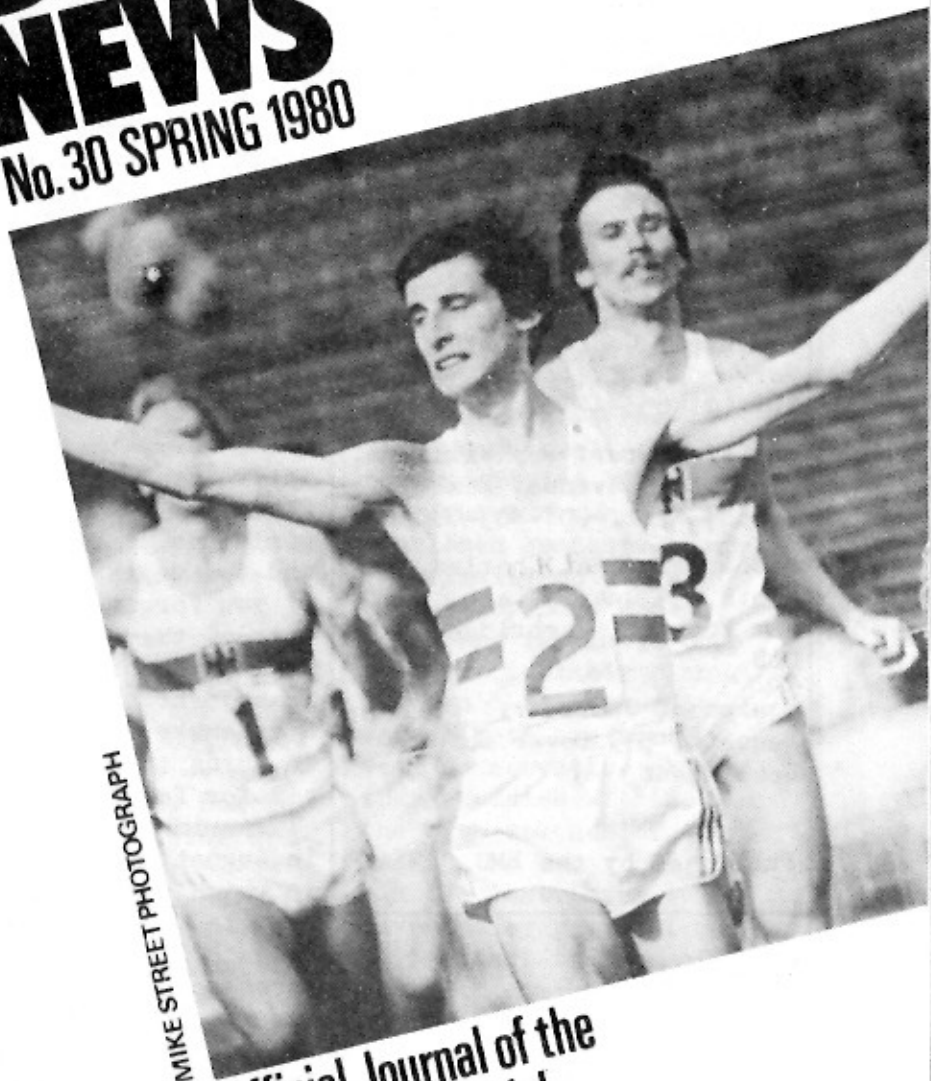


BMC NEWS

No. 30 SPRING 1980



MIKE STREET PHOTOGRAPH

**Official Journal of the
British Milers' Club**

BMC news

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Front Cover

He's run 400m in 46.87,
800m in 1:42.4, 1500m in
3:32.1 and a mile in 3:49.0.
He's SEBASTIAN COE, The
Athlete of the Year, 1979.
BMC President, 1978/9.
(Mike Street photo).

President's Message

CHRISTINE BENNING.

Firstly, I would like to say that it is a great honour to hold this position, especially considering the preponderance of male Presidents of the BMC we have had in the past.

