



BMC

NEWS

*-official journal of the
British Milers' Club*

VOLUME 2 ISSUE 2

AUTUMN 1991

£2.50

INSIDE:

- Frank's Big Five
- Club La Santa
- BMC Speaks
- Achilles Writes
- Tokyo Review
- Alternatives to Cross Country
- Regional News
- Profile of Norman Poole
- Medical Matters

Steve Heard en route to a new European best of 1:14.95 (74.95) for 600m at Haringey, 14/7/91. He ran splits of 24.0, 49.9 - last 200m in 25.05 secs. Even paced dream race!

PHOTO: COCKRIEDGE

The British Milers' Club

President: Brian McAusland
Chairman: Frank Horwill
National Secretary: Mike Razin,
10 Wilson Close, Woosehill, Wokingham, Berks. RG31 2XT
Treasurer/Membership Secretary: Pat Fitzgerald,
The Acocks, 47 Station Road, Cowley, Uxbridge, Middx.

REGIONAL SECRETARIES:

South	Peter Thompson	0273 542258
Midlands	David Iszatt	021 471 4080
North	Alan Freer	0706 645043
East	Ian Chalk	0727 48884
South West	Mike Down	0272 739787
SW - Plymouth	Barbara Lock	0503 5673
Scotland	Brian McAusland	0360 50680
Wales	Colin Daley	0443 407697
N. Ireland	Sean Kyle	0266 656471

BMC NEWS Editor: Matthew H Fraser MSc
8, Victoria Chambers, Luke Street, London EC2A 4EE
Tel: (071) 729 3272
Deputy Editor: Frank Horwill, BMC founder 1963

BMC NEWS is produced by:
FM Consultants in association with Gary Bedford of
Contratech Computers. Tel: (0932) 772040

Designed by Dana Penny. Tel: (081) 672 2054

All material published in BMC NEWS is copyright of
The British Milers' Club, except where articles have
been reproduced from other sources and permission
to do so has been sought. We request an
acknowledgement for any material reproduced from
this journal. Published twice yearly by THE BRITISH
MILERS' CLUB.

MEMBERSHIP

Membership is limited to those athletes who
have achieved the required qualifying times,
and to Senior BAAB Coaches. Associate
membership is granted to those possessing
special qualifications likely to benefit the club.
Members receive the BMC News free twice a year.
They are eligible for reduced entry fees to BMC
Races and Courses, as well as receiving
travelling expenses to some BMC Races.
Coaches receive the quarterly BMC Coaches'
Newsletter. Annual subscriptions of £6 are due
1st January each year, and should be sent to: P.
Fitzgerald, 47 Station Road, Cowley, Middx, UB8
3AB. All applications to join the BMC should
be sent to: W Anderson, 75 Chichester Road,
North End, Portsmouth, Hants, enclosing a SAE.

MERCHANDISE

BMC Vests (S/M/L - £8), BMC Ties (£5) are
available from W Anderson at the above
address. Back Issues of BMC News (50p) and
the BMC Fitness Testing Booklet (£1) are
available from the Treasurer, Pat Fitzgerald.
Please make all cheques payable to "The British
Milers' Club".

Editorial

This editorial is written in the euphoria following the British victory in the Men's 4x400 Relay in Tokyo. Despite that, the BMC feel that all is not well with British Athletics. Whatever the popular perception of our successes in Europe, our strength in depth is declining. Remove our eight European Champions, and we don't have many truly world class runners left, and there aren't very many coming up. Performances at the Junior levels look reasonable, but what is really worrying is that attendances and performances at Open Graded meetings appear to be falling. The BMC is very concerned, and would welcome any comments as to a possible solution. Letters please.

As stated in the last issue, our results in the 1991 World Cross Country Championships can at best only be described as disappointing. We are therefore publishing, for the first time, Frank Horwill's Big Five, his definitive Cross Country training schedules.

WE URGE that Britain's top fifty cross country runners change

their training this winter to this schedule. If the training is implemented sensibly and in the manner described, then we might have a chance of six top thirty places in next years' WCCC. Any BMC Regional Secretary will be pleased to act as a co-ordinator so that groups of athletes can train together. Would coaches and athletes please let us know their progress?

We are pleased to publish the first BMC Coaches Directory, for those members who move around the country a lot, or for those who just want to know how to find a coach. This has been sent to all members with this issue, and non-members can purchase a copy for £5.

Finally, this year's AGM is being held at Brunel University on 26th/27th October in conjunction with a series of lectures with the theme "Running in the year 2000". We look forward to seeing you there.



Contents

TRAINING

- | | |
|-------------------------------|------------|
| Frank's Big Five | Page 5/7 |
| Alternatives to Cross Country | Page 10/11 |

REGULARS

- | | |
|--------------------------------|------------|
| BMC National News | Page 3 |
| BMC Speaks | Page 4 |
| Achilles Writes/Tokyo Review | Page 8/9 |
| Medical Matters by Hippocrates | Page 12/13 |
| News from the Regions | Page 14 |
| Your Letters | Page 15 |
| Profile of Norman Poole | Page 16 |

BMC News...News...News...Ne

AGM/Training Weekend

'Running in the year 2000'.

The BMC educational and training weekend is being held on 26/27th October 1991 at Brunel University, Kingston Lane, Uxbridge, starting at 10 am. The lecturers are: Norman Poole, David Iszatt, Allan Storey, Joan Allison and Peter Thompson. The AGM is at 5 pm on 26th October.

Cost: £20 Members. £25 Non-members. £15 BMC Coaches. £15 non-BMC coaches if accompanied by three athletes, otherwise £20. This course is non-residential - a list of reasonable bed and breakfast inns will be provided on request, or write to the Accommodation Officer at Brunel University. A buffet is available during the course and morning coffee is inclusive of cost. Those requiring a substantial 3-course meal must book and pay in advance for this @ £6 a day. Apply to Frank Horwill, 4 Capstan House, Glengarnock Ave, London E14 3DF. All cheques payable to the BMC.

Help!

Thurrock Harriers are seeking coaches with a knowledge of coaching disabled athletes. Anyone who could give some guidance should contact **Angela Harrison**, 16, Mayfields, Grays, Essex. Tel: 0375 383177

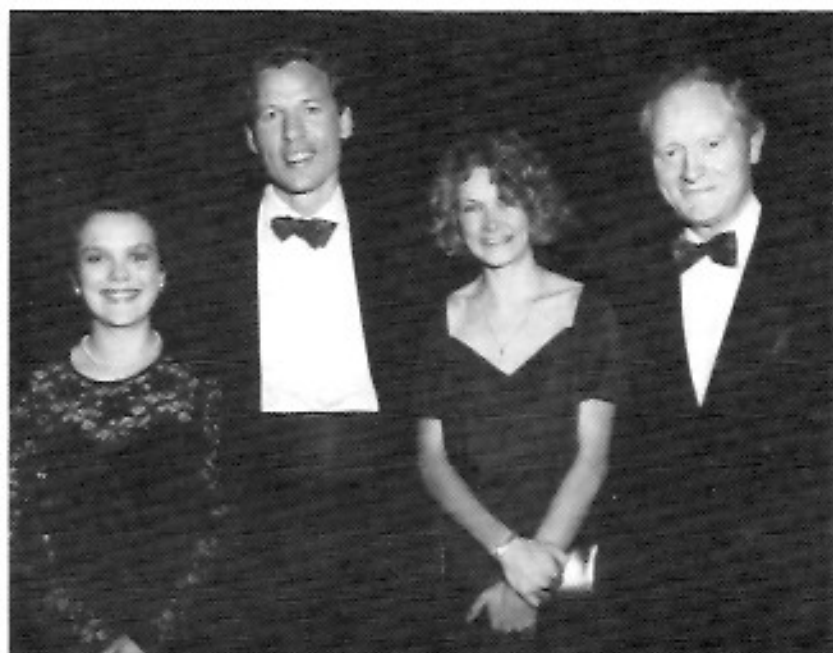
NEW MEMBERS

Congratulations to the following who have been elected to the BMC since the last issue:

