

BMC NEWS

*-official journal of the
British Milers' Club*

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Gordon Pirie - 1931-1991.

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The British Milers' Club

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MEMBERSHIP

Membership is limited to those athletes who have achieved the required qualifying times, and to Senior BAF 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 sponsored BMC Races. Coaches receive the quarterly *BMC Coaches' Newsletter*.

Annual subscriptions of £8 are due 1st January each year. All applications to join the BMC should be sent to the Membership Secretary enclosing a large SAE.

MERCHANDISE

BMC Vests (S/M/L - £8), BMC Ties (£5) are available from the Runnersworld, 333 Rayners Lane, Pinner, Middx WA5 5EW. *BMC Coaching Directory* (£2), back issues of *BMC News* (£1 each), the *BMC Fitness Testing Booklet* (£1), and *Logical Training for 10,000m* (50p) are available from the Treasurer, Pat Fitzgerald. Please make all cheques payable to 'The British Milers' Club'.

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NEW MEMBERS

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

2252	Des Roache	Victoria Park AAC
2253	Nigel Flint	Old Gaytonians AC
2254	Cathy White	Highgate Harriers
2255	Jillian Jones	Southampton AC
2256	Larry Mangelshot	Woodford AC
2257	Stuart Woods	Leeds City AC
2258	Richard Scholes	Oldham & Royton
2259	Jayne Spark	Altrincham AC
2260	Andrew Pearson	Longwood H & AC
2261	Barry Elwell	Newham & Essex Beagles
2262	Bobby Farren	Sparta AC
2263	Paul Galloway	Blackheath Harriers
2264	David Green	Wigan Phoenix
2265	Garry Gerrard	Royal Navy AC
2266	Alastair Moore	Clydesdale Harriers
2267	Trevor Dickenson	Sheffield Race Walking Club
2268	Matthew Fraser Moat	Serpentine RC
2269	Mark Scruton	Sale Harriers

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DAVID DENMARK WINS COACH OF THE YEAR AWARD

David Denmark, father of BMC President Rob Denmark, was voted the 1991 BMC Coach of the Year. He received the award after Rob broke the UK indoor 3,000m record during the spring, and then ran 13:13.01 for 5,000m in Rome, ranking him seventh in the world. He was also ranked first in the world over two miles after a thrilling victory over Khalid Skah at Gateshead.

"I'm honoured to receive the BMC Coach of the Year", said David Denmark, who bases his schedules on multi-pace training, an idea introduced in 1972 by BMC founder Frank Horwill and adapted by Peter Coe a year later. Bruce Tulloh, coach to Richard Nerurkar, was placed second in the votes.

Previous recipients of the award include Harry Wilson, Frank Horwill, Tommy Boyle, Peter Coe and Jimmy Hedley.

SUBSCRIPTIONS INCREASE

Your subscriptions for 1992 were due on 1st January. After being unchanged for the last three years, annual subscriptions have been increased to £8. Pat Fitzgerald, BMC Treasurer, says "The increase has become necessary to enable us to continue our much coveted *BMC News* on a regular basis and to function nationally, organising good quality races and courses."

30 YEARS OLD

The BMC celebrates its 30th Anniversary next year and a Special Issue of *BMC News* will be produced in Spring 1993. The Editor would be pleased to

receive any written contributions from members about the BMC and would also be grateful for copies of any early BMC memorabilia. A Celebration Dinner will be arranged in Oxford in July 1993. Would all members, past and present, please leave space in their diaries!

MERTHYR MAWR

After a gap of several years, the BMC will return to Merthyr Mawr next winter for a course organised by Welsh Regional Secretary Colin Daley. For full details contact Colin, or see the next issue of *BMC News*, published in October 1992.

DUNBAR BREAKS 4 MINUTE MILE AT EALING

Shaftesbury Barnet man Joe Dunbar became the UK's 130th sub four minute miler after winning the last BMC race of 1991 at Perivale, Ealing in September in 3:59.9. Dunbar, a training partner of Matthew Yates, had come close on a number of occasions previously, but finally broke the barrier after running under 1:50 for 800m for the first time.

RESEARCH - VOLUNTEERS WANTED

We require twenty four female volunteers to undertake an experiment next winter. All athletes will take the Balke Test in October 1992. Twelve athletes will begin by running steadily for three miles a day, gradually increasing mileage each month throughout the winter, and twelve athletes will do four sessions a week as directed by Frank Horwill.

Further Balke tests will be done 1st January and 1st April 1993, and the results analysed. This is an ideal opportunity for coaches with several female athletes in their squad to keep them motivated throughout the winter. For further details write to Frank Horwill at 4 Capstan House, Glengarnock Avenue, London E14 3DF by 1st April 1992.

BMC EQUIPMENT

We are pleased to announce that the BMC has reached agreement with *Runnersworld* to produce and supply BMC vests and other equipment via mail order. BMC members will receive discounts on all goods supplied by *Runnersworld*. For full details see the advertisement elsewhere in the issue.

AGM 1992

This year's National Training Day and AGM is being held at West London Stadium, Du Cane Road, London W12 on Saturday October 17th 1992. Further details to be announced in the Athletics Press later in the year.

VICE PRESIDENTS

Just to remind you that all Vice Presidents are entitled to attend all Committee Meetings. The dates of the next meetings are :

Sunday 8th March, Sunday 10th May, Sunday 12th July and Sunday 13th September. All meetings take place in the Club House, West London Stadium. If you are unable to attend the meetings, but would still like to receive the Minutes, please contact the National Secretary, Mike Rezin.

NATIONAL COMMITTEE

With our 30th Anniversary approaching, the BMC National Committee needs some new blood. If any member feels he has time to contribute to the day-to-day running of the BMC, and would be able to attend Committee Meetings on Sunday afternoons, please write to the National Secretary, Mike Rezin.

DONATIONS

We gratefully acknowledge donations received up to 17th January 1992 : Hugh Barrow, R.G. & R.J. Bellis, Lee Benjamin, Bill Bennett, James Bevan, Brian Boulton, Jack Buckner, David Cocksedge, Peter Coe, Matthew Fraser Moat, Andrew Hughes, Tim Hutchings, Sean Kyle, Derek Parker, Bert Quennell, Mike Rezin, Alex Rosen, Douglas Stott, C. Tilley, Harry Wilson, Fred Wilt.



BRITISH MILERS CLUB

Founded: 1963

AGM 1991

Extract from the National Secretary's Report

This year has witnessed the BMC becoming a truly nationwide club. Thanks to the various area secretaries, races have been held throughout the UK, while the most pleasing development has been the staging of races in regions which have previously received poor representation.

In addition to the races, new venues have been used to hold the races throughout the year, ensuring that the BMC reputation for quality races has been maintained. In accordance with the Club's aims to improve middle-distance standards, a very successful training weekend was staged in Brighton, organised by Peter Thompson. Regular coaching newsletters were prepared and distributed by Frank Horwill. Both training days and newsletters are welcome, and ensure that the latest training methods and information are passed on to all serious athletes and coaches.

It has become clear that athletes together with their coaches are planning their track seasons well in advance. It is therefore essential that race dates and venues are compiled as early as possible to enable the BMC fixture list to be prepared and issued with the Spring issue of *BMC News*.

Once again, we have received several invites throughout the year to stage one-off races, and it is clear that we maintain a high profile with race organisers. To enable us to continue successfully we require the co-operation of the athletes, and it is therefore vital that once committed to a race they turn up and run to the best of their ability. Regrettably, there were occasions when athletes failed to race, significantly reducing the size of the field and thereby causing severe embarrassment to the BMC representative. Nevertheless, 1991 can be considered a successful year, and everyone concerned can be congratulated. Several area secretaries have sent in reports, which are summarised below.

Alan Freer continues to organise quality races at Stretford, and has throughout the year

been running A and B races at each meeting. Without exception, all the races are fast – athletes entering know the standards will be high and chase PBs.

Alan does not charge an entry fee to Club members; non-members pay £2. This has proved to be successful, and as a result he has attracted quality athletes to his races, many of whom have now become club members.

David Iszatt has had the task of re-developing the BMC in the Midlands. It has been several years since we enjoyed a profile here, but with the assistance of the Midland Counties AA, Promotions Secretary Ray Tilling and Development Officer Bob Allen, four races were held. By the end of the season, word had got around and David was able to stage excellent races for both men and women. David acknowledges that BMC coaches George Gandy, John Price and John Whiting were bringing their athletes to the races, so ensuring their success. It is hoped that this will act as a springboard for next season.

Barbara and Roger Lock have again ensured a busy programme of events at Plymouth. Despite strong winds for most of

the season, a series of excellent races has been held. Both Barbara and Roger are to be thanked for all their efforts throughout the year and are to be congratulated on the birth of their second son at the end of May.

Mike Down has again been very busy organising races at all his local open meetings. In addition to this, he has successfully run the SW Grand Prix, in which races were held at Yeovil, Swindon, Cardiff and Bristol. The standard of the races is continually improving and athletes are ensuring that the races form part of their season's programme.

It is with regret that **Ian Chalk** was unable to develop his Eastern Region as he had intended because of personal circumstances. It is hoped that Ian will be in a better position in the near future to promote the Club and develop athletics in his region.

Finally, I would like to thank all the secretaries for their efforts throughout the year; without all their hard work the Club could not operate such a successful number of quality races. It is essential that the athletes support the events and ensure the continued growth of the Club.



BMC Vice-President Derek Johnson, (pictured right), still plays an active role in athletics. The 1956 Olympic 800m silver medallist is often to be seen officiating at fixtures organised by *Serpentine R.C.* Pictured with *BMC News* Editor **Matthew Fraser Moat**.

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Achilles Writes...

World Ranked Number 1 in 1990, **Yvonne Murray** was the subject of much sniggering after very public defeats in Frankfurt and Tokyo. Various explanations have been put forward about her training in the greenhouse but the fact is that Yvonne has always been vulnerable in the last 200m off a very fast pace. Her best time in 1991 was actually three seconds better than in 1990, and despite slowing to a walking pace her time in Tokyo was only a second outside her run in Split. Yvonne should be commended for a) making the effort to acclimatise whilst still in England and b) taking up the pace at the bell when she was obviously dead on her feet. It was the final effort of the will to win. Achilles would only make one suggestion: Yvonne's best times for 5,000m and 10,000m date back to 1984 and 1985 respectively – time to race over distance?

Achilles was disappointed that no male athlete seriously attempted to double up in Tokyo. **Wilf Paish** elsewhere in this issue thinks that those days are over, but Achilles feels it is simply that the men's middle-distance running has had a vacancy at the very top for several years. At their best, Seb Coe, Steve Ovett and Steve Cram were in such superb condition that they were capable of winning races in world class times several times a season at both 800m and 1,500m without actually peaking. Even at their best, Bile and Morceli have never won fast (sub 1:44) 800m races.

I promise this is the final word on Tokyo. Four of the first five in the ladies' 800m, six out of the first nine in the ladies' 1,500m, eleven out of the first twelve in the ladies' 3,000m and even three out of the top five in the ladies 10,000m all had one thing in common. They all ran their season's best in the final. In the men's events, only five athletes, Piekarski (800m), Silva (1,500m), Biyissa (5,000m), Nerurkar and Nizigama (10,000m), achieved this feat. Does this signify that i) women athletes adapt better to the heat and humidity? ii) women athletes did not over-race before the championships? or iii) women athletes aren't afraid to set the pace in championships?

By the way, who is this 1,500m man **Mario Silva** of Portugal? Now aged 30, he placed 9th in Seoul, but no one took any notice until his bronze medal in Split. Then in Tokyo he was the only runner to run a PB in the men's 1,500m final, placing sixth in 3:35.76. Achilles asks how a man with a PB of only 3:35 can be placed so high in a championship final? But then again, what about Peter Rono?



We hear that **Frank Horwill** has encountered a new occupational hazard. Whilst supervising a paarlauf in Wales recently, his attention was taken by some policemen and their dogs giving chase to a man across a nearby field. Public-spirited Frank ran towards the man to cut off his escape route. The man froze, but Frank kept on running, and one of the dogs swerved away from the villain and bit Frank three times! The scars have now healed, but Frank says he has video evidence of the attack and will sue!



