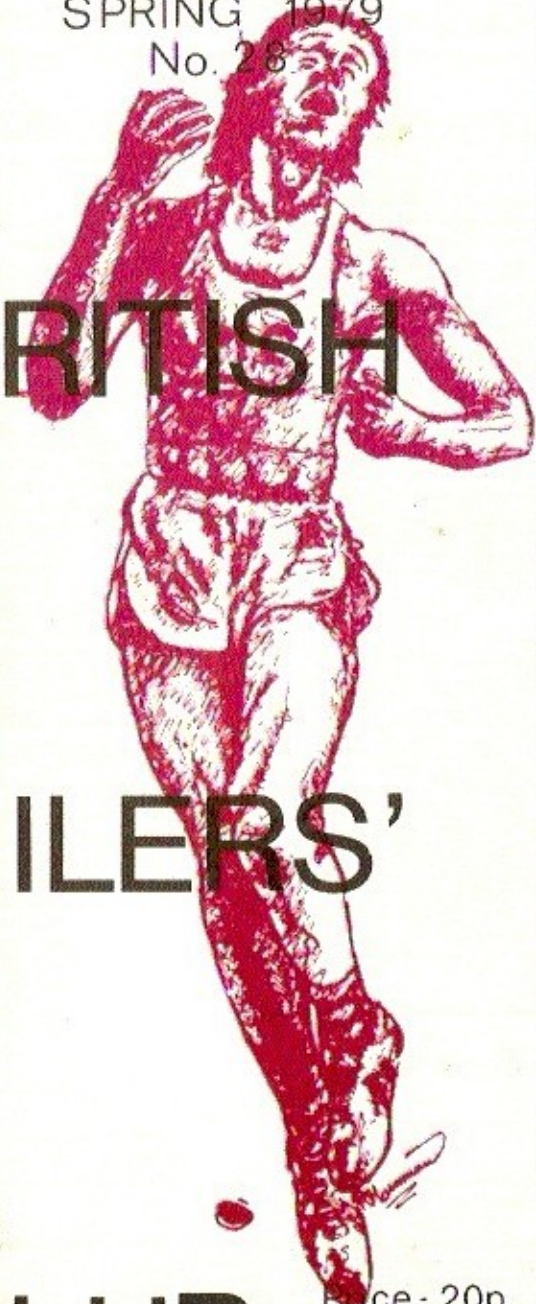


SPRING 1979  
No. 26

BRITISH

MILERS'

CLUB



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NEWSCS

# BRITISH MILERS' CLUB NEWS

## Number 28

### Spring 1979

## EDITORIAL

In the issue of Athletics Weekly of 10th. February, there appeared a most extraordinary article by Mike Winch in which he questioned the harmful side effects of anabolic steroids. He then went on to state that runners take steroids in order to be fit for such harder training. He ends by saying:- "During the winter endurance training phase, a runner can really improve by controlled steady dosage of anabolic steroids. So we don't need to have any further hypocrisy from the runners in this area. They simply don't get caught so easily, that's all."

This article was, of course, discussed by your committee and others and, as a result Ron Holman wrote to A.W. and his letter was published on 3rd. March. He started by listing the many side-effects of anabolic steroids taken from three different manufacturers' literature. With regard to middle distance runners, he ended up by saying:- "...published work by Finnish physiologists in 1978 found that a significant decrease in red cell 2,3 - D.P.G. was caused by anabolic treatment - surely an unwanted effect in endurance sportsmen and would most likely result in a negative effect on maximal physical performance."

We feel sure that B.M.C. members and coaches would never be tempted to use or advise the use of anabolic steroids, but feel that the dangers of such action should be given the widest possible publicity.

After all, as Frank so wisely says in an article in this issue:- "The health of athletes must always be our primary concern."

## B.M.C. Equipment

There is a new B.M.C. tie. It is a wide, navy blue tie, with a single figure of a runner crossing the winning line, wearing a Union Jack on his vest - with the letters B.M.C. below.

It is agreed that this is a most attractive tie, which all members should want to own and wear. Order one at once from the Equipment Secretary, Bill Bennett (address below). The cost is £2.00, very good value for a tie of this

## OTHER B.M.C. EQUIPMENT

The following other items are available:-

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

All equipment may 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. It is important that your cheque or postal order 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 a badge and your chest size for vests.

Don't forget that, if you have moved up 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 for your new badge.

## BACK NUMBERS

The following back-numbers are available from the Editor at a charge of .20p. each, including postage:-

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No. 16 - January 1973
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No. 21 - Autumn 1975
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No. 24 - Spring 1977
No. 25 - Autumn 1977
No. 26 - Spring 1978
No. 27 - Autumn 1978

If you want to have any of these back copies, send .20p. for each one you want to the Editor:-

Charles Booth,  
34 Quarry Lane,  
Swaffham Bulbeck,  
Cambridge, CB5 0LU

## Thank you Denis Watts

Denis Watts, as members will know, retired from his position as National Coach at the end of March and your Committee marked the occasion by entertaining him at dinner on Monday, 19th. March, when Club Chairman, Harry Wilson, presented him with a pair of cut glass brandy goblets.

Harry pointed out that, though as an athlete, Denis had been a long-jumper, he was quick at understanding the problems of middle distance runners as is shown by the names of many outstanding athletes who owed so much to him, including Ann Packer, Christine Benning, Lillian Board, Andy Carter, Tom Farrell, Gery North and many others. He had always been a great supporter of the B.M.C. and had been a great support in the early days before the Club's present status had been established. He had written many valuable books on athletics and was, of course, one of the three authors of the 'Complete Middle Distance Runner' together with Harry himself and Frank.

In thanking the Committee and the Club, Denis provided some light entertainment, telling of the strange adventures of the National Coaches when they were first appointed, nearly 30 years ago. In those days, National Coaches were much more active in the field than to-day and Denis admitted that he regretted the amount of administrative work that had fallen on them in recent years. He was very appreciative of the Club's gift and he and his wife would think of the B.M.C. when enjoying an after dinner drink.

Denis will be retiring to Cumbria, and we all hope that he will find time to continue to give the benefit of his experience to athletes in that part of the country.

Thank you, Denis, for all you have done and all happiness in your retirement.

## President's Message

The stated objective of the B.M.C. is to raise the standard of British middle-distance running. The achievements of British runners, many of whom are B.M.C. members, in both the Commonwealth and European Championships show that the standard of male British middle-distance runners, in respect to the rest of the world is now at its highest for many a year. While most of the credit for this success must go to the athletes concerned and to their coaches, it would be fair to say that the B.M.C. has aided the athletic careers and shaped the attitudes of many of these athletes and coaches.

However, now is not the time to become complacent if we are to maintain our lofty world ranking. It seems only a short time

since the British press were complaining about the dearth of British middle-distance talent and it is up to all of us, both athletes and coaches, to put in the work and foster the attitudes that will maintain our present pre-eminence.

We can all play our part and the first step is to set realistic short term aims in both training and racing which athletes and coaches can work towards in a purposeful way. At the same time, ambitious long term aims should be borne in mind during the years of patient and steady development. We should make ourselves aware of what is happening in the world around us and the B.M.C. can help in this, but we must then choose our own path and stick to it even if it means that we are the innovators.

