

# 1995 Annual Review

# BMC NEWS

*Official Journal of the  
British Milers' Club*

VOLUME 2 ISSUE 10

AUTUMN 1995 £6.00

## BMC Juniors set World Record



Alasdair Donaldson, Alan Tatham, Andrew Blackmore and David Stanley  
The new world junior 4 x 800m record holders.

Photo by Mark Shearman

## The British Milers' Club

Founded 1963

### OFFICERS

President	Dr Norman Poole
Chairman	David Iszatt
Vice-Chairmen	Lt Col Glen Grant Maureen Smith
National Secretary	Ian Chalk, 4 The Firs, Marquis Lane, Harpenden, Herts AL5 5AD
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National Committee	Matthew Fraser Moat, Mike Rezin

### REGIONAL SECRETARIES AND RACE ORGANISERS

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Northern Ireland	Malcolm McCausland	01504 42583
East	Ian Chalk	01582 769336
	Sieve Benson (East Anglia)	01473 689931
Midlands	David Iszatt	0121 471 4080
North East	Phil Hayes	0191 482 2253
	Michael Gooch (Humber-side)	01472 358809
North West	Mike Harris	0161 499 1901
Southern Counties	Ray Thompson (Rosenheim)	01737 554450
	Tim Brennan (W London)	01753 535073
	Ken Leader (Watford)	01992 629403
	John Sullivan (Highgate)	0171 790 1961
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South West	Mike Down	0117 973 3407
Devon & Cornwall	Roger and Barbara Lock	01503 250673

### JOURNAL

*BMC News* is published twice yearly in April and November by the British Milers' Club. *BMC News* is distributed free to all members. Non-members can subscribe for £12 per annum.

<i>BMC News</i> Editor	Vicam
Editorial Advisors	Matthew Fraser Moat Frank Horwill, BMC Founder 1963 Wilf Paish

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The training articles expressed in this journal do not necessarily reflect the opinions of the National Committee. They are published as part of the BMC's policy of a liberal approach to diverse training theories.

### 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* 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.

There is a joining fee of £10 to cover the cost of a BMC Vest. Annual subscriptions of £10 (overseas £15) 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 (gold/white - S/M/L/XL - £10), BMC ties (£5) and BMC caps (£5) are available from Runnersworld, 333 Rayners Lane, Pinner, Middlesex (Tel 0181 868 6997). Please make all cheques payable to 'Runnersworld'.

Back issues of *BMC News* (£2 each) and the *BMC Fitness Testing Booklet* (£1) are available from the Treasurer, Pat Fitzgerald. Please make all cheques payable to 'The British Milers' Club' and enclose a large SAE.

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The *BMC News* has been without an Editor for this summer, so this issue has been produced by the Chairman and the National Committee.

Regrettably this has meant that the technical content has had to be cut back, but it is hoped that the membership understand that this is only a temporary measure until the new Editor is appointed in January 1996.

## BMC QUALIFYING TIMES (from 1st January 1995)

	MEMBERSHIP		GOLD Standard	
	800m	1,500m	800m	1,500m
Senior Men	1:56.0	3:56.0	1:52.0	3:49.0
Under 17	2:10.0	4:30.0	n/a	n/a
Veterans	2:10.0	4:30.0	n/a	n/a
Senior Women	2:20.0	4:45.0	2:12.0	4:30.0
Under 17	2:25.0	5:00.0	n/a	n/a
Veterans	2:25.0	5:00.0	n/a	n/a

# BMC News...News...News...

## 1995 RACE PROGRAMME

The 1995 Race Programme comprised some 147 'A' races at 68 meetings at 40 venues. 976 membership standards and 316 gold standard performances were set, and our races comprised some 66% of the men's top 100 rankings.

The change in membership standards brought many new athletes into BMC races for the first time, and there were some quite exceptional performances, especially in the men's 800m where 19 men broke 1:50.

Five BMC records were set during the season, four of them at Stretford:

- i Sarah Bentley broke the BMC 3,000m women's record at Stretford with 9:10.9 on 27th June.
- ii Paul McMullen USA broke Benson Koech's 800m record with 1:46.4 at Stretford on 1st August.
- iii Sinead Delahunty IRE broke Sarah Bentley's 3,000m women's record with 9:06.2 at Stretford at the same meeting.
- iv Also in the same meeting, Ann Griffiths broke Angela Davies' 800m women's record with 2:03.3 in a mixed race.
- v Eight days later, Angela Davies struck back with 4:12.8 at Watford to break the BMC 1,500m women's record.

## BMC CHAMPIONSHIPS

The BMC Championships took place at Loughborough on Saturday June 10th and Sunday June 11th. The men's heats were of the highest standard and the finals were held during the England vs Loughborough match. The champions were:

M800	Lee Cadwallader	1:49.23
M1500	Grant Graham	3:44.06
M3000	Ian Gillespie	8:07.02
W800	Vicky Andrews	2:12.49
W1500	Wendy Farrow	4:34.01
W3000	Bev Hartigan	9:17.19

Our thanks go to George Gandy and John Harper of Loughborough University for making the event possible, and it is hoped that this will become an annual event.

## WORLD RECORDS AT OXFORD

In the 4x800m, the BMC National Junior Squad of Alan Tatham, David Stanley, Alasdair Donaldson and Andrew Blackmore broke the world junior record with a magnificent 7:26.2. The previous mark was 7:33.0.

In a thrilling race, Andrew Blackmore running the anchor leg for the Juniors, just held off Sale Harriers' Commonwealth

## 1995 DEVELOPMENT OFFICER'S AWARD

*The following have been nominated for their outstanding contribution to the BMC in 1995:*

**Vicky Andrews** our most prolific female racer in 1995, and the inaugural BMC 800m Women's Champion; **Lee Cadwallader** began his season in the B race at Wythenshawe and via 8 BMC races ended up being merit ranked 4th in the UK over 800m; **Neil Caddy** began the year as just another of last year's good juniors won at Wythenshawe and kept on winning; **Alasdair Donaldson U20**, four long trips down south to Wythenshawe, Loughborough, Birmingham and Oxford, 1:49.9 and a world record holder; **Matthew Davies** who caught chicken pox in Lanzarote and but came through strongly to win the Eastern Region Grand Prix; **Cathy Dawson** for pace-making the 800m at Crawley in 59 secs; **Mike Down** for bringing his athletes to most of the National Squad Meetings, and organising the fastest BMC 1,500m and Mile races this year; **Nicola Everett** who finally achieved the 800m qualifying time at Watford; **Ian Gillespie** always and forever; **Michael Gooch** always and forever too; **Ian Grime** for not abandoning us when he became 'famous,' even though he had a disappointing season this year; **Tim Grose** for running in 18 BMC races during the year, and setting a pb in the very last race of the season; **Mike Harris** for sterling work at Stretford, his meetings outperforming many of the National Squad Meetings; **Andy Hart** for 1:48.2, 3:42.7 and 4:01.8 and making the national merit rankings over both 800m and 1,500m; **Bev Hartigan** for turning down an England vest to run in our Championships; **Sean Kelly** for fine front-running at Wythenshawe and Loughborough (twice); **Matthew Kloiber** for pace-making at Crawley and Bath as part of his build-up to 1:50.8; **Paul Larkins** for allowing us to write good things in *Athletics Weekly*; **Des Roache U20** whose determined pre-season plan resulted in him being Britain's fastest Junior at 800m, 1,500m and 1 Mile; **David Stanley U17** from 1:56pb at Millfield to 1:51.9 and world record holder at Oxford and **Andrew Young U20** who travelled from Scotland to Loughborough, Birmingham and Oxford, so nearly world record holder.

The Award will be presented at the 1995 National Endurance Weekend.

Games finalist Steve Green. Sale Harriers were given the same time 7:26.2, but narrowly missed the British Club Record.

In 3rd place the BMC Wales Squad broke the Welsh Record with 7:32.0 and in 6th place the BMC Welsh Junior Squad broke the Welsh junior record with 7:47.9.

In the 4x1 Mile relay the BMC 'Dream Team' of Cadwallader, Hart, Gillespie and Caddy were unable to improve on the all-comers mark set by the BMC in 1993, but the Veterans Squad of Glen Grant, Peter Molloy, Philip O'Dell and John Hancock broke the world veterans 4x1 mile record by over 20 seconds with 18:11.9.

## 1996 RACE PROGRAMME

Next year's AAA's have been set for 14th - 16th June at Birmingham. Some very provisional dates for next year's National Squad Races have therefore been proposed in advance of our fixtures conference:

Wed 15th May	Wythenshawe
Sun 19th May	Loughborough Champs
Sat 25th May	Cardiff (Welsh Games)
Wed 5th June	Watford
Sat 20th July	Oxford Relays
Tue 30th July	Stretford / TBA (rest day of the Olympics)
Sun 11th Aug	Birmingham
Sun 8th Sept	Bristol Road Miles

During the height of summer, high quality meetings will be held at Stretford in the North and Watford in the South, as well as at all the usual regional locations.

## SUB-FOUR FOR THE FIRST TIME

Congratulations to the two BMC members went sub-four for the first time in 1995. Cieran Murphy ran 3:58.68 at Cork, and Neil Caddy ran 3:59.6 in Mike Down's South West Grand Prix at Cheltenham.

## BAF ENDURANCE SUPREMO

Congratulations to long-time BMC member Phil Banning who was appointed National Coach for Wales this summer. Phil ran in BMC races as a boy and still claims to have beaten Steve Ovett when Ovett went sub-four for the first time at Motspur Park.

He has been National Coach for middle-distance for a number of years, first for the juniors and more latterly for the women. Being the only BAF Staff Coach with an middle-distance background, Phil has been charged with co-ordinating all the BAF efforts with regard to endurance.

Phil plans to pool the resources of the four current squads of road, cross-country, 5k - 10k and 800 - 1,500m to work as one group. The BMC looks forward to working with Phil in his new role, and will interview him for the next issue of *BMC News*.

# BMC News....News....News....

## 1995 NATIONAL TRAINING DAY

This was held at Bedford on Sunday 22nd October. Over 140 athletes and coaches attended, making it the biggest attendance for some years.

