

BMC NEWS

Official Journal of the
British Milers' Club

ISSUE NO. 40 WINTER 1986-7

80p



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EDITORIAL

BMC NEWS is back with you in its old format after a two year break in service. Above is the new deal in BMC Officers following the 1986 AGM at Swansea, and we welcome Karen Hutchinson to the post of National Secretary. She succeeds Hilary Baxter, who has done a splendid job (combined with the thankless task of writing National Committee Minutes) over the past three years. No sexism here in the BMC.

Following the magnificent efforts by Britain's male track athletes in Stuttgart at the European Championships, Frank Dick, UK Director of Coaching was quoted in the TIMES after revelations on

the Italian system of payments to the leading dozen distance men to keep them away from too much Road Racing. Dick stated: "Too many of our younger distance runners are being tempted into road racing and missing out on their track apprenticeship. We have also got to ask ourselves if winning Junior 5000m Championships, as we often do, is the best preparation. I plan to get our best dozen men together this winter and ask them just what they need financially as well to make a similar system to the Italian one work in Britain."

It will be interesting to see if Frank is allowed to make good on his plan before next Summer's World Championships in Rome. Hopefully our 10,000m men will be better prepared there after a miserable showing in Stuttgart. For more on the European distance races (men and women) turn to my analysis on pages 15 - 20.

The morality of paced record attempts has been much in the news of late. Athletes like James Mays (USA) are effectively being paid to lose on the Grand Prix Circuit, where the hard reality is that he makes more from haring races for 2½ laps than he ever can by trying to win them.

The BMC was a prime mover of paced races back in the sixties, but in carefully graded regional races, where runners took part in a draw to pace sections of the race: on the last lap, it was everyone for himself. The concept has changed internationally, where one star athlete is helped by several 'rabbits' in carefully scripted races. To many, this has become boring and negates the whole idea of exciting athletic COMPETITION. What are your views?

DAVID COCKSEGE,
Editor.

1928-1984

1928 - 1984 Womens' Olympics

Then and Now

By Hilary Baxter

The 1984 Olympic Games was a fitting stage for heroines like Decker, Puica, Melinte, Ashford and Benoit to finally establish Womens Athleticism in the minds of the general public.

However, there was a sinister reminder of how much could have been lost in the form of Gabriela Anderson-Scheiss, staggering into the stadium at the finish of the marathon. Many hailed her as another heroine, whose undoubted courage proved that women can be just as determined as men.

In reality, however, and despite her courage and determination, she was unwittingly doing womens' athletics a great disservice..... there only had to be a few more like her, or she only had to drop dead, for all the critics of womens' long-distance events to come out in chorus with: "We told you so!" Let us take a trip down memory lane, to 1928.....

The Amsterdam Olympics was the first in which women were allowed to compete. An August 3rd, six women participated in the 800m final. A certain Frau Radke of Germany won in a new World Record of 2:16.5. Ms K.Hitomi of Japan was second and Mle. Gentzel of Sweden was third.

THE TIMES commented:

"There were four athletic finals decided in the stadium today, one of them, the final of the 800 metres for girls, rather tending to leave the impression that such things should not be. Perhaps in the course of time, a race of highly trained girl athletes will arise, who will not reveal or feel more stress than the male champions, toward the end of a severe ordeal, such as the 800 metres at the Olympic Games. In the meantime, the process of beating world records, such as was achieved by the

German competitor and very nearly by K.Hitomi of Japan, this afternoon would appear to be not without it's dangers. The half-dozen prostrate, and obviously distressed forms lying on the grass at the side of the track after the race, may not warrant a complete condemnation of the girl athletic Championships, but it certainly suggests unpleasant possibilities."

There were also many irate letters to the press over the ensuing days. A typically ironic one is quoted here:-

Sir:

Women who take part in the Olympic Games contests are reduced to the pitiable condition shown by photographs in this morning's papers, in an effort to prove that women are able to take part, as men do, in feats of physical prowess. Women have an immense fund of nervous force, which enables them to keep on, literally until they drop. I am not only speaking of girls who went to pieces yesterday, those were seen by all - but for the many who broke down along the way.....

It is amazing there are so many women, even in these modern times, who think they glorify their sex by asserting they are as good as men....One is frequently humiliated on behalf of one's sex by seeing emblazoned in the newspapers, that a woman has accomplished something that men have been doing as a matter of course for years.

Women do not see they are emphasising the difference between the sexes when they succeed in doing, by terrific overstrain, what men do easily.

M.Bennell (Hon. Sec on Joint Committee on PE for Girls).

As a result the, IOC decided on August 8th to limit women to six events at future Olympics: 100, HJ, DT, JT 80m Hurdles and 4x100R. Even the 200m was considered too far!

FUNDAMENTAL MOVEMENTS IN RUNNING

by Fred Wilt

Reprinted from *Run Run Run*, ed. by Fred Wilt

1. **Form is individual.** By reason of individual physical makeup, no two athletes ever run in exactly the same way. Each athlete differs from every other at least to a minute extent in height, weight, bone structure, length and size of muscles, point of muscle origin and insertion, flexibility, and posture, in addition to personality and numerous other features. Good form, therefore, can be described only in general terms. Even though the movement of all runners share certain basic mechanical principles, it is an error of the highest magnitude to copy the running form of another.

2. **Body angle (lean)** at uniform speed is nearly erect. The combination of internal muscular force exerted against the resistance of the ground and the external force of gravity plus wind resistance results in the running progression. At uniform speed the body angle tends toward the perpendicular, although a very slight forward lean may be necessary against wind resistance. Body lean is a function of acceleration.

When the rate of acceleration is greatest, the forward lean of the trunk must be at its greatest. Thus a sprinter has a tremendous forward lean at the start of his race. From the instant the sprinter starts to the point where he reaches top speed, his rate of acceleration is gradually diminishing even though his speed is increasing. His degree of forward lean becomes less and less as he approaches top speed. At top speed, if the athlete were running in a vacuum with no wind resistance, there would be no body lean at all. Even on a calm day, however, a sprinter running at some 22 miles per hour creates his own wind resistance, requiring a very small forward lean.

The body angle is therefore dependent upon the drive of the legs and to a lesser extent wind resistance. In general, the greater the force exerted by the legs, the more lean is required in order to balance the leg drive.

No exact body lean can be specified to suit every runner, although it is correct to recommend that the body angle at uniform speed tends to be nearly erect. However, there is an illusion of forward trunk lean when the driving leg is fully extended (fig. 7). A more accurate picture of lean may be had by viewing the runner in mid-stride (fig. 4, 5).

3. **Leg action.** The action of each leg may be divided into recovery, supporting, and driving phases.

The recovery phase starts the instant the rear or driving leg leaves the ground (fig. 7) and ends when the same leg has moved forward and again contacted the ground beneath the athlete's center of gravity (fig. 4). As the foot leaves the ground behind the body at the beginning of the recovery phase, the leg flexes at the ankle, knee, and hip joints, the lower leg folds up toward the upper leg, and the heel rises toward the hip. The faster the running speed, the greater is the tendency of the heel to "kick up" toward the hip from behind.

The "kick-up" behind in the recovery phase is not a fault. It shortens the lever of the leg, permitting it to swing forward more quickly. This action involves a mechanical principle beyond dispute. The weight of a rotating body multiplied by the length of its moment arm squared is the moment of inertia. The greater the moment of inertia the more difficult it is

Womens' Olympics continued
(By Hilary Baxter)

So these women, who no doubt had as much courage as Ms. Anderson-Scheiss, and who also were no doubt as inadequately trained for their event(s), dealt a terrible blow to the cause of women's sport, by providing suitable fodder for all the chauvinists of the day (Male AND Female).

So please take heed, all those who are in danger of emulating Ms. Scheiss -the largest disservice is to your sport.

Walter George ran 4:12.8 for the mile at Lille Bridge Grounds on August 23rd, 1886 winning a two man professional race against William Cummings. That time was not beaten by amateur runners until 1915 when Norman Taber was clocked at 4:12.6. But old W.G.George claimed an even faster mark: in a solo time trial at Surbiton in 1885 he finished in 4:10.2! The BMC had hopes of staging a memorial mile race at Chelsea FC grounds (Stamford Bridge) now built over the old Lille Bridge grounds last year, exactly one hundred years after George's amazing feat. But lack of support or enthusiasm for the project in various quarters meant that the date passed by without comment.



for a given force applied to overcome it. The rising up of the heel toward the buttock in a natural movement reduces the length of the moment arm, thus reducing the moment of inertia, and permits the leg lever to swing forward faster for the next stride.

The forward movement of the leg in the recovery phase may be compared to a pendulum action, although it results primarily from muscular force.

As the leg continues forward in the recovery phase, the height to which the knee is lifted depends upon the running speed. It is lifted highest in sprinting and least in jogging. The limit of the forward swing of the recovery leg coincides with the completion of the rear leg drive (fig. 7). After reaching the limit of its forward swing in front of the body, the upper leg is reversed in direction and the foot moves first forward and then downward. The leading leg should never be stretched forward in an exaggerated effort to achieve a longer stride. Increased stride length must always result from greater effort exerted by the rear leg during the driving phase. A runner cannot pull or "claw" himself forward by placing his front leg on the ground ahead of his center of gravity.