Before I am accused of being a male chauvinist, I will direct a few words to those involved in the female side of our sport. Nobody can be satisfied with the standard of female middle-distance running in this country, but to slavishly copy East European methods is not the answer. We would do better to learn from the success of the male side of our sport and put into practice the ideas that have proven to suit our British climate, temperament and way of life. Through my somewhat limited involvement in women's middle-distance coaching, it seems to me that the invariably male coaches make their female athletes far too dependant on them. Too many track sessions are set which require the athlete to be motivated by the coach to achieve the targets. One wonders who gets more satisfaction out of such sessions, the athlete or the coach? Too little time appears to be spent on basic conditioning where the athlete can relax and enjoy her running without any undue pressure sure. Given a greater degree of freedom of both thought and action, the British middle-distance runner may start to blossom.

May I conclude by wishing all B.M.C. members every success in 1979 and suggest that those interested in fast times might put in an appearance in the North-West B.M.C. races at Stretford!

*Peter Shaw*

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# OLYMPIC PROSPECT

## Profile of Tim Hutchings

NAME: Timothy Hilton Hutchings  
PLACE OF BIRTH: Highgate, London  
DATE OF BIRTH: 4th. December, 1958  
HEIGHT: 6'0" WEIGHT: 11st. 4lbs.  
CLUBS: Crawley A.C. and Loughborough Students A.C.

OCCUPATION: Student  
WHEN DID YOU TAKE UP RUNNING SERIOUSLY?  
Summer, 1975

PERSONAL BESTS (YEAR BY YEAR):-  
800m. 1500m Mile 3000m

1975	1:59.1	3:59.6	-	-
1976	1:55.7	3:57.1	-	8:43.0
1977	1:51.8	3:45.7	4:09.2	8:20.8
1978	1:50.8	3:40.6	3:57.8	7:57.7

BEST COMPETITIVE ACHIEVEMENTS AND PLACINGS:

1975 2nd. English Schools Youth 1500m.  
4th. Schools International 1500m.  
1976 7th. Southern Youth Cross Country  
1977 5th. Debenham Games 1500m.  
(2nd. fastest U.K. Junior over 1500m.)  
1978 1st. National Indoor 1500m. championships  
5th. AAA 1500m. championships  
5th. Emsley Carr Mile  
1st. Junior International 3000m. (Lubeck)  
1st. Southern 3000m. championships  
7th. Commonwealth Games 1500m. heat  
10th. Commonwealth Games 1500m. final

1979 3rd. Junior Inter-Counties Cross-country  
PLEASE DESCRIBE IN SOME DETAIL YOUR WINTER TRAINING AND OUTLINE HOW IT HAS PROGRESSED OVER THE PAST THREE YEARS:

My coach, Frank Horwill, has always believed that it is essential to maintain speed training during the winter months. After the summer we ease off our usual three track sessions a week. In October we run one track session a week, in November two and December three. From then on the track sessions improve in quality but with only a slight decrease in quantity. Training hasn't changed a lot in three years. I do two steady runs on days between track days. When I feel like it, these are hard. Tuesday is normally a stamina based track session, i.e. 3 x 1600 at 3000 pace, 10 x 400 at 3000 pace - 5 x 1000 at 3000 pace - 3 x 600 at 3000 pace. Thursdays are usually sprint-training days, i.e. 6 x 60; 3 x 150; 3 x 60 full out; or 3 x 100; 2 x 300; 3 x 100 full out

At the moment, throughout this winter and spring, we're working on a method of teaching us not to slow down on the third quarter of a 1500 or 800. That is, to make sure the pace is maintained between 800 and 1200 in a 1500 and between 400 and 600 in an 800. PLEASE DESCRIBE IN SOME DETAIL YOUR SUMMER TRAINING AND OUTLINE HOW IT HAS PROGRESSED OVER THE PAST THREE YEARS:

Again, plenty of track work - three sessions a week. Fairly similar sessions to the winter, but better times and shorter rests. We always make sure the schedule contains plenty of anaerobic work.

Typical Sunday:  
Morning - Track, 3 x 1 mile (hard)  
Volley Ball after lunch  
Exercises and 1 hour of sprint relays in afternoon.

Typical Tuesday:  
Warm-up, exercises and 8 x 400 with 90 sec. rest.

Typical Thursday:  
Warm-up, exercises and 2 x 6 x 200  
We always have a vigorous warm-up. This involves a 20 minute run and 15 minutes of exercises. Never anything less.

PLEASE GIVE DETAILS OF TRAINING OTHER THAN RUNNING:

Before starting running and up until couple of years ago, I used to play rugby for my school and county. Obviously that had to come to a stop, but I think its strengthened me physically. Weights twice a week in winter now and plenty of strengthening exercises in summer and winter. Resistance work with a partner.

WHAT IS YOUR ATTITUDE TOWARDS TRAINING?

I don't like going out for a session and coming back feeling fresh. I like to justify going out in my track-suit! In the last eighteen months even my steady runs have



TIM HUTCHINGS

been fairly hard. I like to know what my training is geared towards. When I am confident in that respect, then I really like to get into every session. I think its important to do a session as well as one can at the time, though if I feel really awful, we adapt our sessions.  
DO YOU TRAIN ALONE?

I like to do track sessions with somebody if possible. When we train at Crystal Palace (at least once a week) there's a large squad, coached by Frank. There's a great atmosphere and a superb bunch of lads to train with. Training tends to get quite competitive but that's O.K. as long as its fairly light hearted. At Loughborough now, I do most of my training with Gerard Long. Its a perfect set-up. He's faster than me and I've more stamina than him, so we help each other. When at home, I always train alone, but I have no trouble pushing myself hard on runs.

ARE YOU WELL ENDOWED WITH TRAINING FACILITIES?

Crystal Palace is reasonably accessible by car and train. I get up there as often as possible. At home I do all my runs on the road, with occasional fartleks in woods and fields. I'm lucky enough to live in the country, so I've always a good environment to train in. Its healthy too!

HOW IMPORTANT IS YOUR ATHLETIC SUCCESS?

Now I know I've got ability, my success is important. Its a way of being able to fulfil myself. I'm not as fanatical as some people. I'm fairly easy-going about most things, but while I can, I want to improve and be successful. The limit to my success is controlled by my physical attributes and I know I've come nowhere near the limit to these.

PLEASE DESCRIBE HOW YOU WARM UP:

My warm-up is usually 20 minutes of steady running. This may be quite fast, depending on how I feel and the temperature. This is followed by 10 minutes of stretching and about four strides. In at least one of the strides I try to reach what is virtually my flat out pace, i.e. maximum stride length.  
WHAT IMPORTANCE DO YOU ATTACH TO 'MENTAL' TRAINING AND HOW DO YOU SET ABOUT IMPROVING YOUR 'MENTAL' APPROACH?

This is something about which I'm unsettled. At the moment I take my training and racing very seriously, but at the same time I maintain a casual air. I don't 'hate' my opponents like some people and I don't believe in any 'killer' instinct. Maybe this attitude will change as my rivals become more clearly defined.

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

The only injury that stands out in my mind is a strain of the adductor in the groin I had at the time of the European Junior. I had run 3:45.7 and had another couple of seconds in me. I was out for about six weeks. As a result I do far more stretching.

WHAT WAS YOUR REACTION ON BEING SELECTED TO RUN FOR ENGLAND AND WHAT ARE YOUR VIEWS ON THE ORGANISATION OF INTERNATIONAL COMPETITIONS?

Looking back on it now, I shouldn't have been too surprised at being selected. If an athlete performs sufficiently well to justify selection, then he deserves it as much as any established world performer. On the other hand, immediately after the Emsley Carr Mile, I wouldn't have been surprised if I hadn't been selected, because it was my first fast time. But again, why shouldn't one be chosen for a team on one good performance? I don't believe in a 'flash in the pan' particularly in athletics. I had to work hard in training for those times and I mean hard, and selection for England was just one reward for me.