Vince Regan of Sports Tours Club La Santa tells a different joke every day. One of his best stories concerns **Andrew Crossfield**, a familiar voice to anyone who has travelled with Sports Tours. Once upon a time – well, about two years ago – a polite young man telephoned Andrew to ask if he could take a javelin on the plane. Andrew hadn't been asked that one before, but soon found out that javelins were allowed. Anyway, a booking was soon made in the name of Mr S. Backley.

Andrew naturally enough thought no more about it until he happened to watch *A Question of Sport* a few days later, only to see a certain promising young javelin thrower being introduced. Suddenly it all made sense, and Andrew later described it as one of his more embarrassing moments, and hoped everyone would soon forget. Well, everyone did, until the time one evening in Lanzarote when Vince, Andrew, Achilles and **Steve Backley** himself all found themselves in the same restaurant, and then Vince started telling stories ... Thanks Vince.



Ray Thompson of Coulsdon wrote to *Athletics Today* shortly after the formation of the BAF. He urged Frank Dick, Director of Coaching, to fight for the necessary funds to support treatment and testing, and do something about coaching information. He went on to state, "I receive more information about and on coaching from the British Milers' Club than I do from the official coaching system". Proof again, if any was needed, that the BMC continues to play a role.



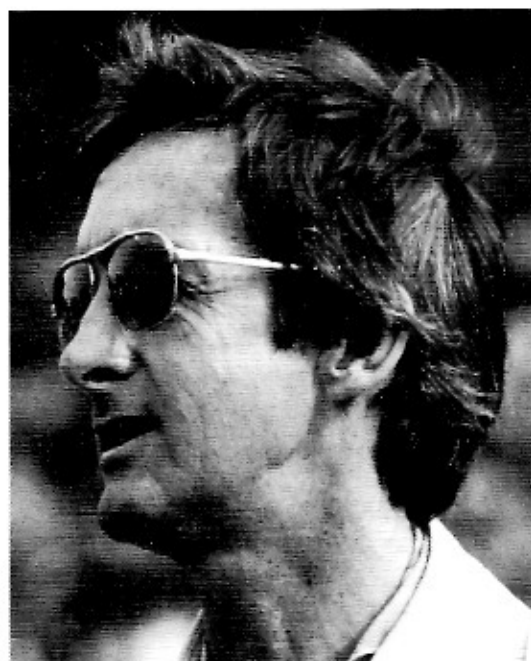
Insults are great, as long as they are good humoured. No editor likes to cut articles, but there have been occasions in the past when the *BMC News* has published articles which, for the sake of peace and decorum, perhaps should have been left unpublished. An article recently submitted contained a reference to "inept rivals". It was written in such a way that any reference to certain active BMC members and their coaches was purely intentional. Our lawyer advises "If correspondents wish to insult each other, would they please use the word 'allegedly'. For example: 'Coach X, a man who allegedly has a small brain, ...'"



Frank Horwill's new book *"Obsession for Running"* is one of the most entertaining reads of all time and gives a personal view of how the BMC was founded. (BMC members can obtain a copy from the Treasurer, Pat Fitzgerald for £6.95 – half the proceeds go the BMC). Apparently one of the biggest selling books ever promoted by *Athletics Today*, it was even favourably reviewed by **David Powell** in *The Times* (17th December 1991) as one of his books of the Year! With our 30th Anniversary soon approaching, there will be many further opportunities to reminisce. Just to whet your appetites, have you heard about how Frank Horwill and Harry Wilson were almost arrested? Well, you won't hear from Achilles!



Gordon Pirie — Obituary



© SHEPHERD

by
David Cocksedge

Gordon Pirie, Olympic Medallist, world record holder and founder member of the BMC, sadly died, aged 60, at Bournemouth Hospital on December 7th, 1991, after a long and painful fight against cancer.

Douglas Alastair Gordon Pirie was born in Leeds on February 10th 1931. A brilliant and controversial character, he was the standard-bearer of British distance running in the fifties, becoming as famous as European Champion and world mile record breaker Sydney Wooderson before him.

But whereas the mild-mannered Wooderson rarely clashed with authority, Pirie was a born rebel. "I have often trodden a long path and have been called conceited, awkward, self-opinionated and rebellious", he once wrote, "but I have conducted a one-man crusade to bridge the mental and physical gap between British and World standards. I have always considered the World best, and not the British best, as my goal."

Pirie's family moved to Coulsdon, Surrey, in 1936 and he joined South London Harriers (founded 1871) with elder brother Peter in 1943. Gordon helped his father, Aliek, carry the torch into Wembley Stadium for the 1948 London Olympics and was there inspired by the sight of Emil Zatopek destroying the 10,000 metres field.

"I instantly recognised Zatopek as the embodiment of an ideal for myself" he later recalled, "and from that day he had always been my inspiration ..."

Pirie was a teenage prodigy, but first reached top class in 1951 (age 20) setting a UK record of 29:32.0 for six miles at London's famous White City. He broke seven national records in 1952, placing 4th in the 5,000m and 7th in the 10,000m at the Helsinki Olympics, where he met Woldemar Gerschler, the German Coach who guided the rest of his career.

In 1953 he won the first of three successive National Cross Country titles, set a world six mile record of 28:19.4 and was a member of the UK team that set a world 4 x 1,500m record. His most amazing feat, however, was perhaps in out-kicking the American ace Wes Santee to win the first Emsley Carr mile trophy in 4:06.8. Distance runners weren't supposed to beat milers over their specialist distance in those days!

In 1955 Pirie was voted BBC TV's Sports Personality of the Year, but marred the occasion for some by using the event to launch a scathing attack on the British press, whom he felt built athletes up just to knock them down. Used to controversy by then, he was unfazed by the subsequent criticism his words provoked.

By 1956, 'Puffalong Pirie' was a household name. His unrelenting training regime paid off as, during a barnstorming Scandinavian tour, he set world records of 7:55.6 for 3,000m at Trondheim and 13:36.8 for 5,000m

in Bergen. The latter was a marvellous race, with Pirie surging past the great Vladimir Kuts (USSR) over the last 300m, covering the last 800m in a lung-bursting 1:55!

At Malmo in September, he reduced the 3,000m record to 7:52.8, defeating the Hungarian trio of Istvan Rozsavolgyi, Sandor Iharos and Laszlo Tabori, and completing the second half of the distance in 3:54.7.

But at the Melbourne Olympics in November, Kuts gained revenge, winning the 10,000m on the first day, after Pirie, who had clung tenaciously to his heels for 20 laps, suddenly cracked and finished an exhausted 8th. Kuts, the 'Iron Man' of Soviet distance running, then added the 5,000m title five days later. Here Pirie managed to salvage a silver medal, out-sprinting team-mate Derek Ibbotson 11 seconds behind the great Russian sailor, who became the star of the Games.

Pirie emigrated to New Zealand in 1957, claiming that taxation was too high – he was the first British athlete to earn really significant 'under the table' appearance money and expenses by this time. In 1960 he returned to Britain to train for the Rome Olympics, and recaptured something of his old form, only to flop disastrously. He finished 10th in the 10,000m and did not even qualify for the 5,000m final – a victim, he claimed, of the blazing Italian sun.

Starved of British medals at the games, the UK press gave the matter saturation coverage. Pirie was adamant that his failure was down to British team management – not enough time had been allocated for acclimatisation, he thundered. Whilst he was probably correct, his quotes did not gain any new fans among British officials.

In his last year as an amateur in 1961, Pirie again broke the UK three mile record (13:16.4) before embarking on an ill-advised and indifferent career as a professional in Australia. His published autobiography, *Running Wild*, seared the establishment, and berated his British contemporaries, whom he

was sure had talent, but not the vision and dedication to train hard for ultimate success.

He married international sprinter Shirley Hampton in 1956 and fathered two daughters before the couple divorced in 1974. As a coach, his best athlete was Mitcham's Anne Smith, who set two world mile records in 1967 (4:39.2 and 4:37.0) and was a finalist in the 1964 Tokyo Olympic 800m.

Pirie's best marks were : 880y - 1:53.0; 1,500m - 3:42.5; Mile - 3:59.9; 3,000m - 7:52.8; 3 miles - 13:16.4; 5,000m - 13:36.8; 6 miles - 28:09.6; 10,000m - 29:15.2; 3,000SC - 9:06.6. He stood 1.83m tall and weighed 57 kilos at his physical peak, and his brutal training put him decades in advance of his contemporaries. In 1956, for example, a typical summer's day schedule comprised : 10am : 30 minutes warm-up; 880y in 1:56; 10 minutes jog; 2 Miles in 8:46 (!); 20 minutes jog; 4 x 880y in 2:08 average (440y jog recovery); 2 miles warm-down; 6pm : 30 minutes warm-up; 10 x 440y in 61 seconds average (220y jog recovery); 2 miles warm-down. Now that is severe training, even for today's full-time athletes.

Pirie worked as a bank clerk in Croydon after a two-year stint of National Service in the RAF in Somerset. Latterly, he was also a paint clerk, professional coach and, on his return to Britain in the eighties, became a lumberjack of all things! In 1986, he settled in Fordle, near Lymington, where he spent the remaining years of his life.

A Personal Tribute by Frank Horwill

Two months before Gordon died I sent him a copy of my book, *Obsession for Running*. I wrote a little note inside the cover: "Read the last chapter first." That chapter is headed

'Coming to terms with cancer'. In it I described my own affliction and how I survived. I hoped it would help. A few days later I spoke to him on the telephone; he greeted me in typical Gordon fashion: "Hullo, you old b*****, how are you?". We talked about his condition and it soon became apparent that his strong feelings on any subject had not left him. He had been offered certain types of treatment which he did not agree with and had refused them. He said that he was going to see some alternative medicine people recommended by Leslie Watson, the marathoner, who is herself a partner in a therapy practice. It was of no avail. During our chat he revealed that he was bankrupt and living on Social Security and was being cared for by a female friend. I put the phone down and sat motionless for a while. Here was a man who, whenever he competed in Britain 35 years ago, drew enormous crowds. At Paddington track (ash), where there was no seating at all, 12,000 came one Wednesday evening to see him make an attempt on the 3,000m world record. Had he been born in the mid 1960s he would have earned a fortune on the circuit.

It was almost unheard of in his day for a 5,000m runner to break four minutes for the mile, but he did it by the skin of his teeth in Eire, recording 3:59.9. On hearing his time, he ran around in circles yelling "I have done it, I have done it."

He took up coaching in 1962 and held an open-house training camp in the Surrey countryside. He was a great believer in hill running and subjected his proteges to a three-quarters of a mile long hill ascent many times. One of his pupils, Anne Smith of Mitcham AC, broke the 800m UK record and later the world record for the mile. He was a keen BMC man and became the club's first chairman; meetings took place in Bowater House, opposite Knightsbridge station. Coached by one of the first physiologist / coach types, Dr Woldemar Gerschler, who also coached Rudolph Harbig to run a 800m world record of 1:46.6, which lasted 16 years, and also Jose Barthel,

winner of the 1952 Olympic 1,500m, Gordon had implicit faith in Gerschler and flew to Germany regularly to see him for monitoring in the Freiberg human research laboratory. He believed that Gerschler's finding (200m strides with pulse recoveries of 120 beats a minute being superior to steady running) was the main factor in his success. Gerschler told him that if he lay on the ground after each 200m with his legs raised resting on a chair, his pulse would recover to 120 bpm faster than if he stood or jogged. When Pirie was seen doing this many people thought he was eccentric. He used a large timer by the trackside - about 18 inches in diameter - so that he could see the time as he flashed past. Pirie got to the point where he could run 32 x 200m in 30 seconds with less than 30 seconds rest as his pulse reached the 120 bpm mark.

He detested the governing body. The then Secretary of the BAAB was Jack Crump, whom Gordon described as "a two-faced b*****". His opinion on the late Harold Abrahams was not much better, "a pompous twit". His thoughts about Marea Hartman, the WAAA Secretary, are not printable. His main grievance against the BAAB was that numerous invites were sent to him via the Board to compete in races all over the world and they were not passed on to him. "They want you to run your guts out in Britain for peanuts and are afraid you might make a bob or two on the Continent", he would often say. Payments were, of course, illegal then.

