

BMC NEWS

Official Journal of the
British Milers' Club

ISSUE NO.37 AUTUMN 1983



Wendy Sly (No.32) leads in WAAA 800m final, 1983. She set Commonwealth 3000m record of 8:37.06 in World Championships. No. 3 is WAAA winner Shireen Bailey, second UK female under 2:00.0 for 800m. Photo by David Cocksedge.

BMC NEWS

No. 37 Autumn, 1983

President: Wendy Smith
Chairman: Tony Ward
National Secretary: Gregory Moon, Old Forge Cottage, Shipton Cliffe, Cheltenham, Gloucester (Cheltenham 820272).
Treasurer: Janet Cole, 24 Kirchen Road, West Ealing, London W13.
Membership Secretary: Bob Small.
Equipment Secretary: Tony Linford.
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Deputy Editor: Frank Horwill, 62 Kelson House, Stewart Street, Milwall, London, E.14.

PUBLISHED BY THE BRITISH MILERS' CLUB.

BMC AGM at Deal (St.Margaret's Village Holiday Camp) October 29th, 1982.

Meeting was attended by over 70 persons, some not members.

- 1.No apologies for absence.
2. Minutes of the 1981 AGM read and accepted; signed by Chairman Frank Horwill.
3. Membership Sec's report: P.Llewellyn reported 'dramatic' increase in new members over 1980/81 figures. Total was 151. (broken in group age/ sections)
4. Races secretary report.
5. Equipment Sec. report. Bill Bennett reported 18 vests, 35 badges, 12 sweaters sold. Profit: £87. No ladies vests from Viga.
5. Treasurer's report: Income was £546.17, expenditure £452.85. Adjusted total was £3357.29. Deposit account: £215.
6. National Secretary's report: D.Cocksedge reported on a solid year of progress in most areas after a 'traumatic' AGM in 1981 where elected officers walked out.
7. Regions: FJH read out reports from Scotland, North West,

Eastern, South and Wales. (reports filed with National Secretary).

Election of Officers.

President: David Moorcroft
Proposed C.Booth, sec.D. Cocksedge

Vice Presidents: Committee proposed complete list plus Ann Hill and David Cocksedge.

elected. Prop: G.Moon, sec: T.Hutchings.

Chairman: Tony Ward. Prop.

F.Horwill, sec: D.Cocksedge

Vice-Chairman: Cyril Jerome.

Prop. F.Horwill, sec: G.Moon.

National Sec: Gregory Moon.

Prop. D.Cocksedge, Sec: F.Horwill.

Hon. Treasurer: Tim Hutchings,

(re-elected). Prop: T.Linford,

sec: P.Llewellyn.

Membership Sec: Philip Llewellyn

(re-elected) Prop: D.Cocksedge, Sec: F.Horwill.

Regional secs were re-elected en bloc with exception of East (Tony Settle).

Committee members: Elected -

Ms. Hilary Baxter, Kim Lock,

Janet Cole, Geoff Hall, Pat

Fitzgerald

Life Member: G.Moon proposed

Joan Allison for services to

the BMC over many years. Sec:

Ann Hill. Elected.

Honary membership: Cptn. Hart

of Junior Leaders Reg, Deal.

Prop; F.Horwill, Sec: T.Hutchings.

Ms. Ann Hill proposed that only

BAAB Senior Coaches and above

are qualified (as coaches) for

club membership. Carried, after

discussion.

Tony Ward thanked members for

their attendance and predicted

further advances for the club

in 1983. There was no other

business.

Chairman Tony Ward once again missed deadline (September) with his copy for this issue. Once he gets going, the wisdom just flows off his typewriter, but the trick is to get him started. Will he make it by the next issue?(Spring, 1984) How long can we reserve 4 pages for him? Don't hold your breath.

Editorial

The Helsinki World Championships was a feast of top class track & field that mesmerised us for an entire week in August, and, in my view, killed the Olympics stone dead. One hundred and sixty one Nations gathered for this jamboree without political posturing and in a friendly atmosphere of sporting trust. The IAAF made 4 million pounds in profit from tv money and advertising fees and there was no overcrowding by over-bred horse people and assembled jugglers/circus types that inevitably comes with a multi-sports gathering. The World Championships should have happened years ago.

These were not in fact the FIRST Championships, as the IAAF now like to claim. The Olympics were classed as the official World Championships in the initial IAAF Charter in 1913 and this was not revoked until 1978. So it seems that the Moscow Games were just the Olympics and the 1983 Championships the 14th World Track & Field gathering..... and what a success

There was the inevitable cheating by Nations claiming utterly false B standards to get athletes into the arena, of course. There is no simple solution to this, and the IAAF are determined to be lenient to emerging Nations. My feeling is that ANY grade A standard athlete should be eligible as these are the World Championships for the best athletes in the World.

John Holt tells me in a letter that he would go to Moscow if he wanted to see the top 8 Soviet Hammer Throwers and to Eugene if he wanted to see the best 8 American sprinters. My answer- why not have 'em all at one venue and save fares? John also says we must encourage poorer Nations. Quite so, but to use his own logic, if I wanted to see girls running 13 sec for 100m, I would go to the local primary school sports. I would

not expect to see that standard of racing at the World Championships.

There has been a disturbing trend in changing Championship timetables this year. At the Southern, the 1500m final was delayed two hours because one athlete wished to double up at 800/1500 and didn't feel 20 minutes was enough rest. It wasn't but he knew the schedule when he entered. I wonder what the reaction of the officials would have been if the athlete in question had not been an Olympic Champion? Are major titles now going to allow top athletes to bend the rules to their own ends whenever it suits them?

The AAA Championships was also rescheduled to suit US and British tv this year, as the whole affair was based around an invitation mile race to boost attendance and the AAA coffers. I note with some satisfaction that Steve Cram, who declined the invitation race, ran in the CHAMPIONSHIP event in the programme (1500m) and then went on to claim the World title.

The WAAA now have a mandate from constituent clubs to work towards an unified structure for the sport domestically. Perhaps one day we will see just one governing body, but that day is still far off, for the WAAA Executive prefer to feel that the 'silent majority' are satisfied with things the way they are, as 50% clubs did not bother to vote. Well, Marea, abstention does not entitle them to rule.

Join with the men now and you can ensure a takeover does not take place. Stay aloof and the circuit will freeze women out completely as it threatens to do even now.

I must applaud the AAA registration scheme launched this summer and widely advertised, even if the main objective seems to be to cream off some revenue from the vast numbers of joggers that have sprung up over the past three years. Let's hope the fashion lasts. However, the scheme would

Editorial continued:

be perfect if it entitled an applicant to a vote at the AAA AGM. The fee of £2.50 could surely be allowed to include this right. One man, one vote and direct representation is a principle the BMC has always supported. So now is the time for the AAA to start the sport on the path to true democracy. How about it?

David Cocksedge, Editor

track and field equipment

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BMC AT ACOTEIAS

This year's venture to the Algarve proved every bit as successful as the last. Heading out of London's worst Spring weather for a decade, we were greeted with hot (yes, hot) sunshine and photographers at Faro Airport (not because we are famous; they try to flog the photos to you on your return trip).