Quite frankly, I'm nowhere near experienced enough to comment forcibly on the organisation, but the Commonwealth Games was, I thought, superb. The organisation has to be good at top level to-day and if the athletes don't get it, they've every right to complain - months of training might otherwise be wasted through indifferent arrangements - i.e. travelling, accommodation, food, training facilities.

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

My parents are very interested in my progress and an immeasurable help to me. They love to watch good athletics. They want me to do what I want. If I gave up to-morrow, they'd say that's O.K. if that's what I want. They're not fanatics.

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

A lot of my friends are in athletics anyway. My close friends outside the sport like to watch and to know I'm doing well, but I try not to concern them with it. Its good to get away from athletics at times.  
HAVE YOU ANY ATHLETIC HEROES ON WHOM YOU HAVE MODELLED YOURSELF?

No individual in particular, but reading about great feats by Ryan and Walker really inspire me. Sometimes I'll go out and kill myself after reading a good article.  
OUTLINE YOUR FEELINGS ON BEING COACHED AND DESCRIBE BRIEFLY SOME OF THE WAYS IN WHICH YOU HAVE BEEN HELPED BY YOUR OWN COACH:

At the moment I rely greatly on Frank. He knows a lot and if I want to question him over diet or the schedule, he's always there. I am also pretty independent when it comes to training though. Frank expects us to get on with the training as best we can. He's given me the capacity to push myself hard. I realise now that I can always get up and do a bit more after a tough session. After all, that's what sprinting at the end of a race is all about.  
WHAT ARE YOUR TARGETS?

Not really well defined at present. I'd like to justify my selection to teams, par-

ticularly the Olympic team. I'm not continually frustrated if I can't be the best, but that is what I'm striving for. One must, when thinking of the future, have complete confidence in one's own ability and confidence.

## B.M.C. Quiz

### Compiled by Dave Cocksedge

1. Name the 1970 Commonwealth 800 metres champion.
2. Who was the first woman under two minutes for 800 metres?
3. What was the fastest ever 1,500 metres by an International type Junior (i.e. under 20 in year of performance) and who ran that time?
4. What is the U.K. Junior women's (under 19) 1,500 record and who holds it?
5. Who beat Derek Johnson for the 1956 Olympic 800 title?
6. Which woman made a spectacular comeback at the 1964 Tokyo Olympics to win a gold medal after having won two individual golds in 1956?
7. Who is the only U.K. athlete to win Europa Cup titles in two different events?
8. Who holds the world 1,000 metres record and what is the time?
9. What is the U.K. record for 1,000 metres and who holds it?
10. What is the U.K. women's 1,000 metres record and who holds it?

## Art and Science of Middle Distance Running by Frank Horwill

EXTRACT FROM A PAPER PRESENTED IN CANADA

The training of athletes for strenuous physical effort to-day is still very largely an art, dependant on personal judgement, opinion, authority and sheer enthusiasm, ingredients which were used a century ago by professional runners and their mentors.

However, whatever our beliefs in scientific versus empirical methods of training, or whether we believe in more and more mileage, or, not what we do, but how we do it, WE MUST HAVE A BASIC PHILOSOPHY TO GUIDE WHATEVER TEACHING WE PROPOUND. One of the purposes of this talk is to suggest that the 'SELYE' STRESS CONCEPT will provide the framework of a sound theory for future scientific observation and research in training. A general understanding of the stress and adaptation energy concept will prevent the decline of much athletic talent, for one of the greatest challenges to coaches to-day is keeping athletes in training and competition without frequent stoppages due to injury and illness. A knowledge of the

general adaptation syndrome and its implications will result in the gain of considerable insight to the coach who stresses his charges ready for world class competition.

In 1978 I was invited by the Royal College of Physicians and the British Association of Sports Medicine to a symposium on jogging and its effect on the heart. Dr. J.G.P. Williams gave a depressing catalogue of injuries he had treated in runners whom he said had been over-stressed and warned of the future consequences by stating: "...it won't be necessarily be the best athlete who gets a gold medal, but the only one capable of standing up." Dr. Williams was asked how it was possible to measure whether an athlete was near to being over-stressed. He replied that he did not know and pointed a finger at a row of physical educationists and coaches and exclaimed "It is up to you fellows to find out." I was amazed. Gathered in the room was the cream of British Sports Medicine authority and they couldn't give any advice at all on the danger signs of over-stressing an athlete. No one mentioned Professor Selye's theory so aptly expressed in his book 'THE STRESS OF LIFE'. I got up and said "I think you are a load of punks!" and was duly escorted out of the hall.

Internal and external bodily stress plays an important part in determining the health of man. Physical violence, bacteria, disease, climatic conditions and nervous tension constitute the common human stresses. Stewart Wolf, leading American psychiatrist, believes that threats, conflicts, real or imaginary, conscious or unconscious, constitute a large portion of the stress to man.

Now, infections, poisons, trauma, extremes of heat and cold, not only have their own quite definite specific actions on parts of the organism, they have also generalised and stereotyped non-specific effects on the body, superimposed upon all the specific effects.

Prolonged stress causes enlargement of the adrenal cortex and cellular changes, general atrophy of the lymph glands with corresponding changes in the blood cell count (eosinophils and lymphocytes); erosions and ulcers in the gastro-intestinal tract.

Muscular exertion, i.e. running 100 miles a week, is a severe stressing agent and the body changes in such a way as to adapt itself or neutralise the stress. First of all, the athlete's body records alarm, particularly if it is asked to do what Zatopek did, 20 x 200, 40 x 400, 20 x 200! It then goes into a stage of resistance and if it fails, it declines into the final stage of exhaustion.

The alarm reaction is in two stages, shock and counter-shock. This is when a specific type of training is introduced and progresses towards peak performance. Professor L. Prokop states that this phase

lasts from 5 to 12 weeks. Shock represents the body's initial response to a sudden exposure to which it is quantitatively or qualitatively not adapted. For instance, the marathoner would show very few signs of a general adaptation syndrome when running his daily 20 miles, whereas the unfit man would show a very marked response.

The stage of resistance occurs from 3 to 6 weeks after the alarm phase and usually signifies peak condition. The exhaustive process is likely to occur from the eighth to the sixteenth week after the beginning of training.

During stage two (resistance), there is resistance to all stresses, the athlete being in buoyant health. But if the stress becomes too much, all the body's resistance goes into combating the main stress, e.g. training or racing or both and he will be very prone to injury or illness.

All training must be approached primarily to maintain the state of repelling exhaustion. Some useful guides are:-  
1) It may seem trite to state that the training load should be increased gradually, however, there are plenty of athletes who have moved from 50 miles a week to 100 the next week, a 100% increase in the training load. Increases in training should never exceed 25% in any two months.

2) The fixed training load as used by Bannister, Brasher and Chatterway has much to commend it. By this means, the quantity of training remains the same for six months, but the quality improved month by month. For example, Bannister would start off with 10 x 440 yards in 66 seconds with 440 yards jog in two minutes in October. Each month the speed of the 440s increased by 1 second, so that when April came, he was doing repetitions of 440s in 60 seconds. Other sessions included 3 x 1½ miles; 5 x 880 yards and 3 x ½ mile. The total weekly mileage was about 30.

3) George Gandy told me that he had great difficulty in building up his athletes' mileage and maintaining some quality sessions. Eventually he opted for slow mileage alone in the winter on an ever-increasing basis and did not burden his protege with quality work. It seems that to ask an athlete to increase his work-load both in quantity and quality is to court danger. The indications are that he can only handle one or the other safely.