I best remember him at Motspur Park at a BMC women's invitation race in which his charge Anne Smith was running; it was 1967. A strong wind blew and Anne asked about taking the lead in such conditions. He clenched his teeth and with a clenched fist punched the air. The message was clear: "To hell with the wind, run your guts out." She did, and, leading all the way, she won. It was the fastest mile in the world that year. I hope we meet again, Gordon, life was never dull in your company. You entertained thousands with your performances. You made us proud to be British.

Medical Matters by Hippocrates.

Q. I have developed lower back pain. My doctor gave me anti-inflammatory tablets which helped but after stopping them the pain returned. X-ray showed nothing abnormal but the pain is still there and gets worse after running. What is your opinion?
A.R. – Middlesex.

A. Unfortunately there appears to be an increase in lower back pain in runners and a disconcerting increase in young runners. Naturopaths believe in contrast baths (2 minutes of ice to the most painful area, followed by 2 minutes of as-hot-as-bearable water, repeated for a total of 16 minutes).

For lower back pain, Dr Cyriax's manipulation should be tried. If the pain is on the left side of the lower back (sacro-iliac joint), the athlete lies on his left side on a long table or bench with the left leg straight but with the right leg bent and slightly over the edge of the table. Place your right hand on the athlete's right hip and your left hand on the athlete's left shoulder. His head should be turned to the right away from the body. Press the right shoulder with your left hand and at the same time gently push his hip forward with the right hand. A characteristic click is often heard and this is a good sign; stop when you hear it.

In no circumstances should jerky pressure be applied; gentle, consistent pressure is required. This procedure is reversed if the pain is on the lower back right side. This manipulation should be done by a qualified masseur or by a coach who has attended a sports medicine course conducted by the National Coaching Foundation.

It has been found by measurement that most runners experience a force equivalent to three times their body weight when the foot hits the ground, and this reverberates up the leg to the spine. However, some runners experience double or treble this force. This group are prone to back trouble since their

vertebrae undergo severe jolting. The answer to this is that all back sufferers should wear Sorbothane sole and heel inserts which absorb 96% of the shock of running. Foam and rubber inserts only absorb a maximum of 60%, so look for the word 'Sorbothane' when buying inserts.

A further long-term therapy is for a piece of hardboard measuring five feet long and three feet wide to be placed under the mattress. This keeps the spine straight during sleep. Once accustomed to this, back sufferers often experience back pain when they sleep in another bed without the board; this proves its effectiveness.

For upper back pain, Dolan and Halliday's upper-back relaxing exercise should be done morning and night. Lie on your back, arms at the side; breathe in deeply and then breathe in more; at the same time, SLOWLY raise the arms until they are behind the head and body, then breathe out and bring the arms swiftly forwards to the floor again. Repeat six times. Often, cracking and rippling noises can be felt by some athletes when they do this exercise; this is a good sign. It shows that their muscles and bones are somewhat knotted up!

Back sufferers should aim to keep their vertebrae mobile by daily exercises:

i) Lie on back, hands flat on floor. Raise the legs over the head to touch the floor behind; shoot the legs out to their fullest extremity, then relax them so that the knees come forwards to the shoulders, then shoot them out again as far as possible. This stretches the lower back muscles.

ii) Monkey-bending exercise. Stand up straight, shoulders well back with the arms at the side. Slide the left arm down the left hip a short way and then push it further down; repeat on the other side. Do six each side. It is important to keep the shoulders well back and the spine straight when doing this.

iii) Spine-twisting. Stand erect with feet slightly apart and arms bent with hands turned in to the chest and level with it. Turn slightly to the left and then push again further to the left so that you can see behind you; make sure your face follows the left elbow. Repeat on the right side, then five such twists each side.

Astrand, one of the world's great physiologists, found that back sufferers invariably had weak stomach muscles. The abdominal muscles are spinal stabilisers. Lie on your back with your arms crossed shoulder to shoulder and bend the knees. Come up to the vertical position ten times. Repeat this exercise daily and add two more repetitions a week until you can do 60 with ease. The heels must remain on the floor; if they cannot remain there they must be held or secured under a wall-bar or some furniture. With time, the knees should be bent further until the heels touch the buttocks. When you can do 60 repetitions with the heels touching the buttocks you can say that you have strong stomach muscles and that your back is well supported.

The homeopathic remedy *Hypericum* has been found especially useful for lower back pain as a first-aid measure. If the pain increases when the remedy is taken this is a good sign; it is called the aggravation period and is similar to the after-effects of a vaccine when first given, the subject experiencing some of the actual symptoms of the disease for which the vaccine is given. This is followed by a stabilising period and improvement.

Chronic back pain should always be investigated by X-ray, and in some cases by scan X-ray. Dr Cyriax, one of the world's great authorities on back pain, was a great believer in cortisone injection into the most painful area. This often brought relief for up to a year.

Q. Can you give me some idea on how I can get back into training after a Caesarian operation? S.S. - Lancashire.

A. This is a surgical operation at a later stage of pregnancy. The abdominal wall is opened and the incision is carried through the front of the uterus; the baby is lifted out and the layers of the incision are stitched. It can also be performed with a local anaesthetic so that the mother can watch the baby being removed. Caesarian section is used when the birth-passage is too narrow for the baby, or when the placenta lies across the passage from the uterus and would be liable to bleed dangerously during natural labour, or in any situation where the mother or health of the infant requires immediate delivery. Legend has it that Julius Caesar was born this way, but the operation may be named from an ancient law, restated by Caesar, that a woman dying in labour must be cut open in the hope of saving the child.

After all surgical operations, the first priority is for wound healing and 500mg of vitamin C should be taken daily together with 70mg of vitamin E. The latter is to support muscle repair. This should continue for a month. Physiotherapists get to work quickly these days after internal operations; deep breathing exercises are done with a pillow held into the abdomen. Since the stomach muscles have been incised they must be brought back to normality quickly. Lie on your back with hands palms down on top of the thighs. Rest the chin on the chest, come up smartly and at the same time slide the hands down to the thigh until they reach the bottom of the knee-caps, then return so that the palms reach the hip bone. Do as many as possible, but each week try to increase the number of repetitions by a quarter. This should be done every other day. The next thing is to do an exercise which will work the stomach muscles a little, as well as the legs and the heart. Step up and down on a chair not more than 18 inches high as many times as possible; change legs every ten ascents. Do this every other day for a month until you can handle an average of 100 ascents on each leg.

You are now ready to do some running. The 'Hundred Minutes to Fitness' regime should be used. On Day 1 you run for only one minute, on Day 2 you run for only for two minutes, on Day 3 you run only for three minutes. You keep adding a minute a day. After six days (six minutes), you take a day off and resume with seven minutes, adding a minute a day for six consecutive days. After a month you will be doing 24 minutes of running, after two months 48 minutes, etc. When you reach the point where you can run for 100 minutes (possibly 12 to 14 miles), you have laid the aerobic foundation.

You can now switch to the following pattern:

- Day 1) Run steady for one hour
- Day 2) 15 minutes jog, then stride 16 x 100m in around 16 to 20 seconds with 100 jog in not more than 45 seconds
- Day 3) Run 45 minutes accelerating (15 jog, 15 steady, 15 fast)
- Day 4) 15 minutes jog, then stride 8 x 200m in around 32 to 40 seconds with 100 jog in 45 seconds
- Day 5) Run steady for one hour
- Day 6) Jog 15 mins, stride 5 x 300m in 48 to 60 seconds with 100 jog
- Day 7) Run steady 45 minutes
- Day 8) Rest

If all has gone well with this cycle you can increase the reps by a quarter each week until you have doubled the workload, ie 32 x 100m on Day 2, 10 x 300m on Day 6.

Once this stage has been reached, you should test your fitness by doing the Balke Test. This consists of a 15 minute run around the track covering as much distance as possible. For women, 4,600m is good, 4,200m is fair and 3,800m is poor. You should now work upon the test result as a basis for your training.

- 1) Twice a week run double the distance done on the test in double the time plus three minutes, eg 4,000m x 2 = 8,000m in 33 minutes. Strive to reduce this time to 30 minutes.
- 2) Take half the distance run in the test and run it three times with one minute rest in 7:30, eg half of 4,000m = 2,000m in 7:30 x 3 with 1 minute rest. Aim to reduce this time to 7 minutes.
- 3) Calculate the time done per

400m in the test (eg 90 seconds); halve it and take off 8 seconds ($1/2$ of 90 = 45; minus 8 = 37 seconds). Run a series of 200s in 37 seconds with decreasing rest, eg 90-75-60-45-30-15-90 seconds. Keep on doing these until the time of 37 seconds cannot be registered.

These four weekly sessions will transform you.

Q. I am very worried about the frequency of blood in my urine. My doctor on learning I was a runner said "Nothing to worry about, runners often get this. Come and see me in a month's time if it continues." Is he right or is he incompetent? H.G. - London.

A. Your doctor is right and wrong. He is right to say runners often get blood in the urine but he is being a little blasé about it. Blood in the urine is a common result of exhausting work - particularly with those doing 100 miles or more a week. One study revealed microscopic evidence of blood in the urine of 50-80% of distance runners tested. Such traces of blood seldom have any clinical significance and are seldom a sign of internal damage. However, when it occurs with low mileage and continues, it should be thoroughly investigated. My view is that when it becomes excessive it is a stress symptom and mileage should be reduced by a half and then gradually built up again once it disappears.

Q. I suffer from a regular stitch at the bottom of the ribs. Is there something badly wrong with me or am I doing something to cause it?

T.W. - Surrey.

A. A study of 100 stitch sufferers in New Zealand from different sports revealed some new data about this affliction. Its cause has been pinned down to a pulling action of ligaments below the rib-cage. First aid consists of reversing the situation by getting the athlete to stand on his head while others support his legs! Not a very practical solution if it occurs in a race! But it works. Not eating for 3 hours before a race helps. No other theory has challenged the New Zealand study.

Championship Racing

A new member recently suggested that the BMC put on 'back-to-back' races. The Committee thought this was an excellent idea, especially after Britain's lack of success in Tokyo at the MD events. I have no wish to labour the point, but our representatives in the men's 800m semi-finals ran 1:49.91 and 1:54.14. Thirty-eight other athletes not selected for Tokyo beat 1:50 in the UK last year.

In every competition, we have all seen good athletes who run a PB in the heats to qualify, and then have nothing left to offer in the final. We've also seen athletes who, having had to over-race in order to get selection, are unable to respond to a change of pace and do not even make the final, having run only a moderate time well outside their best. Whenever this happens, it is very sad. An athlete often has only a few key races in his career, and he has the rest of his

life to think about what might have been ...

I therefore wrote to several leading coaches asking them to write a few words on this subject. It is the coach's job to ensure that the athlete is in the physical condition to run a personal best in a championship final should the race tactics deem it necessary. Having said that, the first priority is to win, not to come second with a PB!

There are clearly occasions when circumstances dictate that a different approach is needed. Suppose you are a young athlete approaching your first AAA Championships – your aim is really just to gain experience because your long term plan might be the 1994 Europeans (say).

In this situation, when should the athlete be

satisfied with his or her performance in the championship? I offer a personal view of various combinations of the following :

- i) Obviously, if he or she wins unexpectedly!
- ii) If he or she places several places higher than his / her ranking would suggest.
- iii) If he or she runs a personal best, or at least a season's best.
- iv) If, knowing he or she wasn't quite as fit as he or she would like, he or she at least makes a positive contribution to the race, rather like Cram in Split : "At least I made the s**s run!"

Otherwise, what is the point in making the trip? In this collection of articles, we are honoured to receive contributions from David Iszatt, Wilf Paish, Harry Wilson and Peter Coc. BMC Members have collected some nine Olympic Medals since 1972 – let's add some more in 1992!

Harry Wilson



© WILSON

Really this article ought to be called quite simply 'Doing Well in Major Championships'. Doing a personal best doesn't necessarily enter into things as it is quite probable that a runner will win an Olympic Gold or World Championships in a time slower than his / her personal best. We are really trying to get the best possible results from a runner on a specific occasion.

This means getting the athlete into a superb

physical condition by an intelligent programme of training and racing, and then ensuring that the athlete has the courage and cunning to race right up to 100% of his / her capabilities. In other words, the old problem of achieving a peak.