J D GERCS (Rugby AC)
 THERESA DYER (Peterborough AC)
 ELSPETH TURNER (City of Glasgow AC)
 PAUL KILLGALLON (Reading AC)
 DALE LAUGHLIN (Chelmsford AC)
 PAUL V FREARY (Bolton United Harriers and AC)
 JOHN D NICHOL (Altrincham and district AC)
 NORMAN J POOLE (Sale Harriers)
 PAULINE MICHAEL (Trent Park Trotters)
 CLAIRE SCHOPFIELD (Wrexham AC)
 CHRIS YATES (Wirral AC)
 SARA L O'BRIEN (Sale Harriers)
 STEVE MOSLEY (Cardiff AC)
 GRAHAM GREEN (Warrington AC)
 MATTHEW CLARKSON (Borough of Sandwell)
 KAREN SUTTON (Croydon Harriers)
 SIMON JONES (Redhill and Surrey Beagles)
 DAVID W FARRELL (Border Harriers and ASC)
 JOHN D WHITFIELD (Leamington C and AC)
 NOEL D EDWARDS (Leamington C and AC)
 BARRY BELL (Barrow Furness)
 STEPHEN M STRETCH (Leicester and Morecambe AC)
 PAUL DUGDALE (Horwich RMI Harriers)
 CHRIS P BESWICK (East Cheshire Harriers)

Club La Santa

Frank Horwill's London Athletes, the "United Nations Squad", are organising a group for some early season warm weather training down at the marvellous facilities at Club La Santa, Lanzarote from 5th - 12th March 1992. Club La Santa boasts a tartan track, an olympic sized swimming pool, gymnasium etc as well as full medical support and massage facilities. Other BMC runners and coaches will of course be most welcome. Arranged by Sports Tours International, prices start from £234 including the flight for four people sharing a self catering apartment. For further details, please contact Matthew Fraser Moat on 071 729 3272 before November 1st.



Frank Horwill with some of the United Nations squad.

PHOTO: ROWELLE

Marathon Man

Former national event coach, Alan Storey, has been appointed Race Director of the 1992 ADT London Marathon.

Storey, 46, has worked as part of the marathon team on a consultancy basis since 1984 and was Administration Director for the 1991 IAAF/ADT World Marathon Cup.

He said: "The ADT London Marathon is the best job in the world and my job is to make sure the event maintains and improves on the standards it has set since 1981."

BMC Speaks



It has been said on more than one occasion that the BMC NEWS is "the conscience of the sport". The fact that the National Press has often quoted from our journal bears witness to this. We are a National Club and it is right that we should concern ourselves with National Athletics Issues.

We are concerned about some aspects of the UK Coaching Committee and its scheme. The 'hot potatoes' which interest the BMC are:

1. The allocation of sponsored coaching grants.

The British Milers' Club has organised thirty national coaching weekends since its foundation involving 2,350 athletes and coaches. The British Milers' Club has organised sixty young athlete residential training weekends. Many of the athletes attending these courses have gone on to run for Great Britain and include Robert Denmark, Sonia McGeorge, Seb Coe, Steve Ovett, Paula Fryer and Kirsty Wade. The BMC has organised three hundred and sixty training days all over the UK.

BMC Coaches get a quarterly newsletter which is also available to non BMC Coaches for a small sum. We have produced numerous pamphlets on various subjects of interest to coaches. All these services are available to non members who have to pay a little extra to get them. Now this is a good record of service to British coaching. However, all applications for the much publicised sponsored coaching awards have never been successful. Sometimes we don't even get an acknowledgement. Now, what we want to stress is that we help athletes and coaches from *all clubs*, we are *national*. Many of the grants go to local small clubs who serve a limited catchment area. *We serve the country*. Someone

who sits on these coaching grant committees doesn't like the BMC.

Suggestion: All applications for coaching grants should be acknowledged. All refusals should be explained fully to the applicants. The names of the adjudicating panel should be published beforehand and applicants should have the right to ask for any one member to be removed when their particular application is being heard.

2. Poaching of athletes from other clubs.

It seems that any coach can wander onto a track and say to any athlete, "Why don't you join my squad of athletes?" It matters not that the athlete may already have a coach. It also appears that if one has been given a fancy title by the UK Coaching Committee it is an open invitation for some to use that trapping to lure athletes into their den. Most vulnerable are athletes who receive invitations to coaching courses run by the British Amateur Athletic Board. The staff on these outings rely on them to stock up on their own private squads. Of course, any athlete who has been coached from a schoolboy to make the GB team and then says goodbye to his local coach who got him there is disloyal, lacking in character, and devoid of all principles.

Suggestion: A strongly worded procedure booklet should be produced by the UK Coaching Committee on the subject of a coach acquiring new athletes and

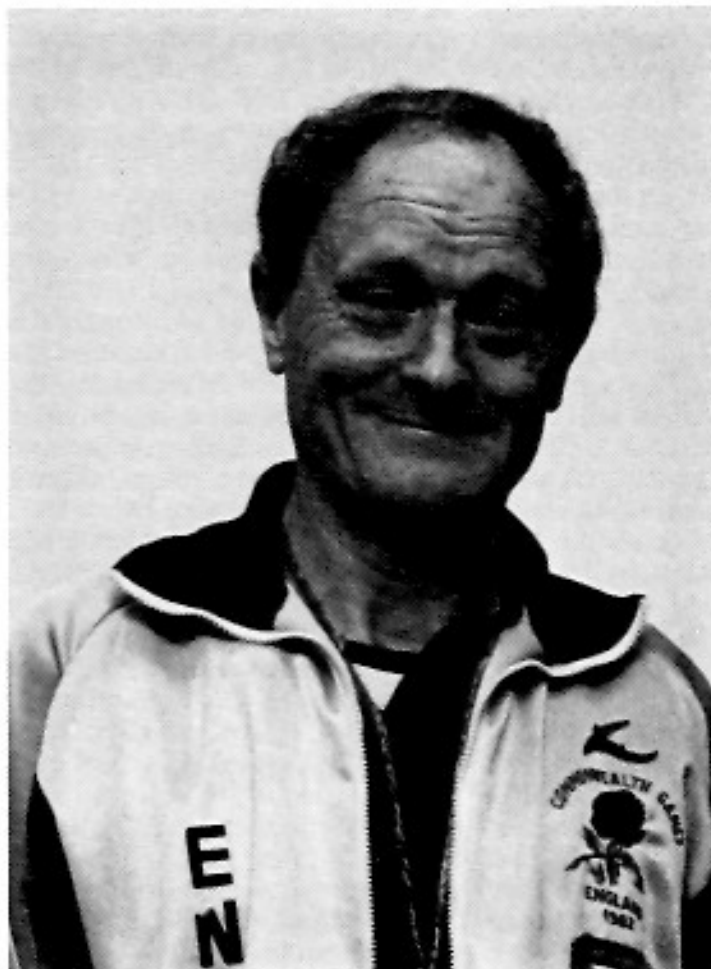
giving advice to someone else's protege. Failure to follow this procedure should be the subject of disciplinary action.