First to speak was Phil Banning, stating for the record that as BAF 'Supremo' for Endurance he wished to work with the BMC, and asking those present who wished to put forward ideas to write to him. This was followed by training, with Frank Horwill providing a memorable warm-up and Glen Grant conducting the session.

After lunch Norman Poole presented a paper on the lack of competitive

opportunities available to middle-distance athletes, and how this mirrored the apparent down-turn in our MD fortunes. He did point out, however, that the men's 1,500m continues to be Britain's most successful event, based on the number of Britons in the Top 100. Norman then interviewed Dave Arnold, coach to Kelly Holmes and the 1995 BMC Coach of the Year. Dave revealed how he felt that Kelly suffered in the Gothenburg 1,500m in the same way that Seb Coe suffered prior to the Moscow 800m.

Glen Grant then spoke on the correct use of pulse-meters and how to interpret their results, and this was followed by an

interview with Paula Radcliffe. Paula was particularly impressive, being able to recount her training in great detail and showing great understanding as to why particular sessions were beneficial to her. We learnt that her maximum pulse rate was 208, and her lactate threshold occurs at 188.

The second training session was an unique opportunity to participate in one of Frank Horwill's legendary endurance exercise sessions, and the day concluded with a classic Peter Coe lecture, showing Seb's progression from ages 12-18, and how improvement in performance was brought about by specificity in training. Afterwards Peter talked to athletes for over an hour.

## NEW MEMBERS

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

2496	Donna Marie Porazinski	2531	Ann Taswell	2567	Simon Brown	Gold	2603	Stuart Campbell	
2497	Christopher Elliott	2532	Paul Hamilton	2568	Bev Hartigan	Gold	2604	David Beagley	
2498	Ceri Thomas	2533	Tom Naylor U17	2569	Simon Stebbings	Gold	2605	Sean Kelly	Gold
2499	Julian Hatcher	2534	David Burke IRE	2570	Stephen Smith		2606	Paul Bristow	
2500	Anita Jenkins	2535	John Burke IRE	2571	Rhonda McPhee	Gold	2607	Tom Green U20	
2501	Claire Kennedy U17	2536	Andrew Thomas U17	2572	Luke Veness	Gold	2608	Robin Hart U17	
2502	Robert Whalley	2537	Ilan Benisty	2573	Toby Gosnall		2609	Paul Cooper	Gold
2502	Tony Mate	2538	David Locker	2574	Amanda Larby		2610	Peter Steele	
2503	Stephen Rees Jones	2539	Marc Turner	2575	Nick Henderson U20		2611	Elinor Doubell	
2504	Jessica Woolley U17	2540	Ian Wright	2576	David Thornton	Gold	2612	Nicola Everett	
2505	Mark Wiscombe	2541	Rupert Waters	2577	Craig Wheeler U20		2613	Camilla Waite U17	
2506	David Moore U17	2542	Michelle Hemming U17	2578	David Bullock		2614	Jack Terrill	Coach
2507	Gary Brown	2543	Darrell Hird	2579	Robert Miller	Coach	2615	Alan Wray	
2508	David Tune	2544	Jason Thompson	2580	Helen Ruffell		2616	Gary Cartwright	
2509	Simon Lees	2545	Nicholas Anderson	2581	Louise Edwards		2617	Jilly Ingman	
2510	Phil Hayes	2546	Edward Hurley	2582	Scott Mitchell		2618	Sam Boden U17	
2511	Christopher Barry U17	2547	Gareth Manning	2583	Graham Lillywhite		2619	Neil Kirk U17	
2512	Anne O'Kearney-Flynn	2548	Julie McDevitt	2584	Gareth Beard U17		2620	Neil Miller	
2513	Chris Jenkins	2549	John Bowstead	2585	Kevin Cressy U20		2621	Ryun Walker	
2514	Rob Holladay	2550	Andrew Worrall	2586	Huw Evans		2622	Andres Jones U20	
2515	Michelle Harris U17	2551	Clare Stockley	2587	Dean Clark		2623	Jamie Strudley NZ	Gold
2516	Thomas Salmon	2552	Victoria Sterne	2588	Nick Wood		2624	Tania Brazier U17	
2517	Richard Girvan U20	2553	Michael Green	2589	Sarah Bull	Gold	2625	David Stanley U17	Gold
2518	Jonathan Hamblen	2554	Patrick Chance	2590	Tom Payn U17		2626	Mark Curzon U17	
2519	CPL Robinson	2555	Angela Joiner	2591	Jonathan Roots		2627	Peter McDonald	
2520	Graham Scott	2556	Simon Holley U20	2592	Chris Coleman		2628	James Tonner	
2521	Richard Dawson	2557	Martin Yelling	2593	Robert Malseed		2629	Paul Gray	
2522	Keith Hatton	2558	Russell McCartney U17	2594	Adrian White U20		2630	Haley Griffin U17	
2523	Sion Owen	2559	Fraser McHardy U17	2595	William Barry U17		2631	Ellen O'Hare U17	
2524	Steven Kenyon	2560	Claire Falconer U20	2596	Stephen Hewes		2632	Steve Neill	
2525	Allen Caple	2561	Chris O'Neill U20	2597	Alison Smith		2633	Richard Ashe	Gold
2526	Dawn Gandy	2562	Neil Diver	2598	Scott Yoxall U20		2634	Andrew Blackmore	Gold
2527	Martin Tarsey	2563	Nicholas Mapp U17	2599	Alister Moses U20		2635	Peter Molloy M45	
2528	Mark Duncan	2564	Russell Cartwright U20	2600	Neil Perry		2636	John Hancock M40	
2529	Steve Lowe	2565	Rebecca Lovett U20	2601	Clive Gilby	Gold	2637	John O'Rourke	Coach
2530	Patrick O'Reilly	2566	Stephen Edmonds	2602	Victoria Robinson U20				



# Obituaries

## NATIONAL ENDURANCE WEEKEND

The fourth National Endurance Weekend takes place at the Garth Hotel Stafford on 4th/5th November. Amongst those speaking will be Professor Eric Newsholme on dietary supplements, Professor Bruce Davies on acclimatisation to heat and humidity, Ian Stewart and Malcolm Arnold. The special dinner guest will be Kelly Holmes.

## 1995 ANNUAL GENERAL MEETING

This was held at Iffley Road Oxford on Saturday 2nd September at 5pm. After the major constitutional changes last year, business was fairly routine. All the officers of the club who had wished to stand again were re-elected, and Glen Grant was elected Vice Chairman.

## 1996 SUBSCRIPTIONS

Your 1996 subscriptions are due on January 1st 1996. If you have not paid already, please could you send your cheque for £10 (£15 overseas) made payable to the BMC, together with any change of address, to the Treasurer Pat Fitzgerald.

## RECOMMENDED SERVICES

- i *Personal Best Athletic Services Ltd*, 11, Radcliffe Street, The Square, Wolverton, Milton Keynes MK12 5DQ Tel 01908 227303. Asics Gold Medal Dealer and sponsors of the Eastern Region Grand Prix
- ii *Athletics International*, for the best coverage of international results. Write for a sample copy to Mel Watman, 13 Garden Court, Marsh Lane, Stanmore, Middlesex HA7 4TE.
- iii *Sports Tours International*, for the best warm-weather training trips ever. Write to Vince Regan, Sports Tours International, 91 Walkden Road, Walkden, Worsley, M28 5DQ or phone 0161 703 8161.
- iv *Len Lewis*, for an excellent second-hand, no-obligation, book-search service. Please ring any evening 01938 552023 or write to Len Lewis, 3 Aubet Drive, Gillsfield, Welshpool, Powys, SY21 9LX.

## NEXT ISSUE

The next issue, to be published in April 1996, will once again be compiled by BMC Chairman David Iszatt, although it is hoped to appoint a new Editor in the New Year. Please send all material to David at 27, Selly Wick Road, Selly Park, Birmingham B28 7JJ by 31st January.

## Cyril Jerome

Cyril Jerome, membership number 655, passed away on 25th October 1995 aged 76. He joined the BMC as a coach in 1971 and joined the National BMC Committee in 1981 when attempts were made to wind up the club by a clique who were obsequious to the newly established coaching scheme.

He was immensely loyal to the objects of the BMC and supported all of its activities during some turbulent years. He became BMC Vice Chairman in 1989, and a Vice President in 1991, providing a solid back-bone at Committee.

One of the few coaches alive to have met the legendary long-distance runner and writer Eric Newton, Cyril coached a number of GB Junior Internationals over the years and was a great believer in the five-pace method of training.

He attended all Committee meetings until illness prevented him from travelling from Portsmouth, but he was well enough to attend the BMC 30th Anniversary Dinner at Oxford in 1993. He will be greatly missed and our sincere sympathies are extended to his widow and family in their sad loss.

Frank Horwill

## Dr. Peter Atkinson

BMC member Pete Atkinson died on 6th October at the tragically young age of 29. A chemist of some repute with numerous academic publications, he was most recently a post-doctoral research fellow at the University of Leeds having previously obtained his PhD and BSc at the University of East Anglia in Norwich.

I first met Pete in 1985 shortly after he had been diagnosed as suffering from diabetes mellitus, a year in which he had improved his 800 pb from outside two minutes to 1:56.

It took Pete several years to get on top of his illness and a lesser person would surely have retired. Not Pete, it is an ever-lasting testament to his courage and determination that I cannot remember one occasion that he complained about his lot and even in this period hardly ever missed a training session yet alone a race.

Pete lived for athletics and it was typical of the man that when the UEA athletics club (the Trojans) were in need of a new coach Pete stepped in. It soon became clear that he was a natural in this

role and the club thrived, picking up the small universities trophy at the UAU's on several occasions.

Pete's devotion to his role was such that he always ran the session alone at lunch time only to return to the track a few hours later to hold the watch whilst the rest of us were suffering.

By the early 1990s, Pete was beginning to regain his form and represented Norfolk regularly both on the country and the track and won the county 1,500m title. He also competed with distinction for the Norfolk Olympiads.