Denis Watts once said to me : "an athlete starts peaking once the date of the major target for the season has been established". He meant that an athlete starts the mental build-up as soon as a particular date has been set. The date is a regulator, driving the athlete on at times, holding the athlete back on other occasions. As this is just a short article there is not the space for me to spell out the various factors that develop the complete runner or the way that emphasis is placed on different elements at different times in the build-up. However, I'd like to highlight a few points that may seem obvious but are often forgotten by even highly experienced runners.

1. You can't spend like a millionaire if you are earning the wages of a labourer:

ie you can't expect world record performances unless the quality of an athlete's training

reflects the capability to produce something special. So the athlete's coach includes some extremely intensive sessions in their programmes as they approach a major championship. These are sessions in which they attempt to reach levels they have never reached before, so the old adage applies : 'if you want quality don't expect quantity'.

An example would be the session used by Steve Ovett just prior to winning championships or setting world records. Instead of his normal session of 8 x 400m fast or 4 x 800m fast he would do three or four 500m aiming for times of 62 or 62.5 seconds. In order to achieve times like this we would allow a long recovery of 7 / 8 minutes, which was quite strange for Steve as most of the work was done with very short recoveries.

Sessions like this can only be fitted in once every two weeks as they demand immense physical and mental concentration from a runner. Once an athlete has mastered the ability to do this sort of session, he / she can have full confidence in racing at world record pace and can have an inner feeling of having achieved something unique. It needs careful planning by the coach and a

Or ... "How to survive two qualifying rounds and still run a personal best in the final". Compiled by The Editor

confident approach by the athlete to tackle these immoderate sessions but I have never believed in the constant application of the 'do everything in moderation' approach. Always doing everything in moderation will develop moderate athletes, with moderate ambitions of doing moderate performances.

2. Unexpected things happen

in races so be prepared by practicing changes of pace in training. As an example we may have a 10,000m runner who regularly does a session of 6 x 1,200m at an even pace. Now we know that in the 10,000m some runners kick in a fast 400 or 800, so why not incorporate a change of pace in the 6 x 1,200m session? Jill Hunter occasionally alters her session so that she does 2 x 1,200m with laps 1 and 3 at 10k race pace and lap 2 five seconds faster; then 2 x 1,200m with lap 1 at five or six seconds a lap faster than race pace, then laps 2 and 3 at race pace; then 2 x 1,200m with laps 1 and 2 at race pace with lap 3 as fast as possible. Long recoveries such as 2 or 3 laps jogging are needed between the fast repetitions.

3. Be physically well prepared:

Preparing for three races in three days means that, on the physical side, an athlete must be so well prepared that recovery takes place quickly and that near 100% effort can be made in such a relaxed way that this recovery can take place. So, in the few weeks before a major competition I have athletes do some sessions in which they measure progress not by running faster than ever before but by achieving the same times as previously but in a more relaxed way.

Some coaches / athletes believe in preparing for three consecutive days of racing by occasionally having three consecutive days of intensive training. This is OK to a point but if this approach is used it should be done properly and fully. For example, if an 800m runner has to run a heat at 11am on Day 1, a semi-final at 3.30pm on Day 2, and a final at 7.30pm on Day 3, one can imagine the strain that this programme places on his digestive and waste-disposal systems. So if a runner

does three consecutive days of intensive track work then surely he / she should train at the appropriate times and also eat at the appropriate times.

4. Be mentally well prepared:

The three races in three days programme places a big strain on the athlete's mental approach. The coach / athlete must ensure that concentration develops during the period and isn't gradually depleted by over-anxiousness. This means keeping a good balance between the 'every race is an Olympic final' approach and the 'heats are just to get rid of the rubbish' approach. The athlete and coach should have knowledge of and regard for their rivals but this shouldn't be the main part of an athlete's pre-race preparation. The emphasis should be on the athlete's belief in him / herself and that he / she is the master of his / her fate. I tell athletes to think about themselves – about how well prepared they are. They cannot make their rivals run slower but they can ensure that they use their own assets to the full.

5. Keep things in perspective :

Finally, despite making every effort to make sure that things go to plan – eg the athletes get the right amount of rest; they get the right food at the right time; they get their transport and warm-up right; etc. – there may be occasions when things don't go exactly to plan and compromises have to be made. Keep these things in perspective : ie one night of troubled sleep doesn't wipe out months of good rest; one meal that isn't quite right doesn't nullify days and days of good sensible eating and one session that is a little disappointing doesn't erase weeks of good quality training.

To finish with an anecdote, have you heard about the man who, the night before the Commonwealth Games 5,000m final, tackled haggis for the first time in his life and followed this the next morning by having black pudding for breakfast, again for the first time? He went on to win the 5,000 quite easily – mind you he was rather special!

David Iszatt

Extracts from a study paper called 'Front Running - the best policy?', prepared at the Loughborough Summer School, 1991

Coaches are often heard advising their athletes against the risks of front running. Conventionally, the advice seems to be : don't lead unless you have significant advantage over the competition. So it was surprising to observe that front running was pre-eminently the preferred taste for successful middle-distance athletes at the 1991 AAA's championships:

- i) At 800m five out of six men's races were run from gun to tape by the winner.
- ii) Only the women's 1,500m final was won by a 'sitter' and there were special circumstances in that case.

The observed advantages of front running were:

- (i) Avoidance of interference from other runners
- (ii) Avoidance of unnecessary energy demands due to abrupt changes of pace
- (iii) Ensuring progression to the final where pre-championship performances indicate no advantage over most other competitors (most significantly Starling and Hopkins in the men's 1,500m)
- (iv) To gain advantage over an apparently superior performer (notably Walker against McColgan in the steeplechase final)

However, the pace setters did not have it all their own way:

- i) In the men's 800m heats English neither set a strong enough pace nor was able to sustain it throughout the race to ensure progression to the final (the author's part in this failure is acknowledged).
- ii) Cahill's move to the front in the women's 1,500m lacked the pace injection to blunt Williams' finishing power.
- iii) There is little point in making a final through front running only to make no significant contribution to that race.

The lesson for coaches and athletes alike was that pace setting is a powerful weapon in an athlete's armoury that must not be neglected and can be the surest route to success if used with significant commitment.

Championship Racing



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Peter Coe

My interest in this stems from the fact that I think the alternative title, at best, illustrates a fundamental flaw in the approach to major titles; at its worst it is a recipe for defeat.

These are strong words to use about what may seem at first sight to be a perfectly reasonable attitude to adopt by an athlete looking to maximise his or her performance in a major championship, so what is wrong? The question posed in the title reveals a major error in the approach to racing. For a start we are not discussing those valuable graded BMC races where the intent is to stretch the athletes to improve their PBs.

Racing at this level is about one thing and one thing only. It is about *winning*. Far too many of our better athletes feel that they can walk off the track perfectly satisfied, whatever the result, so long as they come away with a PB. All else is then justified.

This approach to world class competition is a very powerful self-imposed mental handicap. Furthermore, why think of surviving only two qualifying rounds? The 800m is a MD event, and just suppose we returned to three qualifying rounds to get to the final, to say nothing of six or a possible seven rounds in total to survive an 800m/1,500m double!

What else is wrong? It is thinking of running a PB when a major title is at stake. PBs are most likely to be achieved with carefully planned even pace running. This is only acceptable as a tactic if you are certain that the time you can achieve is going to run all the opposition off its feet. If you are an athlete who has failed to develop the speed and anaerobic capacity necessary for coping with all the contingencies of racing then I will admit that this tactic may result in you achieving the best placing you can. But even pace running for a PB will leave you either detached from the leaders or left to front run all the way, both of which will make you very vulnerable in any event from 800m upwards. In world class competition the number of occasions on which it is possible to be – or do – a ‘McColgan’ or stick to an even pace are very few, outside of the marathon.

There are two 1,500m Olympic Golds (1980 and 1984) with which I am very familiar and both of these would have been lost had the desire to win been mixed up with thoughts of a PB which neither race produced although the second set the current Olympic record.

It is much wiser to plan from an early age to remedy any deficiencies in speed and speed endurance and compete with a full quiver of tactical options.

Lasting success demands at least the following foundations:

1. First, think very carefully before acting,

and then act decisively.

2. Long term planning over many years.

3. *Total* physical conditioning on which to build a hard training regime. Ignore circuit and weight training at your peril.

4. Using the basic principles of multi-pace training, tailored to your event and to your strengths and weaknesses, fill the racing quiver mentioned above.

5. Establish for yourself the right number of first class races that are necessary for you to peak and to be ‘race-fit’. This will help you to avoid over-racing.

6. Live, think and breathe *winning*. Carry a high perception of yourself as ‘The Numero Uno’. This is your personal image – no need to make yourself unpopular and bore everyone with self praise – and when you look back over your preparation and feel sure that no stone has been left unturned then you have the certain knowledge that you are at your best and, more importantly, are the best. Any doubt about being fit for the job will undermine and negate any attempts to use applied sports psychology.

7. When you are satisfied that your coach has done the job properly, and you have honoured his and your own commitment without any reservations, then, and only then, can you go to the start knowing that this is your day.

8. This is not the place for suggested schedules, but I will add this. If you have not already learned to race reasonably successfully at one event both above and below your chosen major event, it is unlikely that you are equipped for winning, or even surviving, the two or three races to reach the final.

9. Eliminate weaknesses, they undermine confidence. Total confidence is the foundation stone of success.

10. Setting out to get the best placing you can is not the winner’s way to approach a major title.

11. A generous allowance must be made for acclimatisation and time zone adjustment – we allowed five weeks before Los Angeles. All the serious work must have been completed before arrival at the village or the meeting. The remaining work is only a count-down and tapering off, albeit maintaining and honing your sharp edge of speed.

Or ... "How to survive two qualifying rounds and still run a personal best in the final"

Preparing for an Olympics. — Wilf Paish

I am frequently asked, 'How do you prepare for an Olympic Games?' The truth is, 'with great difficulty'. The Olympic Games as a competition is quite unique; there is nothing so prestigious as an Olympic medal; the middle-distance runner is almost assured prosperity for life with one around the neck. Hence there is so much at stake. I suppose that the World Championships approach it to a degree, as do certain events at both European and Commonwealth level, but nothing matches it.

I can well remember talking to several Eastern Bloc coaches, especially during the success periods of both East Germany and the USSR, with them admitting that only the Olympic Games counted. During a press interview, an Olympic Champion, when reflecting on a failure at European level, said that she was always happy to win, but was not always happy to make a supreme effort other than at an Olympics.

At an Olympics there is the pressure of living together with your rivals, knowing of their performances while also respecting that the unpredicted can happen. There is the additional stress of being in a strange environment, often away from the steadying influence of the home and the coach, eating different food and having to live by the rules made to suit communal life. It is for these reasons that I support bleeding young athletes at events such as the European and Commonwealth, where all of these extrinsic factors can be accommodated and hopefully produce a learning experience.

What then of the competitions themselves? Before the traumas now experienced by the hitherto strong athletic nations such as East

Germany and the USSR, I would have said that when there isn't a boycott of certain nations it is impossible to double up in any of the middle and longer distance events. This will certainly be the case with the middle-distance events for men, since the strong African nations will be there and capable of forcing such a fast pace in all of the preliminary rounds. However, at the next Games I do not think that this will hold true and I can certainly foresee a situation where several women would be capable of doing more than one event. Nevertheless, the concept of the 800m / 1,500m double, as at the boycotted Games of Moscow and Los Angeles, is probably a thing of the past for our men as long as the Kenyans are about.

To prepare for a racing time-table, as would be experienced at our own National Championships, and subsequently for the fortunate in Barcelona, one must plan both the training and racing schedule very carefully.

Take the racing schedule first, since it is the easier to execute though not necessarily to plan since it will require a tremendous amount of co-operation from our governing body. The athlete must seek a number of good quality, back-to-back races, on successive days, preferably abroad and away from the pressures of domestic competitions. There is little point in seeking out the easy races, or ones over shorter or longer distances, since this situation will not assure the correct levels of adaptation. Hence, I would certainly be opposed to even our elite athletes missing the key competitions such as will be provided at our National Championships on June 27 – 28th. If an athlete cannot survive these, he or she is unlikely to survive an Olympics! One is always seeking longer to prepare, the opportunity to conceal an injury; but is it fair to deny a younger, less established athlete the chance of gaining this unique experience?