4) Athletes must learn to train at their optimum speed and not to be drawn into training races. Often athletes go to college and get drawn into running in training at much faster speeds every day of the week. The result is that they break down. Any coach who prescribed a race every day of the week would be thought mad, but many athletes do this very same thing by training with others of a much better calibre. I once witnessed two Great Britain athletes, one a miler, the other a half-miler, doing repetition 200s.

The reps. became faster and faster, as it was quite apparent that they were trying to 'kill' each other off. Eventually the half-miler retired. The so-called 'winner' next day was unable to walk due to achilles injury! He missed the 1972 Olympics because of this sudden over-stressing.

5) Regular use of the Professor Cotton Test in training will detect early over-stressing. A distance is chosen which is relative to the athlete's main event, e.g. 1200 metres for the 1500m runner and 600 metres for the 800m man. He is given a time to run the distance WHICH IS NOT FULL OUT, but one which will require fair effort. My favourite is 3m. 12 sec. (16 seconds per 100) for the 1500 man and 90 seconds for the 800 runner. It must be stressed that the run is not a time trial. The athlete must do the exact time stated, not faster nor slower, otherwise the whole point of the test will be void. Immediately after the run the athlete's pulse is taken for 10 seconds, then rest for 20 seconds. This is repeated twice more, so that you have three pulse counts of 10 seconds each. It has been found in humans that for a maximum effect the total of the three counts taken is around 90. During a training session we might get after a 1200 metre run in 3:12 something like 30-24-20 (74). As the athlete gets fitter, it might read 30-22-14 (66). A week later on the same run of 3:12 it might read 31-26-24 (81). That is a count of 7 more than before. The same time for more effort. This is a danger signal and a further high reading a week later required thorough investigation. By the same means it is possible to draw a graph of pulse readings and to forecast peak periods as well as quickly detect losing condition.

6) After the Tokyo Olympics, General De Gaulle was angry over the poor showing of the French athletes and ordered the French Sports Medicine Institute to investigate training methods. After a year, they reported on the superiority on a basic training plan of four days:-

- Day 1 - Very severe
- Day 2 - Active rest
- Day 3 - Medium
- Day 4 - Light

Active rest meant relaxed enjoyment of another sport or simply doing a warm-up with exercises. By this means athletes were better able to move their training load onto a higher level much earlier. It will be seen from this cycle that over a period of 14 days the athlete trains severely four times, has three days active rest, three hard days and three light days. Two severe days consecutively are known to deplete the haemoglobin level and the carbohydrate reserve. Whilst there is a case for occasionally giving two severe days training together to accustom the athlete to the rigours of heats, semi-finals and finals of some national championships, the French plan has much to recommend it.

7) Tony Elder was not at all sure that his athletes ate sufficient amount of nutrients for the training they did. He asked them all to record their every mouthful for a week and then sent the results off to a dietician who reported back that a third of them were basically lacking in vitamins. There is strong evidence that iron, potassium, magnesium, Vitamins A, B, C and P should have special emphasis in the runner's diet and if not provided will lead to sudden stress.

8) Excessive racing and/or too many races of the same kind leads to an early peak and short-lived form. Research has shown that it is the fifth to seventh 800 or 1500 in a period of six months that is the most likely to see the athlete's best performance.

Racing under-distance one week, then over-distance the next, followed by the specialist distance, is a safe way of keeping form. Colleges and clubs have much to answer for when asking athletes to race the same distance week after week. A maximum of 26 cross-country and track races in a year should be imposed by governing bodies!

Harry Wilson is in favour of a closed season in British athletics in the month of October, when no racing at all would be permitted. Such measures would undoubtedly lead to less injury and a higher standard of performance.

9) The weekly recording of weight is a good safety valve for most of the early detection of dehydration and advancing stress. Most middle distance athletes weigh 10% less than the average man for their height, 400/800 runners are 5 to 10% and 5000/10000 runners 10 to 20% below average weight.

10. The philosophy of **THREE EIGHTS** should be firmly implanted in the minds of athletes seeking to get the very best out of their mind and body. Eight hours sleep a day - eight hours work - eight hours recreation. Bismark tried to do without sleep, saying it was 'Little pieces of death'. He collapsed. Excessive sleep is not a good thing, either. If one had eight hours sleep a day, that is a total of 23 years on average in a state of 'death'. If we have more than eight hours a day, we are simply doing interval training for death.

We have moved from the Biblical command of six days work and the seventh off, to five days work and two off. Most athletes train before and after work and this is stressful. The days off work and vacations from college should be used as days when training can be increased by 25% over the other days in the week or month as the athlete will have more anti-stress resistant factors at his disposal. When the quota of eight hours work is exceeded in a day, the athlete uses up more stress resistant factors and has less for training.

Middle distance runners have to decide fairly early on in life whether they are going to be loners and resist the pressures of college and business social life or succumb to the numerous invitations to parties with their allied commitment to alcohol.

This is not to preach a monastic life, but once the 'three eights' are violated, too many times the athlete moves nearer to stress and loss of form.

The symptoms of over-stressing include one or more of the following:-

- Continuous loss of weight.
- Insomnia.
- Declining racing and training performances.
- Increasing stomach disorders.
- Sore throats.
- Swollen glands in the groin and neck.
- Skin rashes
- Dullness of the eyes.
- Increasing irritability.
- Frequent muscle and joint pains.

The discerning coach should observe each athlete's stress idiosyncrasy. For example, Jim Douglas told me, before I coached him, that whenever he got super fit (4:08 for the mile), he developed skin rashes around the mouth. When I started coaching him, I insisted on a high intake of Vitamins B and C. He never again got those rashes and went on to run 3:56 for the mile.

One of the problems the coach has to face with an athlete who is training hard and losing form is to convince him that trying to train even harder is not the remedy. I can recall Bridget Cushing, Irish C.C. international, telling me two weeks before the WAAA 3,000m. championships in 1968 that her morning runs were getting harder and she wasn't sleeping well. She said she was going to increase her training distances. Not only did I argue strongly against this, I prevailed her to start training every other day right up to the championship and to increase her vitamin intake. Her freshness returned and she did a personal best and was ranked first in the U.K. for 3,000 metres.

Team managers may be interested in a test for stress resistance which can be used before major championships. Increased adrenal cortical function results in a decreased number of the circulating eosinophils. Eosinophils are leucocytes that stain deeply with eosin dye and therefore can be easily identified under the microscope. Stressors of emotional or traumatic nature have been shown to reduce significantly the level of circulating eosinophils if repeated measurements are made and if the normal diurnal variation is taken into account. On this basis a clinical test for the adequacy of adrenocortical reserve has been devised. It seems to be generally accepted that the administration of 25mg. of ACTH should bring about a fall of at least 50% in circulating eosinophils if the adrenal cortical reserve is normal.

The health of athletes must always be our primary concern and the obtaining of records a secondary one. In caring for the first we pave the way for the second.

The B.M.C. Training Week-End this year will be from 28th. to 30th. September at Loughborough University. The A.G.M. will be on the Friday evening.

There will be a notice in A.W. and members will be circularised, but make a note of the date now and when you get the notification, make your application at once, as the number of places is limited.

The last time we were at Loughborough was in 1977, when there was a record attendance for a superb week-end and this one should be even better.

## Quiz Solution

- Robert Oukp (Kenya)
- Sin Kin Dan (North Korea)
- 3:36.1 by Jim Ryan en route to a 3:51.3 mile in 1966
- 4:14.7 by Mary Stewart in 1974
- Tom Courtney (U.S.A.)
- Betty Guthbert (Australia) who won the 100 and 200 in 1956 and came back to win the first ever Olympic women's 400 in 1964
- Steve Ovett who won 800 in 1975 and 1,500 in 1977
- Rick Wohlbuter (U.S.A.) with 2:13.9 in 1974
- 2:18.2 by John Boulter in 1969
- 2:38.6 by Jo White in 1977

## HERE THEY ARE AT LAST!

Last September we saw the new Adidas designs for 1979 and were mightily impressed. After six months, here they are at last and well worth waiting for.

