the sole effects.

Not only do individual athletes differ, but the same athlete will differ from day to day and the coach must exercise considerable skill in interpreting these and other principles. Recovery from both ALACTIC and LACTIC stimulating work is AEROBIC, so the importance of an efficient aerobic system even to an athlete participating in what is primarily an anaerobic event can be seen.

Lastly there is considerable evidence that work involving anaerobic impacts has a minimal effect on the young athlete of either sex. Since the contrary is true of aerobic work, the indications of the type of work that young athletes should be carrying out is obvious.

(Based on a lecture given at the BAAS Summer School).

Coaching at the World Cup, Montreal - 1979

by Denis Watts

Being with the European Select Team in Montreal was an exciting and stimulating experience. Britain had two athletes in the team, Heather Hunte (4 x 100m relay) and Chris Warden (400m hurdles). Both performed with great credit. Heather ran a brilliant last leg to bring the European team home clear winners in 42.19 seconds, the world record being 42.09 seconds. Chris arrived late, being a replacement for Silvia Hollman and, though suffering from jet-lag, ran a very fine 57.20 to finish fourth.

The coaches had a dual responsibility, firstly for a group of events and secondly for general administration, according to

each coach had a number of athletes for whom he was totally responsible throughout the twelve days of preparation and competition. This is a much more satisfactory method of bringing a team through a major competition than a division of responsibility between management and coaches, which often leads to confusion. The British team have used this method for the last decade - in fact since Arthur Gold took over and increased the total number of coaches with the Olympic team from two in 1960 and 1964.

The coaching duties for the European team were divided as follows:-

Thiele (Germany) Sprints and relays
Watts (G.B.) Middle and long distance
Leverkohne (Germany) Throws
Lanamakki (Finland) Jumps and pole vault
Morale (Italy) Hurdles and steeplechase
Popov (Bulgaria) Bulgarian contingent and others
Jaczkowski (Poland) Polish contingent and others

The Polish and Bulgarian contributions were quite large and Ilia Popov looked after both Petrova and Shtereva who technically would have belonged to my group. I was responsible for the following athletes:

Greta Waitz (Norway) 3000m. - Willi Wulbeck (Germany) 800m. - Thomas Wessinghage (Germany) 1500m. - Marcua Ryffel (Switzerland) 5000m. - John Treacy (Ireland) 10,000m. - Josef Plachy (Czechoslovakia) general reserve. Josef was a great help and warmed up on every occasion, following us through until both spikes and numbers had been checked and each athlete had been passed and was in the pen. Heather Hunte and Chris Warden came under my general administrative wing. I also gave Heather and Chantel Rega practice in the down-pass method of exchange in Frankfurt, in case they were asked to do this technique in Montreal by Thiele. Rega was already well versed in this method and Lilyana Ivanova (Bulgaria) joined in with the initial drills.

However, the European Select team used the up-sweep (as used in Britain) with great success and were a tremendous credit to Thiele's coaching which took place in Montreal.

My group were a pleasure to work with and they were almost identical in character to our best middle and long distance runners. Willi, Thomas and Marcus required some timed sessions on the warm-up track a few days before the competition. Also most of them had a final session on the last day before we left for home. One could write much about all of them, in particular Thomas and Willi; however it struck me after timing Marcus Ryffel over 200s that he is one of the very few men in the world with enough speed and acceleration to cope with Miruts Yifter over 5000m., the exception, of course being Steve Ovett, who, I believe, can do exactly whatever he wants to do, provided he and Harry are given time to prepare for it.

The team welded itself together as if by magic. In this respect, it was better

than Dusseldorf in 1977 because we were together for a much greater length of time. The team assembled in Frankfurt for kitting out and training on Friday, 17th. August and left for Montreal on Tuesday, 21st. August. A number of the team went to Cologne for a meeting over the week-end. It was a great pleasure to see Steve Ovett and Verona Elder already there. Experienced athletes from all over Europe fitted together easily and happily; discipline, deportment and general behaviour were above reproach. Language was really no problem because most of the team spoke a minimum of two and sometimes three languages reasonably well. For example, every one of my group spoke fluent English.

After returning from Montreal it has struck me more forcibly than before that we are one of the few major countries educating their youth without the benefit of some form of National Service to the State, a period of time where self-discipline can be learnt and a regimen imposed. I have yet to meet a man who has not, in retrospect, said that his National Service did him good and taught him a lot of what he needed to know about life and living in harmony with other people. I am no military jingoist and service need not necessarily take this form. However, it is interesting to note that Dr. Thomas Wessinghage is at present doing his National Service as a medical practitioner. One also realises sadly that some trends in modern education are not always helpful in producing a sensible and balanced citizen. The continuing loosening of standards can, in the long run, only have a detrimental effect. I am fully aware that Flautus said this round about 200 B.C., in a comparison between the 'New Education and the Old' and yet we have survived on two legs until to-day! The Outward Bound Schools and our own athletic training camps are a firm step in the right direction but, by and large, we are preaching to the already converted. We need something bigger and better to teach young people through unemployment, teach them a trade and set them on the road to becoming good citizens of Britain.