As far as training is concerned the back-to-back racing situation has to be kept constantly in mind. One has to develop a very high level of strength endurance and speed endurance. This means very very hard work, often when fatigued, hence there is no place at the

Olympics for the weak-hearted. Sessions of this nature have to be phased carefully into the year plan so that one is able to reach a sub-peak for the trials. For example, when this article is published it will be too late to think about strength endurance. Well in advance, I will include demanding training sessions, on successive days, at approximately the time of day when the trial races are scheduled. Indeed, I will not leave unexplored any avenue that is likely to enhance performance, and this includes looking at and putting to the test various nutritional and legitimate ergogenic aids. Above all else I have already made sure that there is a superb injury diagnosis and treatment facility just in case such an emergency should arise.

I don't wish to give away any trade secrets, but really there aren't any, other than to think carefully about every aspect, and to plan well in advance, since tomorrow becomes yesterday far too quickly.



© PAISH

The South Africans are coming

by Andrew Bell

Cape Town, January 15th : Our administrators have, somehow, managed to achieve 'unity'. However, there is still a small vociferous faction on the outside. Stephen Granger, a Cape journalist, sums up the present situation under the title *"Athletics Unity in South Africa"*

Athletics history was created in Bellville, Cape Town this week-end with the signing of an accord unifying South African athletics and the creation of one body - Athletics South Africa - to govern the sport.

Three athletics organisations, namely the 'establishment' SA Amateur Athletics Union (SAAAU), the ANC-aligned SA Amateur Athletics Congress (SAAACON) and the PAC-aligned SA Amateur Athletics Board, have been involved in a process of unification for well over a year.

The inability of these bodies to achieve unity cost South Africa's top athletes the opportunity of competing in the World Championships in Tokyo and had threatened to scupper plans to compete in the Barcelona Olympics.

Although it's been a long and sometimes painful process, most athletes and followers of the sport will welcome the timely announcement that most of the athletics bodies in South Africa have been successfully brought under one banner. Unity had to be achieved by 23 January - the date of the next IAAF meeting - to give South Africa a chance of competing at Barcelona.

While the 'first prize' of complete unity was not attained - the SA Athletics Board stayed away - the fact that two of the major players reached agreement is likely

to prove adequate to ensure South Africa's re-admission to international competition on 24 January. This could mean South Africa's inclusion in the world cross country championships in Boston, USA in March, where victory in at least one of the senior team competitions is a real possibility.

It was just a month ago that athletics unity lay in tatters after the dramatic walk-out by the SAAAU delegation, an apparent about-face by the very body which had appeared to be pushing hardest to achieve unity, and whose affiliated athletes were the ones who would benefit most by international competition.

The problem had revolved around two issues - the participation of Defence Force and Police clubs in athletics competition and the unwillingness of the Union to give up the so-called three-tier system of administration, whereby track, road running and cross country each operated with near-autonomy.

One way or another these issues were resolved, or rather deferred to a post-unity situation.

Given the successes which South African athletes have already achieved in isolation and the enthusiasm with which Athletics South Africa is embarking on its township development programme, it is highly likely that South Africa will play an important role in world athletics in the near and distant future.

The area in which we have excelled in the period of isolation is on the road - financial incentives and excellent organisation have played their part. Every year three or four athletes pop out of the blue and run brilliant times - the depth is outstanding.

Our track middle distances are not what they should be and have lagged somewhat. The talent is available, and time and international competition should rectify the situation. We are simply not prepared to run meets where heats, semis and finals are run. The season started with a sense of urgency but faded while administrators were at loggerheads.

Performances of note have been:

Elana Meyer

3,000m 8:32.00 25/11/91
5,000m 14:50.43 18/12/91
10,000m 31:33.46 23/12/91 - run in howling gale - last 5,000 in 15:33

Zola Pieterse (Budd)

3,000m 8:54.02 23/12/91 - run in howling gale

Johan Lansdman

1,500m 3:39.09 23/12/91 - run in howling gale
1,600m 3:56.45 25/11/91
1,600m 3:56.85 18/12/91

Our 1:58 woman 800m athlete decided to have a baby, not believing we would be in Barcelona, while the men are stuck in the 1:47 range and only two have gone faster in the last two years. In the 5,000m and 10,000m the times are consistently in the 13:40 and 28:40 ranges respectively.

Very few athletes specifically train for cross country but in March our girls should come very close to winning the team competition. Zola, the exception, is understood to be concentrating on this. Colleen de Reuck, Elana Meyer and Gwen Griffiths are also on a par over the country.

Be Specific in your Goal

by Achilles

I recently asked one of my athletes (a 400m / 800m specialist) his plans for the coming season. He said "I want to ensure my club gets promotion next year", and he then proceeded to rattle off his series of target times (200m – 23 secs; 400m – 50 secs; 800m – 1:55; 1,500m – 4:10; 3,000m – 9:10; 5,000m – 15:50), all of which were approximately 5% better than his times this year. "That's good," I said, "you clearly think about your running, but tell me, which of these goals is the important one?" He looked at me blankly, and said "All of them." "Tell me when you are going to run these times?" "Next Summer", he replied.

That athlete will be very lucky to succeed. Whilst he had taken the first and most important step, that of actually making a plan in the first place, he had failed to realise the important principle that what you get in terms of performance depends on how specific your training is. For example, the training for 5,000m is different from the training for 800m. If you train for 5,000m, you can't just expect to be able to run your best 800m. But if you then start on 'speed work' for the 800m, it is natural that your endurance for the 5,000m will fall away. If you switch training mid-season or are not sure of your training in the first place, then you will fall between the goals and probably achieve none of them.

There is a theoretical basis for this statement. Suppose for a moment we ignore race tactics and assume that one always runs flat-out but also at an even-pace. Your time will therefore be your best possible performance, and a direct function of your physical condition. How do you define 'physical condition'? Your physical condition is a loose term which combines your basic speed, your leg

strength, your power, your endurance, your physique and, of course, your weight. All aspects of physical condition depend in turn, in varying degrees, on your physiology (= natural ability – for want of a better word) and the nature of your training. Each distance event has a noticeably different response to these factors, and indeed, each person has a different response. One can therefore conclude that a theoretical model for calculating performance given the physiological and training details of an athlete is well nigh impossible. But, you can still invoke the mathematical theorem which states that for a system involving many complicated interactions, an optimum (best solution) of certain variable factors with a particular constraint (= distance in our example) is almost certain not to be the optimum for another constraint. This appears to hold true even in the sporting world.

History shows that few athletes have ever competed with equal success over a range of distances. In 1991, no athlete achieved a World Top 50 ranking in all of the 800m, 1,500m and 5,000m. Indeed, in 1991 only nine athletes were ranked in the World Top 50 for both 800m and 1,500m, and only three in both 1,500m and 5,000m. Peak performance over a range of more than three championship distances at the same time is well nigh impossible. Only the very best have achieved this (Ovett 1980, Aouita 1986).

I advised the athlete : *"Concentrate on your best event"*.

How does one know what one's best event is? Calculate as follows : Write down the world records for all events from 100m to Marathon. Then write down your personal bests at these distances. Convert all times

into seconds, and then calculate the percentage that your times are outside the world record. Say an athlete has best times for 800m, 1,500m and 5,000m of 1:50, 3:50 and 14:30. The world records for these events are 1:41.73, 3:29.46 and 12:58.39. Take the 800m times, convert them into seconds, and then divide 110 by 101.73 and you get 1.0813 – so you are 8.13% outside the world record. Similarly you can obtain percentages for 1,500m (9.81%) and for 5,000m (11.77%). In this example, the athlete can conclude that his best event is 800m.

You have chosen your best event – now decide when you want to run this time. Do you want to run it in May or in August? When you have decided, go and train for it! Get yourself in superb condition. Devise a plan, and stick to it. It is of course important to race in other events, but use them as a tool to improve your time in your main event. By specific training for one event, your other events will improve anyway. In 1985 Steve Cram set personal bests at all distances from 800m to 2,000m, three of which were world records. He was undisputed number one at middle distances that year.

So, go back home and think about what you want to achieve before you do your next 16 x 400m session. *"Failing to plan is planning to fail"*.



From Junior to Senior

('Running in the Year 2000', extracts from the text of David Iszatt's lecture at the AGM)

In the Tokyo World Championships male British middle-distance athletes made no significant contribution to the competition. Indeed history may show that our events are at their lowest ebb since the BMC was founded in 1963. We don't seem able to translate junior success into world class performance at senior level.

Of the 260 male athletes who appeared in ESSA and AAA junior championships between 1981 and 1990 only 12 went on to win a senior GB vest. Of 15 male endurance athletes who competed in Cotbuss in 1985 or in the U-19 international for Cotbuss probables in 1984 only nine featured in the senior top 100 in their U-23 year and only three have progressed to GB international status.

The probable causes of this failure are many:

(a) The pre-selection policy in the early 80s restricted the opportunities of English 'contenders'.

(b) With the notable exception of a few, like Peter Coe, British coaches seem to have been unable to cope with the flood of information from the sports scientists – a national coach told me in the summer that one of his objections to the BMC was its commitment to five-tier training, the like of which he had never found necessary. To be fair he is a very fine and intuitive coach who alone in the UK has produced two sub 1:45 800m runners. None the less it seems to me that coaches must avoid being trapped in a time-war if we are to succeed in the future. *[Editorial note: the job of a national coach on an advanced course is to discuss all training methods, not to condemn one.]*

(c) Unlike most fast twitch athletes, endurance athletes continue their technical and more significantly their psychological development well into their twenties. Junior endurance stars may in some cases merely be

early maturers, but this cannot account for the massive failure rate.

Of course a number of younger athletes have broken through recently – Kevin McKay was an outstandingly successful junior; by contrast Matthew Yates was much less successful in age group competitions. Gary Staines, perhaps no longer a 'younger athlete', just missed bronze in a 1982 AAA junior field of what are now 'athletic has-beens'; he has since developed into a world class athlete. We must not forget Rob Denmark, whose coach was honoured as BMC's Coach of the Year. But the reality is that junior stars rarely make it as senior internationals.

The question therefore is: does it have to be like this? In my view it does not. I believe that we have squandered our resources in the past – we have had such a galaxy of established talent that we have not had to care. What justification do I have for my optimism that the future will be better?

(a) We seem set to see an explosion of U-23 competition – in my view essential for the developing endurance athlete. We will have to wait and see whether the IAAF President's proposals that the Olympics should become an U-23 competition succeed or not – football has already made that decision, and this year sees the first U-23 European Cup. One would like to see selection on the basis of head-to-head competition in a selection meet.

(b) Frank Dick, UK Director of Coaching, has proposed a radical expansion of the BAF Junior Commission, which in its present form has been tasked with little more than the preparation of junior teams. He wants to see it have all-embracing responsibility for developing athletes from school days through to and including the U-23 contender age group. These proposals are not yet BAF policy and so lack the financial and other resources needed for implementation, but Frank Dick has done what he can on his own

patch by allocating to three national coaches special responsibility for the three age groups.

(c) The IOC / Ted Turner thoughts that the Goodwill Games could be revamped (USA v USSR doesn't have a future!) as a "vehicle for pre-Olympic competition for lesser or still maturing athletes" (*Daily Telegraph*, 10th December 1991) indicates that the problem is appreciated at the highest levels.

(d) A new generation of National Event Coaches has been appointed, most of whom feel competent to evaluate the work of the sports scientist, so that it now becomes just another input into the 'art of coaching'.

(e) Coaches and athletes at all levels too are becoming less afraid of the 'science of training'; indeed athletes are rightly demanding that their coaches are better informed. Peter Janssen, in the introduction to his book on training, says "it is of great importance to know the various energy systems and to train them separately if required. It is possible to feel in one's own body which system is especially stressed ... [but] it appears that many athletes do not feel very well which systems they are training. In other words they are just making a mess of things. Many train too intensively and others ... are doing their work-outs with too little intensity." The English may have suffered in the translation but the message is clear and must be heeded.