Pete moved to Leeds with his girlfriend Caroline Young in 1993 and made an enormous contribution by coaching and competing both at the university and his new club, Leeds City.

In the last two years, Pete's running came on leaps and bounds and this summer he ran highly creditable pbs of 3:51.3 for 1,500m and 14:49.4 for 5k. He also ran 31:24 for 10k, a national diabetic record. This year he qualified as a Senior BAF Coach, surely one of the youngest on record. He will be greatly missed.

Although Pete only became a BMC member this year, he always ran in the true spirit of the BMC. There was never a need for a pacemaker when Pete was in form - if you didn't go with him from the gun you never saw him until after the race.

I can remember vividly the look of determination on Pete's face before running the first 800m of the 1990 county 1,500m in two minutes dead when the rest of us thought we were in for an easy time. It took an international to beat Pete that day and most of the field ran pbs. If only there were more people like Pete.

Tim Grose

*A memorial race for Pete is going to be staged on 7th January 1996 with all proceeds going to the British Diabetics Association. Please watch Athletics Weekly for details.*

## Mary Anderson

It is with regret that we record the death from cancer of Mary Anderson, wife of membership secretary Andy Anderson. Our sympathies go to Andy and his family.

The National Committee would like to thank Andy for his special efforts during this difficult time, when the new admission standards meant he was receiving more applications than ever before.

# BMC Development Plan

by Matthew Fraser Moat

*This document has compiled by the Development Officer from papers written by the Chairman, for approval as the BMC Development Plan in 1996.*

## Our Mission

When Frank Horwill founded the BMC in 1963, our mission was to raise the standard of British middle-distance running to world supremacy. We achieved this once (1977 - 1986) and now the task is to do it again. In the BMC's early days, the most pressing need was to provide performance-enhancing race opportunities for the nation's most talented athletes; we believe that this is still the case.

The BMC has had a resurgence during the last five years, and the credit for this must go almost entirely to support from the BAF National Event Coaches for middle-distance Norman Poole and Phil Banning.

However, it is clear that neither the BAF nor the BMC caters adequately for the needs and aspirations of talented young athletes of potential international quality. Recognising this, the BMC made some major changes twelve months ago, widening the membership and expanding our race programme. By and large, the changes made have been successful. However, some gaps were left, not necessarily on purpose, and this document aims to fill those gaps and enhance last year's plan.

## Review of 1995

All things considered, the BMC had an amazing year in 1995. It had its ups and downs, but when you consider the resources available to us and that we were completely unsponsored throughout the period, we have much to be proud of:

- i a truly nationwide series of race fixtures, including nine National Squad Events, entirely under our own banner;
- ii 316 gold standard performances which comprise approximately 66% of this year's men's top 100 rankings;
- iii the re-birth of the BMC championships;
- iv the sending of four juniors to altitude, courtesy of a grant from the FSA;
- v the recruitment of one hundred and ninety new members;
- vi a monthly column in *Athletics Weekly*, and even a photo on their front cover;
- vii 2 world and 2 national relay records set at Oxford on 2nd September.

In addition, we co-operated with the Loughborough match, organised by George Gandy, and with the BAF Development Races.

And yet we were not able to please all of our members all of the time. Sometimes our races worked spectacularly well (i.e. women's 800m at Crawley and men's 3,000m at Loughborough) and sometimes they are very disappointing (i.e. women's 800m at Loughborough and men's 5,000m at Crawley). There did not seem to be a pattern as to why some races attracted lots of entries, and why some did not, and unfortunately a few members were disappointed.

The general consensus seems to be that the success of the meeting depends on the number of telephone calls made and the number of letters written by the race organiser, but obviously it is harder to hold a meeting in Scotland or Cornwall than at Stretford. We do not feel that the race-organisers should have to 'phone round. Are we too idealistic to expect members to plan their season some way in advance and 'phone the race organiser?

We also received comments from several members in other respects. We received two complaints about bigoted comments in the spring issue of the *BMC News*, a complaint about lack of expenses at a National Squad Meeting, two complaints about seeding of races, a complaint about a race organiser making a mistake about the time of a race (getting it an hour early) and quite a few complaints about the delays in sending out magazines and vests to new members.

Fundamentally these mistakes boil down to human error. Whilst we try to be as professional as possible, it must be remembered that the BMC is an amateur club run by volunteers, all of whom have day-jobs, and that the influx of new members and the increase in the race programme has meant a lot of extra work this year. It is right that the BMC is ambitious, but we owe it to our members not to be over-ambitious. We must ensure that our members always get good service and good value for money.

It is clear that if we are to maintain the high standards that we set ourselves, we need to recruit more volunteers. In the ideal world we would have a generous sponsor who would pay for a full time administrator and an unlimited supply of willing helpers.

## Regional Secretary Network

In 1994 there was a clear need to strengthen the regional secretary network and to improve communications within it. As a consequence five new race organisers were appointed, a new post of inter-regional co-ordinator was filled, and the BMC database was established.

To a great extent, the changes made were successful, and no major changes are proposed for 1996.

## Membership

As from the 1st January 1995, the BMC lowered the admission standards as follows:

	800m	1,500m
Senior Men	1:56.0	3:56.0
U17 Men	2:10.0	4:30.0
Senior Women	2:20.0	4:45.0
U17 Women	2:25.0	5:00.0

We exceeded our target of 100 new members very easily. No changes to the admission standards are proposed for 1996.

The new gold memberships have had a good response, but have proved difficult to administer. It is proposed to leave gold membership unchanged for seniors but to discontinue it for the age-groups. Exceptional juniors will still be able to wear the BMC gold vest if they run the senior 'gold' times of 1:52/3:49/2:12/4:30.

## Competition Policy

In 1995 the women were dominant - Holmes, Radcliffe, Murray and Wyeth all showed that they were truly world class. The men via Mayock and Lough showed signs of a resurgence. However, the BMC have to admit that our races, except perhaps Wythenshawe, just aren't fast enough to make a difference to these athletes.

In 1995 the BMC race programme primarily targeted on providing race opportunities for those athletes ranked 10th - 200th in the ranking lists, and we feel that we achieved our aims for the men at both 800m and 1,500m / Mile.

Our women's races were very disappointing, with two exceptions - a marvellous 800m at Crawley and a field of 18 in the 1,500m at Salisbury. Apart from these instances, it seemed almost impossible to get more than a half a dozen women on the same track at the same time.

We are being continually asked whether we can put on longer races like 5,000m and the steeplechase, but the support given to these races in 1995 by the athletes really does not warrant their

# BMC Development Plan

inclusion in our programmes. BMC competition in 1996 will therefore once again be focused on the 800m to 1 mile range, but we await developments with the London Marathon initiative.

The BMC measure the success of our race programme by the number of athletes achieving 'Top 100' ranking times in our races. A increased target of 70% is deemed to be appropriate for 1996.

## National Squad Races

In 1995, we held 8 National Squad fixtures. It is generally agreed that the organising of these fixtures, one every two weeks throughout the summer, was too ambitious given the resources available.

It is at least three times as hard to put on a fixture with races over three distances as it is to put a single distance race in someone else's open meeting. Also, because there were quite a few National Squad Events, they tended to be devalued mid-season, and the Crownpoint meeting was effectively ruined by the Gateshead and Crystal Palace Development races.

It is proposed that the 1996 BMC competition calendar will contain only five National Squad meetings, the emphasis being that these will be 'must-do' fixtures for the higher performers looking for the 1:48 / 3:40 / 2:04 / 4:15 races and will take place early and late season, one of them on the rest day of the Olympics.

The very top performers have so many offers from overseas events at the height of the season, and the IAAF / BAF fixtures list changes so much, that we no longer feel it is appropriate to organise National Squad meetings during the height of the season. In any case, regional races are of a very high standard in July and August, and athletes often have a choice of three or four BMC races a week.

We must, however, make a special initiative to get women to race, as the support of Reebok and HSA in 1994 was sadly missed in 1995. Minimum sponsorship of about £2,000 per National Squad meeting is planned - it is hoped that BAF will provide some support for this, and in return we could organise the BAF Development Races at the Grand Prix.

The Oxford Relays and The Bristol Road Mile proved incredibly successful in 1995. Whilst they are not opportunities for fast ranking times, the publicity and the goodwill so generated does much to enhance the BMC's image and the events

are by far the most marketable for any potential sponsor. We must find good slots for these meetings in the calendar.

At National Squad meetings, U20 athletes will run with Seniors - and wherever satisfactory fields can be assembled, separate U17 races will be held. National Event Coaches for longer distances will be invited to include races over 3k / 5k / 10k in these meetings.

The 1996 BMC fixtures will be confirmed at the fixtures conference held in Birmingham on 7th January 1996.

## Regional Races

Regional Secretaries will continue their regional race programmes which will be targeted at helping members attain the Gold standard, and assisting non-members to attain the membership standard.

Race organisers will be free to set their own entry standards for races, but wherever possible regional races will be paced at BMC Gold Standard pace. Race organisers will try to take recent performances in BMC races into account when determining seeding. When there are insufficient women to make a field, they shall run with the 'open' men. Members will be encouraged to run in BMC, area or national vests.

Athletes travelling to regional races will not be paid expenses or prizes unless separate funding has been found. However, when the BMC is asked to put on a special race, to mark the opening of a new track etc., we would expect any sponsor to pay travelling expenses of 10p per mile, to provide prizes to a value of £250, and to pay an arrangement fee to the BMC of no less than £150.

Athletes who accept an invitation to a sponsored race but fail to appear on the day of the race will be blacklisted.

## Non Members (with qual. time)

The BMC is taking a progressively harder line towards non-members with the qualifying time who regularly run in our races without joining the club. In 1996, such non-members will still be allowed to run but they will i) be charged a premium of £3 per race and ii) will not be allowed to run in the 'A' race if there are sufficient members to fill the field.

## National Committee

The changes brought in a year ago appear to have worked well. It has again proved

extremely difficult to get full committee meetings, but Standing Committee meetings take place regularly by telephone. More volunteers are needed to help with the organising of National Squad Races.