The majority of countries face the same present-day problems. However, it appears to me that we in Britain have far more difficulty than we should, considering our tradition and sports-orientated attitude. In spite of the fine performances of our juniors in Bydgoszcz and the great achievements of our young team in beating the U.S.S.R. at Crystal Palace recently, we cannot be complacent about the future. Our record in recent years shows that it has been almost impossible to turn out our best team on any one particular day no matter how carefully the date and venue have been planned. This trend looks like continuing unless we can do something to influence our young athletes before they reach the ranks of the British team. Also, there are many other problems here

7
ting most sports at the present time, of which everyone is well aware. Most of these have been well aired in the press. I am convinced that our team management and coaches are on a par with the rest of the world and, in some cases, far better. We have had plenty of opportunity to observe what can go wrong with other national teams. The fault cannot be laid at the door of 'the officials', whatever may have been said in the past; the reasons must be found elsewhere.



Christine Benning

Photo:- Mike Street

VITAMINS by Frank Horwill

No subject is likely to cause more controversy than the use of vitamins by athletes. There are several schools of thought:

- 1) A well balanced diet provides all the vitamins an athlete requires, a point of view popular with the general medical practitioner.
- 2) Athletes require more vitamins because of their work-load being above average.
- 3) Athletes require supplementary vitamins because they improve performance and modern processed foods have much of their goodness destroyed.
- 4) Athletes need extra vitamins to enable them to train and compete without going into stress, not necessarily to improve their records.

In a recent survey of American athletes, 46% of runners said they took vitamin-mineral supplements. The most popular are Vitamins E and C. 26% take E. 23% take C and 16% use

My own view is that a well balanced diet provides most of the athlete's needs with emphasis on certain foods. One thing is quite clear, the natural source of vitamins is far superior to the synthetic. This now raises the question - How many athletes have a balanced diet? An investigation of U.S. teenagers concerning their intake of Vitamin C showed only 10.3% of the boys and 52.4% of the girls reaching the standard recommended by the Food and Nutrition Board. It seems that youth to-day are too busy to give careful thought to what they are eating. They tend to overeat carbohydrates and use too many canned foods. For this reason, I have real concern for my athletes' diet and if I suspect that they are not getting a well balanced diet with emphasis on certain high vitamin foods, I must reluctantly direct them to take vitamin supplements in tablet form.

Vitamin C may be described as the anti-stress, anti-infection, pro-physical effort vitamin. The athlete needs a maximum of 250mg. a day, about three times the dose recommended by Nutrition Boards. I am against this being exceeded except in certain cases, because it kills off Vitamin B12 and can cause anaemia. However, as much as 3G. a day can be taken for a week to pull an athlete through a stressful patch caused by infection or fractures or any injuries. There is plenty of evidence to show that high doses of Vitamin C for short spells aids healing.

It was once thought that Vitamin C was not stored at all in the body. However, recently a store has been found in the medulla of the adrenal glands, which is responsible for the excretion of hormones for physical effort.

Three oranges a day and a half grapefruit a day provide the athlete's total need of 250mg.

The Vitamin B Complex, thiamin, riboflavin and niacin, are the energy and nervous energy producers. My experience leads me to believe that highly ectomorphic athletes need far more of this total vitamin than others. Runners tend to show this vitamin deficiency quickly, with aching thighs, muscle cramps, skin disorders and cracking of the lips. The maximum requirements are:

Thiamin - 8mg. a day
Riboflavin - 4mg. a day
Niacin - 40mg. a day

Three and a half ounces of pork, two potatoes, a cup of leafy green vegetables, together with cereal and two slices of bread a day, meets the daily thiamine needs.

Three and a half ounces of liver a day would completely meet the riboflavin requirements. A combination of three and a half ounces of beef, half a cup each of spinach and asparagus, plus half a cup of cereal and two slices of bread, would also meet them.

Three and a half ounces of liver a day would provide half the total niacin needs, three ounces tuna fish would provide a quarter, a cup of dried fruit a twelfth. In my view

it is difficult to obtain the 40mg. a day requirement with a balanced diet in the case of niacin. I therefore strongly recommend a tablet supplement. In the U.K. all the Vitamin B Complex ingredients stated can be found in a tablet called 'Becosym Forte'.

Vitamin A can be called the breathing and seeing vitamin. Recently a further description was added - the youth preserver, because of its ability to lower serum cholesterol in the arteries, a task it shares with Vitamins C and E.

The health of the respiratory membranes and the ability to see well at night is dependent on a maximum daily intake of 6mg. of Vitamin A. Shortage is rare in humans, since the body tends to store the vitamin. However, sustained deprivation causes atrophy of the adrenal cortex and would certainly affect physical performance.

Three and a half ounces of liver provides 17mg. of Vitamin A, nearly three times the maximum daily recommendation! Half a cup of dark green leafy vegetables nearly meets the total daily need. Other good sources are half a cup each of spinach, carrots and a whole cup of broccoli.

Vitamin E has been accorded many gifts, not the least of which is to prevent ageing of the face from the sun's radiation! There are two schools of thought, one, expounded by Professor Cureton, claimed improved endurance performance in middle aged men and pigs on controlled doses of wheat germ oil.



Sebastian Coe

Photo: Bela Demokas

But Thomas, in 1957, writing in 'Exercise and Fitness' claimed the opposite. It cannot be denied that Vitamin E has the power to prevent cholesterol deposits and slows down the burning rate of oxygen in the muscles. For this reason it should be maintained at a maximum intake of 50mg. a day. A cup of fruit and vegetables, together with liberal use of salad oil provides the recommendations.