Secondly, I'd like to discuss women's middle distance racing. If you read the overseas results in AW you will see numerous races held in Russia, Bulgaria and Rumania won in very fast times. The interesting factor is that there are usually several girls behind the winner and the depth is amazing. If you forget the idea that some of them are possibly taking steroids, one thing is evident: they either have a pacemaker or they take it in turns to lead and really aim for fast place times.

I ran in Viareggio (Italy) in August in a 1500m race in which two Rumanian girls competed. Lovin, who usually races 800m, set the pace for Maracescu for the first 2 laps and the latter clocked a personal best of 3:58.2. They had worked together for that result.

What I am taking a long time to say is that in Britain, most races are tactical: one poor girl sets the pace



Two of Britain's finest, Christine Benning and Christina Boxer fight it out over 1500m. Following is Grete Waitz (Norway)

and the rest follow hoping to sprint past at the end. We tend to run, slow, tactical races because we are worried about being beaten and consequently being dropped from teams etc.

Then, when we find ourselves in a very fast race we have difficulty keeping up with the pace because we are simply not used to it.

My message is as follows: Let us co-operate to achieve higher standards. BMC races, League Races etc present an ideal opportunity to experiment with taking turns to
Continued on page 6

Editorial

As we head into the 1980's we are beset by the twin problems of those cumbersome amateur laws and increasing evidence of drug abuse.

Cynics who maintain that athletes currently getting generous money-under-the-table 'expenses' for racing do not want the laws to change because they are loath to pay tax on them are perhaps all too excellent judges of human nature. Nevertheless we may well see those outmoded 19th century rules drawn up for gentlemen amateurs years ago finally go out of the window this decade,

and some realistic ones drawn up in their place. But don't hold your breath. There are some very conservative old fuddy-duddies within the high reaches of the IAAF.

In the last issue I gave out my personal belief that the use of anabolic steroids for middle distance runners is much more of a reality than so-called 'Blood boosting'. The banning of three Eastern European female runners after dope tests at the Balkan
continued on page 11

The challenge of the mile by Cordner Nelson

5

(The mile is running's classic racing distance - and virtually always has been. Cordner Nelson, author of **RUNNERS & RACES**, the definitive history of the event, relates in these vignettes the greatest races in the mile's illustrious past).

From all over Britain they came to Lillie Bridge in their dark suits and derby hats, by train from Scotland, by coach, buggy, and on foot. They jammed London streets until no more traffic could move, and when they reached the track an hour before the race, they found the seats full and the gates padlocked. A low, rumbling anger spread through them and they tore at the walls of the stadium with their bare hands. They opened wide holes and poured through like ants until they filled the infield and all the space around the track. They would not be denied, for this was the sporting event of the century, a foot race between the two greatest runners in the world.

The year was 1885, a wonderfully un-sophisticated time, before television, radio or

movies; a time when man's individual achievement was more challenging than technology. And no challenge is more starkly elemental than footracing. No technology propels the runner. No team-mates aid him. In his lonely quest, he has only his speed and strength and his

persistent courage. His opponent is another man, but his enemy is the clock.

Men raced each other in Greece, hundreds of years before Christ was born, but there were no records then, for watches had no second hands until almost 1700 AD. Timing doubled man's excitement in competitive racing, and during the 19th century professional foot racing became the most popular sport in Britain.

And so, when amateur champion Walter George (4:18 & 2/5ths) turned professional in 1885 to pay his debts, he challenged the pro champion, William Cummings (4:16 & 1/5th) and public interest boiled over. Cummings' fans were sorely disappointed when he broke down on the last lap under George's punishing pace. But he won two longer races against George and his 4:16 1/5 was still the fastest ever, and so he

had many enthusiastic backers when he challenged George in 1886. This would be the first milestone in a 90-year series of 24 record-breaking miles.

1 LILLIE BRIDGE, LONDON, AUGUST 23rd, 1886:

Crowding the red 440y cycling track, 20,000 fans watched George's black-clad figure spurt into the lead at the starting gun. Five inches shorter at 5'6 1/4 (1.68) and wearing all white, Cummings trailed closely, touching George's flying heels with his finger tips to annoy him.