Is there a part for the BMC to play in the radical changes we are seeing, both in international competitions and in the national coaching set-up? Whilst at the Loughborough Summer School last year I detected scepticism amongst national coaches about the value of specialist clubs such as ours. So in a recent meeting with Frank Dick, I taxed him on this subject. He explained that his proposals were but the bare bones of a new approach and that references to the contribution of 'clubs' could quite properly

r International

by David Iszatt

encompass specialist clubs, the armed services, the British Student Sports Federation and the Universities Athletics Union as well as conventional athletics clubs. He felt with some justification that the track record was that specialist clubs had often preferred to go it alone rather than co-ordinate their efforts with the National Coaching Scheme.

However, I was assured that where a specialist club wished to make a positive contribution, including the development of the whole philosophy of athlete development in their specialist area, this would be actively welcomed. In mass involvement events such as ours I see little prospect of the BAF ever having the resources to do the job as it should be done. Our membership, organisation and networking of coaching resources will have to

be mobilised behind the new initiatives if the eclipse of British middle-distance running in Tokyo is to pass.

Now let me turn to my crystal-ball – how will running look in the year 2,000? I see two major impulses for change: the growth of commercialism fostered by the IAAF and the return of South Africa to international competition. I predict the following consequences:

- i) A year round circus of competition, televised world-wide and chasing the seasons from the southern to northern hemispheres.
- ii) The decline of two or three nation internationals other than at Under-23 or Junior Level.

iii) Field events squeezed even further as television companies demand both 800m and 1,000m, or a mile as well as a 1,500m.

iv) Two tier annual world championships: one for circus professionals, perhaps along similar lines to the Formula One motor racing championship, and a second largely amateur championships for 'contenders'.

v) Fixed venues for the Olympic and similar games to avoid the expense and long lead times for creating Olympic Cities.

This future is both exciting and daunting, with opportunities and dangers. It is important that clubs such as ours remain strong and vocal to help to ensure that the athletes' voices and interests are not lost sight of.



Elana Meyer – destined to become one of the great runners of the 1990s when South Africa is readmitted to competition.

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Still Obsessed

— Frank Horwill — by Duncan Mackay (first published in Athletics Today)

Outspoken Frank Horwill may not have made many friends among the athletics establishment but he has certainly influenced people.

British athletics has been spoiled in recent years thanks to the success of middle-distance runners like Sebastian Coe, Steve Ovett, Steve Cram and Dave Moorcroft. But things weren't always so good. At the start of the 1960s the reputation of our middle-distance runners at home and abroad had never been lower after a particularly barren period of sporting success.

One of the main catalysts for change was the British Milers' Club which was founded in 1963 by Frank Horwill. He decided that an organisation "whose members were dedicated to improve miling" was needed to "stop the rot".

Its membership list reads like a who's who of British middle distance running: Sydney Wooderson, [the late] Gordon Pirie, Roger Bannister, Derek Ibbotson, Brendan Foster, Coe, Ovett and Moorcroft are just some of the names the club can boast of as members.

"The modus operandi of the Club", Horwill explains in his new book *Obsession for Running*, "was to be the holding of fast races for members with 'hares' in all parts of the country and for regular training days on Sunday where athletes of equal ability from different clubs could meet, train together and discuss their methods."

BMC races were instrumental in the early careers of both Ovett and Coe, who joined as 14 and 15 year-olds respectively. Ovett broke four minutes for the first time in his career in a BMC organised mile at Haringey while Coe first ducked inside two minutes for 800m at Cophall Stadium in a BMC youths race.

While the BMC is now an established feature of the athletics scene in this country, regularly staging events each summer all over the country, it came under fire from several quarters, including AAA president Harold

Abrahams and former BAAB secretary Arthur Gold, in the early days. Horwill is particularly critical of Abrahams, the man immortalised in *Chariots of Fire* — "He tended to make observations with grunts and growls", recalls Horwill, "his whole demeanour was one of cynicism and of landlord and serf."

The BMC's staged races with pace-makers were often attacked. One critic wrote: "The British Milers' Club has much to answer for encouraging youngsters to run fast times to the exclusion of other aspects of athletics."

Horwill's coaching methods and ideas have become legendary, particularly his multi-paced training system that was adopted and then adapted by Peter Coe who successfully used it with son Seb. "Seb's Olympic golds, Olympic and world records offer adequate testimony to these principles being correct", says Peter Coe, who praised the system in his recent book *Training Distance Runners*. "The length of that career, some 14 years at the top, shows that if properly applied, it is not a recipe for 'burn out'."

Horwill invented the system after statistical findings showed that when an athlete moved up or down in distance you can accurately predict what kind of performance they would produce. He called this the "four second rule" for men and "five second rule" for women. For example, Horwill predicts that a female 2:10 800m runner would be able to do 4:22.5 for 1,500m while a 3:41.3 male should be able to do 1:50 for 800m. He bases his figures on the fact that each athlete should run either four or five seconds slower or faster per lap depending on whether they are moving up or down in distance.

He illustrates how accurate his theory is by recalling a meeting with New Zealander Dick Quax. "I told him he could break the world 5,000m record based on this rule", says Horwill. "Within two years he did just that (13:12.9)."

"Since we advocate racing over and under an athlete's specialist distance it is logical to train over and under distance at the paces recommended by the four second and five second rules", says Horwill. "By using different pace sessions in training the athlete experiences both speed and stamina at the distances below and above his specialist distance. For the 1,500m runner the 5k and 3k pace sessions give him stamina while the 800 and 400m pace give him speed. This gives all round preparation."



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Horwill's most successful pupil (besides Coe) was Tim Hutchings, the 1986 European 5,000m bronze medallist. But other Horwill-coached athletes have also successfully used the training, including Peter Beacham (former UK indoor 800m record holder), Bridget Cushen (former UK 3,000m record holder) and Laura Adam (second British girl home in the World Cross Country Championships 1990).

But it is Coe's achievements that give him the greatest pleasure. "Twelve world records in four years isn't bad", he says.

During a coaching career that started in 1960 at Parliament Hill Fields, Horwill and controversy have never been far apart. Peter Coe thinks that Horwill's numerous brushes with authority mean that he has never received the credit he deserved. "Men who are authoritarian by nature, who hold very strong convictions, seldom suffer fools gladly, and this attitude has prevented much of Frank Horwill's thought and dedication to the sport from being recognised for its true value", admits Coe.

But Horwill is not above telling a story against himself in his book. It concerns Steve Ovett when Horwill was coaching at a SCAA Young Athletes' course. "While getting ready for some tests and measurements and explaining them, a raspberry blew out", remembers Horwill. "I spun round from the measurement I was doing and picked on the boy with the reddest face, it was Steve Ovett. I was furious. 'You, you haven't got the right attitude to make world class.'" The rest, as they say, is history ...

In 1987 Horwill discovered he had cancer and, as he explains in the closing chapter of the book, it has changed his attitude to both life and coaching. "I am impatient with those who moan about trivialities", he says. "When an athlete thinks the world has ended because he has had a bad race I say to him: 'Be thankful you can race. Running has its place in society.'"

"Obsession for Running", by Frank Horwill : Available from the Treasurer, Pat Fitzgerald, £6.95 including p & p (UK only). Half the proceeds go to the BMC.

Female Runners

- A Safer Night Life - by Alison Turnbull (first published in *Running*)



The dangers of running in the dark put off many women runners, so they hibernate and don't emerge until the evenings get lighter. For women, winter running isn't just a matter of putting on warmer clothes and a reflective vest.

You are right to be afraid - awareness of the dangers keeps you more vigilant than an 'it'll never happen to me' attitude. But with a few sensible precautions, you can run safely and confidently, all year round. Some of these tips are plain common sense, but for all that, don't ignore them!

1) Tell someone where you are going and how long you expect to be. If you are trying a new route, copy the relevant bits of a map so that if you go too far, you can make a short cut home. Take money for a phone or bus. Don't nip into the pub or make another detour without first reporting back to base!

2) Carry identification, giving name, phone number of someone to contact, blood group and allergies. But remember, don't carry your address and door key together.

3) In the evening, run in well-lit, well-populated streets. Save your long off-road runs for day-time, with other people.

4) Don't be provocative. Only wear slinky running gear if you are running with someone else. Also, don't wear jewellery or an obviously expensive watch.

5) Never run with a personal stereo. Switching off from the world brings two dangers - in noisy streets you may not hear cars coming, while if it is quiet you will not be able to hear an attacker.

6) Don't answer back. If you get verbal abuse, don't try to counter it (however much you are tempted) as this can backfire. Just run

on. It's amazing how much faster you can run when you are angry.

7) Don't go further than your fitness allows. Be seen to be running or striding with confidence, and not struggling home cold and alone.

8) By all means do self-defence or martial arts classes - these will make you confident and aware - but don't assume that what you do with friends indoors on a soft mat will necessarily throw off an attacker in a dark alley.

9) Carry an alarm - but don't hang around and expect passers-by to come running to your aid. Use it instead as a weapon, setting it off as near to your attacker's ear as possible and leaving it there while you run away. A gas model is best, as battery-powered alarms need replenishing regularly even if not in use. It's no good carrying round an alarm that's only going to emit a pathetic little squeak! I have one which is gas-powered, small and easy to carry. It costs £5.45 inc p & p from the *Suzi Lamplugh Trust, 14 East Sheen Avenue, London SW14 8AS*. Also, send an A5 SAE (34p in stamps) for the Trust's three leaflets 'Reducing the Risk', 'Travelling Safely by Public Transport' and 'Travelling Safely on Your Own'. The last one gives useful tips for getting about on foot. **Report every incident to the police**, even if you are unhurt and can't identify the attacker.

10) Best of all, run with other people. As well as sharing more pairs of vigilant eyes, this will help you run further and faster. If all the men you know are too fast (or too slow!) then join the *Reebok / Running Magazine Sisters Network* and find other women to run with. For more details write for the free booklet 'Up and Running' to : *PO Box 3, Diss, Norfolk, IP22 3HH*.

If you train regularly with a large group, and are likely to split up, do as one of our local network groups does and have a book for signing out and back. The Network advises that four is the minimum size for a group of women running together - if something happens to one of you, then one can stay with her while two go for help.

BMC Quiz

You may think that you know all about middle-distance running; however, this little set of queries may prove you right or wrong!

HISTORY

- 1) Which runner entered for an Olympic marathon having never run one before and not only won it, but broke the unofficial record for the distance?
- 2) Which American won the 800m Olympic title twice in succession using the same tactic of increasing speed from 400 to 600 metres?
- 3) Who had the faster 400m time, Tom Courtney (USA), 1956 Olympic gold medallist, or Steve Ovett (GB), 1980 Olympic gold medallist?
- 4) What was the world record for the mile in 1939?

PHYSIOLOGY

- 5) What did Astrand say about back trouble and abdominal muscles?
- 6) Does an athlete have any lactic acid circulating in his blood while at rest?
- 7) Astrand found that the 800m runner accumulates more lactic acid in his blood than the runner of any other middle-distance race.

How did he suggest that this can be reproduced in training?

- 8) A.V. Hill has stated (1933) that the 3,000m race was 60% aerobic and 40% anaerobic. List the various types of predominantly aerobic work a 3,000m runner might do over a 14-day cycle.

NUTRITION

- 9) If we increase our carbohydrate intake before a 10k or marathon race, say for three days before, what must we also increase?
- 10) Which vitamin supplement is recommended while at altitude and why?
- 11) When might it be beneficial to increase one's salt intake?
- 12) Which vitamin aids wound and injury healing?

TRAINING

- 13) What do you think 16 x 400m in 64 secs with 30 secs rest is worth in competitive terms at 800m, 1,500m, 3,000m and 5,000m?

- 14) If an athlete runs exactly 3 mins for 1,200m, what does this forecast for a mile?

- 15) What is the point of this session: 100m stride, 100m jog, 200m stride, 100m jog, 300m stride, 100m jog, continuing in 100m increases to 1,000m, still with only 100m jog?
- 16) We often hear or read the term '80% of maximum oxygen uptake' or 'two-thirds effort'. How would you explain these terms to a novice?