## Vision 2000

During 1996 the Chairman, on behalf of the National Committee, will prepare a long-term development plan aimed at ensuring that an elite squad of middle-distance athletes is available for selection for the 2000 Olympic Games and beyond. All initiatives will be closely co-ordinated with those of the BAF, and it is hoped to continue the support of the Foundation for Sport and the Arts.

## BMC News

The primary purpose of the *BMC News* is to support the BMC's objectives, both long-term and those set annually. The magazine will continue to include:

- i notification of club events;
- ii improvement of coaching knowledge;
- iii reporting of BMC race results;
- iv development of the 'club spirit'.

## Training Camps

The purpose of the training camps is to expose both coaches and athletes to different training methods. Finances permitting, it is proposed to hold four training events each year:

- i national training day;
- ii junior endurance weekend;
- iii altitude training camp;
- iv warm weather training.

The Standing Committee will nominate BMC Officers to take responsibility for each of these events. Each of these events is to be financially self-supporting unless external sponsorship is achieved.

## "BMC Spirit"

BMC members are expected to be totally committed to the aim of the club, those of raising the standard of British middle distance. Members are expected to try hard, to run in fast paced races, and to train at different paces. They should not be afraid of experimenting with different training ideas, and should be prepared to act as a pace-maker if required.

This is the *BMC Spirit*. If the BMC fail to take on new ideas, we will fail in our objectives - but our foundation is the *BMC Spirit* and that is the route back to world supremacy.



# Preparing for the AAA's 1996

by Matthew Fraser Moat

*One of the more controversial training articles in the BMC News in recent years was "Preparing for the AAA's" in Spring 1994. Highly acclaimed overseas, the article has now been extensively revised and rewritten for 1996 for the benefit of the 250 new members who have joined the BMC since it was originally published.*

In this article we will try to advise both those who wish to be selected for the Olympics and those who, whilst not realistically seeking selection, none the less wish to focus their season to produce a lifetime best at the AAA's next June.

For many athletes the first hurdle for the AAA's is actually getting one's entry accepted. Whilst the entry standards are rather unrealistic and rarely enforced, the best way to ensure your appearance at the AAA's is to achieve the entry standard well before the closing date for entries.

As the Olympics are early next year, the trials take place in mid June. Athletes therefore only really have about twelve weeks to attain their peak from the end of the cross-country season. This is difficult, but certainly possible.

More difficult will be finding enough fast races for the athlete to reach a peak. The BMC National Squad Races at Wythenshawe, Loughborough, Cardiff and Watford are designed to fill this need.

This article explains how athletes, in conjunction with their coaches, can build schedules making the best use of the time and races available. It must be stated that *summer schedules are not meant to be easy*, and implicitly assume that the athlete's winter training has been solid and progressive. A full training schedule should encompass nine months or more - this article therefore commences with the necessary preparation that needs to be done in the winter, starting October, so that the athlete can commence summer schedules, properly prepared, in March.

Before starting anything, however, go to your doctor, tell him that you are going to train severely and get him to do a thorough physical on you. Ask him to check your diet. Hopefully the doctor will find nothing wrong, but if he does, the time to sort things out is in the Autumn, not the Spring. If you have a history of injury, have a bio-mechanical assessment (from *aesthetes* or *BiMAL*) and get some orthotics made up if necessary.

## SET YOUR TARGET

However, before even starting to construct a schedule, the very first thing you must do is set your target. This should be done in October, and should be specific. It is not enough to say "I want to run in the Olympic Games". You must say: "I must finish in the first two at the AAA's, which means I've got to run a time of (set a time) and beat these people (give their names) who beat me last season."

Whilst there are a few talented athletes who can say: "All I have to do is be on their shoulder at the final bend", most athletes need the confidence boost from knowing *in advance* that they can run significantly faster than their opponents.

Pin your target time up in a place where you can see it every day. Work out what that time means on a lap-by-lap basis. For example, if you are a female hoping to run 4:07 for 1,500m, your target is 66 secs per lap, i.e. 66 - 66 - 66 - 49. Live, work and dream 66 secs per lap!

## TEST YOURSELF

Before starting, it is important to set yourself some benchmarks with which to assess your endurance and your speed. These tests should be carried out before you commence the programme, during the programme itself, and at your summer peak. If you do not do these tests, how else are you going to assess your progress?

We suggest that you complete the following every twelve weeks, i.e. 1st December, 1st March and 1st June.

### 1. Test how far you can run in 15 minutes (Balke Test).

*The target is 5,000m plus for men, 4,600m plus for women. This is a good predictor of your VO<sub>2</sub>max.*

### 2. Test your speed over 40 yds (36.6m) and 400m.

*The goal is sub 4.5 secs / sub 50 secs for men, sub 5.0 secs / sub 56 secs for women. This tests your natural speed.*

### 3. Count how many hops you need to take to hop 25m.

*Men need to do 9 hops on each leg, women 10. This tests your leg strength.*

### 4. Test how many press-ups, squat thrusts and bent-knee abdominals you can do in 1 minute.

*Men should aim for 60 of each, women for 40 of each. This tests your all-round body strength.*

## INTERPRET THE RESULTS

In early 1994 we were asked to devise a schedule for a female international who had the following test results: 15 min run - 4,400m; 400m - 58 secs; 40 yds - 5.2 secs; hops - 11 left and right; exercises - 60 sit-ups, 50 press-ups and 43 full-squats.

This was very interesting. Here was a proven international whose test results indicated she was weak on three out of four areas. She was weak on endurance, weak on speed and weak on leg-strength, albeit not by very much. The saving grace was her general muscular strength, which apparently compensates for her weaknesses.

Having got your results, you should analyse them to calculate your strengths and weaknesses, and devise your winter schedule accordingly. If an athlete can achieve all these targets, he / she is clearly of international standard. It goes without saying, however, that there is always room for further improvement.

Before describing the winter schedules, it is helpful to understand how they are derived and how they apply to the athlete. To be a successful middle-distance runner, you have to have what is known as 'speed-endurance'. This is the ability to run very fast for two, three or four minutes. As the name suggests, to get speed-endurance, you have to have both speed and endurance. Endurance is the result of hard training. Pure speed tends to be god-given, but can be worked upon, and ultimately depends on how strong you are. Have you ever seen a 400m runner who is weak?

## ENDURANCE

The aim of winter work is to raise your endurance to a very high level. This is because the very nature of a track season is that of races, rest days, travelling, and speed sessions, all of which allow your endurance to erode. Your endurance must be high enough to allow you to compete for the whole of the track season without losing form. What this means is that your endurance must be at its highest possible level *before* the racing season begins.

The principles behind increasing your endurance are complicated, but can be somewhat oversimplified to that of increasing what is known as "VO<sub>2</sub>max" or "oxygen uptake". Every athlete has heard of this, but few actually know what it means. It is worth a brief explanation, although a full treatment would take up many pages.



# Preparing for the AAA's 1996

All humans need oxygen to live. This is because muscles need oxygen to move, i.e. do work. As muscles work harder, they require more oxygen. This is why you breathe more heavily during and after exercise. However, there is an effective limit on how much oxygen your body can absorb and make use of, and this limit is known as  $\text{VO}_{2\text{max}}$ .

Once you pass this limit, your work-rate quickly deteriorates. Do not confuse the  $\text{VO}_{2\text{max}}$  with your lactate threshold. You can run at your lactate threshold for quite a long time i.e. a steady state condition, whereas reaching your  $\text{VO}_{2\text{max}}$  signals the point of no return.

Your  $\text{VO}_{2\text{max}}$  is a major factor in your performance, the higher the figure the better, although due to differences in running economy two athletes with the same  $\text{VO}_{2\text{max}}$  will not necessarily run the same times. Any middle-distance athlete with international aspirations will need a  $\text{VO}_{2\text{max}}$  of around 75ml/kg/min.

Although some people are born with higher values of  $\text{VO}_{2\text{max}}$ , training can increase your  $\text{VO}_{2\text{max}}$  by up to 15%. Recent studies have shown that one of the most effective ways of increasing  $\text{VO}_{2\text{max}}$  is by training and racing at 3k and 5k pace.

The best way, therefore, for a middle-distance athlete to ensure that he has enough endurance for the summer season is to ensure that during the winter he does quality work at 3k pace and 5k pace, and this sort of work should be maintained during the summer.

It is difficult to quantify how much is enough, but we can safely say that if a middle-distance athlete can set a personal best over 5,000m in the spring, then his/her endurance work during the winter has gone well. Middle-distance athletes should therefore aim to set a personal best over 3k or 5k in March, and this may be why you often see 800m and 1,500m runners running 3,000m indoors.

## SPEED

As stated earlier, the complete athlete has both speed and endurance. The aim of the summer work is to add speed whilst maintaining your endurance.

Given any athlete, one can devise a training programme to make him/her sprint faster. There is, however, a limit to how fast he/she can get in any one season.

However, if that athlete goes away one winter and does specific strength training, the following season that athlete will be able to sprint somewhat faster, other factors being equal. Maybe the improvement will only be a couple of tenths of a second per 100m, but it will be an improvement nonetheless, and may reduce the athlete's 400m time by up to a second.

## WINTER TRAINING

When devising your own schedule, keep the following in mind:

- Once a week have a long slow run. This should last well over an hour.
- Once a week do a half-hour hill run and some hill sprints.
- Every other week test yourself at distance of 5k or 10k. This could take the form of cross-country, road races, indoor races, a time-trial or even a repeat of the Balke Test. This test should be preceded by rest or easy days - experiment with the amount of rest you need for optimum results.