Vitamin P came into notice in 1947, although in 1935 Dan reported the existence of a 'permeabilitas vitamin'. Two years later a P Complex was announced by Szent-Gyorgyi, comprising rutin, citrin and hesperidin. The complex works with Vitamin C and is also concerned with protein metabolism, its protection against toxic effects of metals such as arsenic and gold. Lemon juice, orange juice, prunes and blackcurrants are all good sources of Vitamin P, but grapes, black or white, are probably the richest dietary source of the vitamin. The vitamin is particularly recommended in all cases of high blood tension. Since the vitamin is said to affect all water soluble vitamins and these may affect performance, it is mentioned here.

Looking at People By Dave Cockledge

So the B.M.C. now has its first mile and 1500m. record holder. In 41 amazing days Seb Coe made himself a household name throughout the world. I suspect they like him in Oslo even more than we do (!) which is not a bad thing, as he will finalise his Olympic preparations there next year. Seb says his 800m. record means the most to him, and in my view too, it was certainly the best effort, shaving a full .11 seconds off Juantorena's 1:43.44 set in 1977. It was also a masterly bit of pacing. He went out in 50.5 and 'came back' in 51.83 on a perfect night (July 5th.) at the excellent Bislett Stadium. I was not surprised at a record, for after seeing him pulverise the opposition in Malmo at the Europa Cup Semi, I had a friendly bet with a drinking buddy, Julian Spooner, that Coe would clip the world record. The margin by which he smashed it was a big surprise, however. I had envisaged around 1:43.0. Two lap running has not taken such a major advance since the days of Peter Snell in 1962.

Seb's mile record shook me. My pre-race pick was Steve Scott, in the absence of Ovett, but I felt it would be a 3:52 job, with a strong last lap, as big invitation miles tend to be these days. Nothing doing. Steve Lacy and Scott ensured an honest, eye-balls-out pace, and Sebastian cashed in. A novice by his own admission, he showed wonderful confidence in taking the lead away from Scott just before the bell (2:53.4) the way he did. His 55.6 cemented the record.

a shocker at 3:48.95, rounded up to 3:49.0. Coe's halves were 1:55.3 and 1:53.7. Lap splite were: 57.8, 57.5, 58.1, 55.6. Text book stuff. Scott eased up too much and was furious with himself for missing an American record with his brilliant 3:51.11. He was just 0.01 away from equalling Ryun's former world record. Craig Musback stunned everyone with his 3:52.02; John Robson equaled Ovett's former U.K. best and Graham Williamson smashed Ari Paunonen's European Junior mark with his 3:53.2. It was the sort of race every meeting promoter dreams of staging. Oh, yes Injured Dave Moorcroft showed great guts to shave his best with 3:54.3 in 9th. place.

One can only wonder what might have transpired if Steve Ovett, world's number one miler in 1977 and 1978, had decided to run. But, hassled by politics and a bad press as usual, he chose to stay at home. My guess is that we would have seen two Englishmen do something pretty sensational and the record might have been below 3:48 right now. It's my personal view that Coe will defeat anyone around currently over two laps, but that Ovett can take him at 1500/mile.

The Brighton runner, who lashed the authorities verbally on BBC T.V. at the AAA Championships (and rightly so, I feel), racked up his 34th. consecutive win at 1500/mile in Berlin (3:54.1) on August 17th. Those 34 races have come about since May 1977, when Steve Scott outleaned him at the tape in a desperately close race (Scott 3:39.8, Ovett 3:39.8, Bayi 3:39.9) in Kingston, Jamaica.

On to Seb's third world record, at 1500 metres on a humid night in Zurich on August 15th. at the Weltkass meeting; always one of the most glamorous on the European circuit. This was a cold-blooded record attempt; no real race. Fans everywhere are wondering and betting on an Ovett v. Coe clash at this distance, but the meeting promoter refused to allow Ovett in the race! He obviously wanted a world record, not the clash of the decade over 1500m. Well, Coe gave him one, by 0.1 seconds. His 3:32.02 was hard earned as I suspect Seb was by then beginning to feel real pressure and the pacemaking left something to be desired. He went out in 54.4 and 1:53.2 (58.8). Urged on by his father, Seb completed the third circuit in a gritty 57.6. He passed the bell in 2:35.3 and 1:200m. in 2:49.5. His 56.9 last lap sufficed to clip the record.

With all due respect to Seb, I still think Bayi's mark is the greater, achieved as it was in the intense heat of battle at the 1974 Commonwealth Games Final. And, don't forget Jim Ryun, who ran 3:33.1 on cinders at Los Angeles in 1967. In destroying Kip Keino in that race, Ryun covered his last three laps in 2:45.7! That's worth another 2:48 for three-quarters of a mile! Think about it, perhaps Ryun's performance still beats them all

My colleagues have been quick to throw Coe onto the pedestal. One paper referred to him as 'already having an Olympic gold medal firmly in his grasp', which is really getting carried away and unfair on Seb himself. He has taken on an enormous burden heading into Moscow as it is with press pressures and public expectations. In this sense he has done Overtt a massive favour. Another press man called Coe 'The greatest middle distance runner who has ever lived', conveniently forgetting that he was calling Henry Rono exactly the same thing in 1978, when the Kenyan set FOUR world records! Sometimes we have AMAZINGLY short memories.