The recovery phase is completed as the leading foot sweeps downward (giving the appearance of a backward movement) in a "stroking" action and makes contact with the ground directly under the body's center of gravity.

The recovery phase takes longer than the driving phase. Sprinters are in contact with the ground little more than 40% of the time. (Distance runners about 50% of the time.) The legs recover simultaneously when both feet are off the ground approximately half the time for each stride in middle-distance running.

The supporting phase begins with the landing of the forward foot beneath the body's center of gravity. The knee is bent as the outer border of the ball of this foot first makes contact with the ground. Immediately thereafter the heel comes to the ground naturally, with no effort being made to prevent it from grounding. This applies to sprinting as well as middle and long-distance running (fig. 4, 5). In this position, with the foot flat on the ground bearing the full weight of the body and the knee bent, the athlete moves smoothly forward so that leg thrust may be applied behind the center of gravity. The distance runner exerts 2 times body weight (force) while his foot is in contact with the ground. The sprinter exerts 2½ times body weight (force).

It has been suggested that the leading foot is grounded slightly in front of the center of gravity; the distance in front diminishing with an increase in speed. Regardless, there is a momentary period of support at the landing when the runner's center of gravity must move ahead of the foot to again be driven forward. The supporting phase ends when the center of gravity has passed forward of the foot in contact with the ground. The end of the supporting phase marks the beginning of the driving phase.

In the driving phase the body is propelled forward by the thrust of the leg in contact with the ground, exerting force behind the center of gravity. As the body progresses forward, the heel is lifted, the knee extends, and finally the ankle and toe extend well behind the body as the driving phase is concluded.

The runner may have the feeling of pushing the ground away from behind him during the driving phase. Throughout the drive, the leg functions as a third class lever, summing the forces of extension by the knee, ankle, and toes in that order. These extensions conclude with the driving leg relatively straight (fig. 7) and the foot well behind the body as the driving phase ends when the toe breaks contact with the ground.

Athletes should run in a straight line, preferably with the inner borders of the feet falling approximately along a straight line.

The line of force of the leg through the hip is "off-center" from the body's center of gravity, resulting in what is known as an "eccentric thrust." Thus, for example, the eccentric thrust of the right leg during the driving phase acting through the right hip, coupled with the forward lifting of the left leg in the recovery phase, causes the hips to rotate clockwise in a horizontal plane. This thrust also lifts the body no more than necessary to counteract the

pull of gravity on each stride, and projects the body forward. Newton's third law of motion specifies that for every action there must be an equal and opposite reaction. The reaction to the forward projection of the body is absorbed by the ground. However, the reaction to the twisting actions caused by the leg thrust are absorbed by the upper body. Thus as the hips move clockwise in a horizontal plane, the upper body (arms, trunk, and shoulders) move counter-clockwise in the same plane.

4. Arm and shoulder action. The upper body (arms, trunk, and shoulders) absorbs reaction to the eccentric leg drive, moving in opposition to the leg action. Thus the right arm and shoulder move forward (and backward) with the left leg, and the left arm and shoulder move backward (and forward) with the right leg.

In middle distance running wherein cadence may be approximately 3% strides per second, there is sufficient time to allow the trunk and shoulders to absorb much of the reaction to the twisting movements created by the eccentric thrust of the legs. This permits a somewhat mild arm action and flowing shoulder-twist noted in middle distance running, resulting in conservation of energy.

In top-class sprinting, the cadence is 4%–5 strides per second, and sometimes as much as 5 strides per second. The shoulders cannot twist and untwist quickly enough to absorb the reaction to such frequent and powerful leg thrust. Therefore, in sprinting the shoulders are kept steady, and the reaction to the eccentric thrust of the legs is absorbed by the forceful and more tiring (but faster) arm action.

The upper arms move relatively straight backward and forward in running. However, the lower arms move in a slight cross-body direction in front, but do not cross an imaginary vertical plane bisecting the body into right and left halves.

In sprinting the arms tend to move more forward and backward with less cross-body motion, with the hands swinging no higher than eye level height in front and no more than about a foot behind the hip-line. The elbows tend to be bent at approximately 90 degrees. This bend increases as the hands swing in front of the body, and decreases as the hand passes the hip-line to the rear.

The lower arms may be carried slightly lower in middle distance running, using more cross-body motion in front than in sprinting.

In both sprinting and middle distance running the hands are carried in a relaxed "cupped" position.

The arms "follow" the legs and play a counter-balancing role in absorbing reaction to the eccentric thrust of the leg drive. However, since action and reaction are interchangeable, a fast and powerful arm action may be used in sprinting to speed up the leg action.

5. Stride length is directly proportional to speed. The faster the speed, the longer the stride. The slower the speed, the shorter the stride. It is shortest in jogging and longest in

sprinting. However, it is doubtful if a runner's sprinting stride length is longer than his stride length when running at his best 440 yards speed. Optimal stride length in normal full speed running stride is 1.17 x height, plus or minus 4 inches.

The stride length of sprinters vary between 7 and 8% feet (84 and 102 inches). Middle distance stride length varies from 5 to 6 feet, and cadence (stride frequency) is usually 3% strides per second. A runner's stride length at middle distance cadence is usually about twice the length of his normal walking step. The sprinter's stride is obviously the fastest, but the least economical in terms of effort required. Two naturally "short" middle distance strides will carry the runner farther than one long stride with the two shorter strides requiring considerably less energy. Runners in races longer than sprints, wherein economy of energy is a paramount consideration, use a natural stride, not exaggerated, not long, not short, but of a length in keeping with maximum economy of effort for the running speed required.

Cadence times stride length equals running speed. Top recorded sprint speed is 36 feet per second. As the runner reaches top speed, he has less and less time in which to apply leg thrust during the driving phase. Sprinters usually require 43 to 45 strides to sprint 100 yards, and 47 to 49 strides to sprint 100 meters. It requires about 1000 strides to run a mile.

Both understriding and overstriding are faults. Each runner has his own optimum stride length at any given speed, depending upon leg length, muscle strength, and joint flexibility.

6. Head position. The head should be aligned naturally with the trunk, with the eyes focused a few yards ahead. In middle distance running the head may sometimes turn somewhat from side to side without upsetting body balance. Throwing back the head at the finish tends to shorten the stride and straighten the trunk.

7. Breathing is essential and involuntary. Breathe in and out through both the nose and mouth.

8. Economy of effort means avoidance of unnecessary movements which tend to inhibit or impede forward progression. Physiologically speaking, even pace running is most economical, although level pace running does not always feel like level energy output.

Fortunately it is not necessary to think of the above details when running. Athletes who run naturally and without artificially imposed motion (such as overstriding and "toe-running" or attempting to prevent the heel from touching the ground) find their best and most economical form by much running at a variety of speeds over various distances and surfaces.

The "complete" coach should be familiar with the fundamental movements of running. However, he should be cautious in risking the possibility of confusing runners with these details, since there is much truth in this ancient rhyme:

The centipede was happy quite
Until a toad in fun,
Said, "Pray, which leg goes after which?"
That worked her mind to such a pitch,
She lay distracted in a ditch,
Considering how to run.

FRANK HORWILL

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

CREEPS?

A controversial coach I know and respect recently expounded a theory to me. He says that any athlete who chooses to be coached by a National or Staff Coach is a CREEP. When I asked him to elaborate, he went on, "They are weak individuals, unsure of themselves. They hope to be propped up by preferential treatment when it comes to selection, invitation events and trips abroad. They are awed by cosmetic titles, believing that a grand prefix before a coach's name makes them grand as well. I see them as Creeps of the first order."

A most interesting theory! Athletes who are not coached by National or Staff Coaches include Steve Cram, Seb Coe, Jack Buckner, Steve Crabb, David Clarke, Graham Williamson, Christina Boxer and Tim Hutchings. Are these athletes tougher for not fawning to the mighty midgets?

The moral of the implication here is that if you seek to be coached by the BAAB Staff elite ask yourself whether you need a new coach or a new brain with some added guts. A few years ago an athlete I coached who had won National age group and senior indoor titles left me and opted to be coached by a National Event Coach because he had had a couple of seasons in the doldrums. Not only did he not improve - but he went backwards in form! Meantime, another of my athletes who was at one time his inferior from 800 to 5000m overtook him and went on to major honours.

The old adage "You can lead a horse to water but you can't make him drink", applies very much to middle distance coaching: "You can coach an athlete in the best possible way but only he/she can run the race..."



MONEY, MONEY, MONEY

When the BMC was formed in 1963 the subs were five shillings a year. Eight years later they were raised to £1 and four years after that to £2. There was also an added clause in the Rules - all subs were payable on January 1st in any year and if not paid by March ending, were to be doubled. From 1968 to 78 the club was fortunate to have a private benefactor. He believed that the BMC should have an advert a month in ATHLETICS WEEKLY and he paid for it. He felt that once a year the top seniors, Junior, Youths and equivalent age group women should come to London for good class races. He paid all expenses. He also believed that training camps for the top juniors should be held around the country - he paid for the camps and athletes' expenses. In all, he donated £10,000 to the BMC during those ten years: £1000 per year. In other words, he gave the club its subscriptions on top of what was accrued from its members.