A 30 minute bus ride later, and we had reached our destination, surrounded by palm trees, forests and jogging trails, lay our oasis - TOURING ACOTEIAS.

Checking in, at reception, required more patience than some of us were endowed with, and we gracefully retired to the outdoor bar, for a quick refreshment, and to get in an hour's start on the suntan. As the long hot days followed, such British instincts were soon forgotten.

Finally, sauntering back to reception, we were smugly informed by our compatriots that all apartments had been taken! The problem was soon solved, and we ended up in a superb villa for eight. Quick introductions, and then it was time for an easy run....

One run and one shower (each) later, we sampled the local cuisine at a restaurant down the road, then tried one or two cocktails at the Acoteias Bar, followed by a quick bop in the disco (free every night) and then back to the villa which was already feeling like home.

Subsequent days followed a similar pattern of morning run, breakfast, beach, evening run, eating/drinking/dancing though many incidental amusements were included en passant.

'Jeux Sans Frontieres' was held on the first Saturday, with in theory, a team from every country present, though the Welsh were the only ones brave enough from the UK to battle the foreigners (unsuccessfully, need I add!)

We tried the Acoteias restaurant one night which (be warned) was

a complete disaster - sitting down at 19.30 we were not served until 21.45! I pitied the BAAB squad, who were forced to use this place daily, since they had paid full board. Ann Hill had shown more foresight than Frank Dick in letting us go self-catering. Much cheaper and it enabled us to try all the local restaurants.

Monday night and the infamous Toga Party. We spent all evening tramping around in sheets, to the amusement of all, trying to find Villa 42, and no one was there when we did! Steve Barry and Tony Blackwell will get their just rewards.....

Thursday, we paid a visit to the local town Albufeira, to buy up their market and eat at one of the restaurants in the evening. Getting home proved a trial since the buses had stopped, and the local taximen were unimpressed at Kim Lock and Ann Hill's busking...as usual Adam Perry and admirers chivalrously pinched the only taxi, and it was left to gallant Chris to run down the road to try and fine another whilst such greats as Fred Bell and Peter Barratt showed a total lack of initiative...

Back on the beach the next day, and poor Sharon and Carol were thrown in the sea (rather chilly, despite the weather) and Sue was engaged in a two hour conversation on her stomach, for fear of having to get up, and reveal her unwrapped upper half.

The next day, we travelled to a Portugese race, some 50 km west of Acoteias, at some unpronounceable venue, and totally slaughtered the local opposition in all events. Ann shocked the whole town with her enthusiastic encouragement, whilst Tony Blackwell overcame strong opponents to land the senior men's event and Sharon ran a brave race to win the Ladies affair. The 'Vets' event proved the most interesting, with all ages of Portugese against OAP foreigners, and they still didn't win. The likely winner was too busy chatting up Kim Lock, en route (Quote of the week: "After

this I kiss you!")

Despite everything, the Portugese proved a generous and appreciative audience, giving us all huge trophies (we hadn't even paid entry fees!) and the presenters lavishing so many kisses on Sharon and Kim, we thought we would never get them home...

Love story of the week was blond John (can't remember all the names of these Welsh lads) doggedly agreeing to accompany his Norweigan Goddess on the 20 mile trip home, by foot. Why can't we British girls inspire this sort of thing?

Next evening, we held a party at our villa. We made 20 litres of punch for a fiver - and it wasn't paintstripper either. The thing started off like 'Hire a Harem' with eight girls and no men, but the numbers soon evened up, and sore heads were experienced by all the next morning...Villa 12 put the 'meths' in the punch....

Following evening was another debauched night at the stables, with tons of barbecued chicken and a wonderful 'Sangria' - and at least Adam Perry refrained from de-frocking again. Wonderful waitress service from Lock/Hill Catering...shame they let Greg

Moon get hold of the ice cream.

The next day was a hilarious lecture from Wanderman and his 'Wander' products. We were given free sachets of Energy Drink, pre and post competition energy bars, energy pills etc. Not surprised they were free - we were gassed up for days afterwards....

Quotes of the trip:

"Are you waiting for me?" Susan Dalgoutte.

"I'll just have another Weetabix" Carole Bradford.

"Really, how INTERESTING!" Ann Hill, stifling a yawn.

"Not another woman?" Adam Perry.

"We'll definitely hold a party tomorrow." Steve Barry.

Finally, our paradise came to an end, and the return journey was a morbid silence for most of the way - with intermittent light relief from Captain Kirk on the aircraft.

All thanks to Ann Hill and Kim Lock for organising another excellent training holiday - I think we had more fun than the BAAB squad. Don't you?

Hilary Baxter

RUNNING DIALOGUE

- A COACH'S STORY

HARRY WILSON WITH ANGELA PATMORE

FOREWORD BY STEVE OVETT, MBE.

Stanley Paul, £6.95 net. Available from the BMC at £6.00 per copy.

Harry's own views and experiences during his golden relationship with Steve Ovett - Olympic 800m Champion and World 1500m Record Holder.

WORLD RECORD PACE IN THE 1500 METRES
1956 to 1983. Splits over the years.

Rieti, 4/9/1983

Stara-Boleslav, 12/7/1956

54.9
1:54.2 (59.3)
2:53.4 (59.2)
3:38.1 (44.7)
Stanislav Jungwirth

54.17
1:51.67 (57.5)
2:49.14 (57.5)
3:30.77 (41.63) Steve Ovett

Gothenburg, 28/8/1958

56.0
1:57.5 (61.5)
2:55.5 (58.0)
3:36.0 (40.5) Herb Elliott

Rome, 6/9/1960

58.2
1:57.8 (59.6)
2:53.8 (56.0)
3:35.6 (41.8) Herb Elliott

Los Angeles, 6/7/1967

60.9
1:57.9 (57.0)
2:55.0 (57.1)
3:33.1 (38.1) Jim Ryun

Christchurch 2/2/1974

54.4
1:51.8 (57.4)
2:50.5 (58.7)
3:32.16 (41.66) Filbert Bayi

Zurich, 15/8/1979

54.3
1:53.2 (58.9)
2:50.8 (57.6)
3:32.03 (41.23) Seb Coe

Koblenz, 27/8/1980

55.5
1:53.0 (57.5)
2:50.7 (57.7)
3:31.36 (40.66) Steve Ovett

Cologne, 28/8/1983

54:62
1:52.8 (58.18)
2:49.36 (56.46)
3:31.24 (41.88) Sydney Maree

FIRST

Getting ranked in the World Top 50 is no mean feat. It means you have achieved World Class and all those years of hard work are beginning to pay off.

These are the marks necessary to make that exclusive bracket since 1972:

1972: 1:47.2, 3:39.7, 13:37.8, 28:39.2 & 8:33.2 (SC).

1973: 1:47.2, 3:40.1, 13:39.4, 28:33.4 & 8:33.8.