With this basic foundation, you should incorporate the following schedules based on your test results. If you have fallen short in any one of the tests, give extra weight to the relevant section:

### 1. Training based on the results of 15 minute run (Balke Test).

- Twice a week run double the distance done in the test in 33 mins; aim to get it down to 30 mins in twelve weeks. This is a lactate-response run at about 10,000m pace.
- Once a week run half the distance done in the test three times in 7½ mins with 1 min rest; aim to get down to 7 mins in twelve weeks. This is approx. 3,000m pace.
- Once a week do a track session at 1,500m pace, calculated as follows: take the time per lap in the 15 min test, halve it and take off 8 secs (e.g. test run of 4,000m is 90 secs per lap; halve it and subtract 8 is 37 secs). Run a series of 200m runs at this pace with decreasing rest starting with 90 secs, decreasing by 15 secs after each 200m until you have only 15 secs rest before the next 200m, then go back to 90 secs again. Keep on until you cannot record the necessary time.

### 2. Training based on your speed over 40 yds / 400m.

You must include sprint work in your training every other day:

- One session needs to be short, say 20m run up, 30m full out plus 5m at a time up to 80m - 30m, 35m, 40m etc.
- One session should be longer, say 4 x 200m full out with 3 mins rest. These should be 2 secs faster than your 400m test run, e.g. test run 54 secs therefore 200m in 27 secs minus 2 secs = 25 secs. When these can be done to schedule, reduce the rest time by 15 secs per session until you can do all four on time with 1½ mins rest. Then go back to 4 x 200m in 24 secs with 3 mins rest and repeat the process.

Get your technique right - run tall, arms going forwards and backwards, vigorously, in a straight line, elbows in, angle of 90 degrees between forearm and upper arm.

### 3. Training based on your 25m hops.

If you cannot achieve the minimum targets set, you must strengthen your legs by hopping 25m twice on each leg up a gradient each day. Aim high when you hop and you will go further. Poor leg strength is strongly associated with poor basic speed. This exercise also improves balance and co-ordination, but do not attempt this exercise if you have a history of knee or achilles injuries.

### 4. Training based on your 1 minute tests for press-ups, squat thrusts and bent-knee abdominals.

If you fail to record this you must do one exercise in turn each day (try first thing in the morning) as follows: exercise to maximum (not 1 min), take 1 min rest, repeat, 1 min rest, repeat. Next day choose another exercise.

You can now devise a winter schedule for yourself, based on these principles. You must remember that the *whole purpose of the winter* is to provide the best possible base for the summer training. Self-discipline is therefore very important, and it may help not to have a strict weekly cycle, so vary the days on which sessions occur.

Do not be afraid to miss a day or two if you have a cold - a couple of missed days do not undo many weeks of good work. If you suffer regularly from colds, consider zinc tablets, and vitamin C tablets such as *Redoxan*. Both are available at most chemists.

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## TEST YOURSELF AGAIN

Your winter training should finish about twelve weeks before your intended summer peak, but some athletes need a longer time, and some a shorter time, to reach their peak.

Having performed your winter training diligently, you should perform the tests again. You should see a considerable improvement in all areas, but at this stage the most important test is the Balke Test - if you have trained conscientiously, you should see an improvement of up to 400m in your test result.

Before commencing your summer programme in earnest, do try to get a couple of races at 5,000m or a 10k road race, or even run the 12 stage. Take the distance-men on at their events - you should be able to set a personal best, and you will be surprised at who you beat!

## THE FIVE-PACE THEORY

BMC schedules are based on the five-pace theory, first proposed by BMC founder Frank Horwill, and used by Sebastian Coe to some considerable effect when he achieved 12 world records in 4 years.

The basics of five-pace training are simplicity in the extreme:-

- i train at race pace
- ii train faster than race pace
- iii train a little slower than race pace

In the early 1970s Frank investigated the relationship between athletes' potential times at different distances. He was alerted to the fact that some of our 400m specialists were recording excellent 800m times, while some three-mile (5k) men were recording some notable victories over the mile. Here is a summary of Frank's observations:

1. *When middle-distance runners move up to a longer event, what they do in the longer event can be predicted by a simple formula, the 'four-second rule'.*
2. *When long-distance runners move down a distance, the same rules apply.*

Remembering that a runner is not normally competitive over more than two or three distances, this requires some explanation; consider the following sequence of marks for world class 1,500m / 3,000m runners:

**Men** 800m in 1:44 is 52 seconds per lap  
1,500m in 3:30 is 56 seconds per lap

3,000m in 7:30 is 60 seconds per lap  
5,000m in 13:20 is 64 seconds per lap  
**Women** 800m in 2:00 is 60 seconds per lap  
1,500m in 4:00 is 64 seconds per lap  
3,000m in 8:30 is 68 seconds per lap  
5,000m in 15:00 is 72 seconds per lap

We would expect a fairly good runner who does 3k in the time stated to be able to achieve all of the above times. Note that whilst these rules are typical for most endurance-based world-class athletes, they do not apply to 400m sprinters attempting to move up to 800m, when a 'six-second' or even a 'seven-second rule' applies. It doesn't work if you try to extrapolate it more than twice, but the rule is simple to remember - as you double the distance, you add four secs per lap to your times.

However, British women have long appeared to need a 'five-second' rule, 56 seconds for 400m converting into 2:02 for 800m. The BMC has for a long time been urging Sally Gunnell to try to convert her 51 sec 400m into a 1:52 800m!

These rules can be used to pinpoint weaknesses that may not otherwise be apparent. Take, for example, a female 800m runner who runs 55 secs for 400m, 2:02 for 800m (61 secs / 400m), but only 4:18 (69 secs / 400m) for 1,500m - it would appear that her endurance is poor. The training implications from Frank's theory are as follows:

- i Specific training at 1,500m pace to bring her 1,500m time towards 4:07 (66 secs / 400m) will result in an 800m time closer to the predicted 2:00.
- ii If this lady athlete can achieve 2:00 for 800m from a 55 sec 400m, how much faster could she run 800m if she could run 53 secs for 400m? 1:56 (58 secs / 400m)? It is therefore logical to do specific work to improve her 400m time.
- iii So, one way to improve your 800m time is by improving your 1,500m time, but another way to improve your 800m time is by improving your 400m time.
- iv By the same principle, to improve your 400m you have to work on your 200m time, and to improve your 1,500m you have to improve your 3,000m time.

Frank suggested that for optimum results at his / her specialist distance, the athlete should do specific training at five different paces, i.e. the pace of your specialist distance, and the paces of the two distances above and below, but obviously concentrating on your specialist distance.

## THE EVIDENCE

You might ask how the BMC is so sure that the five-pace theory is correct for you. The answer is simple - every athlete who has followed the training diligently has shown a dramatic improvement, and Frank has now coached 39 international athletes in 32 years. This is not to say that other coaching methods do not work, but that *this* is a method that *does* work, and has been proven time and time again.

Peter Coe has stated (*BMC News - Spring 1994*) "I cannot too strongly recommend that the BMC method of five-pace training be followed" and in his foreword to Frank's book, *Obsession for Running*, he writes "Seb's Olympic Golds, Olympic and world records, offer adequate testimony to these principles being correct".

## DEVISING THE PLAN

We will take the specific example of the female 1,500m international mentioned earlier. We agreed with her that what she really wants to do next season is run 4:07 at the AAA's on Sunday June 16th.

Her schedule was designed accordingly. 4:07 for 1,500m is 66 secs per 400m. She should, by the five-second rule for British females, therefore aim to race 800m at 61 secs per lap (2:02), and 3,000m at 71 secs per lap (8:52). We recommend two weeks warm-weather training in March. This allows an athlete to make the ideal transition from winter to summer work whilst minimising the risk of injury. On returning to the UK, she has twelve weeks to achieve her peak. The following factors were considered in devising her schedule:

## TRAINING

1. **As you race over and under your specialist distance, you must train at those speeds on a regular basis.**

You must also use a different recovery period for each speed. Here is a guide:

- i) **400m pace** - full out speed sessions - jog double the rep distance.
- ii) **800m pace** - jog the rep distance.
- iii) **1,500m pace** - jog half the rep distance.
- iv) **3,000m pace** - jog a quarter of the rep distance.
- v) **5,000m pace** - jog an eighth the rep distance.
- vi) **10,000m pace** - jog a sixteenth the rep distance.

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When working in sets of reps equal to the distance of the race, you can halve the above recovery jogs, and then rest 5 mins between sets.

2. **Get your jogs done in these times: 400m - 3 mins; 200m - 90 secs; 100m - 45 secs.**

Do not take longer. If you are too tired, stop, and take a timed rest of the same duration as the jog. The length of recovery is very important.

3. **Decide whether your body can cope with training twice a day.**

Some athletes (particularly 400/800m runners) cannot train twice a day, even if the second session is merely a recovery run. Their bodies simply do not recover in time.

If you can train twice a day, cover all five paces in one week. If you cannot, cover all five paces in two weeks, and go for steady runs on alternate days.

Training twice a day is better, but if in doubt, rest - do not get injured.

4. **Do not train on the track more than three times a week.**

This leads to boredom, burn-out, and sometimes injury. Choose instead repetitions on different surfaces i.e. grass and tarmac over different routes. Make good use of fartleks.

5. **Do not always divide race-pace sessions into quarters.**

Choose instead one-third and two-thirds. For example, one-third of 800m is 267m; two-thirds is 534m. A third of 10,000m is 2 miles, two-thirds is 4 miles.

6. **Make the total of your repetitions equal to the length of the race.**

Then work up to double the distance, i.e.  $3 \times 267\text{m} = 800\text{m}$ ; aim for  $6 \times 267\text{m}$ . For the 10k runner,  $3 \times 2\text{ miles} = 10,000\text{m}$  (approx.); work towards  $6 \times 2\text{ miles}$ .

7. **Use straight-through reps one week and sets the next.**

e.g.  $6 \times 500\text{m} = 3,000\text{m}$ , twice the 1,500m distance.  $2 \times 3 \times 500\text{m}$  with 250m jog after 500m runs and 5 mins rest before the next set. The straight-

through sessions give endurance, the sets give speed-endurance.

8. **Avoid doing the same pace session and same distance reps in succession.**

If you do 800m runs at 5,000m pace on Sunday, do 400m runs at 3,000m pace on Tuesday, 200m runs at 1,500m pace on Thursday and 100m runs full out on Saturday.