RACING

- 17) Two-thirds of all the Olympic 800m finals have had one thing in common with regard to tactics. What is it?
- 18) What was the time for the last mile for the British runner in the 1984 Olympic 5,000m final?
- 19) In the 1936 and 1960 Olympic finals for the 1,500m something unusual happened. What was it?
- 20) What was the fastest last lap ever of a world class 10,000m race?

ANSWERS ON PAGE 22

SUPPLEMENT TO BMC COACHES DIRECTORY

GAHAGAN Patrick

Address: 472 Belmont House, Wingletye Lane, Hornchurch, Essex RM11 3DA
Tel: 04024 71549

Senior BAAB Coach - Middle-Distance. No other details available at present.

PAISH Wilf

Address: Moor Villa, Moor Lane, Guiseley, Leeds LS20 9DX
Tel: 0943 79815

Coaches at Leeds Polytechnic Track, Mondays and Thursdays 2 - 9pm, Tuesdays and Wednesdays 2 - 4pm; Sheffield Don Valley track, Tuesdays 6 - 9pm. Coaches on Fridays and Saturdays by arrangement. On Sundays usually at Leeds Polytechnic Track, but

available all over the country. Prefers groups to do long runs on Sundays.

PARKER Derek

Address: 9 Waverley Gardens, Elderslie, Johnstone, Renfrewshire PA5 9AJ
Tel: 0505 24928

Coaches at Johnstone Thorn School on Mondays 7 - 9pm and at Johnstone High School on Wednesdays 7 - 9pm.

Coaching by post and telephone available.

Recipient of BAAB Senior Coaching Award in sprints and middle distance.

No coaching fee.

British Milers' Club

Olympic Preparation Races 1992

The following races have been set up specifically for fast times in Olympic Year. Only athletes dedicated and totally committed to a fast sustained race should apply to run. Where possible a "hare" will be arranged for each race. In the absence of a pace-setter, there will be a draw for pace. Any runner so drawn will be exempt from further pace-making for the remainder of the season. This way athletes will experience leading and being led. If you cannot do a good time in a BMC Race, you never will!

All the races below are for Men & Women unless stated. There will be no entry fee for BMC members who state their membership number when applying. Non-members can run on payment of a £2 entry fee. Overseas runners visiting this country before the Olympics particularly welcome.

BMC North : Stretford

Alan Freer : 0706 845043

28th April:	8.00pm	800m
19th May:	8.00pm	1,500m
9th June :	8.00pm	800m
30th June:	8.00pm	1,500m
21st July :	8.00pm	800m
11th August:	8.00pm	1,500m
8th September:	8.00pm	800m
		Mile (Men Only)

BMC South : Perivale, Ealing

Alan Turner : 081 998 9335

15th April:	6.30pm	800m
20th May:	6.30pm	1,500m
17th June:	6.30pm	800m
22nd July:	6.30pm	1,500m
19th August:	6.30pm	800m
16th September:	6.30pm	Mile

BMC Midlands : Alexander Stadium, Birmingham

David Iszatt : 021 471 4080

27th May :	7.00pm	800m
24th June:	7.00pm	1,500m
29th July:	7.00pm	800m
26th August:	7.00pm	1 Mile
(subject to confirmation)		

BMC South West : Various Locations

Mike Down : 0272 739787

There will be the annual Grand Prix in August. For information, please call regional secretary on above number.

BMC East : Welwyn

Ian Chalk : 0582 762023

BMC Wales : Cardiff

Colin Daley : 0443 407697.

BMC South West : Devon and Cornwall

Barbara Lock : 0503 5673

BMC Scotland :

Alex Naylor : 0236 726061

BMC Northern Ireland :

John Glover : 0266 656471

For information on all the above races, please call regional secretaries listed above.

Special Races

BMC Mens' Mile : Bromsgrove & Redditch Stadium - Opening Meeting

Saturday 11th April : 1.30pm

Contact : David Iszatt

BMC Invitation Races: 6th May 1992.

West London Stadium, London W12

Opening of new track. Expenses paid, prizes.

Applications to Pat Fitzgerald 0895 234211.

1,000m men, 800m women.

BMC Mens' Mile : Wrexham Stadium

For information, please contact Frank Horwill.

BMC City Youths' Mile : West London Stadium, London W12, Wednesday 23rd June

Open to Boys & Youths who have done one of the following standards : 800m - 2:04; 1,500m - 4:12; 3,000m - 9:00. Fee for non-members is £4. Any sponsorship would be gratefully accepted. Contact : Frank Horwill.



BRITISH MILERS' CLUB

QUALIFYING TIMES

	800m	1,500m	3,000m	5,000m	10,000m
Senior Men:	1:52.0	3:49.0	8:10.0	14:10.0	30:00.0
Junior Men:	1:55.0	3:56.0	8:35.0	14:50.0	
Youths:	1:59.0	4:05.0	8:45.0		
Boys:	2:05.0	4:20.0	9:15.0		
Senior Women:	2:12.0	4:28.0	9:35.0	16:50.0	36:00.0
Juniors (U20):	2:14.0	4:35.0	9:50.0	17:10.0	
Intermediates:	2:17.0	4:40.0	10:00.0		
Girls (U15):	2:20.0	4:50.0			

ANSWERS TO QUIZ

1) Emil Zatopek. Another great runner tried it – Viren finished fourth in his first marathon in the Olympics.

2) Mal Whitfield, USA. He used to do squats with twice his body weight.

3) Tom Courtney had a best time of 45.8 secs. Steve is 1.5 seconds slower. Tom did 100 miles of running a month, Steve 100 miles a week. However, Courtney could only run a 4:07 mile. Overt broke the world mile record.

4) 4 mins 6.4secs, held by Sydney Wooderson, UK. Seven years later he lowered his mile time to 4:04.2 but by that time his world record had been lowered to 1.7 secs off the 4 minute mark. His running career lasted 22 years.

5) If you have any form of back trouble, strengthen your stomach muscles. This takes a lot of strain off the spine.

6) Yes. Around 3 to 5mg / dl. Non-trained individuals may have three times as much. For a full discussion on this subject read pages 66 – 67 in *Training Distance Runners* by David E. Martin and Peter Coe, published by Leisure Press; why not buy it?

7) Run for 75 seconds at maximum effort. Take a good recovery and run for 60 seconds at maximum effort. Maximum effort is not level pace for your best 800m but half a second faster per 100m, eg best 800m of 1:52 = 56 secs per 400m = 14 secs per 100m. Aim for 13.5 secs per 100m for 75 secs. This should take this particular athlete to 400m in 54

secs and just short of 600m.

8) A 3,000m runner has the following aerobic runs available to him over a 14-day period : jogging (100% aerobic), marathon pace (98%), 10,000m pace (90%), 5,000m pace (80%), 3,000m pace (60%). All should be used as well as 1,500m pace (50%).

9) We must increase the vitamin B complex because this vitamin metabolises carbohydrates proportionally. A high powered vitamin B complex is Becosym Forte.

10) Vitamin A, up to 10,000 international units a day. This vitamin protects the membranes of the trachea, which often becomes infected at altitude on first visits.

11) When the temperature is more than 80 degrees Fahrenheit for two consecutive days. Do not take salt tablets, just give the salt pot an extra shake or two on your daily meals.

12) Vitamin C. Gradjean found that injured tissue healed three times faster in the presence of a heavier intake of this vitamin.

13) 16 x 400m in 64 secs exactly is worth 8:08 to 8 mins for 3,000m. This in turn is worth 3:45 for 1,500m, 1:52 for 800, and 14:01 for 5,000m. Try it.

14) Whatever you run for 1,200m assume that you will run the same pace for 1,600m and then add 4 secs. Thus 1,200m in 3 mins would be 4 mins for 1,600m plus 4 secs = 4:04 mile. A time of 2:48 for 1,200 is worth a 3:48 mile!

15) Endurance. Up to 500m the athlete will run

possibly every 100m in 15 secs; he will still be near this speed throughout but will get less and less recovery as the distance grows. Done the other way round the athlete will get more rest as the session goes on and he will get faster but he will have to fight growing fatigue. Try it.

16) If an athlete can run 5,000m in 15 mins he will have a predicted oxygen uptake of 67.5ml / kg / min. This is 72 secs / 400m. At 76 secs / 400m he will be running at 80% of his aerobic maximum. That is 5:04 per mile.

17) In two thirds of all Olympic 800 finals, the eventual winner took the lead in the last 100 metres.

18) In the 1984 Olympic 5,000m, Hutchings ran the last mile in 4:06.8. He was fourth in 13:11.

19) Both men broke the world record for 1,500m. Very rarely are world records broken in this race in the Olympics.

20) We aren't sure! Vatainen set the ball rolling with a 53 secs last lap in the European 10k championships. Cova ran faster and Yifter faster still. If you know exact times, drop us a line. You might win a prize!

Allow 5 points per correct answer. If you score between 80 and 100 points, you know your stuff. If you score between 60 and 80 points you are fairly good. Anything lower, well, you may have passed your Senior BAAB Coaching Examination but you have a lot still to learn!

Telephone:
081-868 6997

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The New 1992 ranges are now in stock for NIKE and BROOKS with ASICS and REEBOK due in March. Saucony, New Balance, Mizuno and Addidas are also available.

Your Letters



From David Cocksedge

Am I the only person who writes to *BMC News*? It would appear so. Anyway, a couple of comments in Volume 2, Issue 2 have stirred me. On page 9, it is stated that **Morceli's** 51.5 last lap in the Tokyo 1,500m final is "the fastest ever off four minute mile pace ..." Not quite so.

In the previous World Championships Final, at Rome in September 1987, **Abdi Bile** was clocked at 51.2 for his last lap, finishing in 3:36.80. Of more significance, however, was Bile's last kilometre in 2:16.6 and 800m in 1:46.2! No one, at any time, ever has managed to run the last two laps of a 1,500m quite that fast ... Morceli's 51.5 pace (and the last 800m in 1:50.1) is certainly the quickest finish to a sub 3:33 race. Slightly quicker over the last 800 (1:50.0) was **Seb Coe** in the Los Angeles Olympic final (August 1984), who covered the last 400 in 52.2. In Tokyo, Morceli's last 300m in 38.7 and 200m in 25.9 has never been bettered in a race of that overall speed.

Of other 3:33 races, **Jim Ryun's** world record of 3:33.1 (Los Angeles, July 8th, 1967) stands out because of his incredible sustained finish: after a gentle first 300 in 46.5, Ryun stormed through the last 1,200 in 2:46.6 (55.2 pace), with a last kilometre in 2:18.6, 800 in 1:50.5 and 400 in 53.3.

On page 8, reference Achilles on **Robin Kindersley**, I feel I ought to protest as I am the announcer falsely accused of "getting it wrong" at Crystal Palace last April. I announced Robin's name as an extra late entrant in the Southern CAA 10,000m, and on being alerted to this, he must have assumed that I was calling up the start list for the 10,000m, and dashed over to line up. I was as astonished as everyone else to see him line up for the concluding 800m race.

Achilles replies: "In my defence I did qualify my statement by saying: 'Achilles thinks this is the fastest ever final lap off sub four minute

mile pace'. Bile's run, remarkable though it was, does not qualify as it was not off sub-four pace. His time at 1,100m of 2:45.6 was marginally outside the 2:44.1 required."

New BMC Member Paul Galloway admits: "It was my fault! I told Robin that they were calling his name!"

From Gordon Rondelle

Having to earn a living as an international freelance photographer travelling the world is not easy! During the last twelve months I have had pictures published in the national and international press, including the Sunday Times, but now that I have had a picture in a quality magazine (*BMC News*, Autumn 1991), I feel I have been finally recognised as a photographer (even though you didn't pay me)!

From Tim Hutchings

I'm still running every day and am keen to get back after 2 1/2 years with a mystery pain my right buttock.

Would you believe that *yesterday* [14th January 1992] I had a CT scan and they have found a 3.1cm piece of bone growing in my right upper hamstring. Mystery solved. Now it's got to be taken out. Don't write me off yet.

I'm gonna put a tenner on myself to win the London Marathon in '93. Any takers?

From Douglas Stott

Herewith enclosed cheque being 1992 subs plus donation to defray any postage expenses involved in BMC communications to me. I do very much regret being unable to attend meetings after my hospitalisation, now nearly six years ago.