George set a courageous pace, but his laps of 58 1/2, 2:01 1/4 and 3:07.8 could not make Cummings quit. With a lap to go, Cummings shot past, and his backers cheered wildly as he pulled eight yards ahead. On all sides, George heard cries of "Cummings wins!"

It was the habit of professionals to quit when they were beaten, for only first place paid. But George failed to recognise defeat. On the backstretch Cummings began to slow, and George fought alongside him on the last turn, then into the lead. George's backers roared with delight when Cummings gave up and th-

air man coasted through the tape.

Then, in eerie silence, the spectators waited for the time to be written on a blackboard. When the chalked figures of 4:12.8 (4:12 3/4) were posted, pandemonium broke loose and frenzied fans pounded George on the back until he could scarcely breathe. Even eased up at the finish, the time was so fast nobody would lower it significantly for 37 years.

2 CAMBRIDGE, MASS., JULY 16th, 1915:

Norman Taber, the 24-year-old bronze medallist of the 1912 Olympics and a Rhodes scholar, rode the train from Brown to Harvard with his fiancée. His purpose: a rare solo attempt to break J.P. Jones's amateur record of 4:14 2/5. Instead of a man to man challenge, this was man against the clock.

Taber had spent six months preparing. The Harvard track was fast, the weather was perfect, and he gave three runners head starts so they could pace him.

He used a natural pace, with a quick start in 58 sec, then a long coasting period (2:05 at 880 and 3:13 at the bell) Unkind critics had called him

6 a plodder, but now he began a long, driving finish, past 1500 metres in a record 3:55, and into the homestretch. His legs felt heavy, and he slowed, as he finished in 4:12 3/5.

A warm hug and a kiss greeted the fastest miler in history, faster even than George - by less than a fifth of a second.

3 OLYMPIC STADIUM, STOCKHOLM AUGUST 23rd, 1923

The Swedes thought their new hero, Edvin Wide, could beat Paavo Nurmi, and so they issued an international challenge to the athletics-mad Finns.

Beginning when he was nine, peering wistfully through a fence at an exclusive boys track meeting, Nurmi wanted, more than almost any man, to be a great runner. He took a job at 12 to help support his fatherless family and he knew poverty, discipline, and hard work.

Now, at 26 he was the Olympic 10,000m champion and he had recently set three world distance records. He had no obligation to meet the Swedish challenge, but, to him, all life was a challenge and he surprised the Swedes by choosing Wide's best distance, the mile.

One Swedish newspaper wrote: "People will go to the stadium to see Nurmi break Taber's world record - and to see Wide beat Nurmi."

Nurmi planned to run an even

pace, but with 18,000 Swedes cheering, Wide ran around the 385 metre track faster than he intended, passing 440y in 60.1. Again Nurmi surprised the Swedes by moving smoothly into the lead, and the crowd grew quiet. Wide fought his way alongside Nurmi several times, but the tough Finn would not let his pass. Nurmi ran 2:03.2 and broke loose with 3:06.7 at the bell.

At 1500m in a record 3:53.0, Nurmi led by eight yards. He raced on to win by 18, with only a few Finns cheering.

The announcer silenced the crowd's grumbling and gave the time - 4:10.4. Now even the Swedes applauded. (Continued)

• continued from page 3
lead, run hard first laps etc and the end result is of no great consequence except to us. When we come to the Championship races we will know our capabilities and our weaknesses and will be prepared for anything.

I am sure that there are many more girls in the UK capable of running sub 4:10 for 1500 but they did not have the opportunity of running at that pace last Summer. Those who DID run sub 4:10 did so in fast races abroad.

Perhaps if we start to run faster times the foreigners will start to ask for invitations to come and race us!

I wish everyone a good winter's training.