1974: 1:47.2, 3:40.0, 13:38.8, 28:32.8 & 8:34.4

1975: 1:47.1, 3:40.0, 13:37.0, 28:32.8 & 8:32.8.

1976: 1:47.1, 3:39.2, 13:33.4, 28:21.2 & 8:32.8.

1977: 1:47.1, 3:40.0, 13:32.8, 28:23.4 & 8:33.5.

1978: 1:47.2, 3:39.3, 13:32.8, 28:17.6 & 8:32.0.

1979: 1:47.2, 3:38.7, 13:31.4, 28:20.6 & 8:32.4.

1980: 1:46.9, 3:38.71, 13:29.4, 28:16.12 & 8:29.1.

1981: 1:46.94, 3:38.91, 13:30.82, 28:26.31 & 8:31.0.

1982: 1:46.58, 3:38.80, 13:30.53, 28:18.40 & 8:30.8.

Note how the 800m has remained stagnant until 1980 where the 1500, 5km and Steeplechase suddenly zoomed in standard also.

Close Encounters of the Turd Kind

The problem of dog shit has been with us for quite some time. Most of us have experienced the hostile glances and nose-twitching of fellow runners after we have trodden in the foul mess. Short of stopping each dog before it leaves home and taking a cork and mallet to its backside there seems to be little that we can do.

An acquaintance of mine attempted to resolve the problem by collecting the mess left in his garden by his neighbour's dog in a paper bag. He then placed the bag on his neighbour's doorstep and set it alight, before ringing the doorbell. His neighbour was aghast at the flames and tried to stamp them out, jumping up and down on his own dog's turds. My friend was fined £50 and bound over to keep the peace. Clearly this is not the answer.

However all is not lost. A recent discovery by Professor Twitching-Boothroyd of London University is now under trial and first results are reported to be extremely encouraging.

We cannot go fully into the process as it is still subject to Patent, but we understand the process involves spraying open areas, where the main problem lies, with a special chemical. This chemical remains dormant in the grass until the unwitting dog fouls it. During and after the excretion a number of chemical changes take place in both the grass and the mess; one of which creates an electric charge which travels through the air vacuum left between the stool and the dog, imparting a light charge to the backside of the dog.

At the same time, the chemical-coated grass has a compression resistance and projection resistance increased by 1000 per cent, causing the shit to be thrown into the air. This first stage has been known for some time but has not been put into use as no way could be found to prevent the shit from falling back to the ground, resulting in a highly undesirable bouncing shit cycle.

It was also felt that the owner should be encouraged to control his dog's habits and it was from this thinking that the major breakthrough came about.

Further work resulted in a 'second stage' that is now a commercial proposition. This was achieved by adding a further chemical to the liquid sprayed on the grass which makes the canine mess on contact magnetically compatible with the minute electrical charges forming the molecular structure of natural and synthetic fibres.

This was a real breakthrough and the ideal situation now exists where the dog cannot excrete without receiving a shock to its backside, and the mess, after being thrown into the air by the chemical-coated grass, is magnetically attracted to the clothes of its owner, who is subsequently covered by the shit of his/her own dog.

Tests on Tartan tracks are incomplete and only the first stage (ie the bouncing cycle) is known to work. It may therefore be necessary in the short term to issue Stewards with butterfly nets should any stray dogs find their way onto the hallowed grounds of the CRYSTAL PALACE Stadium.

J.D.P.Sullivan.

FRANK HORWILL

BMC Founder Frank Horwill shoots straight from the lip as usual.

Recently, I have been amazed to hear some people state that Steve Ovett's athletic days are numbered, following his 4th place finish in Helsinki and his generally poor (by his high standards) season. I do not agree. I've known Steve from his early days on Southern Coaching courses at Crystal Palace as far back as 1971 when Steve ran 49.8 and 1:55.3 as a fifteen year old. The man has a tough mental streak in him and one thing I noticed about young Ovett was his very clear thinking. For instance, he told me in December 1980: "The UK's success at the mile/1500m is due to the BMC's work during the 1970's." I liked that!

Unlike a lot of people, I'm not either an Ovett man or a Coe one. I admire them both. Sebastian was a regular competitor in BMC races during the seventies and his father and I corresponded regularly for many years on coaching methods. I was flattered when in 1982 Peter Coe gave credit to my five pace system of track training which he said was the basis of Seb's success together with ideas from Wilf Paish, a founder member of the BMC in 1963.

If Ovett opts for the 5000 metres in the 1984 LA Olympics, he will win. Why do I think this? Well, in his first serious 5000m at Gateshead in 1977 he ran 13:25.0 a month after a 13:53.4 on a bumpy grass track in Ireland. Next, he holds the World's best for 2 miles with 8:13.51. That's very handy. Finally, in 1977 he also won a half marathon in 65:38 in the middle of the track season and then ran 800m in 1:48.3 just days afterwards. He has the endurance for the 12½ laps and his speed will sort out the fast finishers. Not only do I think he will win gold at the distance, I also feel he can break 13 minutes as well.

At 800 and 1500 I think he has reached his peak. Ovett will still clock world class marks as John Walker does, but breaking those records is another matter. In 1988 he could also win the 10,000m gold!

When runners come through adversity some become tougher - Steve has had his fair share: glandular fever in 1972/3, traumatic leg injury and emotional problems with the split up of his family. The man is like a rubber ball: the harder you throw it down, the higher it rebounds. When I talk of Steve Ovett I also think of the men behind him. Whilst I do not feel Harry Wilson is the best man to be National Event Coach for 800/1500, I believe that there are horses for courses, and coaches for athletes. Harry puts a lot of store in how an athlete thinks, and he has got Steve thinking correctly. I doubt very much if any other coach would have succeeded with him to such an extent. The other man behind Steve is Brighton Schoolmaster Matt Paterson, who trains with him daily. Matt is a very fit 37 year-old who can still make the very strong Sussex cross country team and who coaches some fine youngsters including Jon and Chris Bigg, Johan Boakes and Bridget Smyth. This forthright Scot is persuasive by presence and inference. It's a case of the man on the spot and the sage in the wings; rather like Lindsay Dunn's influence on Brendan Foster with Stan Long overseeing things.

BMC NORTH - THE BEST

It grieves me to have to admit that Northern middle distance runners, male and female, are the club's best members. I have come to the conclusion that the leading Southern runners are gutless, spoilt and totally inconsiderate. Here are some facts:

i) 200 invitations were sent out for Southern BMC races at West London. Only enough replied to make minimum fields and half of these were non-members willing to pay £1 entry fee to get a good time. Some Northerners were willing to travel 200 miles to London for a fast race.

ii) 200 invitations were sent out to

Northern, Midlands and Scottish members for races at Stretford. It became necessary to hold two men's races and two for women.

iii) Race results from Stretford BMC races are far superior to those at West London. Northerners go out to run their damnest. Runners in the South seem content to win slow, pointless races.