3. The right of appeal

The right of appeal is a basic freedom of civilised man. It not only exists in law, it is an essential part of every reputable body. One of the exceptions is the UK Coaching Committee. The full-time National BAAB Coaches are protected by the Industrial Relations Act and an appeal can be lodged for unfair dismissal to an Industrial Tribunal. But what of the coaches who receive an honorarium and are in part-time employment with the UK Coaching Committee? The impression given is that they can be relieved of their post at the whim of one person with sufficient authority. Sometimes some of these coaches are irreplaceable, they are supreme experts in their field and often world renowned. But, one word out of place, one act of independence against the stream's current and they are out.

Suggestion: No National Event Coach or Staff Coach should accept the position offered without a written assurance that they have the right of appeal in any disciplinary action against them. One day a coach who has been summarily removed without a hearing might decide that such an action was tantamount to a slur on his reputation and he will sue. The person who would be held responsible if this coach won the case would be the UK Coaching Director.

Frank's Big Five



Frank Horwill

PHOTO: COCKSIDGE

Frank Horwill has coached sixteen English Schools Cross Country Champions in all age groups, male and female. His athletes have won eight National Cross Country Championships, male and female. Tim Hutchings, whom he coached from a school boy gained a silver medal in the 1984 WORLD CROSS COUNTRY CHAMPIONSHIPS and again in 1989, a feat not achieved by any other British runner for 20 years. In 1989 his female athlete was the second British girl home in the WCCC. Frank has devised a formula for these successes, he calls it 'THE BIG FIVE'. His greatest success, he claims, was a girl who never finished better than 66th in the English Schools. After six months on the BIG FIVE she finished third! Here, for the first time, the BMC News presents Frank Horwill's Complete Guide to Cross Country Running.

The Big Five

Two factors are involved in compiling any schedule:

- 1) Logic
- 2) Physiology

Logic is common sense; common sense is not so common among many runners. They believe that success comes with the big mileage, they do it because others are doing it. Running 100 miles a week at 7 minutes a mile pace does not prepare one for running the first 5,000 metres of the WCCC in 14 minutes (men) or

3,000 metres in 9:10 (women); it helps, but it is NOT the essential factor.

All running events can be analysed physiologically. The men's WCCC race is analogous to the 10,000 metres on the track. The women's race is similar to the 5,000 metres on the track. The first is ninety percent aerobic and the third is eighty percent. Aerobic running consists of jogging (100%), marathon pace (95%), half marathon pace (93%), 10k pace (90%), 5k pace (80%) and 3k pace (60%). To cater for the anaerobic

element of these races there is 1500m pace (50% anaerobic.)

Logic must be exercised over the racing strategy. How many races does it take you to peak? When do you think you were at your best in your last two cross country seasons? The evidence is that peaks are reached between the NINTH and the TWELFTH race, after that you plateau out. There is also evidence that CRESCENDO racing brings better results. This means October - 1 race, November - 2, December - 3, January - 4, February - 1, March - WCCC.

The Five Requisites

1) The Long Run.

Six miles of mud and uneven surface is worth 12 miles of road running. Better still, 12 miles of slow mud running is worth 24 miles of road running. Build up month by month to the point where you can run DOUBLE the distance of your race over the toughest cross-country you can find. Take a trip to Merthyr Mawr or Braunton and run the distance over tough and undulating sand dunes. The Men's National is 9 miles, build up to run 18 miles and more. Once achieved, you KNOW you can last the course.

2) Hill Work.

Cross-country courses aren't flat. Even in the WCCC they put in artificial gradients. You must assume that HALF the course of every cross-country race is uphill and that means also negotiating steep descents. Build up over two months to the point where you can run HALF the distance of your race uphill. This could mean 10 x 800m ascents of a hill at steady pace for men and 5 x 800m ascents for women. Coming back down again after each ascent will make a total of 10 and 5 miles respectively. But don't stop there. Choose a different hill each week, start with a shallow one then select progressively steeper ones. Still don't stop there. Learn to DRIVE UP hills, learn to DEVOUR them. Alternate your slow ascents with speedier ones. On the hill where you have worked up to 10 x 800m, mark off 400m. Stride the first one FULL OUT and time it. After a rest, run the others 5 to 10 seconds slower and jog back inside 3 minutes.

If you live in an area where there are no hills, you don't escape! Purchase a weighted vest. Start with five percent more than normal weight and run slowly half

the distance of your race. After a month start running with ten percent more, keep on until you are carrying 20 percent more weight. Also, do some fast 400m strides with this weight. Some runners are hopeless coming down hills - they are frightened of falling. The more frightened you are the more likely an accident will occur. Learn to run down the last part of hills FAST, gradually extend the distance up the hill by 20 metres at a time until you can flow downhill with confidence. Conquer hills and you will conquer opponents.

3) Relative Speed.

This is perhaps THE SECRET OF SUCCESS. Hutchings once said to me, 'I love it when I hear chaps telling me they are doing 140 miles a week. I know they cannot possibly do that and do the speed work I do.' Here is a golden rule for cross-country success. CHOOSE THE PACE NEXT IN LINE FASTER THAN RACE PACE AND THEN CHOOSE AGAIN. The WCCC are at 10k pace for men, the women's race is at 5k pace. So the speed paces for men are 5k and 3k paces. For women, 3k and 1500m pace. Build up to the point where you can run TWO-THIRDS the distance of the race in total at these paces.

The ultimate for senior men will be 3 x 2 miles in 9:45 with 200 jog recovery (5k pace); 6 x 1 mile in 4:30 with 400 jog recovery (3k pace). For women build up to 4 x 1500m in 4:30 with 400 jog recovery (3k pace); 6 x 800 in 2:20 with 400 jog recovery (1500 pace). The times given are arbitrary, work out the times applicable for YOU.

If you have never run 5k, simply add 8 seconds per lap to your average lap times in a 1500 race, e.g. Best 1500 of 4 mins = 64 secs/400 : add 8 secs = 72 secs / 400 = 4:48 for a mile time at 5k. If you have never run 3k and you

are female, add 5 secs a lap, e.g. Best 1500 of 4:22 = 70 secs/400 : add 5 secs = 75 secs / 400 = 5 mins per mile or 9:22.5 for 3k.

Vary the distance of the reps, but remember to keep to the required pace and essential recovery times, i.e. jog ONE-EIGHTH distance of rep. at 5k pace; jog ONE-QUARTER the distance of the rep. at 3k pace; jog HALF the distance of the rep. at 1500m pace.

N.B. Hutchings' last track session before coming second in 1984 WCCC was 10 x 1,000m in 2:40 with 100 jog (45 secs). That is 13:20 pace for 5k. At 5k in the race reached in 14 minutes there were three runners who had broken away, Lopez (winner), Hutchings (2nd), Porterhouse (3rd).

SPEED IS VITAL - CORRECT RECOVERY IS ESSENTIAL. Alternate the weeks with a 5k and 3k pace session; women should do 3k pace one week and 1500 pace the next.

4) Acceleration Run

This is a run the same distance as the race. For senior men the National, at present, is 9 miles. The distance is divided into three segments - the first three miles are a warm up, the second three miles are at a steady pace and the last three miles are FULL OUT. For senior women this would be a 2,000m slow, 2,000m steady, 2,000m full out. This run meets several requirements:-

- It gets the athlete used to the race distance.
- It enables the athlete to learn to judge pace.
- It instils in the athlete the automatic procedure of going fast when tired.
- The last three miles or last third is a lactate response run.
- It has psychological knock-on effects.

Each third should be timed, this might be 21 minutes for the first, 18 minutes for the second and 15

minutes for the third, this is 7 mins / mile, moving to 6 mins / mile, thence to 5 mins / mile. In time this may graduate to 6:30, 5:30 and 4:30 mins / mile. Women should think in terms of 7 mins 30 secs for 2k, 7:05 for the second 2k, and 6:40 for the final 2k, graduating to 7:05, 6:40 and 6:15.