What about that Overtt v. Coe clash? I think it is in their interest to lock horns at least once before the Olympics. That way, they can test out each other's strengths and relative weaknesses. First off, I think they will try to discover just which of them has the best kick, and both of them are phenomenal finishers. Both can accelerate off any kind of pace, almost. If they meet for the first time in Moscow, they may well be so wrapped up in their own private duel, that someone may sneak through unnoticed, just as Olaf Bayer did in Prague. Whatever happens, if they meet up before the Games they will fill any stadium and it will be a pulsating race. Isn't it good, though, that the two best milers in the world are both British and both BMC members? I have a lot of sympathy for Treasurer, Ray Williams, when he says "I don't really want to see which is better. They are both GREAT!"

Some of the best news this season has been those records at 800 and 1500 (twice) by Christina Boxer and Christine Benning. About time too, ladies! Those records (2:00.2 and 4:04.85 rounded to 4:10.9) were set by Rosemary Wright and Sheila Carey way back in 1972 (Munich Olympics). Boxer became the first ever U.K. female to see the inside of two minutes for two laps when she clocked 1:59.05 (1:59.1 rounded) in Turin, where Benning ran 4:04.68 (4:04.7) in the 1500 next day. In Zurich on 15th August Mrs. Benning hacked that time down to a highly respectable 4:01.53 after leading at the bell in 2:57.9. Svyetlana Ulmasova (USSR) zipped away in the home stretch to win in 3:59.97 (4:00.0) and Grete Waitz outlasted Christine's sprint to take second in 4:00.6. Interesting that when the pace was at 4:07 last year, Chris was able to outkick Waitz. With the pace close to 4 minutes, it's a different story. It's all about strength. Boxer cut her best here to 4:07.6, but was disappointed. Mary Stewart will be back to her best next year and things will be highly interesting. But Benning showed a lot of grit and determination (not that she ever lacked those qualities) in covering her last lap in 59.8 in Turin and that will give Miss Stewart plenty to think about.

Those fine wins in the European Junior Championships (Bydgoszcz, Poland, August 16-19th.) by British youngsters got scant attention (as usual) by the National Press. It is apparent that we have plenty of latent talent around in the younger age groups, but rarely do we pay them such attention or give them any real encouragement. Perhaps that's better than molly-coddling too much however. It's a tough sport, where individuals thrust themselves into the limelight by their own efforts. It often comes down to a last lap crunch, when you have either got it, or you haven't. Basic and beautifully simple. Steve Cram (3000m.) and Graham Williamson (1500m.) scored good wins here which will add to their growing reputations. Cram has been disappointing over 1500 this year, but perhaps he's saving the fireworks for 1980. Williamson just gets better and better. He looked superb when he crushed Foster et al with a front running 3:57.0 mile at Gateshead in June. He'd have been around 3:52 had he not been badly spiked by Masback in the Golden Mile at Oslo. He held off Robson in the AAA Championships and ran intelligently in the Europa Cup final, where the third lap was a cruel 55.7. He showed honed speed by outleaning Chris McGeorge (another find this year) in a 1:47.53 800m. race in the Junior International at Aldersley. My advice to Robson and Moorcroft is: Move up to 5000 next year, lads. The three places at 1500 for Moscow are booked for Coe, Overtt and Williamson! Moorcroft showed with a 13:30.4 race to outkick Nick Rose that he is a threat to everyone at 12½ laps and Robson has a strong finish off a fast pace (note - not off a slow pace) that will stand him in good stead over 5000m. British miling is a cauldron at the moment and, as they say, 'If you can't stand the heat, get out of the kitchen!'

A.G.M. REPORT

The Annual General Meeting of the B.M.C. was held at Coptthall Stadium, Hendon on Sunday, 30th. September, 1979.

There were 52 members present.

In addition to the officers whose addresses are given separately, the following were appointed:

PRESIDENT: Christine Benning

COMMITTEE MEMBERS: Malcolm Coomber, Dave Cocksedge, Paul Williams, Jim Arnold and Kathy Binns.

VICE-PRESIDENTS: The following additional Vice-Presidents were elected: Peter Shaw, Paul Rozier and Gordon Surtees.

SUBSCRIPTIONS: It was unanimously agreed that the annual subscription should be raised to £2 with effect from 1st. January, 1980. Members not paying by 31st. March having to pay an additional £1.

FUND RAISING: It was decided to set up a fund raising sub-committee and Michael Tollitt and Joseph Walsh agreed to join. Bill Bennett was also investigating a fund raising scheme.

Secretary's Report

1979 has been a proud year for British middle-distance running. Sebastian Coe set new world records for 800m, 1500m. and 1 mile and when his racing was brought to an end through injury, had to stand by and watch whilst Steve Overtt mounted a determined assault on the record for the latter two distances, missing by only a fraction of a second on each occasion. John Robson recorded tremendous times in Steve's wake, Graham Williamson won the European Junior and World Student Games titles and Dave Moorcroft improved still further over the mile distance. In past decades we have marvelled at the dominance of the Finns, the Hungarians and the Australians and New Zealanders and there have been many writers who have suggested that we should seek out these countries' formula for success and copy their methods. There can now be little doubt that the dominant country in men's middle-distance running is Great Britain. The eyes of the world are now turned towards this country, wondering what is our secret! The secret, if there is one, is surely connected with the change of attitudes towards training and racing which has come about in recent years.