The worst example of this was on May 4th when men with best times of between 3:45 to 3:50 allowed the first 800 to crawl by in 2:08 before ending up with a sprint for a 3:55! What's the point of that? There was no big title at stake. Some complained that a hare was not laid on. Why should there be a hare to run with some sense? Any miler who can't go through the 800 eleven seconds off his best time for the distance as a matter of routine should take up race walking.....

This means that milers with an 800 best of 1:49 should be through 800 in a 1500m in 2:00.0 AT THE SLOWEST. For 1:52 men it should be 2:03 and for 2 minute men, 2:11.0.

One consolation on May 4th was that the Ladies 800m threw up five personal bests for non members running as guests. The first lap of 64sec was not brilliant but the time of 2:09 was reasonable for the standard of entry.

What are the conclusions? It seems that Southern athletes have too many races to choose from. Northerners do not have such a choice and make the best of what they are offered. And Northerners are not afraid of a draw for pace. If one of them gets drawn to take the first lap, second or third, he will do it knowing that in the long run the experience of leading and holding a hard pace will hold him in good stead. The overall effect of this will be that Northern runners will dominate British middle distance running before long. As such they can then demand more attention from the UK Coaching Scheme which at present is heavily biased in favour of the South.

When training camps abroad in the sun are being organised the National Coaches should give a preference to the Northern athlete. I have not forgotten how a leading Southern junior was sent off to a classy race abroad whilst the AAA Junior Champion from Rossendale was ignored.

RED FILE UNDER FIRE

This letter appeared in ATHLETICS WEEKLY criticising my article in AW on June 4th, 1983.

INCORRECT AND CONTRADICTORY

Dear Sir,

Any assemblage of information to aid UK coaches is to be commended and, therefore, the BMC "Red File" may be of use. The article by Frank Horwill regarding this and other issues ('AW', June 4th) was, however, incorrect and contradictory in a number of areas. Frank himself is on record on more than one occasion as saying "the Russians have nothing to teach us" and complained bitterly some years back when it was suggested that our top coaches go to the USSR to learn from them.

We all know that society is somewhat different in the Soviet Union and certain comparisons are meaningless. The UK Coaching Committee only wishes it did have access to vast funds sufficient to grant aid individual athletes and their coaches — unfortunately it does not and whilst any athlete is able to seek sponsorship the £5,200 figure suggested was not reached by a male athlete until advertising became permissible.

The UK Coaching Committee promotes through its constituent members the Coaches Education programme aimed at encouraging people to join the coaching fraternity and improve their abilities in a planned manner so that they might have every opportunity of producing better athletes.

Funds are additionally made available for a Special Event programme, principally consisting of high level practical courses during the October — April period. The athletes attending these courses are invited to bring their own coach so that he/she might be part of the training. As evidence of this the 1982/3 programme involved 458 athletes and 164 coaches. The whole emphasis is the opposite to that claimed in the article. It is to help existing partnerships even though cases exist where athletes specifically ask that their own coaches are not invited. Similarly, National and Event coaches have declined approaches from athletes for permanent advice where initial contact came from such courses. The National and Event coaches are usually too busy and involved to consider taking over athletes met on courses often residing far away. Indeed at least one of the coaches named by Frank as having "unique qualities" is part of the UK Coaching set-up and is presumably also included in those accused of enticing away athletes of potential!

As a BMC member I would far rather articles presented helpful factual information and did not use this to mask a personal vendetta against the MD/LD National Event Coaches and a system which the writer himself was once part of as a Staff Coach.

Conrad Milton

My observations:

The words 'may be of use' are very condescending.

Letters to me have stated that this is the first public disclosure of its kind in the athletics press. When Marea Hartman suggested seven years ago that we should send coaches to the USSR and GDR, the BMC Committee spoke out against this, saying we should improve the role of the UK Coaching Committee at home before charging off abroad. Our male milers were supreme; could it be that the Women's AAA

was holding back the progress of womens' middle distance running here?

Conrad is talking humbug when he suggests that private sponsorship of athletes is a recent trend. One National Coach has had athletes sponsored by a Greek millionaire for some ten years. Conrad also makes the mistake of assuming that training coaches is The Answer. It is only part of it; the other aspect is a structured programme of competition at home and abroad. The National Coaches doing this training have not had the results with UK females to inspire our coaches. Hence the cancellation of the special Womens' Endurance Course at Crystal Palace some months back due to lack of support.

Like it or not, the National Event coaches and some staff coaches have a reputation for taking over athletes rather than assisting them at club level. One letter to me sums it up: "Congratulations on having the guts to go into print over the poaching of athletes. I recently lost an athlete to a Staff Coach, after having coached her from schooldays to international class, only to have her taken over by a man with a fancy title whom I knew as a novice coach not so long ago....."

With regard to the 'personal vendetta' against some National Coaches, I give two accounts of how I stood by them whilst Conrad Milton and others kept their silence.

1) When Harry Wilson was dropped from Team Coach in Montreal in 1976 and one of his Junior staff coaches sent in his place, I wrote many articles stating this was a disgrace, particularly as the team was going to altitude training beforehand and Wilson was our most experienced man in this field. But Harry was overlooked because of his outspokenness over the disgusting team accommodation at the 1974 European Championships in Rome. His friends and colleagues muttered among themselves but said nothing in public for fear of losing their perks.

2) When Ron Holman, National Event Coach for Long Distance was censored for publishing work on haemoglobin findings in athletes by members of the BAAB Medical Panel, I alone defended his right to do so. He is a qualified bacteriologist and lecturer

in the subject who earns his living testing blood in a hospital. He is also a qualified coach. Who better to write on the subject? Holman's friends and colleagues said nothing.....

Conrad has a short memory. Ten years ago he wrote in a local paper that "The UK Coaching Committee has not done a single thing to help athletes". I resented this remark and wrote to inform him as much. I was a staff coach for Under 20's in the South and had visited numerous clubs lecturing. I also created the County Event Coaching scheme which has become standard practice in the other events in enlightened areas. I also staged residential courses and in some cases sponsored athletes personally.

It seems that now Conrad is Secretary of the UK Coaching Scheme no one must criticise it or show any independence. I also had reason to complain to him in 1979 about the exclusion of athletes from a excursion abroad for a series of fast races. Two girls with superior performances to those selected were omitted from the tour, and two taken in their place were athletes coached by Conrad himself! I complained to Harry Wilson and he agreed that an injustice had been done...

So Conrad, don't talk to me about vendettas, don't talk to me about fair play; and don't talk to me about the deification of the UK Coaching Scheme. I have a long and retentive memory.....

If the present middle distance climate in the South prevails, I'm moving North to get some fresh air!