Looking at people

By Dave Cocksedge

Ever puzzled over a conversion factor that gives a reliable difference between 1500 and mile times? Alternatively, have you ever wondered what your best 1500 time is worth for a full mile? Well, here is a method based on AVERAGE PACE that I use to convert up from 1500 to 1 mile. In converting back from mile to 1500m you may find this unreliable, precisely because it's based on average pace per 100 metres and is tuned in to metric (400m) tracks. You could, however, try average pace per 110y.

First, break your best 1500 time into seconds, i.e. 3:45.0 becomes 225 seconds. Then divide that figure by 15 for the average time per 100m (thus 225 sec divided by 15 becomes 15).

Then multiply your answer by 16 (15 x 16 = 240 sec). That gives you the average pace time for 1600 m. Now divide that by 60 to put it back into minutes and seconds. 240 divided by 60 equals 4 minutes exactly. Now, to allow for the extra 8.6 metres between 1600m

and one mile, add 1.5 seconds. Thus, 4:00.0 + 1.5 equals 4:01.5. So, on AVERAGE PACE, 3:45.0 for 1500m is worth a mile time of 4:01.5.

In converting back from a mile time, remember that because the distance is longer the 1500 result you arrive at will not be very flattering. For instance, working out Seb Coe's world record mile (3:49.0), based on average pace lap times (229 seconds divided by 4 = 57.25) works out to 3:34.7 for 3 1/4 laps of a 440y track. (57.25 x 3.75 for 3 1/4 laps). Of course, that isn't exactly 1500 metres, but 1650 yards. (1320 + 330y). There are exactly 1641.2 yards in 1500 metres, by the way.

So, I suggest taking off our old friend 1.5 seconds for those extra 8.8 yards. That gives us 3:33.2 for 1500 metres

My quote of the year was this gem from Craig Masback: "People call me the thinking man's miler, but I have to learn to use my brain a bit more when I'm actually racing on the track." Most unfortunate quote of 1979: Steve Ovett's "Whoever wins the Golden Mile will have a hollow victory..."

FRANK HORWILL

Tonbridge 'Trekker'

Some people make me sick when I read the tripe they write. Some make me sick when I just catch a glimpse of them standing at the Crystal Palace trackside as though they have just had an audience with God.

Brian Mitchell, senior BAAB Coach, author of the book 'Today's Athlete', succeeds in causing me great nausea when he writes in that BAAB 'mouthpiece' ATHLETICS WEEKLY, and when ever I see him looking down his nostrils with disdain at some youngster running a fast time.

For those of you who do not know Mitchell's philosophy, I remind them of his reference to the BMC in the above book. On page 64 he writes: "We must somehow lessen the emphasis on cold figures, in order to increase the emphasis on a very rich activity. The British Milers' Club have a lot to answer for here; setting out to persuade some athletes that this is all that the sport has to offer."

Well, we encouraged Coe and Ovett to run fast times in BMC races from the ages of 14 onwards. Do you think that we have

created monsters out of them? The answer is so obvious and Mitchell's assertion so ridiculous and one sided that one wonders why AW bothers with his ravings.

In his last effort he talked of our best youngsters having to go to the USA to get the right training 'context'; which, he claims, cannot be obtained here. In the same issue as his stutterings there were lists of the Top 50 UK middle distance athletes. NO AMERICAN TRAINED BRITISH ATHLETE APPEARED IN THE TOP TEN FOR THE 800 TO 10,000m EVENTS, BAR ONE.

If an athlete cannot make the grade in the UK with its' club structure, United Kingdom Coaching Scheme and the BMC, plus the close proximity of competition when compared to countries like Canada and Australia, then I feel he hasn't really got what it takes.

Mitchell's whole raison d'etre was that we lacked something here in the UK and that we were behind the rest of the world. WHERE THE HELL HAS THIS MAN BEEN IN 1979? I resent his articles in AW.