9. **Avoid training at the same pace as you raced the day before.**

If you raced 800m on Saturday, do either a 400m sprint session or a 1,500m pace session on the Sunday. If you raced 10,000m on Saturday, train at 800m or 3,000m pace on the Sunday.

10. **Devote a part of one session per week to tactical training.**

For example, when doing  $3 \times 1,000\text{m}$  at 1,500m pace, make the last 200m of one rep much faster than the others, say 2 mins at 800m then 28 secs for the next 200m.

11. **Keep a training diary.**

You should record the times of all your long runs and track sessions. You should weigh yourself each day, measure your resting pulse first thing in the morning, and record the number of hours sleep you have.

After each session, write down your perceived effort for that session on a scale of 1 to 20. Monitor your progress and try to predict when you are going to run well.

## BUILD UP RACES

12. **Work out the number of races at your specialist distance you need to reach your peak.**

Usually between five and seven; aim to run the 5th and 7th races in the major championships.

13. **Work out the number of over- and under-distance races you require.**

This is usually four of each. Use club matches, league matches and 4 x 400m relays. Experiment with the number of rest days before each race.

14. **Plan your over- and under-distance races to occur before your specialist distance.**

For example, sequences of:

- i) 1,500m, 400m, 800m for an 800m specialist;
- ii) 3,000m, 800m, 1,500m for a 1,500m specialist;
- iii) 5,000m, 1,500m, 3,000m for a 3,000m specialist;
- iv) 10,000m, 3,000m / 1,500m, 5,000m for a 5,000m specialist;
- v) 10 miles, 3,000m / 5,000m, 10,000m for a 10,000m specialist.

Try to keep to this pattern throughout the season.

15. **Make use of league matches.**

They give you the opportunity to experiment with other distances, as well as building up goodwill within your club. Always try to get a 4 x 400m relay leg. Treat them as high-quality training sessions.

16. **Use time trials before major races to assess your fitness.**

For 1,500m runners, a modification of the 1,500m Kosmin Test has proved simple to administer and easy to interpret.

Run 4 x 400m, with decreasing recovery (3 min, 2 min, 1 min) and aggregate your times (e.g. 61-63-63-60 = 4:07). Rest 10 mins and repeat. Average your two readings.

This figure is a good approximation of your current 1,500m potential, and the test could, if races are scarce, be a good substitute for a race.

17. **Don't always race the same way.**

Early season should be the time for experiments. Lead the whole way in one race, take the lead at the halfway mark in another. Stay behind until the home straight in another.

See which gets you the best time and the best results. Do not become an open book for your opponents.

18. **Have a simple plan for all races and a secondary one in case the first goes wrong.**

If you plan to run 1,500m level pace (66-66-66-49) and the first lap is 70 secs, you must take the lead to restore the race to your plan, i.e. 70-65-64-48. Make the opposition work hard if they want to finish in front of you.



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19. **Your last track session well before a race should be at a pace faster than the race.**

If racing 800m, do a 400m session flat out. If racing 10,000m, do a 1,500m flat out. Always allow ample time to recover before the race.

20. **Experiment with recovery before races.**

A day off before a major race may not be enough for you; you may require two days off. However, Neil Caddy didn't seem to mind running in the Oxford relays the day before his 3:42.1 at Southampton, the fastest BMC 1,500m in 1995.

## GENERAL

21. **Make your schedule out for 21 days or even 28.**

Avoid doing the same thing each week. It gets boring and repetitive.

22. **Do not neglect steady running and hill running.**

They bind the speed sessions together, they are the cement between the bricks. Your body needs time to recover, and 3-4 miles each morning or lunch-time helps the body do just that.

If you are following a schedule covering the five paces in two weeks, make every other day a recovery run. These recovery runs should not be difficult and certainly not at the expense of quality sessions.

*We are aiming to maximise the return from the minimum amount of work.*

23. **Ensure that you eat correctly at all times, stay healthy, and avoid stress.**

In the final four weeks, when you are training at levels higher than you have previously attained, pay extra attention to your general health, diet and sleep patterns.

Get into the habit of checking your resting pulse each morning before you get up, and if it is too high, take a rest day. Take the necessary action several months before to avoid potential sources of stress (home, work etc.) occurring at the time when you least need it.

## THE CHAMPIONSHIPS

24. **The final week ...**

Your final session should be of very high quality at faster than race pace. 1,500m runners should do the 800m Kosmin Test (60 secs flat out, 3 mins rest, 60 secs flat out). 800m runners should do a 400m time trial or similar speed session.

Do not train hard after Tuesday 11th June - you have done enough. Nothing you can do now can improve your performance except rest and flexibility exercises. Rest as experience tells you, and try to travel to the venue the day before your race. Do not get an early night before the race, athletes often lie awake thinking about the race. Go to bed at normal time and get to sleep fast.

25. **Ensure that you qualify in the heats...**

If you are one of those athletes who can realistically expect to make the final, make sure you give the heats enough respect. Remember that for two-thirds of the field, the heat is their 'final', and they want to run their best times. You just want to qualify with the minimum of effort.

Only eight athletes can qualify for the 800m final, twelve for the 1,500m. The stewards will tell you of the qualifying arrangements.

Ensure, therefore, that you are *always* in a qualifying position. It is easier to react to someone else's change of pace if you have no-one in front of you. In the 800m, this means being in the first one or two *throughout* the heat, and in the 1,500m, in the first two or three.

26. **If you suffer from nerves ...**

Treat the race as a time trial with no-one else in it; concentrate on your pace, your target; think only of your lap times, your time trial. Often by doing this you will find that your best time will be the winning time.

27. **The Final...**

This is what you have geared your whole season towards. Make sure that you run the time that you planned. Make the other athletes work hard. If you finish out of the

places in a slow tactical time, you will have wasted your opportunity. If you run your target time of 4:07 or whatever, but still finish out of the places, you can console yourself in the knowledge that British middle-distance running is returning to greatness, and that next year you will pitch your target higher.

## DON'T STICK TO THE SCHEDULE

The schedule on page 13 is what we devised for this female 1,500m runner. *It is meant to be severe - it is not meant to be easy.* However, it gives you an indication of the work required to be successful at international level - knowing your own strengths and weaknesses it should be possible for you to devise your schedule.

If you have more modest aspirations, or you do not have the necessary winter background, or if you cannot train twice a day, replace one or more sessions a week with long steady runs. You can still benefit from the schedule, even if you only do it every other day.

The most important thing is *not* to do every session religiously, just because it was suggested in the *BMC News*, but to understand the *principles* behind the schedules, so that you can modify them to suit your own requirements.

## CONCLUSION

As Peter Coe said in the last issue of the *BMC News*, "Don't think of it as a schedule, there is nothing rigid about five-pace training. The theory is the base on which to build the sessions which supply the required pace training. It is not a collection of immutable intervals and recoveries."

"Multi-tier training provides the principles, but not identical sessions, for use at any time in the year. These speeds, times and density (i.e. how frequently) change with the individual athlete's development. Progressively you raise the athlete's condition whilst not entirely neglecting speedwork at any one time."

Coaching will always be an art, not a science. Experiment with the schedule - as Frank says, "he who trains the same, remains the same" - but stick to the principle of training at five different paces, always remembering to adjust the length of the jog depending on the speed of the rep.

Good luck to you all at the AAA's - but anyone who has followed the principles outlined in this article won't need any!



# An Illustrative Schedule ...

Suppose that on Sunday March 24th 1996, this female international ran 4,400m on the 15 min test run, 5.2 secs on the short sprint test and 58 secs for the 400m test. She only hopped 11 times on each leg for 25m and easily did 45+ on each of the exercises. She has a best time of 4:14 for 1,500m, and aims to reduce this to 4:07. Her training paces are therefore: 400m pace (56 / 400); 800m pace (61 / 400); 1,500m pace (66 / 400); 3,000m pace (71 / 400); 5,000m pace (76 / 400). Calculate your training paces and adjust the times of the reps accordingly.

This athlete feels she can train twice a day without break down. Easy runs of 4-6 miles each morning are suggested as recovery only, and certainly not at the expense of the quality sessions. If you do not feel you can train twice a day, have a day of steady running between the sessions listed below.

It is only to be expected that initially the athlete will not be able to record the times of the reps - do not increase the recovery time. Simply note the average and aim to do better next time round.

Always take a day off before a race, possibly two. The standard schedule assumes that races / time-trials will take place on Saturdays. When they fall on other days, the schedule is reworked to include the days missed whilst maintaining the overall progressive balance of training, at each of your five paces.

## FIRST CYCLE

- Mar 24. **Balke Test.**  
 Mar 25. **1,500m pace.** 6 x 500m in 83 secs with 250m jog (112 secs). 5 mins rest. **400m pace.** 4 x 200m in 28 secs with 3 mins rest. 5 mins rest. Hop 25m each leg. One exercise to a maximum of three times with 1 min rest.  
 Mar 26. **Lactate response run.** Run 8,800m (5½ miles) in 33 mins or less. 10 mins rest. 20m run up then 30m sprint full out, adding 5m a time to 80m. 5 mins rest. Hop 25m on each leg up a gradient. 5 mins rest. An exercise to max. three times.  
 Mar 27. **3,000m pace on grass.** Run 3 x 2,200m (1¼ mile) in 7½ mins or less with 1 min rest. 25m hop. An exercise to max. three times.  
 Mar 28. **800m pace.** 6 x 267m in 41 secs with 2 mins rest. 5 mins rest. 20m run up, 30m sprint full out plus 10m per run, i.e. 30-40-50 to 80m. 25m hop. An exercise to max. three times.  
 Mar 29. **Rest.**  
 Mar 30. **Modified 1,500m Kosmin Test.** 4 x 400m with decreasing rest, 3 min, 2 min, 1 min. Note times throughout. Full recovery (10 mins) and repeat.  
 Mar 31. **Long run.** 1 hour slow run on grass. 25m hop. An exercise to max. three times.  
 Apr 1. **1,500m pace.** 3 x 500m in 83 secs with 56 secs rest, 5 mins rest and repeat set. **400m pace.** 4 x 200m in 28 secs with 3 mins rest. 25m hop. An exercise to max. three times.  
 Apr 2. **5,000m pace on grass.** 6 x 800m in 2:32 with 100m jog recovery. 5 mins rest and repeat. 6 x 60m sprints. 25m hop. An exercise to max. three times.  
 Apr 3. **Lactate response run.** As Mar 26.  
 Apr 4. **800m pace.** 3 x 267m in 41 secs with 1 min rest, 5 mins rest and repeat set. 4 x 200m in 30 secs with 45 secs rest, 5 mins rest. 6 x 150m full out. 25m hop. An exercise to max. three times.  
 Apr 5. **Rest.**  
 Apr 6. **Gerschler fartlek.** 15 mins jog, stride hard 30 secs, decreasing rest, 90-75-60 down to 15 secs, repeated three times.  
 Apr 7. **Long run.** As Mar 31.  
 Apr 8. **1,500m pace.** 1 x 1,000m, 1 x 800m, 1 x 600m, 1 x 400m, 1 x 200m. All at

16½ secs per 100m with 500m jog, 400m jog, 300m jog, 200m jog, respectively. 5 mins rest. 6 x 100m from standing start full out. 25m hop. An exercise to max. three times.