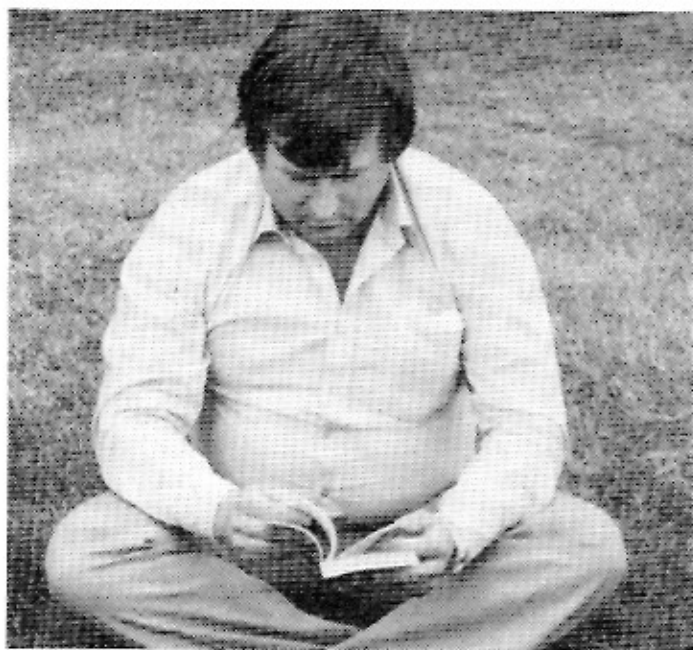
Ideas for track training

To improve your 1500m pace, try 4 x 500m half a second faster than level pace for your best 1500m time. i.e. best of 4:00.0 (65sec pace). 4x500m in 77.5 with 30sec recovery.

To improve at 800m, try 4x400 one second per 400m faster than level pace for your best two lap time. i.e. best of 2:00.0 (60sec pace). 4x400 in 59sec with 30sec recovery after first, 60sec after second rep and 2 minutes after the third.

BMC quiz

- 1) Eamon Coghlan ran the first indoor sub 3:50.0 mile this year. Can you name the first man inside 4 minutes indoors?
- 2) Who was the SECOND Briton inside 4 minutes for the mile?
- 3) What was the unusual aspect of Rudolph Harbig's world record of 46.0 for 400m in 1939?
- 4) What was Seb Coe's first international medal and when was that?
- 5) Can you name the first female to run under 5 minutes for the mile?
- 6) Can you name the first female under 4 minutes for 1500m?
- 7) Who was the first female under 4:30.0 for the mile?
- 8) Who set World records for 5 and 10,000 metres in 1982?
- 9) What is the fastest 1500m yet run on British soil?
- 10) How many World records did Ron Clarke set during his career?



Can Andy Norman REALLY be reading Seb Coe's book? Cocksedge photo.



QUIZ ANSWERS

- 1) Jim Beatty ran 3:58.9 in Los Angeles in 1962.
- 2) Chris Chataway with 3:59.8 at White City, London on 28/5/55.
- 3) Harbig set his record on a 500m track around one turn at Frankfurt/Main.
- 4) A Bronze in the 1975 European Junior 1500m in Athens.
- 5) Diane Leather-Charles with 4:59.6 at Birmingham on 29/5/57.
- 6) Tatyana Kazinkina (USSR) with 3:56.0 at Podolsk on 28/6/76.
- 7) Paola Cacchi-Pignì (Italy) with 4:29.5 at Viareggio on 8/8/73.
- 8) Mary Decker (USA) who ran 15:08.26 for 5km and 31:35.3 for 10km.
- 9) 3:34.0 by Steve Overt on route to 3:49.57 for the mile at Crystal Palace, London on 31/8/79.
- 10) 21, including 3 set indoors. (Indoor marks are not recognised by the IAAF).

WORLD CHAMPIONSHIPS

HELSINKI AUGUST 7th-14th



David Cocksedge reviews the middle distance action.

800 Metres

Just when it looked as though good old Willi Wulbeck was never going to win a major title, he took off in the homestretch and blew the others away and posted a German record of 1:43.65 into the bargain. His racing afterwards was somewhat indifferent but no matter - he had peaked brilliantly and pulled off the big one. All credit to him, and Partiz Ilg, who kicked to the steeplechase title also.

Willi has been around a long time now - he was second to Ovet in the Euro. Junior back in 1973 and was 4th in the Montreal 800m but his only win of significance was the 1977 European Cup 800. In a rare excursion over 1500m, he ran 3:33.74 in Ovet's world record race (3:31.36) at Koblenz in 1980. But he raced badly in Athens (1982) and fell asleep at the switch in Prague - missing the call-up for his heat!

Joachim Cruz looked a logical favourite once Juantorena was stretched off after his disastrous heat, and one day his brave front running will pay off. Some doubted his 1:44.3 back in 1981, but it was obvious watching him in Rome that year that the man has plenty of talent. Life in Eugene certainly seems to agree with him for he posted an impressive array of fast times this year. He will only get better.

From a British viewpoint, the running of Peter Elliott was outstanding. What an incredible series of times under 1:47.00 Peter has compiled this year! Even Coe can't equal that volume of high quality racing. To go into that final and still come away with a pb in 4th place was way above my expectations - Elliott just refused to fade in the stretch as we all predicted,

and reaped a suitable reward. Then to run 1:43.98 behind Cram a week later was almost unbelievable to use an Alf Wilkins term!

Rob Druppers, who only qualified by time for the final was also above expectations, nailing the silver medal from Cruz. Europe certainly has some talented two lappers to boast at present and the action in Los Angeles will be fast and furious in this event.

The Americans were generally disappointing after promising much. David Mack proved himself to be a superb one-off racer after Helsinki, but could not handle the three fast races required here. James Robinson was - James Robinson, the usual enigma. In major races he tends to play safe and lay well off the pace and once again it just didn't work for him. I think Dave Patrick could be a major threat to the Europeans in LA if he continues with this event - he says he prefers the 400mH and may return to it, though Ed Moses and Andre Phillips will not allow him to upset the form book there.

Seb Coe says it's all over for him at 800m and perhaps he knows best; but I can't for the life of me think why a man who has run 1:41.73 should give up the event. If he can overcome his considerable problems and recapture his 1981 form the rest of them are running for second next year for Coe has the most formidable speed endurance of any man alive. Could it be that we have seen the best of Coe? I sincerely hope not.....

Logically, Garry Cook should be regularly inside 1:44.00 for he has a best 400m (46.0) way faster than any of our other 800m men. But he still lacks confidence in big races. So much so that Elliott will probably beat him when it matters next year again.

1500 Metres

WORLD CHAMPIONSHIPS
IN ATHLETICS

There can be no more doubt as to just who is the World's No. 1 miler. He's not from California as our American colleagues suspected, and nor is he from Brighton as I felt. He's from Jarrow in Hebburn, County Durham and at age 22 Steve Cram is ruler of a very talented array of modern middle distance men. The story behind his remarkable win is a fight for fitness that almost defies belief. Cram only had 6 weeks or so to get back into full stride after stepping on a soft drinks can but this man gains conditioning very quickly and also has the invaluable experience of having raced at Olympic European and Commonwealth level before.