**RUNNER SUPER.** The new top of the Adidas training shoe range. Distinctive grey nylon mesh uppers allow ventilation; suede trip and D-lacing add strength. A soft midsole wedge gives shock absorption; and two material sole construction combines traction with outstanding durability, particularly at the heel and the ball of the foot. Weight approx. 620 grammes. Sizes 5-5½ - £19.50, Sizes 6-12 - £21.25

**SL80.** The latest in the distinguished line of SL training shoes. Navy nylon uppers with gold stripes and velour suede reinforcements. D-ring lacing, excellent cushioning and; as on the 'Runner Super', the unique two material sole construction. Weight approx. 590 grammes. Sizes 5-5½ - £17.60, Sizes 6-12 - £18.95

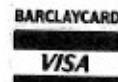
**ELAN.** An attractive budget priced training and leisure shoe with champagne-coloured nylon uppers, velour reinforcements, soft heel wedge and rubber herringbone-design sole. Weight approx. 520 grammes. Sizes 3½-5½ - £9.40, Sizes 6-12 - £10.15

**TRX COMPETITION.** A flexible lightweight road racing shoe given the coveted FIVE STAR rating by Runner's World magazine. White nylon uppers with all-round suede trim and blue stripes; multi-studded sole with dual density shock absorbing heel wedge. Weight approx. 520 grammes. Sizes 5-5½ - £17.95, Sizes 6-12 - £19.50

**ALSO - TRX KID.** The junior version of the family TRX, with non-marking durable rubber sole. Sizes children's 8 to adult 5 (full sizes only) - £9.30

All weights quoted are approximate and relate to a pair of size 9s.

**MAIL ORDER.** Please enclose a foot outline and 45p. part postage and packing. All goods exchanged or money refunded if returned in new condition within 10 days.



THE CAUSEWAY, TEDDINGTON, MIDDLESEX TW11 0HE - Telephone 01 943 0239

Run by Runners for Runners

At the end of December, the Treasurer presented a list of 113 members who had not paid their subscription for the year 1978! A subscription that should have been paid twelve months earlier and which stood at £2.00 after the end of March through default! Since then 28 subscriptions have come in, but in the end 85 members have been struck off for non-payment and it is the same tale each year!

Failure to pay is, in most cases, just forgetting, so SEND OFF YOUR SUBSCRIPTION AT ONCE, if you have not done so, to:

Ray Williams,  
39 Nursery Avenue,  
Bexleyheath,  
KENT

Also, if you move, or, in the case of Ladies, marry and change your surname, please let the Treasurer or Membership Secretary know at once. Otherwise invitations and the B.M.C. NEWS will not get to you and it will be entirely YOUR fault.

The Membership Secretary is:

Charles Booth,  
34 Quarry Lane,  
Swaffham Bulbeck,  
Cambridge, CB5 0LU

## Speed in Endurance Events

By Harry Wilson  
BAAB National Event Coach

### Clarification of Speed

In sprints, there is no need to worry about fatigue:

In endurance events, speed is always linked to and governed by fatigue.

### Types of speed in Endurance Events.

A) Speed needed to stay with pace for major part of the race. This speed is dependent on oxygen uptake and ability to withstand oxygen debt.

B) Speed needed to match or inject surges during the race - largely dependent on (A), but technique also plays a part.

C) Finishing speed - varies from short very fast to long not so fast. Depends on (A) plus basic speed; plus technique; plus tactical ability; plus mental attitude.

The relative values of the three speeds varies considerably.

To be complete, the athlete has to have all three types of speed. Let us examine the types of speed in more detail.

A) An athlete must build up endurance side of the event, so that he can cruise along for the major part of the race. He has to be fresh physically and mentally during vital stages of the race - may be mid race, may be at the finish. Endurance is linked to specific distance. A man may have endurance to run 20 miles in 1 hour, 50 minutes, but not endurance to run 5000m. in 14 minutes. Yet usually we say that such a man hasn't the speed to run a fast 5000m. 4:30 for a mile may be fast or difficult - but 14 minutes is fast and difficult. The same with 4 minutes for 1 mile.

Gradual development of large oxygen uptake is the major factor in developing this sort of speed. Mainly the result of steady runs. Steady pace runs, but not all at the same pace, i.e. longer slowish runs of 10 to 15 miles; shorter faster runs of 4 to 8 miles.

Also work at race pace, e.g. repetitions over 1000m. for 1500m. runners; repetitions of 2 miles for 10000m. men.

I recommend the use of hilly circuits for these repetitions. Development of efficient, relaxed style is important. No energy wasting actions. Relaxing while cruising along means being able to be active mentally and able to react quickly to race developments. As opposed to the quote: "I was so busy just holding on to the pace that I had no time to think about the others."

Developing this sort of speed needs time. Gradual mileage build up over a period of years. One period each year specifically on this track. Eight hundred metres may prove exceptions - some people have so much basic speed that race-pace is relatively slow. I feel that this is the most important side of the 800/1500 events

\*The expected trend of 400m. runners taking over the 800 event hasn't materialised.

If the race pace is fast, there must be oxygen debt involved, so there must be some specific work to combat this. My form of oxygen debt work is usually built around several sets of a small number of repetitions - very short recovery between repetitions - longer recovery between sets.

e.g. 1500 runners:  
4 sets of 2 x 300m. (15 secs between reps)  
4 to 5 minutes between sets.

10000 runners:  
4 sets of 2 x 1000m. (30 secs. between reps)  
2 minutes between sets.

To develop relaxed action and attitude some work is done with emphasis not on achieving fast times, but on achieving reasonable times as smoothly as possible, i.e. the runner arrives at the end of each repetition with as low a pulse rate as possible, e.g. 4 x 1000 in 2.35.

1) 2:35 - pulse at end 156 - after 2 mins. rest 72.

2) 2:33 - pulse at end 156 - after 2 mins. rest 78.

3) 2:32 - pulse at end 168 - after 2 mins. rest 90.

4) 2:28 - pulse at end 180 - after 2 mins. rest 114.

B) Surging Speed - It is obvious that ability to cruise is vital, but the athlete must be able to withstand oxygen debt during the race, then partially recover.

Oxygen debt training is necessary, but also the ability to change running technique quickly. Practice changing action, e.g.

Reps of 200 - 100 stride, 50 fast, 50 stride  
Reps of 200 - 50 fast, 100 stride, 50 fast

C) Finishing Speed - This is related to endurance build up. Basic sprinting speed is important - particularly in 800/1500 races.

There are various types of finishing speed  
Viren 800m. at the end of a 10000 race;  
Ovett 200m. at the end of 1500. Requirements are - ability to sprint - technique - leg strength plus mobility. Technique should be practiced as well as working on strength and mobility, including resistance work and running through sand and mud. Many runners are unable to change to sprinting technique.

Under distance races so as to get the feel of a faster pace. There should be no specific training for the shorter races, e.g. for a woman 800/1500 runner, 54 for a 400 without specific preparation is more useful than 53 after many specific sessions.

Race positioning is important in order to make the best use of finishing speed. Mental attitude must be right. The athlete must believe in the ability to beat others at the finish and enjoy that way of running. He must be prepared to risk experimenting and relish the physical contact that is common in the shorter races.