He writes as though he has coached great athletes. He has coached sweet Fanny Adam. I cannot recollect ONE GB international coming from his domain. On the other hand, Harry Wilson was coaching record holders like Dick Jones (4:02.8 as a junior in 1959); Ron Holman has coached several sub 2:20 marathon men; two GB track men and one GB international woman; Gordon Surtees has coached the UK steeplechase record holder. I have coached three UK indoor record holders, a World indoor record holder and a UK record holder outdoors. Why do I quote this list? Simply because AW seldom publishes articles from Wilson, Holman, Surtees and myself, who have had proven coaching success. They prefer the long-winded, narrow-minded and often factually wrong scribblings of this Tonbridge 'Trekker'.

Please go for a very long run, Brian Mitchell.

Keeping free of injury

I have said on a number of occasions that keeping an athlete running without injury should be our main concern. This often means that we cannot give him WHAT HE NEEDS but only what he can take and keep

running. This is why some athletes find the slogan RUN GENTLY, RUN LONG, fits their needs whereas a rigid adherence to 50% aerobic work and 50% anaerobic, has caused breakdowns in health and limb. This is where individual schedules come into their own. . . . Quite clearly, if a runner is allergic to uphill sprinting and is off a month due to injury, it is folly for the coach to return him to the same activity; or if he feels he must, then to exceed more than a third of the previous dosage is asking for trouble.

New treatment for runners

Two new things have occurred with running injury treatment. The first is that ICE treatment of injuries should follow this pattern:- (a) 15 minutes massage with ice (inside a polythene or plastic container); (b) 3 minutes of movement of the affected part; (c) 15 minutes more ice massage.

Running every other day on injuries is definitely advantageous as against every day usage and such sessions should be followed by immediate ice massage (Subotnick) to curtail internal bleeding.

The second new factor is the drug BRUFFEN 400 which

10 is indicated in the treatment of ALL athletic injuries. Two reservations are made as to use: Don't use it if you have peptic or duodenal ulcers or if you are asthmatic. I can recommend the drug; one of my athletes had every form of treatment possible from the physical medicine world for an inflammatory cuniform bone without success, but a week on Buffen 400 got him back running again within 7 days.

Another interesting bit of news from the medical world is about haematuria, blood in the urine, which is likely to occur if you bang up the mileage TWO PINTS OF BEER prevent its occurrence if taken daily; or failing this, during the marathon; so says T.J. Bassler of the American Medical Joggers Association. Haematuria can be fatal as it can cause kidney shut-down. Fortunately its incidence is about one in 50,000 runners.

Look backwards- Look forwards.

In some ways we have gone back in our spread of knowledge since the Geoff Dyson era. Senior coaches were thought to be worthy of a free coaching newsletter every six months

of so. This has stopped. There was a fleeting resurrection four years ago by the BAAB when Senior Coaches received a coaching pamphlet with articles from Harry Wilson, Denis Watts, and others. This was a one-off affair, but to my astonishment I have learned that the Staff Coaches get it sent to them - but no one else. It has been argued that we should buy ATHLETICS COACH to keep up with out subject. This is a very spurious argument. Staff Coaches get an allowance for doing their job and a free hand-out. Senior Coaches who have to pay out of their own pockets to coach should also get a free hand-out of the latest information.

It has been left to the BMC in the first instance to send out free coaching newsletters, and when that trod on a few people's sensitive toes I undertook it privately. I can no longer do this due to changed financial circumstances.

Perhaps the BMC Committee will rethink this policy at its next meeting, now that Dave Cocksedge and myself are in the editorial seat. Estimated cost of one foolscap page, printed on both sides, and posted to ALL BMC coaches every 6 months in between the 2

NEWS issues, would be about £30 a year. Do you think it is worth it? Drop me a line at my new address: 62 Kelson House, Manchester Road, London E 14.

X: THE UNKNOWN MILER
Why have only one record holder in the mile when you can have 26? (Well, 25, actually). To be specific, here's a list of the fastest milers ever for each letter of the alphabet.

X has never had a miler at all, that can be traced.