He and coach Jimmy Hedley have a workable system and Cram has an unflappable temperament that has proved high successful. I see him being rated in the top 3 in the world for several seasons yet. Frank Horwill feels Cram can take all the world records from 800 to 2 miles but up to now he has shown no particular penchant for record chasing - a good thing, too. But that may change, as it did for Ovett in 1979. In any case I do not see Cram running under 1:42.00 for 800 though doubtless he can race 1500 in inside 3:30.00 in one of those carefully paced affairs that abound these days.

It was perhaps inevitable that with such quick heats and semis, the final would be a slow start/fast finish affair and in the final analysis no one was able to handle Cram's long kick for home. I timed his last 800m at 1:48.9 and he always looked in control. His last lap was 52.0 and he was never off the pace, though Steve Scott and Said Aquita were chasing hard in the last 150m. Cram stretched out into that amazing 10ft stride and never wilted under persistent attack. Britons have now won every major 1500m title since 1978

Between breakdowns, Steve Ovett looked close to his best ever form at times this year and he looked a solid bet through the qualifying rounds in Helsinki. Then, inexplicably, in the final he contributed to his own downfall by running perhaps the most blunderous, dumb race of his entire career. Just when position became vital as the pace quickened in the last 700m, he began drifting back in the pack and hugged the kerb. At the bell he was shut in at the pole and giving away vital metres to his main rivals - who capitalised immediately. Ovett tried passing all and sundry on the inside on the final backstretch but ran out of room and when the leaders hit the final straight, he was already maxed and unable to make any impression except catching Jose Abascal, a victim of his barging in Oslo.

Poor Steve Scott, in superb form and always well placed throughout gave it everything but could not nail Cram. He finally beat Ovett after 6 years of trying but was himself bested by another Briton, same as in Zurich at the Weltklasse last year. In a fast pace throughout Scott's strength makes him very dangerous - he ran a 53.4 last lap in his 3:49.39 mile in June and 3 days after Helsinki won in West Berlin in 3:49.20y from Walker (3:49.78).

I like the courage of Moroccan Said Aquita. He has pace (1:44.38 for 800M) and is not afraid of getting out in front and taking the fight straight to his rivals. So many talented young runners play a fail-safe game by relying on finishing pace (even if they really don't have it in that area) and never discover their real potential. I think Aquita will go far and this Bronze medal effort will be invaluable experience to him. He trains with the French md squad quite often at altitude and will be a factor in LA if things go to plan: he proved that he can handle tough qualifying rounds and still race well in a final but he must try and stop that excessive head wagging

when under pressure - the trick is not to lose form when under attack; which comes in time.

Ovett still has a future in this event but Walker should have moved up to 5000m two years ago. Perhaps Sydney Maree should try the 12½ lap distance next year for he did not do himself justice in Helsinki. The man has been timed at 52.2 for the last lap of a 5000m race he won in 13:20.63 so if he can handle heats and semis he can be a threat to everyone. Graham Williamson gambled on not having lost too much conditioning with his injury but a 3:38.99 heat was really all he could manage in his condition. The man has talent and guts, but never seems to enjoy much good luck. Still he and George Gandy may well come through in 1984: Williamson can certainly run 800 in 1:44 and 1500 in close to 3:30 sometime.

5000 Metres

How nice to Eamon Coghlan finally win a major Championship. Apart from a so-so effort to take the World Cup title in 1981 at Rome, he has always missed out (Montreal, Prague, Moscow). Fascinating to watch that savage pace over the last 3 laps with some very strong men. Coghlan covered the last kilo in 2:24.7 and who on earth can stand up to that, no matter how slow the initial 4 kilometres? Thomas Wessinghage looked threatening but was obviously not the man of 1982 when he ran 4:52.20 for 2km. A penultimate lap of 57.8 rubberised his legs for him on the backstraight.

For reasons I cannot quite fathom, Dimitry Dimitriyev has not received the credit due to him for a very brave effort to break the race wide open in the final kilometre. He very nearly got away with it, too. Werner Schildhauer, probably tired from the 10,000m, could have challenged Coghlan more strongly than he did, but the man is building up an impressive array of silver medals. Marti Vainio did amazingly well to come

back from the dead after the semis and nail a medal, though I felt the Soviet deserved something after such a plucky try. One day he'll break away with 3 laps left, and no one will catch him....Wessinghage felt the race was tailor made for him - he ran a 54.0/1:52.0 finish to win the Europa Cup in London shortly afterwards but with the overall time 20sec slower than Coghlan. Wonder how Moorcroft would have fared....

The Britons were very disappointing here, but then Eamon Martin is still inexperienced, and Julian Goater and David Clarke have never looked at their best this year. (In spite of Clarke's 13:22.54) Both should have been in the 10km, assuming top form. Clarke's penchant for chasing beer money in small races in Italy has not been very popular with management, and he will have to break the UK 10,000m record to get back in the team next year.

I like the look of Steve Harris, who gained much valuable experience this year and has a determined attitude to it all. His win in the Student Games showed maturity and good judgement. But he needs some guidance to avoid over racing.

Coghlan will take a lot of beating in Los Angeles next year where hopefully we'll see three Britons under 13:20.0 in one season. Ovett could do it and I expect to see a fit Tim Hutchings back in the team by then, along with David Moorcroft who really set a formidable world record last year. He could be the man to really blister the last 5 laps, which is the way to beat Coghlan. Heats and semis really sort them out nowadays in this event as Doug Padilla will tell you - it's all a bit different from racing well-paid one-offs in Oslo and Zurich.



Womens' events

800/1500 metres



Jarmilla Kratchvilova and Mary Decker put a big dent in the Soviet middle distance machine in Helsinki and that must have given Russian coaches a lot of food for thought and planning in the winter build-up towards LA. Quite simply, there is no one currently running 800m who can handle 47.99 speed for 400. The Czech allies that to great strength which means that even a 54/83sec pace will not fraze her unduly - all that sort of running is likely to do is kill off the person(s) attempting to burn her off.....

The big Czech (they are still touting stats of 1.71/58kg for her which is difficult to believe) is quite likely to take the world 800m record to below 1:52.0 before long, and only Marita Koch has much of a hope against her at 400. Rumour is that Tatyana Kochembova may well move up to two laps when Jarmilla retires after 1984 so the Czech could reign here for a while yet.

Whatever, Kratchvilova's 1:54.68 in Helsinki was unpressed and only Lubov Gurina could offer much of a challenge, as she surprisingly beat her teammate Podkopaeva. Margrit Klinger was again the best Westerner though Robyn Campbell should have been around 1:58.00 and pressing her more than she did.

The UK had no representatives and had Shireen Bailey run her 1:59.54 earlier she'd have been there. It would have been good experience for her but she is no way ready to tackle 3 hard races in 3 days as yet. Shireen is doing well under coach Dennis Cooper these days in spite of the views of some staff and national coaches who would like to take her over. There is no guarantee that she would do any better under their guidance. The two UK females who have beaten 2:00.0 are both coached by men entirely outside the UK Coaching system.....and I tactfully won't draw any conclusions from that odd fact.