Frank Horwell founded the British Milers' Club back in 1963, setting out to raise the standard of British middle-distance running and the knowledge of coaches and others interested in these events. He has written countless magazine articles and letters, organised training days, delivered lectures in half a dozen countries and promoted several hundred B.M.C. invitation races. Of course, he was not unaided in his work, but Frank's was the vision and he has continued to be the main driving force behind the club right up to the present day. His efforts have now been richly rewarded.

The National Committee has met on eight occasions during the year and I have attended all meetings. In October the committee considered the state of British Women's M.D. running and it was agreed that the Southern Staff Coaches should be asked to stage a conference with the specific subject of the development of women's M.D. running. This conference subsequently took place in February, ably organised by our Vice-Chairman and Southern Staff Coach, Neville Taylor. Committee members Ron Holman and Harry Wilson both gave talks, whilst Frank Horwell interviewed Liz Barnes and Christine Benning on their careers and attitudes to training and racing. Christine said she was now working part-time so that she could give more time to her running and intensify her training. Her dedication and increased commitment

brought their reward in the Europa Cup Final in Turin when, despite a slow initial pace, she smashed Sheila Carey's long standing U.K. record for 1500m. Surely next season will finally see the four minute barrier broken. Equally significant at Turin was the fine run of Christine Boxer, who became the first U.K. woman to run under 2 minutes for 800m. It is to be hoped that the rest of our girls will be encouraged by the success of the two Christines to work harder to bring U.K. standards closer to Eastern European levels.

The committee has spent considerable time debating the future policy of the B.M.C. with, as yet, inconclusive results. It is disturbing that so many members fail to pay their annual subscriptions unless they receive a reminder and the Income and expenditure account of the Treasurer will show just how tight are the club's finances.

As always there has been much activity on the racing side and the results at Stretford have been especially good this year, including among others a sub-four minute mile by Steve Enson. Our grateful thanks go to the many individuals and clubs who helped to put on races and to Frank Horwell for co-ordinating the racing programme.

RACE REPORT: Thirty eight races have been recorded, but at least two results are still missing.

Some of the best races run this year have not produced electrifying times, but have produced close finishes, with the first four or five times covered by only one or one and a half seconds. Every BMC athlete races with the object of winning and this is good and healthy for the sport. The likes of Steve Overtt and Sebastian Coe freely admit that in the formative years of their racing career, it was taking part in BMC races which helped them most. Let all club members keep up the tradition that Steve and Seb have proved is successful.

Treasurer's Report

Comparing figures with this time last year:

Subscriptions - down by nearly £125 through fewer members having paid. All who had not paid should pay up £2 as soon as possible to continue to qualify for races and get the BMC NEWS.

Equipment Sales are up, through sale of ties and also because Bill Bennett was able to get some new vests at a very competitive price. He does a great job for the club and we have a lot to thank him for.

Printing Etc. - costs have escalated, but we have managed to keep the total down. Race invitations have been sent out in batches, instead of individually. In future, they will be advertised in A.W. in batches, so that from now on athletes will have to apply to run in BMC races and not expect invitations.

INCOME & EXPENDITURE - 1/1/79 - 26/9/79

Income	Expenditure		
Subs	377.50	Printing Etc.	225.20
Donations	38.50	Postage Etc.	208.72
Race Fees	104.59	Race expenses	19.05
Equipment		Sundries	38.10
Sales	188.50	Advertisements	89.00
Coaching News		Equipment	76.20
& Sundries	40.76	BMC NEWS	107.09
Balance		Balance	
1/1/78	182.27	26/9/79	168.76
	<u>1932.12</u>		<u>1932.12</u>

BMC Officers

Chairman: Harry Wilson, 15 Hillside, Welwyn

Garden City, Herts Tel: W.G.C.23555

Vice Chairman: Neville Taylor, 43 Burlington

Road, Isleworth, Middlesex

Tel: 01 560 5504

Hon. Secretary: Mick Dunphy, 7 Everest Court,

South Norwood Hill, London, SE25 6DR

Tel: 01 653 1712

Hon. Treasurer: Ray Williams, 39 Nursery Av-

enue, Bexleyheath, Kent Tel: 01 303 0803

Membership Secretary: Charles Booth, 34 Quarry

Lane, Swaffham Bulbeck, Cambridge, CB5 0LU

Tel: 0223 811178

Area Representatives:

South: Frank Horwill, 201 Sumatra Road,

London, NW 6

Kevin Gill, 41 Ardleigh Green Road,

Hornchurch, Essex, RM1 3JZ Tel: Horn-

church 41101

North West: Peter Shaw, 9 Firwood Mount,

Gatley, Cheshire

South West: Gordon Seward, 7 Whiteway Drive,

Exeter, EX1 3AL Tel: Exeter 59557

Geoff Plant, 33 Birchwood Road,

Exmouth, Devon

Wales: Anne Hill, 8 Tuberville Road, Cwmbran,

Gwent, S. Wales

East: Bob Sexton, 1 Pintail Drive, Mill Park,
Bradwell, Norfolk

Midlands: Tony Saunders, 2 Parkdale, Tatten-

hall Road, Wolverhampton, W. Midlands,

WV1 4TE

George Gandy, 30 Pantain Road,

Loughborough, Leicestershire

North East: Gordon Surtees, 8 Greenwood Road,

Cowpen Estate, Billingham, Teesside

Scotland: Vacant

Northern Ireland: Vacant

It is most unfortunate that there has been no response to the appeal for someone to come forward and act as Area Representative in either of these important areas.