- A 3:56.7 F Arese (It)
- B 3:51.0 F. Bayi (Tan)
- C 3:49.0 S. Coe (UK)
- D 3:53.7 R. Dixon (NZ)
- E 3:54.5 H. Elliott (Aus)
- F 3:54.7 K. Fleshen (WG)
- G 3:54.5 A. Garderud (Swe)
- H 3:54.6 U. Hogberg (Swe)
- I 3:57.2 D. Ibbotson (UK)
- J 3:52.0 B. Jipcho (Ken)
- K 3:53.1 K. Keino (Ken)
- L 3:52.2 M. Liquori (US)
- M 3:52.1 C. Masback (US)
- N 3:55.7 S. Nyambui (Tan)
- O 3:49.6 S. Ovet (UK)
- P 3:52.6 J. Plachy (Cz)
- Q 3:56.3 R. Quax (NZ)
- R 3:51.1 J. Ryun (US)
- S 3:51.2 S. Scott (US)
- T 3:53.8 B. Tummier (WG)
- U 4:04.7 J. Uolo (Fin)
- V 3:56.0 F. Van Zijl (SA)
- W 3:49.4 J. Walker (NZ)
- X ? ?
- Y 3:59.4 R. Young (UK)
- Z 3:58.7 J. Zemen (Hun)

(List reproduced courtesy of TRACK & FIELD NEWS).

Comments and subjective assesments made in BMC NEWS are purely personal observations and are not necessarily reflections of the views of the BMC Committee.

• continued from page 3
Games adds weight and poignancy to that warning.

But I'm prepared to believe that our men have achieved world dominance in miling without their use. Perhaps I'm naive. The observant will have noticed that BMC NEWS is now under new management. Hope you like the 'new look' of this our first issue. Charles Booth has done a fantastic job for the past 16 issues and has earned a rest. In closing, I'd like to thank him for his magnificent work.

DAVE COCKSEGE

SUB TIME.

If you haven't paid by March 31st, Treasurer Ray Williams will have to charge you double. Get that cheque off pronto! His address: 39 Nursery Avenue, Bexleyheath, Kent. Telephone: 01-303 0803.

Coe Vs Ovett-the big confrontation

They never met up in spiked shoe combat throughout the summer, but they both had seasons of high output in terms of track activity. In fact, the only time Steve and Seb met on the track in history was in the 1978 European 800m final in Prague. Olaf Beyer stunned them both in 1:43.8 after Coe had scorched through the opening lap in 49.3. Ovett clocked 1:44.1 for the silver medal and Coe (1:44.8) took the bronze. Below is an at-a-glance record of their respective seasons. Coe's first world record came over 800m in Oslo on July 5th followed by a 3:49.0 mile that made him a household name overnight. He ended his hectic schedule by clipping Filbert Bayi's 1500m mark by a tenth on August 15th. Just then, Ovett was getting into full gear. After taking the AAA 1500m

Coe's 1979 season

Cosford, January 27th (i)	3000m	7:59.8 (1)
Crystal Palace, April 25th	400m	48.3 (2) 47.4 relay
Loughborough, May 9th	800m	1:51.0 (1)
Cleckheaton, May 20th	400m	47.6 (1)
	800m	1:50.5 (1)
Loughborough, May 22nd	400m	47.7 (1)
	800m	1:54.8 (1)
Loughborough, May 31st	800m	1:47.9 (1)
	46.3 relay	
Stretford, June 16th	800m	1:46.3 (1)
Malmo, July 1st	800m	1:46.7 (1)
Oslo, July 5th	800m	1:42.4 (1) WR (1:42.33)
Meisingset, July 7th	800m	1:54.8 (1)
Crystal Palace, July 13th	400mht	46.95 (1)
Crystal Palace, July 14th	400m	46.87 (2)
Oslo, July 17th	Mile	3:49.0 (1) WR (3:48.95) (3:32.8m)
Spalding, July 29th	600m	1:16.5 (1)
Turin, August 5th	800m	1:47.3 (1)
	45.5 relay	
Viareggio, August 8th	800m	1:45.4 (1)
Zurich, August 15th	1500m	3:32.1 (1) WR (3:32.03)

Coe born 29.9.1956 1.76m/58.5 kg.

title he ran 15 races in 48 days, including 1000m in a UK record 2:16.0, 800m in 1:45.0, 1500 in 3:32.2 and a mile in 3:49.6. Whilst Seb was breaking the 1500 record in Zurich, Ovett was clocking 1:16.0 for 600m the same evening in London.