Timing the development of the types of speed - long term - short term - is important. The athlete must not arrive at the

competitive season short of endurance speed. The sooner the athlete starts working on basic speed and technique the better. There are different approaches to the development of the three types of speed. One approach is to develop all speeds concurrently, another is to devote periods of time to develop specific speeds. One thing is sure, neglect one part and sooner or later it will show up.

An old Chinese proverb runs: "Repair the roof while the sun is shining."

## Looking at People By Dave Cockledge

Let's take a trip down memory lane. I'd like to go back eighteen years to the 1960 Olympics and one of the most devastating displays of foot racing in history. The date is Tuesday, September 6th., in the Stadio Olimpico, Rome. Nine nervous milers line up on the red cinder track for the 1500 metres final on a warm, muggy early evening. Among them is Herb Elliott of Australia. The Olympic 1500 metres is traditionally a tactical race, but this man couldn't care less about tradition. He knows only one tactic - to throw in, in the third quarter of the race, a relentless, man-killing drive, powered by animal strength; thousands of miles of punishing sand hill training and a brain insensitive to the subtleties of foot racing. Herb Elliott runs to win.

In this heat, the hawk-nosed 22-year-old ran an effortless 3:41.4 with wraps still on, proving to any doubters that his two season absence from top class racing had not left him short of conditioning. He looked awesome.

Now he draws the pole position as the finalists come under starter's orders. The gun cracks but Elliott makes no use of his advantage. He allows three men to cut in ahead of him, then swings wide on the first curve. He looks calm a purposeful as Michel Bernard of France leads Dan Waern (Sweden), Zoltan Vamos (Rumania) and Anre Hamarsland (Norway) past 300 metres in 43.0. Elliott runs alongside the young Frenchman, Michel Jazy, as Bernard continues to cut out a fine pace, past 400 in 58.2. Down the backstraight he is shunted to sixth, but into the homestraight he moves wide again and is fourth at 700 (1:42.5) and third behind Bernard and Waern at 800 metres in 1:57.8. Suddenly Elliott is up and away. The pace had averaged 14.7 for each of the eight 100 metres sections and the last two had been over 15 seconds. Elliott pumped hard without warning and ran one in 13.2 to grab the lead and Olympic tradition vanished. His legs reaching out in a smooth, powerful tempo Elliott pours on the pace and the bunched pack behind him thins out into a lone file of somewhat dismayed milers.

Passing the kilometre in 2:25.4, Herb Elliott is chased by Istvan Rozsavolgyi of Hungary and Jazy, with others straining to keep up the cruel pace. The bell clangs in 2:40.0 and 's Elliott, Rozsavolgyi, Jazy and Vamos with Bernard and Dyrrol Burlinson (U.S.A.) trailing off, pursued by Waern, Jim Grelle (U.S.A.) and Hamarsland. The stoop-shouldered Australian completes his third lap in a blistering 56.0 seconds. But this is Olympic competition and runners are still on his heels. Rozsavolgyi, world record holder at 2000 metres and 1959 number one in the world at 3:38.9, looks menacing and Jazy, a speed burner with 1:47.9 for 800 to his credit, is running the race of his life.

Once again Elliott picks up the killing tempo, storming down the backstraight in 13.6. That gives him eight metres on Rozsavolgyi and Jazy, who finally have to let this superman go. With 200 metres of this pulsating race left to run, a wild-eyed man leaps to the edge of the track waving a white shirt frantically. Its coach Percy Cerutti defying Italian police and possibly international rules to signal to Elliott that he should go all out for a world record. Herb obliges, speeding around the bend in another 13.6 and widening his lead over Jazy to over a dozen metres. Then he slows. He is still trying desperately hard, but he has already given too much and is straining as he hits the tape in 3:35.6, four-tenths under his world record run of 1958. His last 100 metres had taken him an agonised 14.4 seconds, but Herb had won the gold medal by almost 20 metres - the largest winning margin in Olymp. 1500 history. He had covered his last 400 in 55.6 and the final 800 in 1:52.8. He had annihilated one of the greatest fields of milers ever assembled and pulled off the ultimate in athletics; an Olympic title in world record time.

Behind him, Jazy passes Rozsavolgyi coming off the final turn and finishes with a blaze of speed to record 3:38.4, amazing himself, France and the world. Swigging Italian beer in the interview room afterwards, Elliott confesses: "I've never heard of him!". Rozsavolgyi holds on well for the bronze medal in 3:39.2 and Waern is fourth ahead of Vamos and Burlinson.

Asked if the race suited him, Elliott replied: "I won, didn't I? I'd say everything suited me." About his former attitude, which bordered on contempt for gold medals and the Olympics, he said: "It's an experience I'll never forget." He concluded: "Cerutti wanted a faster pace, but if it had been any faster I could hardly have finished."

Jazy said: "I suffered the woes of hell down the homestraight, but I think I would have tortured myself to go a bit faster if I had known I was that close to

the European record (3:38.1)." He is destined to succeed Peter Snell as world mile record holder in 1965 with 3:53.6.

The full result of this historic race reads:-

1. Herb Elliott (Australia) 3:35.6 (World Record)
2. Michel Jazy (France) 3:38.4
3. Istvan Rozsavolgyi (Hungary) 3:39.2
4. Dan Waern (Sweden) 3:40.0
5. Zoltan Vamos (Rumania) 3:40.8
6. Dyrrol Burleson (U.S.A.) 3:40.9
7. Michel Bernard (France) 3:41.5
8. Jim Grelle (U.S.A.) 3:45.0
9. Arne Hamarsland (Norway) 3:45.0

I write about this race because I think its important sometimes to take a look back at some of the great deeds that man has achieved in the world of track and field athletics. There has never been a greater mile runner than Herb Elliott, unbeaten over 1500/mile during his international career. True, in comparison to modern milers like Walker, he raced sparingly. But he threw an aura over his rivals during his active years that remains quite unparalleled. Consider: His 3:35.6 was not beaten by a British athlete until 1977, and it was not until June 1978, almost 20 years later that two Britons (Frank Clement and John Robson) crept under Elliott's former world mark of 3:54.5 for a mile! Then, consider that Elliott was racing on cinders and that his marks were winning performances. None of this getting into paced races and getting pulled to a fast time for Herb. He also ran 3:36.0 for 1500 in 1958, a time only Overt has ever beaten among U.K. runners. Yes, Herb Elliott was The Greatest.



HERB ELLIOTT WINS IN ROME OLYMPICS

## Improvement in Womens

### M. and L.D. Standards

by Ron Holman

### BAAB National Event Coach

#### SPEED

The quality of middle and long distance running is influenced by the runner's basic speed, which is usually determined over distances ranging from 30 to 80 metres.

For the sake of simplicity, Ozolin (1959) suggested using the best recorded time over 100m. in order to determine a runner's basic speed and thus the so-called 'speed reserve'.

Ozolin hypothesised that the greater the 'speed reserve' of a runner compared with an opponent with the same endurance qualities, the greater the chance of the first runner winning in a final sprint.

Ozolin used the following formula:-  

$$\text{SPEED RESERVE} = \frac{\text{Time for Total Distance}}{\text{No. of 100m. units in distance}} - \text{Best 100 time}$$

Example:- Runner A. 800m. in 1.46 sec.  
 Best 100m. 10.8 sec.  
 Runner B. 800m. in 1.46 sec.  
 Best 100m. 11.5 sec.

$$\text{S.R.(A)} = \frac{106}{8} - 10.8 = 2.4 \text{ seconds}$$

$$\text{S.R.(B)} = \frac{106}{8} - 11.5 = 1.7 \text{ seconds}$$

Applying this formula to top ranked 800m Intermediates (1978) the following facts emerge:-

(1) Kirsty McDermott (Brecon) - 2:07.7

$$\text{S.R.} = \frac{127.7}{8} - 12.2 = 3.8 \text{ seconds}$$

(2) Alison Clifford (Wycombe) - 2:08.9

$$\text{S.R.} = \frac{128.9}{8} - 12.5 = 3.6 \text{ seconds}$$

It would be reasonable to suppose that Judith Croasdale (Blackburn) would produce similar figures since both her 800 and 400 times compare to the former girls.