Apr 9. **Lactate response run.** As Mar 26.

Apr 10. **Hill Session / 3,000m pace.** Run up and down a long hill where the ascents total 2 miles, e.g. 800m hill x 4 or 400m hill x 8. 25m hop. An exercise to max. three times.

Apr 11. **800m pace.** 600m, 500m, 400m, 300m, 200m, 100m at 15 secs per 100m and jogs of 600m, 500m, 400m, 300m, 200m, 100m respectively. 5 mins rest. **400m pace.** 350m, 300m, 250m, full out with full recovery. 25m hop. An exercise to max. three times.

Apr 12. **Rest.**

Apr 13. **Modified Kosmin Test.** As Mar 30.

## SECOND CYCLE

- Apr 14. **Long run.** As Mar 31.  
 Apr 15. **1,500m pace.** As Mar 25.  
 Apr 16. **Lactate response run.** As Mar 26.  
 Apr 17. **3,000m pace on grass.** As Mar 27.  
 Apr 18. **800m pace.** As Mar 28.  
 Apr 19. **Rest.**  
 Apr 20. **400m pace.** 5 x 300m in 42 secs with 4 mins recovery. 5 mins rest. 10 x 150m in 21 secs with 2 mins recovery and repeat. 25m hop. An exercise to max. three times.  
 Apr 21. **Long run.** As Mar 31.  
 Apr 22. **1,500m pace.** 400m in 66 secs, 45 secs rest, 800m in 2:12, 90 secs rest, 300m in 49 secs, 5 mins rest and repeat set. **400m pace.** As Apr 1.  
 Apr 23. **Lactate response run.** As Mar 26.  
 Apr 24. **5,000m pace on grass.** As Apr 2.  
 Apr 25. **800m pace.** 534m in 81 secs, 2 mins rest, 267m in 41 secs, 5 mins rest. 2 x 400m in 61 secs with 90 secs rest. 5 mins rest. Complete as Apr 4.  
 Apr 26. **Long run.** As Mar 31.  
 Apr 27. **Hill Session / 3,000m pace.** As Apr 10.  
 Apr 28. **Gerschler Fartlek.** As Apr 6.  
 Apr 29. **Rest.**  
 Apr 30. **BMC 3,000m at Stretford.** 9:15.0  
 May 1. **1,500m pace.** 200m reps in 33 secs with decreasing rest, say 90-75-60 down to 15 secs, then start with 90 secs again and repeat until 200m reps not done on time. 25m hop. An exercise to max. three times.

- May 2. **800m pace.** As Apr 11.  
 May 3. **Rest.**  
 May 4. **Modified Kosmin Test.** As Mar 30.

## THIRD CYCLE

- May 5. **Long run.** As Mar 31.  
 May 6. **BMC 800m at Millfield.** 2:06.0.  
 May 7. **Lactate response run.** As Mar 26.  
 May 8. **800m pace.** As Mar 28.  
 May 9. **3,000m pace on grass.** As Mar 27.  
 May 10. **Long run.** As Mar 31.  
 May 11. **1,500m pace.** As Mar 25.  
 May 12. **800m pace.** As Mar 28.  
 May 13. **'Easy' Gerschler Fartlek.** As Apr 6.  
 May 14. **Rest.**  
 May 15. **BMC 1,500m at Wythenshawe.** 4:12.  
 May 16. **Modified Kosmin Test.** As Mar 30. To simulate heats and final.  
 May 17. **3,000m pace on grass.** As Mar 27.  
 May 18. **Rest.**  
 May 19. **BMC 1500m at Loughborough.** 4:12. To test recovery from Wythenshawe.  
 May 20. **Long run.** As Mar 31.  
 May 21. **Lactate response run.** As Mar 26.  
 May 22. **800m pace.** As Apr 4.  
 May 23. **400m pace.** As Apr 20.  
 May 24. **Rest.**  
 May 25. **BMC 800m at Cardiff.** 2:05.0.  
 May 26. **Long Run.** As Mar 31.

## FINAL CYCLE

- May 27. **Lactate response run.** As Mar 26.  
 May 28. **1,500m pace.** As Mar 25.  
 May 29. **3,000m pace on grass.** As Mar 27.  
 May 30. **800m pace.** As Mar 28.  
 May 31. **Rest.**  
 Jun 1. **Area Champs Heats.** 4:17.0  
 Jun 2. **Area Champs Final.** 4:09.0.  
 Jun 3. **Long run.** As Mar 31.  
 Jun 4. **Balke Tests.** As a confidence boost - and to act as benchmark for next year.  
 Jun 5. **3,000m pace on grass.** As Mar 27.  
 Jun 6. **800m pace.** As Apr 11.  
 Jun 7. **Rest.**  
 Jun 8. **Modified Kosmin Test.** As Mar 30.  
 Jun 9. **Long run.** As Mar 31.  
 Jun 10. **Lactate response run.** As Mar 25.  
 Jun 11. **800m pace.** As Apr 4.  
 Jun 12. **'Easy' Gerschler fartlek.** As Apr 6.  
 Jun 13. **Active Rest.**  
 Jun 14. **Rest & Travel.**  
 Jun 15. **AAA's Heats.** 4:15.0.  
 Jun 16. **AAA's Final.** 4:07.0.

# FSA Altitude Training

by David Iszatt

The 1994/95 grant to the BMC from the Foundation for Sport and the Arts included provision for a group of young athletes to go to the BAF's altitude training camp at Albuquerque, USA. Three men (Des Roache, Alan Tatham and Bruno Witchalls) and one woman (Claire Swift) accepted our invitation to join the camp which was directed by George Gandy.

There is little experience of altitude training for younger athletes (usually only older established internationals can afford the expense), so in a very real sense these four BMC members were guinea pigs. All agreed to keep training diaries and to make an assessment of the benefits, or otherwise, of the exercise.

The journey to the training location was long and demanding. Some had to travel 5 or 6 hours by car just to get to Gatwick Airport. Claire recalls that arriving at the airport she was both very excited but also apprehensive. The flight from Gatwick to Houston took 9 hours and the onward flight to Albuquerque another two hours. When the party arrived at their accommodation (approx. 5,800ft above sea level) it was 8:30pm local time, but 4:30am British time. Tiring, but good experience for potential internationals.

Once at Albuquerque, the athletes needed to make two adjustments. First there was the time difference and second, once training started, the change in altitude. They had also to take great care to avoid any significant build up of lactic acid (see George Gandy's article opposite).

The first few days' training were restricted to easy running, but even when not training the athletes reported that breathing was difficult. After the easy days, the intensity was upped some what. Alan reports that the first real session (on the sixth day at altitude and consisting of different length reps on grass with varying recovery) was "very demanding on my breathing" whilst Bruno recalls that he was "really gasping towards the end".

The second week saw two tough sessions. On day 9 at altitude a set of 6 - 12 x 400m with relatively short recoveries was tackled. Four days later a hill session of 30 secs or shorter runs was set. On both occasions it was increasingly difficult to control the breathing but this did not prevent the athletes enjoying the hard work. Recovery between training sessions

was aided by massage, swimming, or a spell in a warm tub or jacuzzi (but then it wouldn't it!).

Before going to Albuquerque, each athlete had taken a battery of tests. When these tests were repeated at altitude the treadmill test was found to be easier than at sea level. It's not clear why this should be.

The third week included a 4 x 1,000m (2 min recovery) session which proved to be a real test of fitness and acclimatisation. "I have never hit lactic like this in my life" Claire told her diary. A second hill session on Day 21 was the final intensive effort for those who had not been overtaken by tiredness.

Throughout the camp the training was very much endurance orientated but plenty of drills, circuits etc. were built into the schedules to ensure that the foundations of speed were not neglected. regular physiological tests (lactate levels, blood pressure, urea levels etc.) were done on a daily basis by Damian Bailey from the British Olympic Medical Centre. Training at the camp was specifically tailored to the needs of each individual, but the following general outline may be of interest:-

Day 1	am	no session;
	pm	20 - 30 min easy run
Day 2	am	20 - 25 min easy run
	pm	30 - 50 min easy run, or drills and strides
Day 3	am	25 - 30 min easy run
	pm	30 min easy run
Day 4	am	20 - 30 min easy run
	pm	drills (80m) & strides (100m)
Day 5	am	30 min easy run or rest
	pm	rest
Day 6	am	fastish reps & strides
	pm	30 min easy run, or rest
Day 7	am	50 - 60 min steady run with pulse meter
	pm	rest
Day 8	am	30 - 40 min easy run
	pm	drills & strides
Day 9	am	30 min easy run
	pm	6 - 12 x 400m (60 - 90 sec rec.)
Day 10	am	40 - 60 min easy run
	pm	20 - 30 min easy run, or drills
Day 11	am	30 min easy run
	pm	treadmill test
Day 12	am	rest
	pm	rest
Day 13	am	hill session on grass (30 sec runs or shorter)
	pm	30 min easy run, or circuits
Day 14	am	75 - 90 min steady run

	pm	rest
Day 15	am	30 - 45 min easy run
	pm	drills & strides
Day 16	am	30 min easy run
	pm	4 x 1,000m (2 min rec.)
Day 17	am	40 - 60 min easy run
	pm	20 - 30 min easy run
Day 18	am	30 min easy run
	pm	30 min easy run
Day 19	am	rest
	pm	rest
Day 20	am	hill session on grass (30 sec runs or shorter)
	pm	30 min easy run
Day 21	am	30 min easy run
	pm	fly back to UK

Each athlete had their own reasons for going to Albuquerque. All found the experience of spending three weeks in the company of more experienced athletes as great an encouragement and benefit as any other aspect of the trip. The personal attention and advice of the Camp Director was appreciated by all.