If anyone has an interest in helping, he should write to Frank Horwill.

Eastern News

Within the region there are several athletes on the brink of success and prominence in the sport but, in my opinion, the overall depth is far below what it could be. Winter training days will, I hope, solve this to some degree, but the higher intensity (speed) work needs to be of a higher quality than at present; that is where we are lagging behind other regions. The remedy to this has been stated in the past...an ALL-weather track. The position will not improve until this becomes a reality, because athletes in the north of the region cannot afford to travel over 100 miles to compete.

The southern part of the Eastern Region bears out my theory. Looking at the membership list, this section certainly appears much stronger in depth, due no doubt to being far more conveniently situated to all-weather tracks. To highlight this point, in my own region we have a cinder track which is of a good standard, but we cannot use it between, say, September and the end of April.

The other reason which shares the blame for the lack of depth in the absence of contact between most middle-distance coaches on the region. I am a great believer in more contact at all levels of coaching, from National Coach down to Club Coach. Perhaps in this respect we can do more to increase the depth of good athletes within the region; so I say to Coaches: "Yes, we do need all-weather surfaces and tracks, but do not sit back and wait. Incorporate the basic facilities (sand dunes, woodland areas, etc.) and use your inventiveness to simulate as nearly as possible the desired effect on your athlete's training; e.g. because a certain training method is not printed in a book, do not be afraid to try it out and personally assess its value to your athletes."

How to Improve
British M.D. Running

1. Greater education of coaches at a lower level.
2. More investigation on how strength/body weight ratio might be significant to M.D. runners.
3. A rationalisation of the women's fixture list so as to allow a better progression of club athletes to a higher level.

Peter Coleman - Epsom

Through development of organizations such as the British Milers' Club!

Frank Dick - London

During the time I have been involved with my club's young athletes as both manager and coach, it has been made increasingly clear to me that for at least 2/3 of the year, potential is allowed to waste away. It is at school, I feel, that the ultimate encouragement should come and if a youngster shows up as a talented athlete he should be allowed to follow this up. Only too often youngsters are 'told' to play Rugby and other sports when they would much sooner be training. Though I admit that it is desirable for a child not to specialise too early, I do think an improvement could be made on this tremendous teenage wastage rate.

John Powell - Dulwich

I think the following three suggestions should be given greater consideration:

1. Closer liaison between the often separated cross-country and track sections of clubs, to formulate more suitable training/racing programmes for the middle distance runner.
2. The organisation of more regular training sessions/week-ends on all weather tracks during the winter, when it is often not possible to use other tracks.
3. More emphasis on psychological aspects of training.

Nick Dorey - Newbury

By a higher standard of coaching young athletes, also to work to a long term plan with their coach - four years preferably. The standards set by the BMC are high, stick to that and we will improve. Coaches at club level must give more thought to their athletes. The talent is here in Britain for us to dominate world middle-distance running.

Richard Black - Clydebank

1. Stop treating women as children.
2. More B.M.C. coaching sessions at club level - often the root of bad coaching.
3. Financial support for up-and-coming athletes, not only established internationals.
4. More attention given to athletic injuries, their cause, treatment and prevention.

Dawn Lucy - New Malden

Athletes should learn to regard their training as part and parcel of their way of living and not merely as a short-term task designed to gain short-term success.

Jacquie Haywood - Gerards Cross

1. More aid to improve local club facilities.
2. More recruitment in schools.
3. More encouragement for young cross-country runners.

Hamish Buttle - London

AUDITED RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31st. DECEMBER, 1978

	£	£	£	£
Cash at Bank - 1st. January 1978			79.49	
Subscriptions		579.00		
Donations		139.15		
Sale of Equipment		128.70		
Sundry Receipts		199.03		
Profit on Races - Income	144.02			
Expenses	<u>23.68</u>	<u>120.34</u>	<u>1166.22</u>	<u>1245.71</u>
Printing, Stationary & Duplicating		367.84		
B.M.C. NEWS		244.00		
Postage & Telephone		295.41		
Affiliation Fees		5.00		
Advertising & Sundries		<u>151.19</u>	<u>1063.44</u>	
Cash at Bank - 31st. December, 1978			<u>182.27</u>	<u>1245.71</u>

NOTE:

Equipment in Hand at 31st. December, 1978

Assorted Badges - 675	}	£445.00
Vests - 48		
Ties - 72		

I have Audited the Books of the British Milers' Club, and confirm that they are in Order, and that the Accounts reflect the true position of the Club as at 31/12/78.

N. H. Taylor A.I.B., A.I.P.M.
Hon. Auditor

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British middle distance running could be improved by having more facilities in more areas around the country. There could be more indoor tracks like Gosford in which athletes could train in good conditions throughout the winter.

Mark Rowland - Fulborough

We must get more all-weather tracks. The nearest all-weather tracks to Worthing are Crystal Palace and Southampton, so track training is virtually impossible during the winter months.

Kevin Howard - Worthing

Many more coaching seminars, particularly for parents and unqualified helpers who are often responsible for the rudimentary advice generally given to young athletes and beginners. Also sessions for athletes and coaches under supervision.

Make the club coaches award more difficult to obtain - at present it seems to be given out too easily to many people who have little idea of what they are doing.

Stop treating women with kid gloves and train them as men.

Gregory Moon - Chessington

CORRESPONDENCE

Dear Mr. Editor,

I read Conrad Milton's letter with great interest. He makes his points skillfully and correctly takes me to task for being rather glib about the standard of our 3000m. running among women.