However, Sandra Arthurton (Leeds) who heads the 800m. rankings with 2:07.5 appears very well down the 400 list (58.5) and it is doubtful if she could run faster than 13.0 seconds for 100m., which would give her a speed reserve of only 2.9 secs.

Note, however, that Arthurton also heads the 1500m. and 3000m. rankings. McDermott does not appear in either, and both Croasdale and Clifford in lowly positions (27th. and 28th.) in the 1500 only.

Does this indicate perhaps that the former girls' problem is one of endurance rather than speed? The writer's observation of some of these girls at training camps in the last few years would support the theory.

This is not to undervalue the importance of training our young runners' basic speed qualities. The means of developing these have been clearly outlined in various publications, but experience at coaching and training courses and at coaches' examinations has demonstrated that minimal (if any) regard is given to such methods as harness runs over 80-150m. and techniques such as running (sprint) drills. Downhill and uphill sprints are often included but usually on a random basis and often at inappropriate times in the athlete's preparation.

#### ENDURANCE

Maximal oxygen uptake is a measurement of maximal motor power, which, as Watson and others have demonstrated, is a dominant factor for a good performance in endurance events (i.e. 800m. to Marathon)

Figure 1 shows values obtained from various sources. The first 4 blocks represent tests conducted on a normal female population in the various countries indicated and the last 2 blocks are from studies conducted on female athletes in Southern U.K. and Norway respectively.

The Southern U.K. figures were obtained from top-ranked female 800 - 3000m. run-

ners and it can be seen that they are generally above those from normal populations and approximate to those from the Norwegian athletes (even allowing for a suspected 10 to 15% error).

Astrand (1952) has shown that before puberty there is no significant difference in maximal oxygen uptake between girls and boys, but thereafter the female's power averages 70 to 75% that of males. The highest maximal oxygen uptake value is reached between 18 and 20 years, but in the opinion of Watson and others, if training is continued, this figure can be maintained or even increased (by perhaps 20%) for another 10 year period.

Figure 2 represents the age of Southern athletes (with mean indicated) as compared with the 1972 Olympic finalists at 800m. and 1500m. It can be clearly seen that with most of the Southern athletes the possibility of increasing VO<sub>2</sub> MAX. over the previously mentioned age range exists.

Comparison may also be made with other body parameters and Figure 3 represents a weight comparison between the two groups.

#### TRAINING MAXIMAL AEROBIC WORK CAPACITY

Watson has suggested that the most efficient way of training this system is with "activity slightly less than maximal intensity (95%) for up to 4 minutes work."

A practical example of how this might be effected would be -- Running a distance that could be covered at 100% intensity in 3 minutes (e.g. 1,100m.) three to four times in 3m.9sec.

Astrand and Rodahl have suggested that intensities as low as 80% have a training effect on "healthy young persons (? non-athletes).

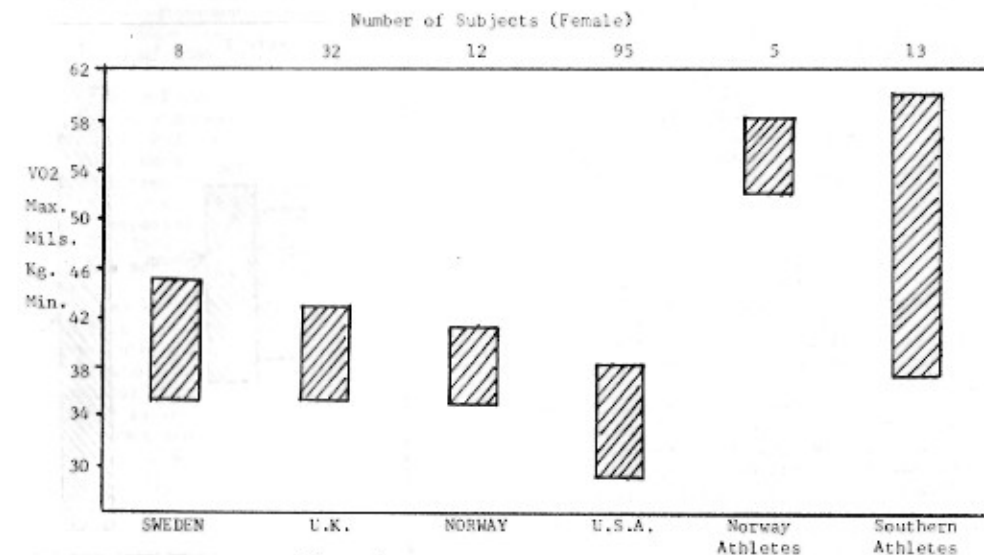


Figure 1

All authorities agree that the effort should not be less than three minutes, that the recovery period should approximate to the duration of the effort and that the effort should be repeated at least three to four times. It seems practical to work from the lower (85%) to the higher (90%) intensities during the course of the athlete's preparatory period.

Questioning of athletes and coaches often reveals that few female athletes (excepting the very top-ranked seniors) run for as long as three minutes on an interval basis regularly.

#### TRAINING OXYGEN TRANSPORT SYSTEM

Watson has suggested activity at "submaximal intensity (85%) to last for about 60 minutes to develop endurance."

Astrand and Rodahl have also indicated the importance of this activity to "develop the ability to tax a larger percentage of the individual's maximal aerobic power" and cite a minimum duration of 30 minutes for training effect.

A practical example of how this might be effected would be...

Running 85% of the distance that could be covered in 60 minutes at maximum intensity in 1 hour.

e.g. 10 miles in 1 hour at maximum; training run = 8½ miles in 60 minutes.

OR, alternatively... if 58 minutes = best time for 10 miles -

Run  $\frac{100}{85} \times 58 = 68$  minutes for 10 mile training run.

The East German training manual lists distances and times for continuous running for women middle-distance runners as below:

Beginning of Preparatory Period	
Distance (km.)	Time (mins.)
5 to 15	17-20/55-65

End of Preparatory Period	
Distance (km.)	Time (mins.)
10 to 18	35-40/70-85

Questioning of athletes and coaches reveals that many would regard 10km. as a 'long' run and many would not run the distance as fast as 40 minutes, not to mention 35 minutes. Many would still question the logic of it being necessary for an 800 runner to cover 'as far' as 18km. in training.

This demonstrates a woeful lack of the physiological knowledge pertaining to the middle and long-distance events and represents a circle of faulty education (coach-athlete-coach) which must be broken and re-established correctly if we are to progress in these events.

It is clear that during the post-pubertal and pubertal phases significant physiological advantages can be instituted in addition to inherent genetic endowment providing the correct emphases are applied in training. There seems little that we can do to alter our schools curricula which in no way prepare our children for any future sports development. In East Germany it is

stated that from 13 to 14 years, children spend 2 x 45 minutes weekly in school, and 4 to 5 x 90 minutes weekly OUT of school on such 'many sided' activities as athletics, swimming and gymnastics Etc.

The purpose of this paper is to examine some of the factors involved in our current position in women's middle and long-distance running. It is possible that there are other factors of at least equal importance to those examined here (e.g. sociological, psychological, Etc.).