It was a joy to see Mary Decker outkick Zamira Zaitseva in a tense 1500 after she had secured the 3000m title. What was surprising was that 4:00.0min was not beaten throughout the two rounds. The Soviets appeared to be satisfied with the pace Mary dictated, confident of their finishing abilities and this proved to be their undoing. They fell neatly and surprisingly into her careful trap. Mary's tactics called for utter confidence and she came through the four race test at both distances with flying colours. Decker appears to be largely over her somewhat neurotic temperamental problems of the past and on her home soil next year the Soviets will be at a disadvantage. She is a wonderful advert for western middle distance runners and few among us will begrudge her her hard-earned success. The lady ran 800m in 1:57.60 just before Helsinki and also boasts world records at 5 and 10,000m which means she has it all in terms of speed, strength and stamina.

Mary and Wendy Sly get on very well together and if they are able to train together for LA next year I think we will see still more progress from the elfin-thin girl from Hounslow. Wendy's major breakthrough this year is not so much in terms of her times but in her new found confidence in her own ability and willingness to set and follow a hard pace. Neville Taylor must take much credit for this. Obviously his sensible, thoughtful approach and influence is exactly right for Mrs. Sly. Pity that injury has prevented husband Chris coming through to the same extent.

After some excellent progress in 1982, Christina Boxer has not been up to standard this year. More strength/stamina work has blunted her speed somewhat though I still feel she is capable of breaking 4 minutes for 1500. The real

revelation in the 3000 was Jane Furniss who ran 8:48.59 in her heat and 8:45.69 for 7th in the final - entirely unexpected. I fully expect Wendy to break her Commonwealth record (8:37.06) next year and Jane could go close to 8:40. Christine Benning, with 8:49.71 heat, was disappointing in the final. After her fine winter on the country she should have been closer to the others. Chris has yet to rekindle the spark of 1979 when she won the WAAA 800m title and twice broke the UK 1500m record. Her 4:01.53 still stands but Sly may well take that down a bit in 1984.

Brigitte Kraus continues to improve and must have given Tatyana Kazinkina the fright of her life when she sailed past for the silver medal. She will be one to watch out for in LA. I expected better of Angese Possami and Gabrielle Dorio. The latter limited herself to the 1500m this time but could do no better than 7th in 4:04.75.

* * * * *

Mary Decker, heroine of the Helsinki World Championships, listed her favourite hobbies for TRACK & FIELD NEWS as "Dressmaking and Sex". In that order, presumably.

* * * * *

Classics from Alan Pascoe, commentating for ITV in Helsinki: "She's beaten Gohr; now she's after Koch as well....."

"They've cancelled the Pole Vault Qualifying Competition - the first time this has ever happened at the World Championships....."

"Jarmilla Kratchvilova - a World Champion from the waist down...."

* * * * *

Peter Orpin of the Essex Federation of Athletics Coaches points out that the course referred to in the Frank Horwill column in the last issue was NOT in fact organised by EFAC. We would point out that Frank made no specific criticism of the course itself, however.

We also moved The Algarve from Portugal to Spain in the Autumn 1982 issue. Sorry about that, Ann! BMC Members interested in a training trip to The Algarve for Olympic tuning up in April, 1984 should contact Ann Hill at 8 Turberville Road, Cwmbran, Gwent, South Wales.

* * * * *

BMC NEWS QUESTIONNAIRE

Two hundred questionnaire forms were mailed out after the last issue in an attempt to get your views on YOUR club magazine, and give you the chance to make constructive criticisms and offer ideas. Did you get one? If you didn't send it back to Editor David Cocksedge, WHY NOT?

* * * * *

Are there any issues you get steamed up about these days? Let us know about 'em. Write to the Editor, and we'll be glad to publish your views. BMC NEWS is YOUR Club Magazine. Take part in it. Let's hear from you....

Editor's address is 82 Florida Road, Thornton Heath, Surrey CR4 8EW.



Sue Burtonwood (2) and Marisa Bloss (1) lead winner Karen Hill (8) in WAAA Junior 800m final. Cocksedge photo.

the finest

	800	1500	5000	10,000	3km/SC
1972	4	6	6	3	2
1973	5	3	9	9	4
1974	4	4	6	8	4
1975	2	3	4	7	3
1976	2	3	5	4	4
1977	1	5	9	9	3
1978	4	6	7	7	4
1979	3	5	10	9	0
1980	4	6	8	3	3
1981	5	5	7	8	3
1982	10	6	12	7	3



British Athletes ranked in the World Top 50. Note the low standard in depth in Olympic year of 1976 where our solitary haul at Montreal was Foster's 10km bronze medal. Then again in 1977, only Seb Coe's 1:44.95 made the World top 50 in the 800m. This is in contrast to 1982, where we had an all-time high of 10 men listed, and no less than 12 in the 5000m, including a World record by David Moorcroft. Steeplechase standards remain low: only 3 men listed in the past 3 seasons, and NONE in 1979! Colin Reitz and Graham Fell are both good prospects who have beaten 8:20.00 and will obviously go a great deal faster however.

DUAL ANSWER

Discerning readers may have spotted that Question No. 4 had a dual answer (Quiz, Spring 1983 issue). Yes, Roger Bannister also had a career best for the mile slower than his World Record (3:59.4). That was 3:58.8 when winning the classic 1954 Commonwealth title from John Landy - the first time two men broke 4 minutes in the same race.

OTHER GREMLINS

Typos struck again in the Spring issue: Jack Buckner's 3:53.44 mile (amended from 3:53.45) was run in Cork, not Dublin. Barry Smith ran 3:57.46 in 1980, not 3:47.46, as published.

Missing from the All-Time 1500m list in the last issue was Tony Blackwell with 3:40.53 in the 1982 AAA Championships.

COACHING THE GROWING CHILD

by Gordon Adams, British A.A.B. National Coach

British National Coach Gordon Adams presents an excellent summary of the guidelines that should be used when coaching the growing child. This article has much sound advice for the elementary, high school and college coach. From a Coaching Conference on The Development of The Young Athlete, presented by the Essex Federation of Athletic Coaches.

The coach must always remember that he is dealing with a *growing* organism, and thus the creation of a climate of pressure for immediate results by subjecting the growing athlete to a biased program of specialized training *must* be avoided.

SKELETAL GROWTH AND THE YOUNG ATHLETE

With the exception of the skull and collarbones, all the bones in the body are formed from cartilage. The process starts at birth and concludes between 18-22 years.

Bone lengthens by growing at the junction of the main shaft and the "growing end" epiphysis, thus the epiphyses are vulnerable parts of the body. Girls normally finish skeletal growth before boys.

Some points for the coach are:

- 1) The growing bone is more elastic but has less bending strength than the mature bone, thus there is a reduced capacity for loadbearing. (See unit on strength training.)
- 2) Any loadings must be *light*, and must not be continued to the point of fatigue in the growing child.
- 3) Bone growth always precedes muscle development (an important factor in co-ordination), thus the coach and teacher must avoid the temptation to ignore the *less proficient* in favor of the superior athlete in the early teens.