However, he did slip up on a few points. Conrad tells us that Fudge and Ford finished 15 to 20 metres behind Ulimasova in the European 3000m. My recollection is that the gap was more like 90 metres for Paula and that Ann was on the final curve as Ulimasova finished in 8:33.2. If Paula was only 20 metres down, she covered the last few metres in 15.5 secs! (8:48.7). Hardly possible.

On Conrad's point 4, I'm not sure what Ann's even paced running is supposed to suggest.

Conrad forgot Sue Beeve in point 7. She was ranked 6th. in the 1978 world long jump rankings and would not be too pleased at being overlooked!

I filed the article on Mike Winch's views on steroids etc. in A.W. on February 10th. Though I did not agree with everything he said, I felt he made some very relevant points and I defend his right to point them out and express his views. Whilst agreeing that steroids are dangerous for anyone taking them without supervision, it is my feeling that anabolic steroid taking is more of a reality among some world class middle distance runners than 'blood boosting'. They are taken in just the way that Winch suggests. I don't think that any BMC members are involved in this, however.

Winch's most significant revelation in my view was the BAAB's agreement with the Finns to contract out of testing for stimulant drugs during the match last September (1978). It seems the Board are quite ready to compromise their lofty principles when it suits them to do so. This has received very little attention or discussion among the athletic fraternity, which I personally find very depressing. Yet a letter in AW about Steve Overt's victory waves will bring a sackfull of mail to the AW offices! The British public's obsession with trivia never ceases to amaze me.

Quiz: Events often overtake record figures. The U.K. Junior Girls 1500 record is now 4:14.6 by Ruth Smeeth.

Elliott article: Moorcroft (3:35.5), Robson (3:35.7) and Clement (3:35.7) have all beaten 3:36.0 for 1500 metres.

Best wishes,

8/5/79 Dave Cocksedge

Since then, of course, Coe (3:32.1)

RACE RESULTS

Compiled by Ray Williams

WEST LONDON - 4th. April - Cool & windy

<u>800 Metres - Women</u>	
1. J. White	2:10.3
2. B. Madigan (gst)	2:13.6
3. P. Whitter (gst)	2:15.8

WEST LONDON - 2nd. May - Cool & calm

<u>800 Metres - Women</u>	
1. J. White	2:13.3
2. P. Yule	2:13.6
3. V. Rowe	2:17.5

STRETFORD - 8th. May - Cool & breezy

<u>800 Metres - Women</u>	
1. S. Arthurton	2:07.7
2. J. Asgill (gst)	2:08.3
3. J. Whiteley	2:08.3

1 Mile - Men

1. M. Plant	4:05.6
2. G. Harvey	4:05.8
3. A. Royle (gst)	4:05.9

3,000 Metres - Men

1. S. Binns (gst)	8:15.6
2. L. Reilly (gst)	8:18.8
3. C. Moore (gst)	8:20.6

COVENTRY - 6th. May - Cool & breezy

<u>1 Mile - Men</u>	
1. P. Williams	4:09.5
2. G. Harvey	4:10.0
3. M. Coram	4:10.2

STRETFORD - 29th. May - Fine & Calm

<u>800 Metres - Senior Men</u>	
1. K. Rothwell	1:51.0
2. A. Royle (gst)	1:51.2
3. J. Blackledges	1:52.2

800 Metres - Junior Men

1. R. Heeney	1:55.0
2. P. Johnson (Sen)	1:55.5
3. D. Jackson	1:55.7

1,500 Metres - Women

1. S. Arthurton	4:25.4
2. J. Asgill (gst)	4:26.6
3. C. Wood	4:32.8

LOUGHBOROUGH - 31st. May - Cool & Calm

<u>1,500 Metres - Men</u>	
1. S. Cahill	3:45.2
2. M. Downes	3:45.7
3. T. Hutchings	3:46.3

800 Metres - Women

1. J. Colebrook	2:04.4
2. J. Pricotee	2:05.3
3. J. Heywood (gst)	2:13.4

Oxford - 4th. June - Cool & breezy

<u>1 Mile - Men</u>	
1. M. Plant	4:04.3
2. M. Wilson	4:05.7
3. P. Lewis	4:06.5

WEST LONDON - 6th. June - Cool & breezy

<u>800 Metres - Women</u>	
1. C. Benning	2:06.0
2. K. Lock	2:09.4
3. A. Mason	2:11.5

CRYSTAL PALACE - 13th. June - cool & calm

<u>1,500 Metres - Men "A"</u>	
1. R. Wood (Jun)	3:44.1
2. T. Hutchings	3:45.2
3. K. Rothwell	3:48.4
4. J. Wilson	3:48.7

1,500 Metres - Men "B"

1. S. Payne	3:57.9
2. K. Keddie (Jun)	4:02.5
3. G. Seward	4:03.2

STRETFORD - 19th. June - Cool & calm

<u>1,500 Metres - Men "A"</u>	
1. M. Plant	3:44.5
2. K. Rothwell	3:45.5
3. K. Bell	3:46.1
4. S. Markley	3:46.4

1,500 Metres - Men "B"