Then Ovett chased the clock and Coe's phantom in two record attempts in London and Brussels. In the Rotary mile, he was 2.2 sec behind Coe at 1500m when Seb ran his 3:49.0, and cut the gap to 0.6sec at the tape. Then in Brussels over 1500, he was 1.3 sec back at 1200m before before missing by a tantalising *Continued on page 15*

Ovett's 1979 season

Tullylease, May 20th	2000m	5:20.8 (1)
Crystal Palace, May 26th	1500m	3:53.1 (1)
	48.0 relay	
Enfield, June 9th	1500m	3:40.8 (1)
	47.8 relay	
Bremen, June 23rd	1500m	3:41.7 (1)
Njiimen, June 24th,	1500m	3:37.7 (1)
Dublin, July 10th	800m	1:46.2 (1)
Crystal Palace, July 13th	1500mht	3:44.6 (1)
Crystal Palace, July 14th	1500m	3:39.1 (1)
Hendon, July 28th	1500m	3:46.2 (1)
	47.3 relay	
Gothenburg, August 7th	1500m	3:36.6 (1)
Crystal Palace, August 8th	1000m	2:23.4 (1)
Crystal Palace, August 15th	600m	1:16.0 (1)
Berlin, August 17th	Mile	3:54.1 (3:40.2m)
Crystal Palace, August 18th	800m	1:49.8 (1)
Cologne, August 19th	800m	1:45.0 (2)
Crystal Palace, August 27th	800m	1:49.6 (1)
	47.0 relay	
Crystal Palace, August 31st	Mile	3:49.6 (1) (3:34.0m).
Brussels, September 4th	1500m	3:32.2 (1)
	(3:32.11)	
Koblenz, September 6th	1000m	2:16.0 (1) UK rec.
Gateshead, September 9th	Mile	3:56.6 (1)
Crystal Palace, September 14th	Mile	3:55.3 (1)

Ovett born. 9.5.1955 1.83m/70 kg.

More on steroids

From Ron Holman BAAB Event Coach

Here are some crystallised thoughts on the banning of Petrova, Marasescu and Silai for positive drug testing results at the 1979 Balkan Games:-

The paper I quoted from in reply to Mike Winch's assertions last year was from Finland. They found that steroid treatment caused a decrease in red cell 2,3 DPG which is closely linked with haemoglobin and oxygen transport, and summarised this as an 'unwanted effect in endurance sportsmen', stating quite correctly that it would 'most likely result in a negative effect on maximal physical performance.'

However, they did find that after treatment with DHEAS, which is a hormone precursor, a significant over-compensation in mean plasma testosterone was observed; and during this period (2 to 6 weeks after cessation of dosage) some good performances were recorded.

Of course, this substance is not synthetic and the raised testosterone could not definitely be attributed to the dosage. So the 3 girls getting caught really

indicates that they seem to be groping in the dark rather like the rest of the drug takers.

In 1975, in Manchester, a major study was carried out using weight-lifters. The authors concluded that anabolic steroids were effective ONLY when given in combination with exercise of high quality and a high protein diet. They referred to another study in which significantly improved performances resulted after 6 highly trained athletes THOUGHT they had been taking Dianabol, but had in fact been given placebos (psychosomatic effect). Their evidence was that the weight gain was due to water retention rather than increased muscle mass. Six of the 13 subjects had to stop the trial because of side-effects (not specified).

After stopping the drug there then followed a period of 'relative weakness which may last for several weeks'. They found more side effects than others have reported: jaundice, hypertension, urethritis, gastrointestinal haemorrhage, increased and decreased libido, and oligospermia. The commonest

manifestations were persistent headache and acne.

A 1976 Leeds study concluded that 'the question of anabolic action therefore remains open'. One can find studies that report that steroids do help athletes increase their strength or body weight or both; and others that report no effect.