Then he stopped, and the BMC had to live up to its old reputation on a limited income. The National Committee from 1968 to 1978 was lulled into a false sense of security: instead of increasing subs every four years to build up a healthy balance they jogged along. The senior officials became little more than a Gentlemen's Dinner Club, an elite clique of backslappers who promptly resigned without warning in 1981 because they felt they had more important social climbing to do. Each year after 1978 it became clear that the BMC was existing on a shoe string.

The current committee was faced with an ultimatum at the AGM. It was a case of PUT UP OR SHUT UP. They splashed down the facts to the membership: subs would be £5 per annum, more than double the previous which had stood at £2 for 8 years. In future every activity we undertook will make money. The days of cheap charges are over.

Here is the BMC Budget Scheme:

- 1) Any organisation requesting us to organise a top race at their meeting will be charged £25 per race (organisation fee) plus 15p per mile for athletes' expenses. Prizes should be valued at not less than £100 first, £75 second and £50 third places. (A race promoter working for a professional company recently told me his company would not touch an m-d race for less than £250 fee at a local meeting and £1000 at the main venues).
- 2) BMC Races are for fully-paid up members. Should a member turn up for a race with subs unpaid, then he/she MUST pay £6 before being allowed to compete.
- 3) Race fees to accompany acceptance slips are £1 each. Non members must pay £2 per race. Invitation races with expenses paid for non-members go for £6 a time.
- 4) Minimum charge for a training day is £2 members, £3 non-members and £4 to any spare bod who turns up on the day.

5) An sae must accompany all letters requiring a reply. This saves time money and effort of hard-worked club officials.

In addition to this I have formed a COPPER BANK SCHEME. When one committee member ridiculed this idea recently, I promptly turn up a month later with £5 in copper bags - money placed in cups each night. I calculate I can save £30 a year this way without hardship. If all committee members follow suit we can raise £600 pa and if ALL members tried it we can make £1800. My plan is to put the money towards races for Junior/Inter Women, Youths and Boys, providing them with one or two good races in London with expenses paid. START TODAY. EMPTY ALL YOUR SPARE COPPERS INTO A JUG OR TIN. BANK IT EVERY TWO MONTHS AND SEND A CHEQUE TO: Janet Cole, BMC Treasurer, 24 Kirchen Road, Ealing, London, W.13.

Mark your envelope; FOR THE COPPER BANK RACES FOR UNDER 17's.

.....
Quote: "I was a BMC Member as a Youth, then a Junior and now as a Senior. During that time I paid my subs, got my BMC NEWS twice a year and ran in a few BMC Races without expenses. I began to think it wasn't worth the subs. Then I ran inside 3:50 for 1500 and got a race invitation from Frank Horwill to a race in Derby. My expenses were £35 - my subs were suddenly repaid ten-fold in one go and I also managed to run a pb of 3:46 in a fast race. Then I received more invitations and more races - £150 worth in all. My advice to any young BMC member is to pay up and smile for a few years. It's the greatest investment account you'll ever open."
(A Southern BMC International).

IAAF General Secretary John B.Holt was silver medallist in the 1959 World Univer Games 800m and has a best time for the event of 1:49.2. Field Marshal Earl Alexander of Tunis won the Irish one mile title in 1914 in 4:33.2 whilst a Captain in the Irish Guards.

In 1962, Frank Dick, now UK Director of Coaching ran 440 yards in 50.0 and 880y in 1:54.7. That same year one Andrew Norman, now El Supremo of the British Athletics Promotions Unit (BAPU) clocked times of 50.8 and 1:55.8 as a Junior.

REGIONAL SECRETARIES

What is the role of a BMC Regional secretary? Broadly the job is to promote the work and image of the club in their area. This is a big job calling for much time and energy. The BMC has had some outstanding Secretaries in its time, but, unfortunately the UK Coaching Committee waits to see how well they do and then recruits them for positions in its setup. They then often neglect their BMC work for the more glamorous position of fawning to the National Event Coaches.

However, two did not. They are Cecil Smith and one Frank Horwill. Both were staff coaches during the 1970's and both still worked unceasingly for the BMC without neglecting their UK Coaching work. We often combined SCAAA Training courses with the BMC and the courses were the better for them.

All BMC Regional Secretaries are either Senior BAAB Coaches or former athletes of note: they are therefore in a good position to give coaching advice to any member in the region who requests it. The ideal regional procedure is to organise training days or coaching courses in the Winter and special invitation races in the Summer. Expenses can sometimes be paid for these by a sponsor. Again, ideally, these races should be for all age groups and both sexes. Sometimes these races are thrown open to non-BMC members who compete in return for a fee of £2. If they achieve any of our qualifying times, they are expected to join us - though some selfish individuals merely use the club and do not. We try not to invite them again. Each Regional Secretary should have a supply of application forms handy to build up membership.

In April 1887 William Snook, former World record holder for 2 miles, was suspended by the AAA for allegedly deliberately losing the National Cross Country Championship.

SOME THEORIES ON RUNNING

From the last ten years of hard athletic training, I (like many other runners, no doubt) have dreamt up many theories about running. I thought I would put pen to paper about four of the more credible ones.

1. Why do women athletes take, on average, twice as long to recover from a standard injury, as men? I have no statistics to back this conclusion, but observation of my fellow athletes at club level, have led me to this thought time and again

'Oh yes, I had a stress fracture in the foot, three weeks ago, but I'm fine now' - is a standard response from men, as they set off on a 12 x 400 metre rep. session. Where the female response is: 'Yes, I'm just starting jogging again after that stress fracture five weeks ago.' At any one time, there appear to be many more women out with injury, than men, and considering women tend to compete less intensely at club and county level, what is the reason?

2. Public Relations

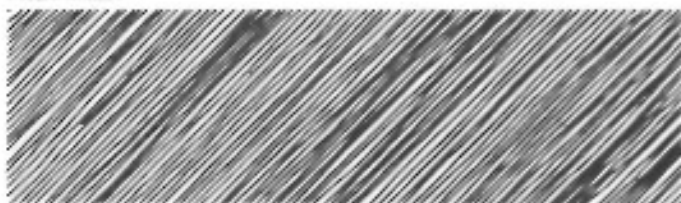
Runners are getting increasingly obnoxious in their 'clashes' with the public. With the health and fitness boom, we now assume superiority, whether on the street or in the park, and hitting pedestrians, or kicking dogs, has become a favourite pastime, for the cosmopolitan athlete. There is obviously nothing more annoying than having 'Fido' snapping at one's heels, whilst 'owner' sweetly trills 'he's only playing' - but I think more effort must be made, to prevent permanent hard-feeling settling in.

3. Why can't runners walk? Runners HATE walking. They won't walk round cross-country

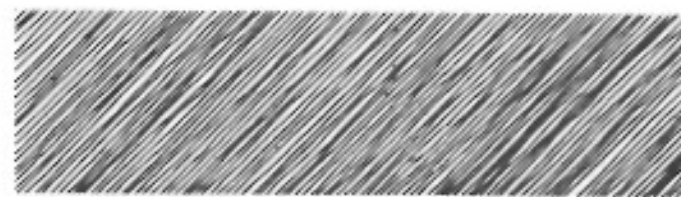
courses, to view the course, they hate even walking from the car to the track

I suspect when you gear your body up to one level of activity, as your 'norm', any slower level is soporific. So runners get tired walking, just like non-runners get tired walking round a museum.

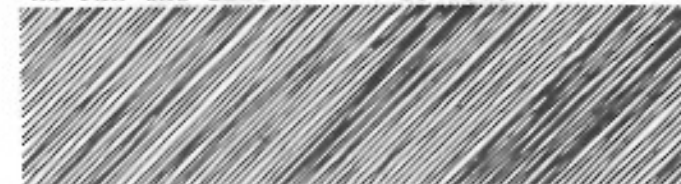
4. Why do we yawn before races? isn't yawning supposed to be a sign of boredom/lack of oxygen? It must also be activated by nerves, since observation of athletes before 'the off', shows many yawning continuously, when at a high state of nervous tension.



Johan Boakes, bronze medal winner in the World Junior Championships in Athens last July, should have his medal uprated to Silver. It turns out that the Kenyan, Peter Rono, who finished one place ahead of Boakes (18) was born in 1965, which makes him two years too old for the Under 20 Championships. Seems his birthdate on the team entry sheets was changed from 1965 to 1968. Experts agree that it is unlikely that the IAAF will take any action over this matter.