5) Intermediate Run.

If we take the average of the long run and the distance of the race, we get the distance for the INTERMEDIATE RUN. For men, the long run is 18 miles, the race distance is 9 miles, the average is 13.5 miles, near enough a half marathon. For senior women the distance is near enough 5 miles.

For men the distance is run 16 seconds per mile slower than one's best 10k time, e.g. Best 10k time = 30 mins = 72/400 = 4:48 / mile implies 5:04 / mile for 13 miles. For women, the distance is 16 seconds slower per mile than for their best FIVE THOUSAND METRES time, e.g. Best 5k time = 16 mins = 77 secs / 400 = 5:08 mile implies 5:24 / mile for 5 miles.

How to Start

The Big Five should be started on the first Sunday in October. The starting load should be UNDER-ESTIMATED rather than over-estimated. If one has never done an 18 mile run then, start with 9 miles and increase the distance by a quarter each month. If one has never done hill work, start off with a third of the load and increase the amount when comfortably handled. It has to be remembered that the BIG FIVE is SEVERE training and that the following day should be classed as a RECOVERY DAY. A training cycle incorporating all the ingredients listed would look like this:-

Day 1 - Long run - target 18 miles (men), 8 miles (women) or more.

Day 2 - Complete rest

Day 3 - Hills - target 12 x 800 up a gradual incline (men), 6 x 800 (women)

Day 4 - Recovery run (30 mins jog)

Day 5 - Speed session on track or over measured grass course - target 3 x 2 miles in 9:20 with 200 jog recovery (5k pace); women - 6 x 800 in 2:50 with 200 jog (3k pace)

Day 6 - Recovery run (45 mins jog)

Day 7 - Acceleration run - 3-3-3 miles (men); 2k-2k-2k (women)

Day 8 - Recovery run (Jog 1 hour)

Day 9 - Intermediate run - 13 miles (men) in 5:04/mile. 5 miles (women) in 5:24/mile

Day 10 - Recovery run (Jog 30 mins)

Day 11 - Long run over cross country course or sand dunes.

Day 12 - Rest.

Day 13 - Hills - mark off 400m uphill, target 24 x 400 as explained (men), women 12 x 400

Day 14 - Recovery run (Jog 30 mins)

Day 15 - Speed session - 6 x 1 mile in 4:30 with 400 jog recovery (3k pace for men), 8 x 500 in 85 secs with 250 jog recovery (1500m pace for women)

Day 16 - Recovery run (Jog 45 mins)

Day 17 - Acceleration run to be done on grass.

Day 18 - Recovery run (Jog 1 hour)

Day 19 - Intermediate run

Day 20 - Recovery run (Jog 30 mins)

Start Day 1 again.

Some common questions answered

Q. There doesn't seem to be enough mileage in your cycle. Can I do morning runs of about 30 mins duration?

A. The mileage for 10 days inclusive of warm ups is 80 at maximum and 60 for women. The pace of these miles is severe with

regard to conditions and speed. If you want to do morning runs, DON'T DO THEM ON THE DAYS WHEN ONE OF THE BIG FIVE IS LISTED.

Q. I always seem to get bad colds or 'flu in the winter. Is there anything I can do about this?

A. Frequent colds in the winter denote a lowered resistance to infection which might be stress induced by over training and / or poor nutrition. The vitamin C, vitamin A and zinc levels should be raised and kept religiously high. No need to buy tablets, drink half a pint of PURE orange juice with all meals. Ensure a high intake of fruit, vegetables, green salad, milk and fortified margarine. A handful of any type of nuts daily will keep the zinc level topped up.

Q. Can I do weight training or circuit training with the Big Five?

A. Yes, on the recovery days. This means that the recovery runs can be halved.

Q. Have you had any disappointment with this system?

A. Only from THICK athletes! There is always the half-wit who goes out for the 18 mile run straight-away never having done the distance for 6 months. There is always the moron who starts on the hill work with maximum amount and gets injured. Then there is the pick-and-choose type, who does what he wants and leaves out that which doesn't please him. If you follow this plan for 60 days you will make a breakthrough, another 60 days will see you hauling back old rivals and the last 60 days will see you lining up for an international vest or at least running for your county. This scheme leaves no stone unturned.

Achilles Writes...

Peter Elliot's victory in the Dream Mile was a joy to watch. Perfect tactics, leading ten runners all the way round the final lap, and you could just about hear every television viewer in Britain shouting his name. The time, however, was only 3:49:46. Off a perfect pace, the last lap was 58.5 seconds and the last 109m was 16.0. Compare this to Cram's times in his world record of 53.2 seconds and 14.0, and you can see how world standards have declined in six years. What could Cram have run off even pace that evening in 1985?



At long last we see Steve Heard gaining some of the recognition he so rightly deserves. His European Record of 74:95 for the 600m at Haringey in the Ron Pickering Memorial Games was the highlight of the day. Unfortunately Steve was well below his best in Tokyo, but all he has to do now is to add a 28 second final 200m, and Britain has its first new world class 800m runner for five years. The standard of rest of the games was somewhat disappointing. Early hype in the press concerned a relay between teams lead by Coe, Cram & Ovett. What Happened?



The banning for life of Robert Hamilton-Jones for "refusing" to take a drugs test does the sport no credit at all. Achilles does not know the full story, but can quite understand that sometimes it is difficult to give a sample. Hamilton-Jones, who is not a BMC Member, said that he waited for an hour and a half before he had to go to work. "I'm sure I did

what anybody else would have done, putting work before my hobby." The rules are there for good reason, but it should have been possible for Hamilton-Jones to provide a sample at next day to a doctor near where he worked. The Board's attitude is somewhat akin to introducing the death penalty for illegal parking!



The new book by Tony Ward, "Athletics - the Golden Decade", is eminently readable. For most athletes it will be a trip down memory lane, but Achilles would actually recommend it as a general interest book to introduce people to why Athletics is Special. Having about a chapter per year, it naturally devotes much of the first half of the book to the Coe / Ovett / Cram story, and concludes with the revelation of how Peter Elliot would have lived with his conscience had he been leading the Split 1500m final with 50m to go. Our only criticism of the book is that maybe it should have included appendices showing the British Top 10 in each event throughout the decade, and medal winners at Major Championships.



More essential reading in the form of the book "Training Distance Runners" by David Martin and Peter Coe. This book aims to be the definitive training book - and we think it succeeds!



Gary Staines ought to be more careful when he speaks to the press. Before his race in Monte

Carlo, he was quoted in the press as saying "A win is always better than finishing sixth in 13:13", a remark that was interpreted as being a dig at BMC member Rob Denmark, who moved to fourth on the British 5,000m all time list ahead of Staines after his run in Rome. Staines finished seventh in 13:34.



One of Frank Horwill's athletes, Robin Kindersley, thought he would test his early season fitness by entering the SCAA 10,000m at Crystal Palace. They had just finished the third heat of the 800m when Robin, who was sitting in the stands, was told "They are calling your name". He looked down, saw some runners lining up, and dashed to the start... Robin, better known as a steeplechaser, takes up the story. "I was expecting to have some difficulty with the pace, but I was horrified when they went through the first lap in 62!" The announcer had got it wrong, and Robin had joined the fourth and final heat of the 800m. Unfortunately, he was sufficiently far off the pace not to hear the bell, and then ran a second lap! Robin then had no more than two minutes recovery before the real race, in which he finished ninth with a personal best!



Following the article in last issue entitled "Serpentine God", we are pleased to report that there are now six Serpentine athletes in Frank Horwill's "United Nations Squad"!