All of the studies report NO effect on maximal oxygen uptake. This does not, together with the 2,3 DPG decrease, support the widely held belief that steroids reduce 'fatigue during the training period which allows more training to be done.'

Critics of these studies point out the (comparatively) low level of training carried out against inter-

national athletes' regimes. 15 All anabolic agents have an androgenic effect also; e.g. testosterone can cause hirsutes (hairiness, especially facial), acne, and virilisation of voice (as reported by the recently defected GDR swimmer). Liver damage is common, with peliosis, hepatitis and liver cancer. Cases of the last have been attributed to steroids since the 1950's, and many cases were reported in the early 1970's.

The discerning among us know that if one recommends the taking of ONE iron or vitamin tablet daily, many athletes and coaches will figure that TWO will therefore be even betterthe same applies to steroids.

• continued from page 13/ 0.08 at the finish.

Coe ran a 55.6 last lap against Ovett's 56.5 in their mile 'clash'; whilst over 1500, Ovett ran his last 300m in 41.4 against Coe's 42.6 after a pulsating 3 laps in 2:49.5.

The comparison of their 1500 pacing is highly interesting. In Zurich (15/8) Coe clocked 2:35.2 at the bell, whilst Ovett in Brussels (4/9) reached that point in 2:35.9. The next 100m was the decisive point. Coe ran 14.3 for 2:49.5 at 1200 and Ovett, following a faltering Willi Wulbeck, took all of 14.9 (2:50.8), before seizing the lead.

Coe ran a courageous race all on his own after a 54.3 opening lap, and Ovett was paced intelligently for 1100m. One thing for sure: when they finally meet up they will fill any stadium and it will be worth travelling across the world to watch the resulting sparks fly!

BMC quiz

Compiled by Dave Cocksedge

1. Who is the only man to win Commonwealth Games titles at 1500m and one mile?
2. Can you name the 3 Americans who gained 2 golds and a bronze medal between them in the 1964 (Tokyo) Olympic 5000 and 10,000m events?
3. Who is the East German female who has run 800m in 1:55.7 and 400m Hurdles in 55.63?
4. How many Britons have held the world mile record? Can you name them all?
5. Who was the first Briton under 3:40.0 for 1500m, and when did he do it?
6. Can you name the 18-year-old who set a world junior (under 19) record for the women's 1500m in 1978?
7. What is the fastest ever 1500m split in a mile race?
8. How many women have beaten 8:30.0 for 3000m? Who are they?
9. Who held the world mile record before Bannister's 3:59.4, and what was the time?
10. Name the European 5000m champion.

ANSWERS

1. Kip Keino (Kenya) He won the mile (3:55.3) in 1966 and the 1500m (3:36.6) in 1970.
 2. Bob Schul (1st, 5km), Bill Dellinger (3rd, 5km) and Billy Mills (1st, 10km).
 3. Anita Wates.
 4. Officially, the number is 4: Sydney Wooderson (4:06.7) in 1937; Roger Bannister (3:59.4) in 1954; Derek Ibbotson (3:57.2) in 1957, and Seb Coe (3:49.0) in 1979. But as a Professional, Walter George ran 4:12½ in 1886.
 5. Alan Simpson ran 3:39.1 in 1964.
 6. Brigitte Friedmann (GFR) ran 4:06.0 in 1978.
 7. Seb Coe ran 3:32.8 in his world record mile at Oslo on July 17th, 1979.
 8. One. Ludymilla Bragina (USSR) with 8:27.12 at College Park, USA, in 1976.
 9. Gunder Hagg (Sweden) clocked 4:01.3 in 1943.
 10. Venanzio Ortis (Italy).
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 Evaluation chart:-
 If you scored 10 out of 10: Go to the top of the class. You know your facts and figures.
 For 7,8, or 9: Good. You are pretty well up on statistics.
 5 or 6 - not bad, but a bit sketchy.
 Below 5 - Bad. It won't hurt to read up a bit more on distance running history.