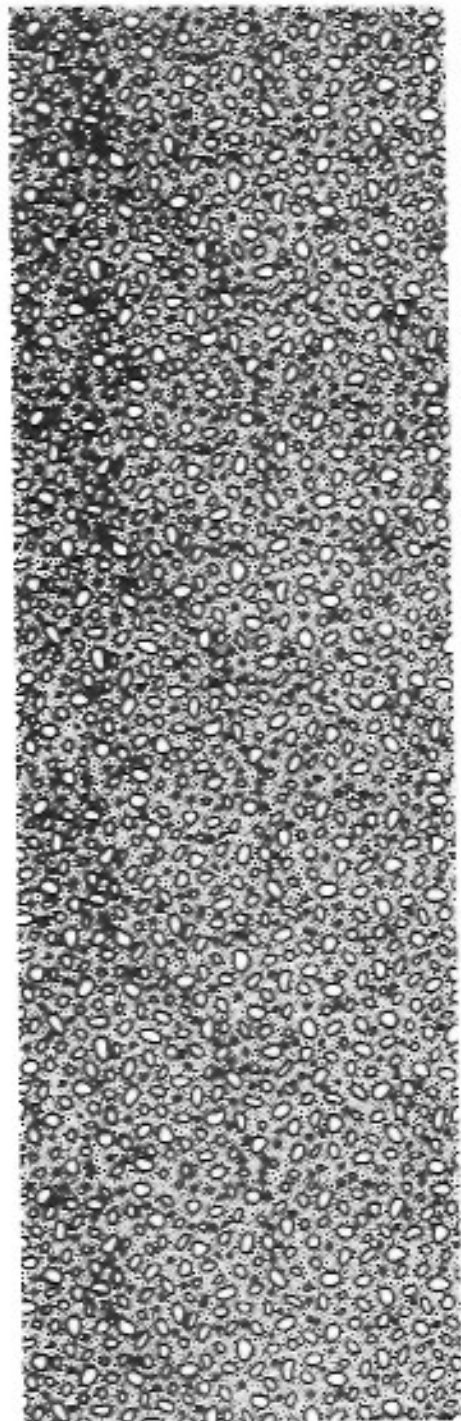
Stats from Stuttgart.
In the European 800m final (Aug 28) Seb Coe ran the second lap in 52.0, last 300 in 37.8, 200 in 24.7 and 100 in 12.8. His fastest 100 was between 600 and 700 (11.9sec). In the 1500m final, Steve Cram covered the last 800 in 1:48.7, 400 in 50.9, 300 in 37.8 and 200 in 25.1. Disregard ATHLETICS WEEKLY's claim that he ran the last 800 in 1:46.0.



WHAT NOT TO SAY TO AN ATHLETE

1. "You're a jogger, are you?"
2. "You do Marathons, I suppose?"
3. "I could have been really good, if I had trained like you"
4. "I used to do the 100 metres in 5 seconds when I was at school"
5. "Why don't you RUN to work?"
6. "Why don't you RUN up the stairs?"
7. "Why don't you RUN to the Pub/ Disco/Party?"
8. "You're lucky, you're built for it"
9. "You can't eat/drink/smoke that, you're supposed to be a runner"
10. "Aren't you past your best at your age?"
11. "It's alright, Fido won't bite"
12. "Don't be scared, he's only playing"
13. "How many miles have you done today?"
14. "Only 5, that's not much"
15. "If you are an athlete, why are you always injured?"
16. "When are we going to see you on the telly?"
17. "When are you going to get to the Olympics?"
18. "Did you win a prize?"
19. "How do you train in Winter, when it's dark?"
20. "Where do you get your energy from?"
21. "When are you going to take up something intellectual?"
22. "You can't be tired, you're supposed to be a runner!"
23. "Who is Steve Ovett/Seb Coe/ Steve Cram?"
24. "I suppose it stops you mugging grannies"
25. "It can't do much for your sex life"

Hilary Baxter



THE DEVELOPMENT OF TRAINING METHODS IN DISTANCE RUNNING

by O. Karikosk

Reprinted from *Modern Athlete and Coach* (July, 1969)

In this article, slightly condensed from the Estonian sports journal "Kehakultuur", No. 10, Vol. 29, May 1968, coach Karikosk sums up the development of training methods in distance running from the days of British professionals up to the present approach. The last paragraphs, by Fred Wilt, bring training trends up to date (1973).

First information available on distance running training methods date back to British professionals in the 19th century. According to Toni Nett, training in these days was dominated by running at even speed but not daily nor all year round. Further details unfortunately are rather vague.

At the beginning of the current century the early British methods were improved by Americans, who added repetitions over shorter than the competitive distance to the even speed runs. Well-known coaches such as Murphy, Robertson, Cromwell and others used this type of training, which was later taken over by the Finns. After Kolehmainen had dominated distance events in the Stockholm Olympic Games, giving Finland's distance running a great boost, Lauri Pihkala wrote in 1916 that fast and short repetitions with suitable recoveries combined with steady speed cross-country runs are superior to even speed running around the track for the development of endurance. This type of training produced many outstanding athletes, including the great Paavo Nurmi, Ritola, Stenroos, Larva, Purje and later Lehtinen, Iso-Hollo, Salminen, Maki and Heino.

In 1932 Poland's 10,000m. Olympic gold medalist Kusocinski, coached by Estonian decathlete Kolmpere, developed the Finnish technique further by reducing the distance of repetitions in his training program. These were replaced by repetitions over drastically shorter distances (200, 300, 400 meters) at faster than competitive speed, thus beginning speed endurance training in today's sense.

A little later Woldemar Gerschler became one of the leading middle distance coaches in Germany. His approach to training was made famous through the many world records set by Rudolf Harbig. Harbig trained 3 to 4 days a week nearly all year round, in winter using forest trails and snow cleaned running tracks. On the track he concentrated on 500 to 1200 meters repetitions with 5 to 25 minutes walk recoveries. He also included resistance exercises in this program and made "speed endurance" an accepted term in middle distance running.

During World War II the record breaking performances by Gunder Haegg, Arne Andersson and Lennart Strand drew attention to the Swedish running school, based on two new approaches in training designed partly to avoid monotonous track workouts. The Swedish methods were introduced by Gosta Olander and Gosta Holmer. Olander came out with the revolutionary idea to train in summer on soft forest surfaces, sand, mud and clay; and in winter in deep snow. Holmer introduced the well known Swedish "speed play" or fartlek, but also recommended track workouts to develop the necessary feel for pace. Despite their contrasts—Olander's based on short but very intensive daily training and Holmer's avoiding frequent hard efforts in a short time period—both systems were used profitably by Swedish athletes.

Pan Singh of India set National records in 1960 for 3000m Steeplechase (8:53.4) and 5000m (14:37.2). He was shot dead by police with nine members of his bandit gang near Gwaligot, India on October 4th, 1981. Seems that after 22 years in the Police Force he had turned to a life of crime, and was wanted for twelve murders.

According to virtually all sources, it was Emil Zatopek who first employed intensive interval training, a method which was copied by runners all around the world. Zatopek started using 100 and 200 meters repetitions with recovery jogs over the same distances. In 1944, for example, his days's workout included 10 x 100 and 10 x 200 meters or 10 x 400 meters in intervals in 13, 26 to 28 and 60 seconds. Later he increased the number of repetitions but decreased the speed. In 1948-49, for example, he covered 20 to 30 times 400 meters in 67 to 70 seconds, later 60 to 80 or even 100 times 400 meters but slower (75 to 80 seconds) and with shorter recovery jogs (100 to 200 meters). At the same time Zatopek began to include 200 meters repetitions at nearly full speed in his workouts and by 1954 was using a complex training method—high repetitions of slow interval runs to develop the cardio-respiratory system and fast repetitions to improve metabolism.

Reindell and Gerschler introduced a different type of interval training method in the 1950's. They were convinced that the recovery phase is decisive in the heart development and, using 100 and 200 meters distances, increased the number of repetitions and therefore also recoveries. Middle distance runners used 50 x 100 or 30 x 200 meters repetitions, usually in 14 to 16 seconds and in 30 to 33 seconds. The recoveries were as short as Zatopek's but taken lying down to speed up the pulse recovery. As soon as the pulse rate had dropped to 120-140 a minute the next effort phase was started. Pirie and Wiggs were among those who used this type of training.