1. D. Messum	3:50.6
2. J. Blackledge	3:52.0
3. I. Adams (Jun)	3:52.9

3,000 Metres - Men

1. K. McDonald	8:00.9
2. S. Binns (gst)	8:01.8
3. R. May	8:05.7

800 Metres - Women

1. J. Marlowe (gst)	2:03.9
2. A. Creamer	2:04.3
3. J. Asgill (gst)	2:07.9

NEW ELTHAM - 1st. July - Warm & Calm

<u>1 Mile - Men</u>	
1. R. Hanna (gst)	4:18.0
2. G. Dwelly	4:19.2
3. G. McCallum	4:20.1

WEST LONDON - 4th. July - Fine & calm

<u>1,500 Metres - Women</u>	
1. K. Look	4:25.2
2. J. Smith	4:27.8
3. D. Phillips (gst)	4:35.8

STRETFORD - 10th. July - Fine & warm

<u>800 Metres - Men "A"</u>	
1. M. Scrutton	1:50.4
2. J. Blackledge	1:51.4
3. M. Plant	1:51.7

800 Metres - Men "B"

1. I. Adams (Jun)	1:52.6
2. A. Blackwell	1:53.6
3. W. Foster (gst)	1:54.1

800 Metres - Men "C"

1. S. Butler (gst)	1:54.8
2. I. Williams (gst)	1:55.4
3. E. Bowen	1:55.4

STRETFORD - 31st. July - Wet & windy

<u>1 Mile - Men "A"</u>	
1. S. Enson	3:58.9
2. S. Markley	4:01.7
3. M. Plant	4:01.8

AUTUMN/WINTER - 1979/1980

SPECIAL OLYMPIC BUILD-UP RACES FOR WOMEN (Senior, Inter, Junior)

WEST LONDON STADIUM, DU CANE ROAD, W12

By kind permission of T.V.H. - Under W.A.A.A. Laws

Sunday, 4th. November, 1979, 3 p.m.	1,500 metres
Sunday, 2nd. December, 1979, 3 p.m.	4 x 800 metres TWO women relay (Teams made up from entrants - NO ARRANGED TEAMS BEFOREHAND)
Sunday, 6th. January, 1980, 3 p.m.	1,200 metres - 3 laps
Sunday, 3rd. February, 1980, 3 p.m.	2,000 metres - 5 laps (NO Juniors)
Sunday, 2nd. March, 1980, 3 p.m.	1,000 metres

APPLICATIONS to: Ray Williams, 39 Nursery Avenue, Bexley Heath, Kent, stating grade, best times relevant to race. Apply 3 weeks before each race or in block.
ENTRY FEE: 30p. per race (3 x 10p. stamps or P.O. to BMC) for FULLY PAID UP members. Non-members wishing to run in the BMC race, 60p.

No personal invites will be sent for these races due to the increased postal charges

GET YOUR ENTRY IN NOW!

16 1 Mile - Men "B"

1. R. Woods		4:12.3
2. I Adams	(Jun)	4:12.7
3. G. Helme	(gst)	4:13.9

1 Mile - Men "C"

1. P. Dunn		4:10.7
2. D. Driver		4:11.3
3. A. Armitage		4:14.4

WEST LONDON - 1st. August - Fine & warm

1,500 Metres - Women

1. A. Wright	(NZ)	4:19.2
2. K. Binns		4:28.3
3. B. Moore	(gst)	4:30.6 /calm

CRYSTAL PALACE - 8th. August - Windy, then

800 Metres - Men "A"

1. N. Brooks		1:52.5
2. J. Spooner	(Jun)	1:53.1
3. J. Day		1:53.6

800 Metres - Men "B"

1. T. Jarman	(Yth)	1:55.5
2. G. Brooks	(Jun)	1:56.7

1,000 Metres - Men

1. S. Oveitt		2:23.4
2. P. Williams		2:25.3
3. G. Long		2:25.7

1,500 Metres - Men "A"

1. C. Reitz	(gst)	3:42.5
2. J. Goater		3:44.2
3. M. Wilson		3:44.7
4. S. Flint	(Jun)	3:46.1

1,500 Metres - "B"

1. A. Douglas	(Jun)	3:52.6
2. J. Walsh	(Jun)	3:53.6
3. J. Bristow		3:54.3

County Representatives

The following have been appointed to look after the interests of members locally. Consult them regarding races, training etc.

AVON & GLOS - Cy Knibb, 24 Verlands, Congresbury, Woodsprings, Avon

CAMBS - Bill King, 41 Gunthorpe Road, Peterborough, PE4 6TQ Tel: 0733 72707

CORNWALL - Terry Trevorror, Chy-an-Kerryk, Alexandra Road, St. Ives

CUMBRIA - Michael Miller, 50 Hall Park, Burnside, Kendal Tel: Kendal 25629
Keigh Calvert, 52 Bleaswood Road, Oxenholme, Kendal Tel: Kendal 28372

DEVON - Gordon Seward - see above
Geoff Plant - see above

ESSEX - Kevin Gill - see above

HERTS - Michael Tollitt, Haresfoot House, Berkhamstead

LEICESTER - Paul Blissat, 18 Ginson Avenue, Corby

NORTHUMBERLAND - Archie Jenkins, 117 Chapel Lands, Alnwick

OXFORD - Bill Foster, 202 Abingdon Road, Oxford, OX1 4SP Tel: Oxford 49063

SOUTH WALES - Anne Hill - see above

SURREY - Gregory Moon, 9 McDonough Close, Hook Road, Chessington Tel: 01 391 1063

TEESSEDE - Gordon Surtees - see above

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