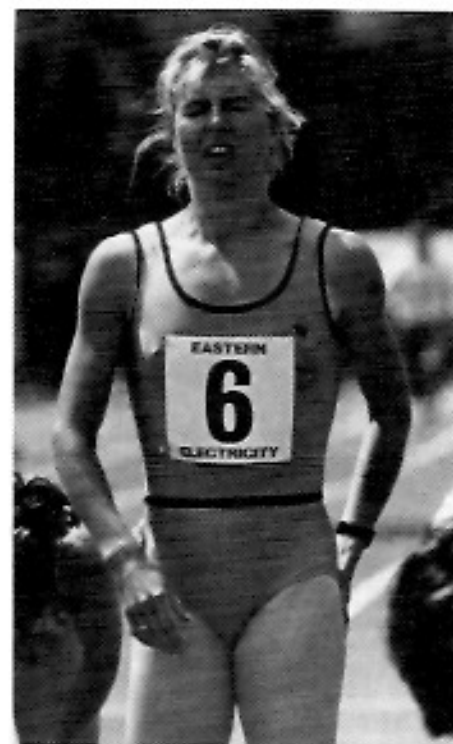


Achilles on Tokyo

Tokyo Review

Frank Dicks forecast of seventeen medals at Tokyo proved somewhat optimistic. Achilles predicted a more realistic eight (Akabusi, Backley, Black, Denmark, Elliot, Jackson and the two mens' relays), and in the end Britain actually got seven medals (the same as in Helsinki and Rome), six British, four Commonwealth and two European Records.

Even though the BMC is a middle distance club, without any apology, Achilles has no hesitation in naming Carl Lewis as the athlete of the Championships. With three golds in Helsinki, four in Los Angeles, three in Rome, and two in Seoul he had dominated the eighties. Jim Hines' 100m world record at



Helen Thorpe-Daniel can testify that the 800m is an acid event! Photo taken at the Ron Pickering memorial games.
Photo: COCKSBOURNE

the Mexico Olympics had stood unchallenged in the seventies, but in 1981 Lewis was the first man to run 10 seconds flat at sea level without wind, and in May 1983 he was the first man to run under ten seconds with a 9.97. Calvin Smith then set 9.93 at altitude, Mel Lattany ran 9.96 in Athens 1984, but no-one challenged Lewis until Ben Johnson ran 9.95 drug-assisted in Moscow in 1986. It was always ironic that Lewis ran successive personal bests of 9.93 & 9.92 behind Johnson in Rome & Seoul. After quiet years in 1989 and 1990, Lewis' reign seemed to be over when Burrell ran 9.90 in May.

When the Championships started, there had only ever been ten performances in the 100m of 9.96 or better without altitude, wind or drugs. Lewis had six of those marks, Burrell three and Lattany one. On the 24th August 1991, the first six men in the 100m achieved this standard. Lewis ran an incredible 9.86, a record which Achilles hopes and predicts will last many, many years.

The Long Jump was equally amazing. Bob Beamon's record of 8.90m had lasted twenty three years. The low altitude best had gradually crept up, but had stayed at 8.79m since 1983. Going into the Championships, Lewis had eight of the only nine low altitude marks ever over 8.70m, and a further four which were wind assisted. In Tokyo, we watched Lewis jump 8.83w, 8.91w, 8.87 and 8.84, all four further than his previous best, and yet he didn't even get the gold! Mike Powell got it right, just once, when it mattered.

Noureddine Mourceli ran a final lap of 51.5 seconds to win

the 1500m in 3:32:84 and by exactly two seconds. Achilles thinks this is the fastest ever final lap off sub-four minute mile pace, faster even than Coe's win in Los Angeles and Cram's best in Oslo, and one of the largest margins of victory in a major championship 1,500.

On the domestic front, Achilles was very disappointed by our dismal showing in the men's middle distance events, but prefers to concentrate on the British successes. Here are Achilles' personal choices for the best British Performances in Tokyo, for those people who performed above expectations:

1. **4 x 400 Men:** a triumph of tactics and will to win.
2. **4 x 400 Women:** who broke the British Record by 2.77 seconds, and so nearly beat the Germans.
3. **Sally Gunnell:** who is now ranked number three of all time.
4. **Dalton Grant:** who displayed such confidence, got the British Record and only lost a medal on countback.
5. **Liz McColgan:** who performed up to expectations, when everybody else failed to.
6. **Linford Christie:** after everybody had written him off, got a British, Commonwealth and European Record, and then "retired".
7. **Lorraine Hanson:** who knocked almost a second off her PB.
8. **Richard Nerurkar:** who brought respectability to British long distance running
9. **Roger Black:** whose consistency so nearly brought him the Gold.
10. **Kriss Akabusi:** who just gets better and better!

Alternatives to

Monitor yourself this winter.

Not every athlete should assume that cross-country racing is a must in the winter. Traditionally the winter is the time for building up stamina and strength and many runners feel that a winter at cross-country does this. It does to a point but it is not specific. Many athletes, especially those under the age of twenty might do much better for themselves in the LONG TERM by concentrating this coming winter on their known or unknown weaknesses.

There are two areas to aim for: 1) Endurance. 2) Speed. The easiest way to check one's endurance is to do the Balke Test on a windless day. All you have to do is to run around the track or over a measured grass circuit of 400 metres for precisely 15 minutes. Do this on the first Sunday in October. The total distance covered will tell you your precise state of stamina. It will also tell you your predicted oxygen uptake, the latter is a measure of fitness conducted on a treadmill. Dill of the American College of Sports Medicine found that there is a correlation between the Balke Test and treadmill tests. He made six athletes run to exhaustion on a treadmill and then a week later gave them the Balke Test. There was only a five percent difference in the result. If you can run 5,000 metres in 15 minutes you are fairly fit if a male and in world class condition if a female! This equates to 67 mls/kg/min oxygen uptake. A male who only does 4,200 metres in 15 minutes is in a poor state

and a female is in fair condition. A world class performer might do 5,400 metres plus which is around 75mls/kg/min. Once you have got this figure you can set about improving it greatly within three months.

Four specific sessions ('The Big Four') should be done each week. First, multiply the distance run in the 15 minute test by two, e.g. Balke Test = 4,000m, run 8,000m TWICE A WEEK in 30 minutes plus 3 minutes. Keep working on this distance until you can run 8,000m in 30 minutes. Next, ONCE A WEEK, take half the distance run in the Balke Test and run it three times with 1 minute rest, e.g. Balke Test = 4,000 metres, half that distance is 2,000 metres x 3 in 7.5 minutes. Keep working on this until you can run 3 x 2,000 metres in 7 minutes with 1 minute rest.

The final session for the week is calculated as follows. Work out what you ran for 400 metres during the Balke Test. A simple way to do this is take half the distance, in this case 2000m, and divide it by five, this is $7\frac{1}{2}$ minutes divided by five, which is 90 secs/400. Halve this and take away eight seconds, e.g. 45 secs minus 8 secs is 37 secs. Now run a series of 200's in 37 secs with DECREASING recovery time, start with 90 secs recovery and decrease it by 15 seconds after every 200, e.g. $200/90$, $200/75$, $200/60$, continue until you have only 15 secs rest after the sixth 200, then start again with $200/60$. Keep on until you are unable to record 37 secs for the 200s.

The sessions can be combined as follows:- Sunday - 8000m or whatever; Tuesday - 3 x 2,000m or whatever; Thursday - 8000m; Saturday - Up to 32 x 200 in 37 secs or whatever with decreasing rest. What you do on the other days (Wednesday, Friday and Monday) is up to you, but it must not affect the BIG FOUR. You might like to run up and down a long hill on Monday, you might want to run a slow ten miles on Wednesday, you might think about an acceleration run on Friday, so be it, but if, in doing this if you are too tired for the BIG FOUR, STOP!