TECHNIQUE AND SKILL DEVELOPMENT

- 1) Technique fundamentals should be established *before* the pubertal growth spurt which occurs about 12-15 in boys, 10½-13 in girls. The ideal age for basic motor skill learning is 8-11 girls and 8-13 boys.
- 2) The body operates at a maximum efficiency at a minimum external temperature of 68°F plus, thus the *ideal* environment for skills learning is a warm indoor facility. The coaches should give serious

thought to the use of school gyms, local sports halls etc. and their adaptation.

- 3) Small group situations are ideal (1 to 1 ratio the ultimate). Pragmatically, about 6 athletes in *one* technical field event discipline are the maximum *one* coach can effectively handle in the coaching situation. This is different in the teaching situation where a basic technical model is being established.

Coaches must be prepared to mix events for common relevant technique practices (e.g., hurdlers/jumpers for sprint work, etc.).

- 4) There is a limit beyond which any technique practice session should not go. This depends on the fatigue that the practice brings, and the interest and concentration of the young athlete. Ideally, technique-training should not involve endurance factors ("Skill First - Sweat second").

- 5) For the young athlete, technique-training in the early stages should be concentrated (e.g., 3 sessions x 10 puts per week, Mon/Wed/Fri 2 minutes rest between effort). As technique improves, intervals between the technique training units can be increased along with repetitions within the unit (e.g., 2 sessions x 20 puts per week, Mon/Fri 2 minutes rest between efforts). Coaches should remember that too frequent repetition within a technique unit will tire the beginner, and impede learning. *Sleep and Diet* (this comes first). Regularity, adequacy and quality are the keynotes for the young athlete. 8-10 hours sleep per 24 hours is generally advocated for adequate recovery.

RUNNING TRAINING AND THE YOUNG ATHLETE

- 1) Children should be encouraged and taught to run fast over short distances (i.e., sprint) with maximum recovery between efforts, early on in their development.
- 2) Pre-pubertal children should not be exposed to intensive short recovery anaerobic work, e.g.,

interval training. Instead, their systems are better designed for easy aerobic "steady state" activity, e.g., cross-country. This type of training will help increase lung capacity and heart strength and volume.

- 3) High intensity/short recovery work (e.g., interval training) may be introduced to the mid/late teenager, but aerobic (steady running) training must provide the core. *Balance* is the watchword.
- 4) More intensive short recovery training can be introduced to maturing young athletes (18 years for women, 20 for men) but not to the exclusion of other types of running training.
- 5) To repeat—high intensity, incomplete recovery training, e.g., interval/tempo work, is not recommended for the early teenager.

STRENGTH TRAINING AND THE YOUNG ATHLETE

General: With the young athlete, any form of strength training must be aimed primarily at the development of *muscular endurance*—the ability of muscles to repeat exercises a lot of times. This means light loads and high repetitions. There is time enough later for the heavy exercises.

- 1) The spine should not be loaded excessively while the young athlete is still growing. This means that exercises such as heavy parallel squats *must be avoided* till the spine has stopped growing—around 16 in girls, about 18 in boys.
- 2) Abdominal and Dorsal (back and stomach) strengthening exercises must be emphasized early on, e.g., sit-ups, crabs, easy hyperextension, etc. These should be performed without weights, and

thus can be incorporated in training as normal gymnastic movements.

- 3) Because of favorable hormonal balance, girls can be exposed to regular moderate strength training as soon as they have finished the adolescent growth spurt (around 13) but before full sexual maturity. This means activities such as circuit training (equally applicable for boys), light weight training of 10-15 reps with very light weight, or better still appropriate gymnastic strengthening exercises with medicine balls etc. Considerable attention must be directed at development of the muscles stabilizing the spine and pelvis, hence the importance of stomach and back exercises. The ability to handle body weight must be of prime importance.
- 4) As the young female athlete matures, strength training, though intensifying, must be progressed more gently than for man.
- 5) Both sexes should be exposed to a variety of hopping and bounding exercises to develop elastic (fast) strength.
- 6) The coach should always check that landing areas are safe and well-cushioned to prevent jarring and injury.
- 7) Such exercises should be presented in a variety of ways, e.g., rhythmical/skill oriented/competitive/individual and team, etc. Jumping Pentathlons and similar activities are great performance motivators. Though purposeful, they should be fun.
- 8) Because of the forces encountered, and possible injury factors (e.g. spinal jarring), *specific* depth jumping is not recommended before the age of 16.

MOBILITY AND THE YOUNG ATHLETE

- 1) Mobility (suppleness) decreases surprisingly early. After the age of about 8 years it gradually reduces. Thus, it is very important for the coach to ensure that mobility improves throughout the athlete's career.
- 2) With the young athlete *all* joint actions must be afforded mobility training as the basis upon which

specific mobility training will develop. The important areas are shoulder/back/hip/knee/ankle.

- 3) Mobility work should *always* precede other training and never be practiced when tired.
- 4) It must be carefully supervised.
- 5) Ideally, the following order of events should take place:
 - a) Raise body temperature by striding/jogging
 - b) Slow sustained exercises for each joint
 - c) Partnered exercises or exercises with apparatus
 - d) Gentle work on kinetic (moving) mobility exercises, e.g. high leg swinging.
 - e) Gentle work on specific movements relevant to the event.

Note: c through e must be supervised for the young athlete at all times.

- 6) Sets of exercises should comprise 10-15 repetitions with a short rest (1 minute) between sets. (The body temperature *must* be kept up, e.g., 3 sets 10 x 1 min rest between.)
- 7) The end position of stretch should be held for 6-10 sec per repetition.

CHECKLIST FOR THE COACH

The coach must constantly refer to a "check list" to avoid possible danger of injury when coaching the young athlete:

- 1) Has the young athlete experienced a sound general basis of conditioning for the advancing techniques expected?
- 2) Have the techniques been well taught and coached?
- 3) Is the training load biased?
- 4) Is the training load progression too hard, too early?

With these pointers to refer to, the coach should be on the road to a successfully prepared coaching program and a successful coach/athlete relationship. □

Excuse makers

Some athletes can never take defeat gracefully- they always have excuses handy for not winning. If an athlete lines up for a race it means he/she thinks he can win the thing. If he isn't race fit, he shouldn't compete....racing when not fully fit only boosts the morale of the opposition and depresses the unfit competitor.

To state after a race, 'My big toe hurt,' or 'I've not been sleeping well lately' is a purile pastime. Have the guts to say, 'I was no damn good today. I'll have to try and do better next time.' Or, 'The better man won.'

The seventh track race

If you plan to peak in the 800 or 1500m, make sure that the race which really matters is your SEVENTH one of the season.

Peaking for July, therefore could involve this build-up:

April 1 x 1500 or 800m

May 2 x 1500 or 800m

June 3 x 1500 or 800m

July - The big race.

If you wish your speed and endurance to develop along the same lines, try this:

April 2 x 400 or 200m

May 2 x 800, 1 x 3000 or 1500m

June 1 x 400, 2 x 800, or 200 and 400m

July 1 x 800m