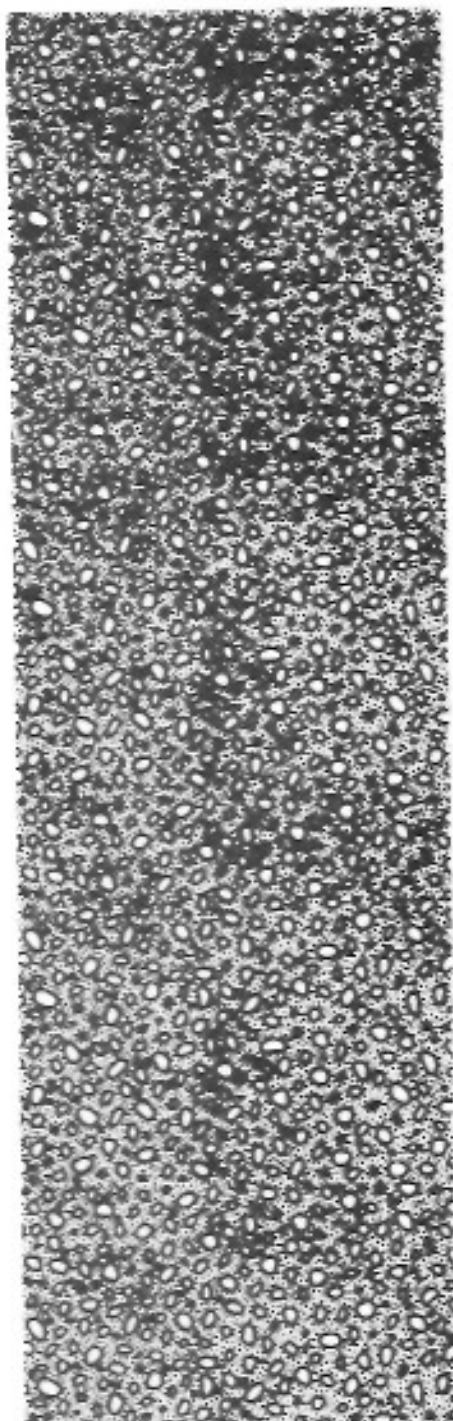
Zatopek's interval training methods were also developed by Soviet Union, Hungarian, Polish and East German coaches. Most famous among them was Mihaly Igloi, whose well-known athletes included Rnasavolgyi, Iharos, Tabori and Czaplak in Hungary and Beatty, Grelle, Seaman and Schul later in the United States. According to Polish coach Mulak, Igloi was not influenced by Zatopek's successes. He employed different distances, varying from 100 to 1200 meters, and intensive training runs going into oxygen debt. Igloi improvised his training and did not make long range plans but decided each day's workout according to how the athlete felt, weather conditions, training targets, etc. He regards himself mainly as an educator and has never made known, in detail, his training principles. His dictatorial approach, failure of his athletes in major competitions and the monotony of his training system have been criticized by many. The positive side of Igloi's approach is the consideration and development of individual ability.

Soviet Union coaches developed Zatopek's system by increasing intensity and decreasing the training load. Nikiforov, the coach of Vladimir Kuts, added more variations in distance (100 to 2000 meters) as well as further changes in pace. In 1956 Kuts, for example, went in one training session through a 35 minute warm-up run, 5 x 100 meters with increasing speed, 5 x 400 meters (61 to 64 seconds) with 100 meters jog recovery; 2 x 1200 meters (3:12), 3 x 400 meters (65 seconds) and exercises. Bolotnikov added long cross-country runs to Kuts' program.

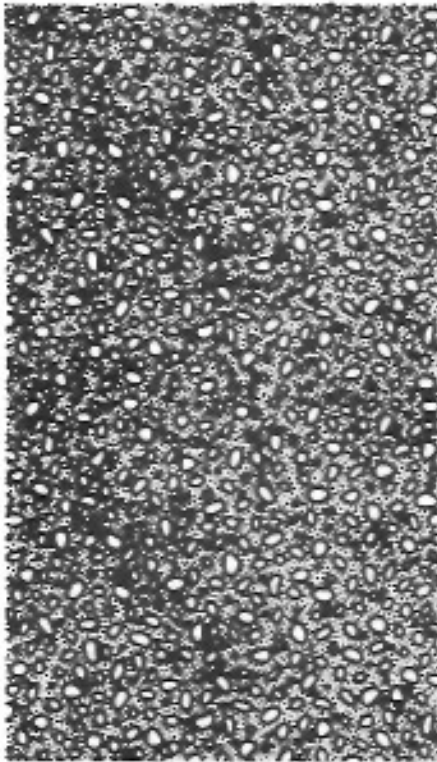
In the 1960's Vakurov and physiologist Volkov recommended the use of reducing recovery intervals in training. Volkov claimed that the gradual reduction of recoveries in repetition runs improves the anaerobic capacity. He suggested as optimal recoveries between the first and second repetition as 5 to 8 minutes, second and third 3 to 4 minutes, and third and fourth 2 to 3 minutes. The pace was unchanged in all repetitions.

Fresh winds came into running training again when Percy Cerutti, inspired by his visit to Olander after the Helsinki Games, reintroduced in part Olander's methods through Herb Elliott. Cerutti's ideas included long hikes with a heavy rucksack, running in sand and water and heavy loads through gradient sand hill work. He claimed the interval training methods espoused by Gerschler, Igloi, Franz Stampfl and others were based on sound research but lacked the understanding of human nature.

Arthur Lydiard, who followed Cerutti as a leading distance coach, based his training approach on a solid preparation of general endurance. According to his method middle distance runners covered over 100 miles a week in long steady runs. His system was divided into four cycles: cross-country period, marathon training, hill training and track training. The marathon training lasted 14 weeks, and included long runs at slow 14.20 minutes for 1000 meters) or faster (3.20 to 3.40) pace every day and fartlek once a week. Hill training took six weeks and emphasized oxygen debt tolerance on interval principles six days a week. One day was set aside for a long run (up to 20 miles). On the track Lydiard's method is based on two four-week cycles. The emphasis is on repetition runs over 100 to 1200 meters



The longest debate over a dead heat by judges was ELEVEN MONTHS. At the Millrose Games on January 28th, 1950, Fred Wilt and Don Gehrman were timed at 4:09.3 in the Wanamaker Mile, finishing locked together. The judges were also deadlocked until chief judge Asa Bushnell voted for Gehrman. This decision was reversed by the Metropolitan AAU two weeks later who decided that Wilt had won. Gehrman's appeal failed, but the National AAU convention on December 8th, 1950 declared for Gehrman after studying prints of the finish.



and interval sprints (50 meters fast, 50 meters slow, etc.).

Multi-world record holder Ron Clarke, who had no coach and worked according to his own experience, trained all year round and every day. His training changed little and did not aim for a culminating point each season. Clarke, who expected to be in form all the time, increased his training load year after year. He used mainly long endurance runs on grass surfaces or roads and covered them fast. For example, in a 10 mile run his pace was at 3 minutes for 1000 meters. Clarke, who seldom used the track and never a stopwatch, trained three times a day. His occasional track workouts included 10 x 200 meters (26 to 28 seconds) or 10 x 400 (60 seconds) with recovery jogs in the equivalent distances.

French training methods, apparently influenced by Glander and Holmer, consist of long runs at varied speed to improve aerobic capacity, timed repetitions over short distances at 90 to 105% of competition speed to improve anaerobic capacity and cross country runs over hills to improve local muscular endurance at strength.

Summing up, it appears that distance running training methods have developed through endurance runs, speed-endurance and repetition runs, Holmer's fartlek, Glander's system, interval training (Zatopek, Gerschler, Igloi, Nikiforov, etc.) and the methods of Cerutti, Lydford and Clarke. Cerutti, and especially Lydford, were responsible for major changes in training in the 1960's (only Igloi stuck to his interval principles) by increasing training loads, changing most of the training back to nature, using mainly long endurance runs and fartlek for preparation and including specific endurance training with emphasis on up-hill work.

HOW MEMBERS THINK BRITISH
MIDDLE DISTANCE RUNNING CAN
BE IMPROVED

Wendy Wright - There should be more middle distance races where there is a hare to help achieve fast times.

Paul Fowler - Those who can be recognised as potential top athletes are the next generation of athletic representatives and therefore I feel should receive equal support as those already at the top such as kit and expenses.

C. Ling - I believe better medical back-up for athletes who have not quite reached B.M.C. standard. The AAA Registration Scheme have just started an idea by asking Physiotherapists if they would give reductions in cost. This is O.K. but I believe these people really need to know about athletics personally, as a great deal of time is lost by these athletes and sometimes they just get really depressed in not knowing what to do. A lot of these could be future middle distance stars!

Andrew J. Evans -

1. More competitive races at 5,000m to assist this event.
2. Better planning at championship and league fixture dates etc.
3. More publicity about Sports Injury Clinics/Specialists etc.

P. Hoddy - Athletes should be better educated to help them to find what type of training suits their individual abilities and needs. Young athletes should not be encouraged to train too hard at too young an age. I feel that the reason why a lot of young raw talent has failed to make good at Senior level, is because they are over-trained (worked too hard), and lose their appetite for the sport and/or get serious injuries.

N. Mannion - By having better coaching and improved scientific research into athletics, and these methods being carried out.

R.E. Chaplin -

Better transition from winter to track training.
All weather tracks available "in the sticks".
Motivation - as with organised training days.
Improvement of spikes to parallel the development of training shoes.

KEY WORDS: UNLOCKING POTENTIAL

by Bill Harvey, Men's and Women's Track & Field Coach, Occidental College, Los Angeles

A specific vocabulary is essential, says the author, so that negative connotations are not transmitted to the athlete.

The words chosen to describe or explain athletic performance carry connotative messages which can affect that performance. Many words and phrases commonly used produce negative, counter-productive images while seeming to communicate the basic facts accurately.

The best performances seem to flow easily from a deep reservoir. (An effective use of key words?) Athletes repeatedly describe their best marks as grooved and effortless, feeling good, and leaving an awareness of additional potential which was not even tapped. On the other hand, athletes are told to "work the curve," "go out hard," "attack the board," and "gut it out." A disparity is apparent between the reports from athletes achieving at their best and the language which is sometimes used to educate and motivate them to produce their best.