After three months on this regime, test yourself again on the Balke Test. If you have diligently worked on the BIG FOUR you will run at least another 400m more than you did before. You have improved, you are getting fitter. When you have your new Balke figure work out again what you should aim for. Double the distance of that achieved in the Test, calculate the halfway distance and work out your 200 times which may now be 2 seconds faster than before. Three months later, do the test again and you will probably now be able to run another 400 metres more. You are now ready for the track season. Your winter has not been wasted. Fix a precise time for the Tests, first Sunday in October, 1st Sunday in January, 1st Sunday in April; avoid doing the tests in gale-force winds.

Cross Country

Gain speed this winter.

Running cross-country this winter should be the very last thing some athletes should concentrate on if they cannot do less than 52 seconds for 400m (male) and less than 56 seconds (female) and / or 40yds (36.6m) in less than 4.9 secs (male) and less than 5.4 secs (female). If you can get under these times you are NOT good but you are on the right lines. If you cannot record these times you CANNOT call yourself a middle-distance runner, you are a plodder who will be out-kicked in every major race you run if someone is with you with 200m to go who CAN do these times.

Closely associated with pure speed is muscular strength. If you don't believe this take a long, hard look at male runners who can reel off 45 secs for 400m (male) and sub 50 secs (female), they look like athletes, they are not made of five matchsticks. If you aren't convinced take another look at world class 800 metre men who can rattle off sub 1:45 anytime and 1500 metre runners who can lope through in 3:35. The latter won't be as muscular as the 400m runner but his musculature will be well defined.

So, elastic strength is required to run very fast. In particular, leg strength is a vital requisite for speed. The weak runner will have no drive when he pushes off on one foot, his stride length will be about six feet, whereas a strong runner will cover up to eight feet. If the two have the same rate of stride, the eight foot strider will gradually pull away over 800 metres and 400 metres. The facts are indisputable.

So, if you haven't recorded the

times listed above the first thing to do is to test your leg strength, there are many ways of doing this but the one that NEVER lies is the 25 metre hop on each leg. If you can cover it in eight hops either leg you are world class, ten hops is fair and twelve or more is awful. If you are in the final category you have A GREAT DEAL OF WORK TO DO. To bring about a major improvement in leg strength you will have to devote EVERY OTHER DAY to specific work for SIX MONTHS.

Here is an outline

Sunday: Hop 25 metres uphill on each leg. N.B. If one leg is weaker than the other, e.g. 9 hops left leg, 12 hops right leg; this is a serious situation. Exercise MUST BE DONE on the weaker leg FIRST to bring it on a par with the other. Hop 25 metres on the flat TWICE on each leg. Aim HIGH and you will go further, avoid schoolgirl hop-skotch playground hopping, we are after POWER-HOPPING.

Tuesday: Load a barbell with half your weight or use an inner tube of an old car tyre, cut it in the middle, tie one end with string, leave enough room at the end so that you can grasp it with one hand. Fill the inner tube with sand equivalent to half your bodyweight and weight it to be precise, it is better to put more in than less, you can always keep the extra as a reserve for putting in when you need it. Step up and down with the barbell or inner-tube on to a bench which, when your foot is flatly planted, the THIGH IS PARALLEL TO THE

GROUND. Step up and down twelve times on each leg.

Thursday: Do standing broad jumps for 25 metres on the track four times. The first set should be slow, deliberate, the second set fast and bouncy, third set slow, fourth set fast.

Saturday: load up a barbell with half bodyweight. Stand with feet eighteen inches apart, FEET TURNED OUT, bend the knees in the direction that the feet are pointing, go down until the thigh is PARALLEL TO THE GROUND. Repeat twelve times. Then lie face down on a bench or table with your knees over-hanging the edge. Get a friend to apply pressure to one heel, then, curl the heel against resistance into the buttocks, six times on each leg.

When you have conscientiously carried out these exercises (16 sessions) for a month, you can PROGRESS. Extend your Sunday hops to 35 metres; increase the weight for step ups by 10kg; increase the weight for your half squats by 20kg; increase the pressure on your leg curls into the buttocks. Keep progressing each month until you can do 50m hops, step ups with full bodyweight, half squats with TWICE bodyweight and one legged curls where your partner has to use both hands against the heel to provide pressure. Every three months test your leg-strength.

Now we come to muscular endurance. One exercise tests all the body's musculature - the squat thrust. The legs must be fully extended backwards and then smartly brought forward until the

continued on page 15...

Medical Matters by Hippocrates.

Q. I suffer from pre-menstrual depression and also from cramps during my period. I have tried various medications but they haven't really helped. What annoys me is that this often occurs just when I'm about to compete in a major race. Can anything be done? A.A. Devon

A. Yes. 50mg a day of Vitamin B6 is recommended for pre-menstrual tension, particularly if you are taking a contraceptive pill. It has been found that during an actual period a female frequently suffers from calcium deficiency which may account for the characteristic cramps. Calcium lozenges bring about speedy relief. Much of the cause of pre-menstrual tension is the retention of body fluids and subsequent increase in weight. Vitamin C is a mild diuretic and up to 500mg a day should be taken at this time. The long term solution is to consult a specialist sports physician so that the menstrual cycle can be altered so that a period does not occur at the same time as a major competition. There is a detailed discussion on this subject in *SPORTS MEDICINE* by Sperryn and Williams, obtainable at most reference libraries. Incidentally, it is not advisable to exceed 50mg a day of Vitamin B6 unless prescribed by a physician.

Q. My son suffers from asthma occasionally, and claims that he will never be able to make world class because of it. What is your opinion? B.C. Cumbria

A. Jim Ryun, who held the world records for the mile, 1500, half mile and 800 metres was prone to asthmatic attacks. I personally knew a runner whose asthma was bad enough to hospitalise her several times whilst at school. Yet she won an English Schools 800 metres title! Asthma can be aggravated in certain areas and in certain running seasons. Ryun always had problems competing in Eugene, Oregon. Some runners find cross country difficult because of specific pollens; some indoors because of dusts; some in the spring. Very cold air can also cause bronchoconstriction. Training will always improve cardio-pulmonary efficiency, so if your son can run despite his allergies, his overall physical condition will be anti asthmatic. However, this immunity can be jeopardised by overtraining. A rule of thumb training plan is to train fairly severely EVERY OTHER DAY (Sunday, Tuesday, Thursday, Saturday, Monday, etc.). The vitamin C intake should be kept higher than normal, about 750mg per day and it is a good idea to take 50mg of zinc sulphate daily for your son's entire running career. Use of antihistamines prior to workouts may be helpful, but can cause some sluggishness. Finding out what precisely sets off an attack is vital, first, to avoid them, and second to desensitize the patient. It has been found that cycling induces less discomfort than running or swimming, it may well be that

cycling 50 miles is worth running 12 miles. There is also evidence that training near to waterfalls where the electron balance is altered greatly reduces the incidence of attacks. You can purchase a plug in equipment ioniser that has the same effect which can be purchased from most chemists.