I have my own recollections of active participation and successful coaching within the sport up to 1964 or so (Maurice Harrop - English Youths CC Championship 1958; Halifax Harriers Youths - 2nd team 1957, 3rd 1958) plus lots of track success on the track during 1950s & 1960s.

I noted in the recent *BMC Coaches Directory* the name 'S. C. Belton'. Could it be the same 'Stan Belton' who ran when we were team-members in the British Army Cross Country team which won the International event in Belfast - March 1942? I was Sgt. / Instructor Stott at the time and Northern Command CC Champion! Where have all the years gone?

I think it is excellent the way the BMC has developed from small beginnings. We had two weekend courses here in the early days, motivated by Wilf Paish with assistance from Gordon Surtees ...

From Fred Wilt

I enclose \$20 cash in payment for my subscription to the *BMC News*. I especially want to continue reading anything written by your Frank Horwill. I consider him both a brilliant and original thinker [! - Ed]

Please continue sending me *BMC News* indefinitely into the future. Please convey my respects to Frank Horwill.

Appeal from the Editor

BMC News is looking for interesting photographs for future issues. If you have photographs of recent events, or of people that may be of interest to readers, please write to the Editor. The deadline for all material for next issue is August 31st 1992.

Sub Four Register

One Mile - UK Mens' All Time List, compiled from information supplied by Bob Sparks and David Cocksedge.

UK ALL TIME LIST

1	Stephen Cram	3:46.32	27-Jul-85
2	Sebastian Coe	3:47.33	28-Aug-81
3	Steven Ovett	3:48.40	26-Aug-81
4	Peter Elliott	3:49.20	02-Jul-88
5	David Moorcroft	3:49.34	26-Jun-82
6	Graham Williamson	3:50.64	13-Jul-82
7	John Gladwin	3:51.02	19-Aug-87
8	Tony Morrell	3:51.31	14-Jul-90
9	Jack Buckner	3:51.57	29-Aug-84
10	Steven Crabb	3:51.76	14-Aug-87
11	John Robson	3:52.44	11-Jul-81
12	Mark Rowland	3:52.99	10-Sep-86
13	Ian Stewart (2)	3:53.20	25-Aug-82
14	Gary Staines	3:53.82	12-Aug-90
15	Robert Harrison	3:53.85	15-Jul-86
16	Frank Clement	3:54.2	27-Jun-78
17	Neil Horsfield	3:54.39	08-Jul-86
18	Timothy Hutchings	3:54.53	31-Jul-82
19	Adrian Passey	3:54.9	20-Aug-89
20	James McGuinness	3:55.0	11-Jul-77
21	Peter Stewart	3:55.3	10-Jun-72
22	Robert Denmark	3:55.38	12-Aug-90
23	Colin Reitz	3:55.41	31-Jul-82
24	Alan Simpson	3:55.68	30-Aug-65
25	Geoffrey Smith	3:55.8	15-Aug-81
26	Brendan Foster	3:55.9	10-Jun-72
27	David Lewis	3:55.96	23-Aug-83
28	James Douglas	3:56.0	10-Jun-72
29	Mike Downes	3:56.04	25-Aug-82
30	Neill Duggan	3:56.1	11-Jun-66
31	Ian Hamer	3:56.19	05-Jul-91
32	Stephen Martin	3:56.36	05-Aug-86
33	Michael McLeod	3:56.38	31-Aug-79
34	John Kirkbride	3:56.5	10-Jun-72
35	Paul Davies-Hale	3:56.5	20-Aug-79
36	Walter Wilkinson	3:56.6	31-May-71
37	Paul Larkins	3:56.65	17-Jul-87
38	James Espir	3:56.7	15-Aug-81
39	Chris McGeorge	3:56.71	05-Jul-88
40	Ian McCafferty	3:56.8	11-Jul-69
41	Simon Fairbrother	3:56.83	17-Aug-90
42	Ronald Speirs	3:56.9	30-Apr-77
43	Kevin McKay	3:56.9	20-Aug-89
44	John Mayock	3:56.90	15-Sep-91
45	Sean Cahill	3:56.95	31-Aug-79
46	David Clarke	3:56.95	17-Jul-82
47	Alan Salter	3:56.99	09-Jul-85
48	Neil Ovington	3:57.07	11-Jul-86
49	Gary Taylor	3:57.15	05-Jul-88
50	Derek Ibbotson	3:57.2	19-Jul-57
51	Ian Stewart (1)	3:57.3	11-Jun-69
52	Colin Ridding	3:57.42	05-Jul-88
53	Barry Smith	3:57.46	08-Aug-80
54	Nicholas Rose	3:57.49	08-Aug-80
55	Michael Wiggs	3:57.5	05-Jul-65
56	Graeme Fell	3:57.5	01-Jun-83
57	Adrian Weatherhead	3:57.59	29-Aug-75
58	Geoffrey Turnbull	3:57.66	18-Jul-86
59	John Whetton	3:57.68	03-Jul-65
60	Raymond Smedley	3:57.7	27-Apr-74
61	Andrew Green	3:57.74	03-Jul-65
62	Malcolm Edwards	3:57.8	20-Sep-87
63	Paul Lawther	3:57.81	13-Jul-83
64	Michael Kearns	3:57.86	26-Jun-77
65	Clifton Bradeley	3:57.88i	09-Mar-85

UK ALL TIME LIST (CONT'D)

66	Stan Taylor	3:58.0	18-Aug-62
67	Johan Boakes	3:58.01i	25-Jan-91
68	David McMeekin	3:58.05	30-Aug-76
69	Alan Mottershead	3:58.23	14-Sep-79
70	Adrian Callan	3:58.28	13-Jul-86
71	Sean O'Neill	3:58.42	07-Jul-87
72	Robert Mapstone	3:58.5	25-May-73
73	John Boulter	3:58.6	24-Jul-68
74	Stephen Emson	3:58.62	31-Aug-79
75	Stephen Flint	3:58.68	26-May-80
76	Allan Rushmer	3:58.7	26-Aug-67
77	Norman Morrison	3:58.7	31-May-71
78	Roger Hackney	3:58.77	13-Jul-86
79	Roger Bannister	3:58.8	07-Aug-54
80	Anthony Settle	3:58.8	29-May-76
81	Laurie Spence	3:58.8	12-Sep-77
82	Matthew Yates	3:58.82	10-Jul-91
83	John Nuttall	3:58.83	14-Aug-91
84	Christopher Sly	3:58.85	08-Aug-80
85	Brian Hewson	3:58.9	03-Sep-58
86	Ronald Martin	3:58.9	11-May-74
87	Simon Mugglestone	3:58.9	19-May-90
88	Mark Scruton	3:58.95	10-Jun-84
89	Anthony Harris	3:58.96	03-Jul-65
90	Nick Hopkins	3:59.01	12-Aug-90
91	David Sharpe	3:59.02	27-May-90
92	Ron MacDonald	3:59.1	01-Sep-75
93	Ashworth Laukam	3:59.1	16-Jun-85
94	Glen Grant	3:59.16	19-Jun-76
95	William Dee	3:59.17	14-Jul-91
96	Mike Berisford	3:59.2	18-Aug-62
97	Derek Graham	3:59.24	20-Aug-66
98	Andrew Geddes	3:59.28	17-Jul-87
99	Alastair Currie	3:59.29	02-Aug-85
100	Kenneth Wood	3:59.3	19-Jul-57
101	Bruce Tulloh	3:59.3	27-Jan-62
102	Andrew Carter	3:59.3	10-Jun-72
103	Timothy Redman	3:59.3	16-Jun-85
104	Mark Howard	3:59.3	02-Jul-89
105	Eamonn Martin	3:59.30	23-Aug-83
106	David Heath	3:59.36	17-Jul-89
107	William McKim	3:59.4	22-Jul-64
108	Roy Young	3:59.4	14-Jul-71
109	Steve Halliday	3:59.4	17-Aug-88
110	John Keyworth	3:59.43	14-Jul-84
111	Gareth Brown	3:59.5	25-Aug-84
112	Colin Hume	3:59.58i	05-Mar-83
113	Patrick Chester	3:59.6	17-Aug-88
114	Craig Mochrie	3:59.6	28-Aug-89
115	Malcolm Plant	3:59.61	31-Aug-79
116	Mark Kirk	3:59.67	13-Jul-86
117	Chris Chataway	3:59.8	28-May-55
118	Rayfel Roseman	3:59.8	23-Jul-69
119	Kenneth Newton	3:59.8	12-Sep-77
120	Stephen James	3:59.8	09-Jun-84
121	Maurice Benn	3:59.80	03-Jun-68
122	Seamus McCann	3:59.84	05-Jul-88
123	Gordon Pirie	3:59.9	23-Sep-60
124	Christopher Mason	3:59.9	30-May-70
125	David Wilson	3:59.9	30-May-91
126	Joe Dunbar	3:59.9	18-Sep-91
127	Kenneth Penney	3:59.90	14-Jul-91
128	Anthony Leonard	3:59.92	08-Jul-79
129	Jonathan Richards	3:59.94	07-Jul-87
130	John Evans	3:59.97i	26-Jan-91

FIRST TO BREAK FOUR MINUTES

1	Roger Bannister	3:59.4	06-May-54
2	Chris Chataway	3:59.8	28-May-55
3	Brian Hewson	3:59.8	28-May-55
4	Derek Ibbotson	3:59.4	06-Aug-56
5	Kenneth Wood	3:59.3	19-Jul-57
6	Gordon Pirie	3:59.9	23-Sep-60
7	Bruce Tulloh	3:59.3	27-Jan-62
8	Stan Taylor	3:58.0	18-Aug-62
9	Mike Berisford	3:59.2	18-Aug-62
10	William McKim	3:59.4	22-Jul-64
11	John Whetton	3:59.0	03-Aug-64
12	Andrew Green	3:59.2	25-Aug-64
13	Alan Simpson	3:56.6	07-May-65
14	Michael Wiggs	3:59.5	12-Jun-65
15	Anthony Harris	3:58.96	03-Jul-65
16	John Boulter	3:59.72	03-Jul-65
17	Walter Wilkinson	3:59.9	21-Jul-65
18	Neill Duggan	3:59.1	04-Jun-66
19	Derek Graham	3:59.40	13-Aug-66
20	Allan Rushmer	3:58.7	26-Aug-67

BEST DEBUTS SUB 4

1	Jack Buckner	3:53.44	13-Jul-82
2	Steven Crabb	3:54.36	21-Jul-84
3	Neil Horsfield	3:54.39	08-Jul-86
4	John Gladwin	3:54.52	12-Sep-86
5	Colin Reitz	3:55.41	31-Jul-82
6	Geoffrey Smith	3:55.8	15-Aug-81
7	Graham Williamson	3:56.40	02-Jul-78
8	Mike Downes	3:56.47	31-Aug-79
9	Paul Davies-Hale	3:56.5	20-Aug-89
10	Alan Simpson	3:56.6	07-May-65

DEBUT SUB 4 - EARLIEST IN THE SEASON

1	Gary Taylor	3:58.26i	17-Jan-86
2	Johan Boakes	3:58.01i	25-Jan-91
3	John Evans	3:59.97i	26-Jan-91
4	Bruce Tulloh	3:59.3	27-Jan-62
5	Peter Elliott	3:58.54	28-Jan-84
6	Robert Mapstone	3:59.5i	13-Feb-72
7	Colin Hume	3:59.58i	05-Mar-83
8	Clifton Bradeley	3:57.88i	09-Mar-85
9	Ronald Speirs	3:56.9	30-Apr-77
10	Roger Bannister	3:59.4	06-May-54

DEBUTS SUB 4 - LATEST IN THE SEASON

1	Gordon Pirie	3:59.9	23-Sep-60
2	Malcolm Edwards	3:57.8	20-Sep-87
3	Joe Dunbar	3:59.9	18-Sep-91
4	Raymond Smedley	3:59.0	15-Sep-72
5	John Mayock	3:56.90	15-Sep-91
6	James Espir	3:57.91	14-Sep-79
7	John Gladwin	3:54.52	12-Sep-86
8	Alan Mottershead	3:58.8	12-Sep-77
9	Laurie Spence	3:58.8	12-Sep-77
10	Kenneth Newton	3:59.8	12-Sep-77