The basic criteria for the development of appropriate key words should be applied routinely before presenting a new concept. Simply ask these questions:

- 1) Do the words accurately convey the facts?
- 2) Do the words create an image which reflects the way the athlete should be pictured?
- 3) Do the words create an image which reflects the way the athlete should feel?

The *least* important of the three is conveying the facts. If the best possible picture and feeling of proper performance is created only by words which neglect or compromise the facts, so be it. Telling an athlete to "fly through the curve" doesn't explain the biomechanics or

physiology of the act. However, it is important to consider carefully the biomechanical and physiological factors which are implied by the chosen words. Construct a complete technical description of what should be happening and compare it to the image created by choices of key words. By doing this more effective key words can be developed.

Not only should the words represent technical accuracy, but they should reflect the way the performance should look. Telling an athlete to "work the curve" may communicate a need to accelerate quickly in a 200m race which would be technically correct. It may also imply straining, heavy effort. The image of "working the curve" could represent an athlete with no fluidity and cords bulging in his neck. The words are not effective if the visual image in the athlete's mind is not what the coach and athlete know the act should look like, or, even more important, the athlete does not realize that the image created is flawed.

An athlete ultimately translates his knowledge of an athletic performance into both a mental picture and a sensory awareness which can be described as the "way it feels." Do the words create an image of the "feeling?" Running the curve in a 200 should not feel like carrying a piano. Yet, one might talk about "working the curve" and at the same time "working" to carry the piano. Obviously, the feelings associated with these two activities differ substantially. Effective key words for each activity emphasize the differences even though they communicate the essential similarity that both require full intensity of effort.□

Most birth dates for an athlete must belong to 1980 double Olympic winner Miruts Yifter, who real name is in fact Yefter Mururuse anyway! His date of birth has been recorded as 8/6/47, 28/6/47, 5/6/45, 15/9/43 and 15/5/44.....another double medallist from the 1980 Games, Nadzda Olizarenko (USSR) has also mysteriously changed her birthdate from 28/11/53 to 14/2/59. She won the 1980 Moscow 800m and was bronze medallist in the 1500 before returning to top class competition in 1985. In Stuttgart she won the European 800m title in 1:57.15.

What's a Joggle? Well, the rules state you have to juggle at least three balls whilst running over a timed distance. Believe it or not, but Kurt Swenson from Swarthmore College, Pennsylvania, "joggled" a mile in 4:47.5 last April to break his own 'World Best' of 4:56.0 set in 1985 in Las Vegas.

STUTTGART GOLDRUSH

DAVID COCKSEGE ANALYSES THE DISTANCE TRACK ACTION AT 1986 EUROPEAN CHAMPIONSHIPS.

800 Metres (Aug 28th). As the three British moved away together on the final curve we had 15 seconds to savour it - the first cleansweep in this event in European Championships history, and the first in any event by British runners.

I was very pleased for Seb Coe, finally winning a major outdoor 800 title after collecting bronze (1978) and silver (82) in this race previously to add to his two Olympic silvers. He now has ten individual Championship medals, without ever running a final at the Commonwealth Games!

The other hero of the race was Tom McKean. The tough Scot realised that he had treated Cram with too much respect at the Commonwealth Games, where he ran for silver in 1:44.80. But he knew he could be just as quick as the Geordie even off a hot pace, and proceeded to demon strate just that. Cram himself may have been a trifle over-confident, for he never attempted to take control of things until it was already too late. He hung back early as usual with Coe shadowing his every move.

Up front McKean took his chance and went for broke around the 600m mark. The other two Britons responded quickly but what shocked Cram in particular was the fact that McKean refused to lie down and held him off all the way around the final curve and into the straight! It was a fresh experience for Steve in 1986 just when he had got used to blowing past people whenever he felt like it.

Coe then threw on a great stretch run and moved past the pair of them after pulling very wide. His laps were 52.5 and 52.0 and his finishing speed worth noting: last 300 in 37.8, 200 in 24.7 and 100 in 12.8. His slowest 100 segment was between 400 and 500 (14.2) and his quickest between 600 and 700m as he moved hard to get into attack position: he ran that one in 11.9.

I was saddened by Cram's fit of sulking after the finish. He left the scene immediately and denied photographers an historic picture of the three lads posing together after the splendid coup. Cram has always said the 800m is a secondary event for him - here it was simply a warm-up effort for his 1500 title defence. From the look on his face after the finish, you'd never have believed him....

All credit to coach Tommy Boyle for bringing McKean along so well towards peak fitness (mental and physical) in Stuttgart. I gather some of his quality interval sessions are inhuman. His comment on tv: "I looked across at the finish and the little shit was going past" in reference to Coe was made without malice and taken in good part by the smiling victor, though I gather it embarrassed many fellow Scots! I expected better of Peter Braun, the lanky German who has run 1:44.03 this year. He led at the bell in 51.98 before fading to 6th in 1:45.83, but could progress well from this experience.

Rob Druppers, (4th here) may return to his sub 1:44 form of three years ago but I see few in Europe to trouble McKean in 1987.

1500 Metres (Aug 31st). A successful title defence by Steve Cram was always a strong possibility. There wasn't much hanging around in the three heats, but inevitably the final boiled down to a last lap scramble from which only Cram could draw any real satisfaction. He emerged from the pack by winging through his last 400 in 50.9, 300 in 37.7 and 200 in 25.1. His last two laps took 1:48.7 - which is pretty swift, but not the 1:46.0 claimed by ATHLETICS WEEKLY (report filed by David Martin, a fellow Geordie!)

Like many Championship 1500s, it promised much but delivered little and certainly rates well below the most recent fast Championship races: Rome, 1960, Christchurch 1974, Prague 1978 and Los Angeles, 1984. But let's not forget that Cram became the first Briton to retain the European 1500 - no mean feat in these times of Supermilers.

Steve Cram is a redoubtable competitor who hates losing. His only real fear, apart from Coe's fierce finishing thrust, was as to whether his troublesome calf muscle could stand up to the strain of five races in six days. But he was quite unworried in the final and Britain again came close to a medal sweep, for Coe sprinted into second quite easily and John Gladwin fought his way to fifth after allowing several men to jump him after the bell lap. I felt Coe dealt himself a bad hand by allowing Cram to get four metres up with just 350m left. From then on he must have known he was not going to do it: you simply cannot give Cram such a head start so late in a slow run race and then expect to peg him back, especially when the man is operating at 51sec tempo. Coe gained very slightly with a last 200m in 25.0, but Cram was never in any real danger of being caught.

Coe finished grinning ruefully, anticipating a lecture on tactical ineptitude from his coach/father Peter.

The major surprises were Hans Kulker of Holland taking the bronze medal and Jose Abascal getting shut out in the heats. The Spaniard (3:31.13 this year) was a comfortable fastest loser with 3:39.20 in heat 1 until John Gladwin burned his last 3 laps in 2:54.9 in heat 3 to qualify the first six runners between his winning 3:36.85 and Peter Wirz's 3:37.75.

I felt that Jose Luis Gonzales, always a superb stylist with a racing action that reminds me of the great Michel Jazy, was a good bet for third, but he suddenly tied up badly in the last 40 metres, allowing the amazing Kulker to steam past. Gladwin sensibly edged in front with 600 left but instead of pressing on hard and breaking the race open, he sauntered along at 57sec tempo, and allowed the Dane Niels Hjorth, to brush past him at 1100m.

Gladwin was then buffeted all over the place and lost his chance, though he recovered enough to sprint his last 300 in 39.0, with Marcus O'Sullivan, Johnny Kroon and Frank O'Mara inches behind him. But Gladwin has made a highly successful transition from 800 in 1986 and will mature into a great competitor. He is coached by John Sullivan (South) and the partnership now works very well.

5000 Metres (Aug. 31st). Jack Buckner was indeed one of the most surprising winners of the entire Championships. True, he ranked 6th in Europe with his 13:16.49 from Zurich, but I felt he ran a negative race in Edinburgh at the CG and seemed to lack resolve and total commitment when the major prize was at stake. All that changed in Stuttgart. His speed has improved this year with a fine 3:35.28 for 1500, though he only had one previous 5km victory to his credit prior to the Stuttgart final. But the man burned his last 3000m in

7:50.5 to win an astonishing race in 13:10.15, second on the UK all time list.

The British trio was hit by Steve Ovett's departure from the race with 2000m left: the Brighton star has had many injury and business problems of late, aside from a bad head cold not helped by racing a heat in pelting rain. In short - he was in no real shape to challenge for a medal, after winning in Edinburgh off a much slower pace. He should be back in 1987. Those magnificent times by the first four are due entirely to the pace forcing tactics of the Portugese runners Antonio Leitao and Fernando Couto plus the gummy running of Tim Hutchings and Buckner over the closing 2 kilos. All four decided that there were too many last lap sprinters in the final and their only chance was to make things uncomfortable for them a long way out: the combined plan worked perfectly - on the last lap, the kickers were littered all over the track and it was the STRONG runners, prepared to race the whole way, who came off best.