Q. I cannot sleep properly. I wake up every morning between one and two and cannot get back to sleep. I've developed a permanent runny nose and always feel on the verge of getting a bad cold. What do you think the cause is? M.A. London

A. You are either overtrained or overstressed from something else. You are in the exhaustion phase of the stress reaction, this is often accompanied by depression and irritability. Your insomnia is a sure sign that something or a combination of several things is breaking you down. Take five days off completely. Then resume on an every other day basis of training for a week, then in the second week, train two days together with the third day off. For the third week, train three days consecutively and have the fourth off. Finally, settle into a pattern of:- Day 1 - Severe training; Day 2 - Active rest; Day 3 - Moderate training; Day 4 - Light training; Day 5 - Severe training, etc. To get you over the acute insomnia take homeopathic *COFFEA* pillules, one when you are thinking about going to bed and one when you

are in bed. You are also advised to replenish the depleted anti stress factors emanating from your adrenal glands by taking a course of pantothenic acid tablets and upping your vitamin C intake.

Q. I started getting very tired and breathless during training, my race performance began to decline. I've read enough in athletics magazines to recognize that I had all the symptoms of anaemia. Sure enough, a blood test showed that I had a count of 10g per 100mls of blood, whereas it should be at least 13.5g. The doctor gave me some iron tablets and after a month it only rose to 12g, however, I'm feeling better but not quite back to my best racing fitness. Is it possible that I've always had a low haemoglobin level and would this effect my progress? Miss A.R. from Herts.

A. A book can be written on this subject: First of all, the Israelis discovered that the best way to boost the Hb level is to take a combination of four things:- 100mg of elemental iron; 500mg of vitamin C; 350 microgrammes of vitamin B12; 300 microgrammes of folic acid. One food tablet contains most of these things - dessicated liver tablets. There are athletes who have a chronically low Hb level but this is not real anaemia because there is an increase in the blood plasma volume, in other words, it's a bit like a full measure of gin with two bottles of tonic water instead of the usual one. The gin is still there! Vegetarians are hard put to it to find enough iron containing vegetables to meet the daily intake of 30mg required by athletes. On top of this is the fact that excess of some foods actually makes what iron they do take non absorbed. If athletes got in the habit of chewing raisins as a confection instead of the countless useless

chocolate bars that exist, they would at least get 2mg of iron per handful. The dark green type of vegetable has the highest iron content.

Q. I have recently moved to a seaside resort with marvellous sand dunes so I thought it would be a good idea to do my morning runs along the beach. After a month, both my knees started to ache and in the end I had to stop running completely. X-rays were negative, but the doctor thought I might have damaged both cartilages. He recommended quadricep drill and anti-inflammatory drugs. Things improved but as soon as I started my morning beach runs again the pain returned. What do you think? P.R. from Devon

A. It looks as if you've got 'beach knee'. This is caused by the slant rising up from the shoreline. Run only where it is perfectly flat. It appears that you have a pronation problem in your foot and are putting some torque from the foot to the knee. You need to be filmed running on a treadmill and then have the film slowed down for mechanical analysis by a good foot doctor with a view to orthotics being fitted. In the meantime, keep up the quadricep drill. Knee trouble occurs mostly in those with weak thigh muscles. Sit over a table and attach different weights to your feet, hang a small pot of paint over your toes and slowly raise form the perpendicular to the horizontal a dozen times. Increase the weight each day until you can do only a maximum of six lifts. Most knee trouble is related to foot-plant and everything to do with the feet should be examined in minute detail starting with the shoes.

Q. I am suffering from a spate of styes which make me feel miserable and run down. Is

there any particular cause for this and what treatment do you advise? T.W. From Middlesex.

A. First of all, get your eyes tested. Often eye strain, caused by impaired vision, results in styes. If your eyesight is OK then look at your way of life, the styes could be a particular stress symptom idiosyncrasy. I knew one athlete who, when stressed, always got an inflamed big toe! Are you getting eight hours sleep a night? Are you working more than eight hours a day? Are you eating every four hours? Are you consuming milk, meat, fruit and vegetables daily? Are you allowing your training to be absorbed? A good plan is to train seven days one week, every other day the next week, three days consecutively with a day off in the third week, and two days consecutively with a third off in the fourth week. To treat the styes, wrap a bandage around a wooden kitchen spoon, dip it into boiling water and then hold it three inches from the eye while bending over. Repeat morning and night for 15 minutes. Ask your chemist for a specific eye ointment or drops for the condition.



News from the Regions

North

Compiled by Alan Freer

RESULTS

Stretford Open Meeting

- 16th July

Men's 800 'A' Race

1	John Evans	1:49.3
2	Glen Stewart	1:49.9
3	Ian Grime	1:50.1

Dave Taylor acted as pacemaker and ran a sub 52 first lap with Jason Boothroyd in hot pursuit. The pace then told on Jason and several runners passed him down the back straight. A good race developed at the front between John Evans and Glen Stewart with John winning and dragging Glen Stewart and Ian Grime through to PBs.

Men's 800 'B' Race

1	Mark Lowe	1:52.4
2	Mark Russell	1:52.6
3	Paul Walker	1:52.7

David Rankin took the field up to the bell in 53.5. An exciting race then developed with the lead changing several times before Mark Lowe ran out a narrow winner from Mark Russell, 0.5 sec covered the first 6 finishers.

Ladies 800

1	Sue Parker	2:07.6
2	Jane Spark	2:08.0
3	Julie Asgill	2:10.8

Adele Rankin took the race to the bell in 62 secs with the field well bunched behind. Sue Parker and Jane Spark gradually opened up a gap down the back straight with Jane pressing Sue right up to the finishing line.

South

RESULTS

West London Stadium

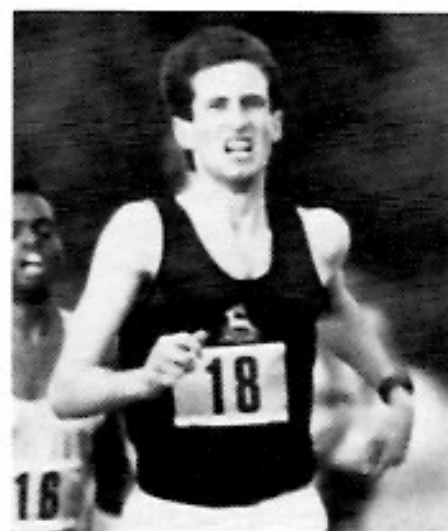
- 26th June

BMC Chubb City Mile

1	I Gillespie (Bir)	4:08.0
2	R Jackson (USA)	4:08.7
3	M Taylor (USA)	4:10.2
4	S Mugglestone (OUAC)	4:12.7
5	S Price	4:20.2

Wintry winds amid cloudbursts destroyed all hopes of fast times in the annual BMC/Chubb Mile, which had been scripted as a speed session for Simon Mugglestone. Although he surged ahead at the bell (3:10), it was Ian Gillespie who kicked home to score over two American sub-four-minute men Roosevelt Jackson and Matt Taylor.

See photograph (right)



Ian Gillespie wins the Chubb City Mile
© COCKSEGE

Ealing - 21st August

BMC 800:

1	M Forder(GEC)	1:51.9
2	P Gray(New)	1:52.4
3	D Bent(Rown)	1:52.4
4	P Burnett(Rown)	1:52.6
5	J Mills(Harl)	1:52.8

South West

The intervention of Post Office Counters, one of the major sponsors of British Athletics, has saved this year's BMC South West Grand Prix from becoming another victim of the current recession.

The Grand Prix, now in its fifth year, has already produced the South West's first sub-four minute miles at Swindon, Bristol and Cheltenham.

In addition it will go down in athletics history as the catalyst for amending the ambiguous and anachronistic law against pacemaking after the whole field had been sensationally disqualified in the Denners Mile at Yeovil in 1987.