Positive indoctrination of coaches is more likely to lead to greater improvement in the long term than the sole education of athletes themselves.

It is probable that to achieve anything a considerable upgrading of the coaching award is necessary together with on-going education programmes (?compulsory) for existing qualified coaches.

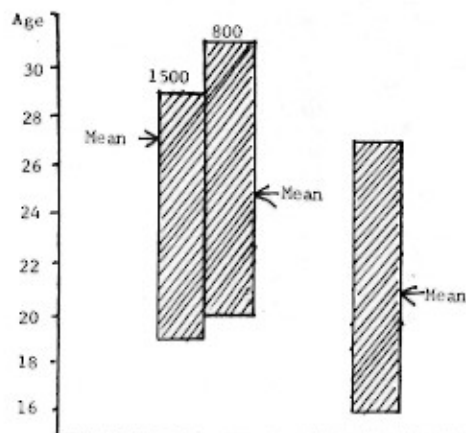


Figure 2

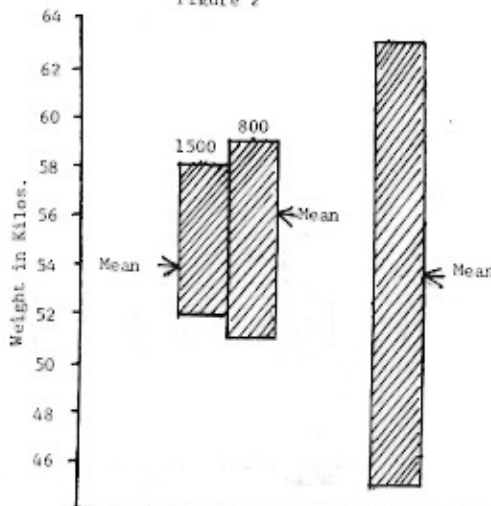


Figure 3

## Letter from Conrad Milton

Dear Sir,

Whilst I must obviously confess to a degree of natural bias, I think Dave Cockledge has been a little unfair to our top lady 3000 metres runners in his report of the Commonwealth Games. I refer particularly to his statement: "Girls like Greta Waitz, Natalia Marasescu and Loa Olafsson are really half a lap ahead of us in this event and I don't see any sign of the gap closing." His subsequent European report in the same issue includes the contradiction "British Girls are showing some improvement here."

For two years now the first quote has been patently untrue and was clearly shown thus in the subsequent European, when Fudge and Ford both beat Olafsson and were 15-20 behind the winners - hardly a 200 metres split in a 3000.

Some interesting facts might put the performances of 1977/8 in their true perspective:-

1. The highest ranked U.K. female track athlete in 1977 was Ann Ford in 6th.; not even Lannaman and Hartley could match that and Mary Stewart was 15th. (see A.W. 14/1/1978). Even if field events are added only Sanderson affected the position.

2. In the European Cup semi on July 17th. 1977, the U.K. won only four events, one being the 3000, when Mrs. Ford outkicked (and that's not too common!) the East German, Meinel. Despite the windy conditions that day, Ann completed the second half of the race faster than Jane Colebrook ran the match 1500!

3. European final saw Ann 4th., only 6 seconds down on Bragina, with 8:55.9.

4. Her subsequent improvement to 8:52.8 was perhaps the most level pace 3000 ever in terms of 1500 splits - 4:26.4/4:26.4.

5. Paula Fudge was the only U.K. girl to record a personal best in Prague (with Ann only 0.3 outside her best) and the progression from 9:16 to 8:48.7 must constitute some record, apart from demonstrating her ability to 'peak' at the right time.

6. Comparison of the U.K. top 50 list for 1977 and 1978 will show improvement from 1 to 39 with most progress at the top end of the scale.

7. The 1978 World listings say that Paula is 13th. and Ann 16th.; only three U.K. women track athletes are higher (Hartley 8th. 200m.; Lannaman 11th. 100m.; Boothe 12th. 100m. hurdles) with only Sanderson (5th. javelin) higher in the field.

Yours sincerely,  
C. L. MILTON

## RACE RESULTS

Compiled by Ray Williams

CRYSTAL PALACE - 8th. November - cool, calm

600 Metres - Men

1. M. Christy	1:22.5
2. G. Long	1:22.6
3. W. Tarquini	1:22.6

WEST LONDON - 7th. December - v.cold, windy

1,200 Metres - Women

1. B. Lovett	3:39.5
2. B. Tierney	3:43.8

CRYSTAL PALACE - 13th. December - cold, windy

1,200 Metres - Men

1. P. Williams	2:57.0
2. T. Hutchings	2:57.6
3. G. Long	3:00.5

SOUTH WEST AREA 10 MILES HANDICAP - DEVON

26th. December - cold and snowy

1. C. Monk	49m.56
2. G. Seward	51m.45
3. A. Boast	52m.22

WEST LONDON - 6th. March - cold, windy

1,200 Metres - Men

1. G. Jackson	3:01.5
2. R. Hanna	3:03.2
3. B. Dickens	3:09.4

3,000 Metres - Women

1. A. Mason	9:29.8
2. L. Silva	10:00.6
2. J. Vernon	10:26.8

### How to Improve British M.D. Running

By holding more training week-ends in the North of England.

Ivor Jones - Kendal

I feel that coaches should be much more willing to share their knowledge and experience with other coaches. This could best be achieved by having coaching sessions arranged where coaches who are coaching top athletes would have their 'stars' perform a training session for others to observe. The coach would explain in detail what the session was intended to achieve and what part it played in the athlete's schedule. This is already done for field events!

George Dance - Huddersfield

By more co-operation between clubs. The operation of meetings such as the Stretford Track League, where B.M.C. races are held is very helpful if you belong to a smaller club. Britain could do with at least one more indoor track.

Neil Millar - Altrincham

Improving knowledge and understanding of coaches and by passing this on to the athletes.

John Tonner - Clydebank



By ensuring that all the best and successful ideas on coaching, training, etc. are brought to the attention of all the coaches and athletes to whom they can be of use.

Stuard Moore - Kenton

Middle distance running can be improved by arranging for athletes who are potential internationals, or who have gained international status, top class competition. This gives the athlete the opportunity to race flat out against some of the top middle distance runners in the country in his own age-group. This system can only work if the races are put on by some organisation and supported by the athletes.

Stephen Flint - Thetford

By our runners, especially the ladies, having the confidence to run faster at the right time.

Derek Mann - Rossendale

(1) Better facilities with university and the military service (witness Cuba's rise in middle distance running).

(2) An improvement in weight training facilities next to tracks.

(3) Better use of communal facilities (e.g. school gyms).

(4) More money into club level.

(5) A sustained 'sports for all' programme.

Michael Coram - Bristol

I think that athletes in areas with poor facilities (such as the South-West) should be given the chance of top-class races. Counties such as Devon are unlikely to produce a large number of good athletes when there are only two cinder tracks. I think there should also be more specialist coaching days for athletes.

John Brewer - Newton Abbot

I would like to see more middle-distance running done in schools. Also clubs joining together for all-day training sessions and more courses and lectures for runners and coaches.

Wendy Bonfield - Esber

By more races abroad and better competition. Part time jobs for talented athletes to enable them to train. By improved medical knowledge to help athletes.

Jane Wingrove - Mitcham

I think that international class athletes should be given more opportunity to compete against foreign opposition outside the usual international representative matches. To compete in two-a-side confrontations cannot possibly prepare an athlete for European or Olympic Games.

Also by unselfish running in domestic events the standard could be raised, thereby preparing athletes for the faster international competitions.

Richard May - Bradford

## FAST - RELIABLE

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