From the first kilo (2:39.04) hared by Alberto Cova it was obvious the thing was going to be fast. Couto was in front at 2000m (5:19./2) and Olympic bronze medallist Leitao gave them another kilo in 2:43.2 which proved too much for 13:15.31 man Pierre Deleze and 10km bronze medallist Salvatore Antibo. Olympic silver medallist Markus Ryffel dropped out approaching the bell and local hero Uwe Monke-meyer (13:21.14 off a 2:29 last kilo) finished half a minute back. Only the feisty Stefano Mei was able to get among the Britons in the last 300, as Eugeni Ignatov clung on bravely, but I felt the Italian marred his chances by going too early. Buckner held his thrust and came again (56.12 last lap) for the win. Get a load of those finishing splits - last 2km in 5:11.5, 1600 in 4:05.3, 1200 in 2:58.4, kilometre in 2:27.8! Hutchings covered his last

kilo in 2:30.7 and last circuit in 58.9 for a bronze in spite of getting spiked by Buckner at 150m as they both went after Mei. As usual, Tim finished completely sold out, barely staying off Ignatov, who improved all the way from 13:26.35 down to 13:13.15 for a National record. Only Hutchings' 13:11.50 from LA was faster than his 13:12.88 here. The future looks bright for UK 5000m men, and the action in Rome is likely to be very hot. Jon Solly felt he deserved a berth in this event and childishly withdrew when he was only selected for 10km. To survive qualifying rounds in these Championships, you have to be able to run your last lap in 54sec - and I don't think he is as yet able to do that. Solly says he "would love to race Cova." I say: well then, get out and do it.

10,000 Metres (Aug 26) On the first day of track action, the evening drew to a close with an Italian triumph. And to say they enjoyed it would be an understatement. The surprise for me was not so much the Latin cleansweep of the medals, but that Stefano Mei ran away so strongly from Alberto Cova over the last 200. Big time title winner Cova, master of the short deadly coup de grace off the final bend was this time never allowed to close with his taller rival, and actually gave up the chase in the last 60 metres as Salvatore Antibo followed them home in bronze medal position. No wonder Italian spectators and Pressmen turned into screaming hysterics.

There is great rivalry between Mei, a 23-year-old 'student' from La Spezia (1.82m and 66 Kg) and 28-year-old Cova from Invergio (1.76m and 63Kg). Mei enjoys a playboy image and says he could never dedicate himself totally to running the way Cova does. He has an elegant, raking stride as compared to Cova's neat, economical almost pattering style and the two have little in common socially: you are as likely to catch them out drinking together as you

would be to observe Coe and Cram sharing a burger in McDonalds. Mei followed the dawdling early pace and won by covering his last lap in 55.7, 800 in 1:59, and kilo in 2:32.8. The second 5000m took him just 13:42.6. The surprising Swede Mats Erixon took fourth in 28:01.50 just ahead of Domingos Castro while early pace setter Martti Vainio plodded home seventh. First UK finisher was Steve Harris (10th in 28:16.79) but I was saddened by his negative approach on this occasion, only moving up in the last 600 to pick off Steve Binns who finished 12th after leading

at 7 and 8 kilometres. Carl Thackery was a late replacement for the petulant Jon Solly, and did well considering he had been tossed in without adequate preparation for a major race. The controversial Mei made further waves during his press conference by stating that he was the only member of the Italian Distance Squad who was not 'Blood Boosted'. This led of course to plenty of outraged, self-righteous moral indignation among press and coaches, but perhaps more interesting is the Italian Federation's clever system of payments to its leading dozen distance men to protect them from the temptation of gearing everything towards road racing dollars - it was exactly that which led to the complete failure of American distance stars in the LA Olympics. Money lost to the Italians through missing road races is guaranteed by the federation provided they toe the line and prepare themselves for important track competition.

Frank Dick says he would like to move a similar system in the UK but is likely to run into plenty of opposition from athletes agents and supporters of other events who already resent the attention our distance runners receive. Let's hope the UK Director of Coaching is able to get some follow-through on his remarks in Stuttgart, however, for the whole idea is at least worthy of further investigation.

WOMENS' EVENTS

800 Metres (Aug.28th) Nadezhda Olizarenko is back in business six years after winning the Moscow Olympic title. After a four year lay-off, she placed 2nd in the 1985 Europa Cup 800 and ran 1:56.25 that year but I certainly did not see her winning a major title again. In Prague (1978) she placed second under her previous name of Mustha.

Yes, Olizarenko is back, now boasting a five year old daughter and brand new birthdate of 14/2/59 as against her previous one of 28/11/53. Seems the Soviets are partial to lopping years off female athletes just to confound us statisticians! Nadezhda is thus the Russian Leslie Watson. At 57 Kg and 1.65m tall she remains a powerful middle distance specialist, though she has not made the transition to 1500m that was promised six years back when she ran 50.96 (400), 1:53.43 (World record for 800) and 3:56.8 (1500). Olizarenko's sole problem in the Stuttgart final was getting past the persistent Sigrun Wodars, a real talent from the GDR, who at age 21 will only get much better over the next few years. Surprisingly, the Championship Best of 1:55.41 set by Olga Mineyeva in Athens was never threatened, in spite of the opening lap of 56.17 paced by Lyubov Kiryukhina who sacrificed herself for her two red vested Soviet team-mates. Wodars attacked decisively at 500m and flew by 600 in 1:26.5 (30.2 for that 200 segment) but only for the experienced Olizarenko to move very wide off the final curve and run her down over the closing 60 metres of a hard-fought race as they both slowed down drastically.

The Soviet athlete finished with a closing 200 in 30.4 and final 100 in 13.7. Lyubov Gurina meantime only had to stay close to the front to collect the bronze medal in 1:57.73. Gaby Bussmann was disappointing.

I felt after her 1:58.11 in Berlin that she could medal here in front of a home crowd, but it was not to be. She has made a fairly successful move to 800 after a good career at 400 (best of 49.75) but still appears to lack the conditioning to hold form over those vital last 50 metres of fast paced races. In Stuttgart she was coming apart at the seams in the finishing straight and only just held off Milena Strnadova in 1:58.57.

Depth was certainly lacking this year and a 1985 version Kirsty McDermott-Wade would have been in the thick of the battle. But the strong Welsh woman is not in the 800 form of last summer and wisely decided on the 1500. For the fourth European Championship in succession the UK had no finalists, with Shireen Bailey the fastest of the British trio with 2:00.41 and 2:00.50 in qualifying rounds. I see this as a great shame on all British middle distance coaches looking after women athletes with aspirations of making World Class. Hopefully this was good experience for Diane Edwards, who has a brave approach and is still young enough to improve by several seconds by 1990.

1500 Metres (Aug. 31st). A stomach ulcer put paid to the chances of Doina Melinte, fastest this year with 3:56.7, but Ravilya Agletdinova was always going to be tough to beat - especially in a slow start/fast finish type race, as Championship finals often become. Melinte meantime scratched from the 800 heats, dropped out of her 3000m heat whilst well placed with just 600 left and finally landed up in the 1500m. But she was never able to trouble Agletdinova and Tatyana Samolenko in the vital last 300m. Maricica Puica was over-raced from the Grand Prix circuit and had little left after the 3km final here: she covered her last lap in under 61sec, but still was buried in 5th place. Agletdinova (26 years old and 1.68m/57 Kg) has 1:56.24 800m speed and combines plenty of raw strength with

an untidy head-swinging style. Her best 1500 thus far is 3:58.40. In Stuttgart, the field played into her hands, dawdling out in 67.5 and 2:15.8. Sensing the falling pace, Zola Budd, who is about as British as a Krugerrand, scampered in front and tried to burn them all off with a lap in 62.1sec. She had gone a lap too late: when the REAL racing started, Budd was brushed aside as Samolenko, Agletdinova and Melinte moved into high gear and kicked away. Ravilya really opened up, covering the last 400 in 58.9, 300 in 43.2 and 200 in 28.8 for an easy win. Her last 800 had taken 2:02.0 and 700 in 1:45.3. Samolenko took care of Melinte quite easily whilst Ivana Walterova set a Czech record (4:03.09) in 4th. The rough Czech had badly fouled Christina Boxer-Cahill in the heats, grabbing her from behind in a mad scramble for the line, and got clean away with it.

Kirsty Wade took some lumps also, getting baulked at 1200m and trading flailing arms with the GDR's promising young Heike Ohme (21) who was so shoved around that she faded to last. Wade took a few strides to get back into the race, and all she was then able to do was chase after the fading Budd, eventually nailing her on the line in 4:04.99, some revenge for losing to Budd in a totally meaningless 1500 at Hendon on August 17th.

Wade certainly has the talent and dedication to run inside 4:00.0 next year, whilst Budd is clearly nowhere near her form of late 1985. Her free-flowing, raking style is ideally suited to cross country racing but I feel she has yet to prove herself a winner in major Championship track racing.

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3000 Metres (Aug. 28th). Ingrid Kristiansen, topping the Euro. rankings with 8:34.10 from Zurich gave this one a miss in favour of the 10,000m. Olga Bondarenko deserves more credit than she was given for taking gold and silver medals (3 and 10km) in Stuttgart. Born in Yalta on 2/6/1960 she is only 1.53m tall and weighs just 49 Kg. Her previous best 3000m was 8:36.20 in '84 and she has also run 5000m in 14:55.76. A previous holder of the World 10km record, she reduced the Soviet mark to 30:57.21 in chasing Kristiansen later in the week.