The 3:59.1 recorded by Tim Hutchings in winning the Mary McCombe Mile from Neil Horsfield at Bristol in 1988, and matched the following year by Ian Hamer in beating Australian Pat Scammell in the Britannian mile at Cheltenham, remains the fastest time recorded in the South West. Canadian Marc Oleson was the first winner of the Grand Prix in 1987, followed by Mark Flint and Hamer in '88 and '89 and Ian Gillespie last year.

"We recognise how much the Grand Prix has done to raise the profile of athletics, particularly middle distance running, in the South West," said Post Office Counters district manager Brian Strange.

"The four minute mile still has a magic all its own, and it would be a shame to see an initiative like this by the BMC die in an area where the public is already starved of top class athletics."

Your Letters

Gain speed this winter continued from page 11...

knees are level with the arms. If you can do 60 (male) in a minute, there's not much wrong with your muscular endurance, a female should be able to handle fifty in a minute. If you are nowhere near to this you are WEAK, you do not have the strength for sprinting. Start doing them first thing in the morning; start with two and add two every day so that by the end of the week you will be doing 14 and after two weeks you will be doing 28, keep going daily until you can do twice as many as you did before in a minute. Combined with the strength exercises you must sprint every other day. Start by getting your technique right with a run up of 20 metres and 30 metres full out. Add 5 metres to the 30m each time, i.e. 30-35-40-45-50, upto 100m with the same 20m run up. For the 400m time to come down you will have to sprint further. Start with 100m full out and keep adding 10 metres upto 200m. Good recovery will be required. So, your schedule looks like this:-

Sunday: Hopping. Short sprints

Tuesday: Step ups. Longer sprints

Thursday: Broad jumping. Short sprints

Saturday: Half squats, hamstring curls. Longer sprints

Worried about your endurance? You needn't be. Do what Coe did once a week, do mile reps at your potential 5k pace. If you have a time of 4 mins for 1500, (64 secs per 400), add 8 secs to this, i.e. 72 secs and run your miles in 4:48 with a minute rest. Do this Monday. Wednesday go for a long slow run. Friday - Do a Gerschler fartlek (15 minutes jog, then stride hard for 30 secs and jog 90 secs recovery decreasing each

Dear Editor, Congratulations on the new look BMC NEWS. You have come through with an excellent first issue, though on a very minor point, I feel you should credit the photographers of the photos used. The features on tapering and hill running are excellent and provide much food for thought.

However, Achilles has his sums wrong on the late lamented *London Runner* magazine. The total cost of the A4 sized journal was £7,000 per issue. Now LRRRC was selling £4,000 worth of advertising space in each of these, which meant a shortfall of £3,000 per issue. (The A5 sized magazine which preceded it was breaking even at around £2,000 per issue and a similar amount in revenue). LRRRC Ltd. was declared insolvent (not bankrupt) in October 1990, and ceased to trade. The club itself was officially wound up by a Special General Meeting of the membership on December 7th, 1990. London Road Runners' Club and the associated limited company was in my view brought down by reckless spending, bad accounting and the apathy of the directors.

The athletes on the front cover are (left to right): Chris Stewart, David Moorcroft, John Cadman and Vic Smith. The quartet set a U.K. record of 15:23.6 for the 4 x 1500m relay at Crystal Palace on August 12th, 1973. Do I win a pair of Reebok shoes? **David Cocksedge.**

Glad to hear you are back from Thailand. Thanks for the corrections, and the photographs used in this issue. No, you don't win the Reeboks - you didn't reply on a postcard! Editor.

APOLOGY

Dear Editor, In Issue No. 47, there was an item in the Achilles column concerning Mel Batty and Eamonn Martin from a piece in the *The Times* newspaper, published last September. In it, reference was made to *The Times* correspondent, David Powell, drinking with Batty to get his views on Martin's form. Having learned that David Powell did not obtain his information in this manner, I must apologise unreservedly for the implied attack on David Powell's integrity as a journalist. **David Cocksedge**

Competition Winner

time by 15 secs, i.e. 30-90, 30-75, 30-60, down to 30-15, start again with 30-90). Do 18 x 30 secs strides. Your endurance will be O.K. but your sprinting will have improved. One man stuck to this routine in the winter from an early age. He broke 12 world records between 1979 and 1983, including the mile record three times. He used the winter. Some runners abuse it.

Donna Kelly won the Reebok shoes prize in the last BMC NEWS competition. She correctly identified the four runners as: Chris Stewart, David Moorcroft, John Cadman and Vic Smith. The quartet set a U.K. record of 15:23.6 for the 4 x 1500m relay at Crystal Palace on August 12th, 1973.

Profile of Norman Poole

Coach to Britain's three of Britain's top ladies at 800m, Norman Poole has been National Middle Distance Coach for almost one year. Age 43, and a former 4:04 miler, he manages to combine his duties as National Coach with those of being Managing Director of a Public Limited Company. He was crippled by arthritis at the age of 24.



Left to right: Ann Williams, Sigrun Wodars, Christine Wachtel, Diane Edwards and Norman Poole, taken during the visit by the Olympic Gold and Silver medalists last October.

BMC News : When did you first start running, and in what events?

In September 1959, in school cross country events.

BMC News : Who influenced your running at school and later at club level?

In my early years I do not remember receiving any encouragement at school, just winning races was enough. I joined Manchester and District Lads Club Harriers in 1962 and was influenced and encouraged by many of the international class runners in the club. These included Brian Hall 4:00.1 for 1 mile in 1962 and coaches Ken Blackman and Peter Schofield.

BMC News : When did you start coaching, and why?

Since I was crippled by Arthritis between 1972-80 and was still a keen athletics fan I attended occasional meetings and then acted as a timekeeper for Alan Robertshaw (Sale H Coach). Since I was not capable of walking very far I was quite happy just to shout times and chat to the many athletes in Alan's large group and to help and encourage them as I could. In retrospect I now realise that this was the best grounding a coach could have.

BMC News : When you started coaching what influences from other

coaches affected your ideas?

It was the views of the established Manchester coaches like Alan Robertshaw, Wilf Richards and Eddy Powell which influenced me. As an athlete I made many mistakes with my own training, rarely taking an easy week. I soon realised that simple ideas like the 2 weeks hard/1 week easy whilst gradually building up the mileage in the winter was far more progressive, as was the inclusion of speed-work throughout the winter.

BMC News : Were there any coaching courses you attended in your early coaching days which stand out, and why?

I had been coaching for 8-9 years before I became an 'official' coach, and although I did no courses in my early days, I found the BAAB coaching courses beneficial, particularly the event specific lectures by Harry Wilson.

BMC News : Describe your frightening illness a few years ago when you became virtually paralysed. Did it affect your approach to life in general?

A rare virus affected an unusual auto immune response in me which led to a gradual deterioration on the sinovial membranes of my joints. In other words I suffered a severe case of arthritis which initially flared in every joint in my body, finally settling in my hips, legs and feet. I ended up on sticks for 8 years but luckily

survived to run another day. Although I suffered a certain degree of permanent damage I now run 2-3 days per week with virtually no problem. When fit I can handle a morning run with Diane Edwards and Ann Williams.

BMC News : What do you think of national incentive bonus payments for coaches?

I can think of many good reasons both for and against such systems, but I have to ask can any source of such finance be found?

BMC News : Finally, give us your views on the current state of middle distance in this country.

Statistically speaking in terms of male athletes ranked in the world's top 20/50/100, we are as strong as we have ever been. I can see Peter Elliot and Tom McKean continuing in the great tradition of Ovet, Coe and Cram. Behind them there are many other great talents ready to make the transition from international to world class.

Very few nations can match the in depth quality which exists in the UK middle distances and we undoubtedly have the coaching skills and access to top competitions. As long as we continue to maintain the number of talented youngsters coming into UK middle distances we will retain our world ranking in these events.