It was always a good bet that Zola Budd would set the pace, since in front is where she is happiest. Her simplistic approach was nurtured in South Africa, where she always had no real opposition, but by August 1986 she was perhaps too long away from the effects of months of altitude training in Bloemfontein, SA. In the final analysis, she was exactly 10 seconds behind her form of 1985 when she ran 8:28.83 in Rome behind Slaney and Puica.

The thoroughly wet, miserable conditions affected the times and at the finish the only person who looked ecstatic about it all and was not in a hurry to get into dry clothes was Yvonne Murray. The pale Scottish lass grinned from ear to ear and punched the sky dramatically several times to signal her bronze medal and brand new pb of 8:37.15. In the heats, her 8:49.56 was itself a pb by over 5 seconds. She had every reason to celebrate and it was great to see her obvious delight. Coach Bill Gentleman must have been a proud man.

Budd never looks comfortable in spikes but wisely decided to wear them in the extremely wet conditions as rain lashed the track. She led at halfway in 4:16.3 and was still in front at the bell with five women snapping at her heels. Bondarenko then moved very quickly, spurting through her last circuit in 64.1

to win quite handily from Puica who tied up badly in the last 150m, but not quite as dramatically as in Zurich on August 13th when she got drubbed by Kristiansen. The winner's kilometre splits were 2:49.3, 2:55.9 and 2:48.9. Puica looked relieved to reach the finish line in 8:35.92 whilst Murray set out very determinedly after the fading Zola Budd, who has apparently been hampered by a hamstring injury most of the summer. Yvonne caught her 50m out and went by to smash the Scottish record again in taking a bronze medal of far greater worth than the equivalent medal she gained in Edinburgh. Salomenko (8:40.35) and Cornelia Burki (8:44.44) were disappointing and had Kristiansen been in the race, I think the pace would have been sub 8:30.0. I have to conclude however, than only a fully fit Mary Slaney could have outkicked Bondarenko had the race been a World Championship.

10,000 Metres (Aug. 30). It's a measure of Ingrid Kristiansen's superiority that her posting of the second fastest time in history was almost a yawn for the watching journalists., though the spectators enjoyed her exhibition of front running. Though she missed her WR by around 10sec, she dragged eight women behind her to National records. The 'race' quickly became Ingrid versus The Clock and Olga Bondarenko made no serious attempt to try and stay with the ungainly Norwegian, who used the crowd's powerful Mexican wave chant to lock herself into 73 sec laps. She ran the first 5km in 15:08.9 and the second in 15:15.4 whilst Bondarenko went out in 15:41.1 and came back with an excellent 15:16.1. I was amazed that Liz Lynch got so close to her own UK record with 31:49.46 after a mentally draining season and two tough races in the 3000m in Stuttgart. Angela Tooby also did well to lower her Welsh record to 31:56.59 in 9th. This event still has some way to go, but progress thus far is very encouraging.

TONY WARD

SPOTLIGHT ON B.M.C. COMMITTEE

Part 1 - THE VICE-CHAIRMAN, Tony Ward

Tony Ward, born in Devon over half a century ago qualified as a P.E. teacher and taught in Devon and Essex. He became the Devon County A.A.A. Coaching Secretary and graduated to being the South West Counties Coaching Secretary. In 1960 the spectacular win of Herb Elliott in the Rome Olympic 1500 metres caught the imagination of the middle-distance world and the cry was for sand-dune running facilities; Tony Ward was the first coach in Britain to make that a reality.

Through the auspices of the Devon A.A.A. and the Southern Counties A.A.A. the famous Braunton sand dune training camps came into being, later to be transferred to Merthyr Mawr. The camps had an attendance of over a hundred athletes at a time and were staffed by the then best middle-distance coaches in the country. Athletes often travelled as much as 900 miles round trip from Scotland to attend. It became something of an achievement to be able to say, "I've been to Braunton - and lived!" The training was the toughest ever experienced by any runner at that time. At Braunton the athletes were housed in a nearby R.A.F. camp and ate with the servicemen. When the camps were moved to Merthyr Mawr, the residential quarters of the South Glamorgan County Education Authority were used at Ogmere by Sea.

The camps followed a strict routine, everybody was on the sand dunes by 9.30 a.m. and newcomers were advised, "Don't eat a big breakfast or else you will be soon parted from it!" Athletes were divided into groups, one group did a fartlek with Derek Ibbotson, former world-record holder

for the mile in 1957, while another group did a pearlauf supervised by Reg Strang and Dave Fruin. A third group did the dreaded hill run up Harbig Hill; this was a 1 in 5 ascent which turned left at the top and the athletes circled back to ascend once again. The aim was to see how many ascents could be made up the 80 yard long hill in 10 minutes. After a few minutes recovery there was a flat out speed run up the hill. Records were established and on the last count Lynn Davies held the record for the speed ascent showing that muscular strength was a key factor in scoring well. Every athlete took it in turns to try different activities. After training there were lively Any Questions sessions when the coaching staff were asked to voice their opinions on various methods of training.

It was at one of these camps that the decline in British women's running was to begin. A group of junior and senior women internationals, having completed the 10 minute run up Harbig Hill, then refused to do the speed run. What was an automatic procedure for all athletes attending the camps, was too much for the cream of British female athletes. The group included Pat Lowe, now Mrs Cropper. The two men in charge of the Hill on that occasion were Harry Wilson and Frank Horwill; Harry remained at the top of the Hill, while Frank entreated the athletes to have a go. Harry failed to come down the Hill to help Frank with his persuasion.

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The incident made the National Press. Frank was classed as the villain and Miss Hartman, WAAA Secretary, accused him of "Bullying my girls." Dave Bedford, who was visiting the camp and witnessed the revolt told the Press, "I was very surprised, none of them showed the spirit to win medals in the Games."

Tony Ward then became SCAAA Administrator, a full-time job, which involved testing potential coaches in the first stages of the AAA coaching exams and drawing up a comprehensive coaching scheme. The AAA got into financial trouble and withdrew its grant to the SCAAA for the employment of Tony and he was made redundant. He joined JM the tartan track builders and was instrumental in turning the majority of Britain's tracks into all-weather ones. While AAA administrator he re-wrote the middle-distance handbook for the AAA, formerly written by Jim Alford, AAA National Coach, the book was acclaimed as before its time and sold hundreds of copies. Previously to this Tony wrote a book MODERN DISTANCE RUNNING which covered a history of training methods and race tactics with an excellent chapter on testing for fitness.

Over the last decade Tony has earned himself a reputation as a lively announcer in the major meetings at the Crystal Palace and elsewhere. He also has an active pen, contributing regular articles for such magazines as RUNNING, ATHLETICS WEEKLY and ATHLETICS COACH. Many of his articles have made pointed criticisms of the undemocratic constitution of the B.A.A.B. but strangely enough his caustic observations have never irritated the governing powers so much as other writers who said the same things in not such polite terms.

Never a great coach, his role has been that of an ideas man; he strongly advocated weight-training at a time when it was not popular, he also possessed prophetic powers about the future

times of the two-lap event. He has been described as a great theoretician.

He is married to the former high-jumper, Gwenda Hurst, his second marriage, and has five children.

Great quote: "The Commonwealth and European 5000m finals are likely to be fascinating races between the kickers and the real runners." DAVID MOORCROFT.

P.S. Asked what he would have done if he had been in charge of the camp when Britain's female runners refused to do the speed run up the hill, Frank Horwill replied, "I would have asked them three times in varying forms, then I would have told them that the Board had paid their fares to train here in accordance with normal procedure and if they didn't want to conform they could pack their bags and clear off home to do their jogging."

1500m racing carries a heavy debt. After an all-out race at this distance, you finish owing 27 litres of oxygen to your body. So make sure you have the cash in the bank in terms of training before you race another one.

In the July issue of RUNNING magazine, David Bedford claimed that his first ever 10,000m race resulted in a UK record of 28:24.4 at Crystal Palace on April 19th, 1969. In fact, Dave's first try at the 25 lap event was on August 29th, 1968 when he ran 32:16 behind Ron Clarke's UK all-comers' record of 27:49.4. David's running was always better than his memory....



FRONT COVER PICTURE: KIRSTY WADE won her second and third Commonwealth Gold medals in Edinburgh last Summer and went on to place seventh in the European 1500m final. Photo by Stewart Kendall.

SUBS BECOME DUE ON JANUARY 1st. Send your £5.00 to Pat Fitzgerald, The Acacia, 47 Station Road, Cowley, Uxbridge, Middlesex.

Page 23: New European 5000metres Champion JACK BUCKNER follows previous UK Champions Sydney Wooderson (1946), Bruce Tulloh (1962), Ian Stewart (1969) and Brendan Foster (1974).

Page 24: BMC Chairman Peter Coe presents the BMC/Peter Coe Mile Trophy to 1986 winner JASON LOBO from Blackburn, who ran 4:17.1. at Crystal Palace on September 10th to defeat Paul Burgess. Photos by David Cocksedge.