What the direct performance benefits of the camp were is hard to say. However, whilst Claire was injured for most of the summer, all three men received representative honours. All would wish to repeat the experience, which must say something about the benefits even if quantification is difficult.

One of the arguments in favour of this experiment was that it is reported that real benefit from altitude training may only be apparent after the third visit. This suggests that emerging talents should start the process before they reach the top ranks. We will watch the progress of our guinea pigs with interest.

## Editor's Note:

Of the four athletes who received travel bursaries to join the BAF training camp at Albuquerque in April 1995, one was injured throughout most of the summer. However, three men went on to great things.

**Des Roache** was Britain's fastest junior in 1995, with 1:49.18 / 3:44.98 and 4:08.2. He was selected for the European Junior Championships where he was unlucky to be spiked in the final.

**Alan Tatham** ran the first leg of our world record breaking junior 4x800m squad.

**Bruno Witchalls**, now aged 20, was placed 3rd in the AAA's, 4th in the World Student Games and ranked 4th in the Peter Matthews UK Merit Rankings over 1,500m / Mile.

# Twelve Things You Should Know About ...

by George Gandy

*Twelve things you should know about ...*

## Altitude Training

1) There is general agreement that living and training at medium altitudes (approx. 1,600m - 2,300m) improves competition performance in the middle- and long-distance running events at similar altitudes. Scientists have been able to show that some of the advantageous physiological changes which occur in the body do persist after return to sea level. However, at least as yet, performance improvement in running on return to sea level has not been scientifically established.

2) Individual responses have certainly been positive in many cases and a lot of athletes believe strongly in the beneficial effects of "altitude training". Four-times Olympic gold medallist Lasse Viren (1972 & 1976) trained each year at altitude, as have the vast majority of the finalists in events from 800m upwards at recent Olympic Games and World Championships.

3) Focus was first directed on the effects and implications of altitude when the Olympic Games were allocated to Mexico City (2,200m) for 1968. Inevitably, all of the medals at 800m through to the marathon went to runners who lived/trained at altitude. Subsequently, many of the British team prepared at St Moritz (1,850m) for the 1972 Games but, perhaps due to lack of operational knowledge, performances were mostly disappointing and British commitment to altitude training over the next 25 years was limited to a few individual initiatives (notably Steve Cram's annual visits to Boulder).

4) The former Soviet Union, the GDR, and other Eastern bloc nations put considerable investments into altitude training in the 1970's and 80's, even to the point of developing their own centres. Some have claimed that this was the major contributor to their success, especially of their female athletes.

5) There appears to have been a resurgence of interest in Britain in the 1990's, and it is known that some twenty British athletes, between January and July 1992, made use of a range of venues including: Johannesburg (1,760 - 1,820m), Albuquerque (1,575 - 2,060m), Mexico City (2,200 - 3,000m), St Moritz (1,850 - 2,000m), Davos (1,450 - 1,900m), Font Romeu (1,850 - 2,000m), and Boulder (1,520 - 1,820m).

6) Many factors have to be considered in selecting and utilising altitude venues. Flight costs are high in getting to Albuquerque and Johannesburg, for instance. Journeys can be long and tiring with jet-lag also a problem if travelling trans-atlantic.

Mexico City suffers from high air pollution, Davos and St Moritz are expensive living locations, and none of the European venues have consistently pleasant weather conditions between November and May.

Good running trails, grass areas, and athletics tracks are not always easily located at such altitudes. Food can vary in availability and quality, and entertainment (to alleviate boredom) is not always readily available. Medical and physiological support services are also an important consideration.

7) According to Faulkner et al. (1968) there is a reduction in maximum oxygen uptake ( $\text{VO}_{2\text{max}}$ ) of 3 - 3½ per cent for every 1,000 feet (about 300m) ascended above 5,000 feet (about 1,500m) due to reduced partial pressure of the oxygen component of the air. It is in the body's attempt to adjust to this (hypoxic effect) that the acclimatisation/training stimulus lies.

8) The most obvious immediate reaction on arrival at altitude is an increased rate (followed by greater depth) of breathing. Associated with this is an increased "blowing out" of carbon dioxide and an increased alkalinity (pH level) of the blood. This increase in pH is a crucial consideration because it means that the blood has lost its normal capacity to cope with lactic acid. Until pH levels are back to normal, usually after about five days, any lactate producing work (beyond 4mmol) must be avoided or complete adjustment may be delayed for as much as

six months or more. Heart rate monitors may be used to help in this respect.

9) Other potentially helpful physiological changes which occur at altitude (depending on how high) include:

- i increase in haemoglobin concentration and haematocrit (affecting oxygen carrying capacity of the blood)
- ii increased capillarisation
- iii increased myoglobin
- iv increased erythropoietin (the hormone which stimulates red cell production) and oxidative enzymes (which help enhance usage of available oxygen).

10) It is important throughout the stay at altitude to strictly limit any form of intensive work. Recoveries should generally be 1½ - 2 times as long as at sea level and extra days should be allowed between workouts. The lowered intensity of running sessions may to some extent be compensated for by increased volumes of easy running, technique or speedwork and weight training.

11) Altitude training is no panacea. It has potent effects, but these can be negative just as easily as positive unless it is used carefully and intelligently. Other environmental considerations include pollen levels (high in Albuquerque on windy days) and arid dryness which can make ordinary coughs become extremely debilitating.

12) Prominent British athletes who have trained at the Training Camps I have organised in Albuquerque include:

Rob Denmark (1992-95), Jack Buckner (prior to running 13:10 for 5,000m in 1992), John Nuttall (1993-95), Richard Nerurkar (1993), Martin Jones (1993), Jon Brown (1993-94), Spencer Barden (1993-95), Darren Mead (1993-95), Gary Lough (1993-95), David Lee (1993-94), Kevin McKay (1993-94), Craig Winrow (1995), Ian Grime (1994-95), Bruno Witchalls (1995), Anthony Whiteman (1995), Justin Hobbs (1995), Carl Udall (1995), Alison Rose (1993), Des Roache (1995), Louise Watson (1992 and 1995), Sonya Bowyer (1995) and Alison Wyeth (1995).

By no means have all of them followed their visits with successful seasons. The effectiveness of altitude training is highly dependent on exactly how the athletes train / live whilst there - and how this particular 'phase' fits into their longer term programmes.



# Oxford Relays 1995

by Matthew Fraser Moat

Two world records and two national records fell at the BMC Relay Meeting at Iffley Road, Oxford on Saturday 2nd September. The men's 4 x 800m yielded new marks for the World Junior Record, a Welsh Record and a Welsh Junior Record, and the 4 x 1 Mile saw a new world veterans record.

The BMC National Junior Squad comprising of Alan Tatham, David Stanley, Alasdair Donaldson and Andrew Blackmore set a new world best mark of 7:26.2, narrowly holding off a very strong challenge from Sale Harriers which featured Commonwealth Games 1500m finalist Steve Green on the final leg.

Three of the juniors set personal bests. Andrew Blackmore 1:50.6 compared to a previous best of 1:50.7, Alasdair Donaldson fastest of the day with 1:49.9 compared to his previous best of 1:50.48, and 16 year old David Stanley knocked almost two seconds off his pb from 1:53.7 to 1:51.9, the fastest time by an U17 this year.

David was quite the star of the day, having only been drafted in at six hours notice as a late substitute for Andrew Young, who had the misfortune to sprain his ankle getting off the train at Oxford station.

Mark Griffin for the BMC England squad took the first lap at a great pace and was rewarded with a season's best of 1:51.5, but he was overtaken in the final 60m as Garth Watson for BMC North lead at the first changeover with 1:51.3, with Matthew Kloiber for BMC South West in second place, with a new pb of 1:51.4. Griffin was third and Nick Commerford for BMC Wales was 4th with a season's best, ahead of Bruce Craven of Sale Harriers in fifth and Alan Tatham in sixth.

On the second leg there were pbs galore. Michael Gooch of BMC North took it out hard but was overtaken by Mark Wiscombe of BMC South West. Mark ran a pb of 1:53.8, but in the end he had to give way to Rupert Waters of Sale Harriers, who equalled his pb of 1:50.6, and Martyn Jones of BMC Wales who had a new pb of 1:52.5. At the changeover, Waters was first, Jones second, Wiscombe third, followed by David Stanley of the BMC Junior Squad who moved up from sixth to fourth, Gooch was fifth, and Dean Clark of BMC South ran a pb of 1:52.3 to close the gap in sixth place.



The 'Dream Team' for the 4x1 Mile National Squad (l-r): Ian Gillespie, Neil Caddy, Andy Hart and Lee Cadwallader..

Photo by Mark Shearman

The third leg saw Andrew Walling of Sale get just a bit carried away as he went through the first lap in 52 seconds. Although he was to pay for it on the second lap, Andrew ensured the success of the two record attempts, as both Alasdair Donaldson for the juniors and David Povall of Wales went with the pace. Donaldson just kept on going, and was rewarded with the fastest leg of the day, 1:49.9, just passed Walling in the home straight handing Andrew Blackmore a lead of about three feet. Povall handed over to Paul Bristow in third place.

The final leg was quite enthralling. Blackmore lead all the way, and Steve Green followed right on his shoulder all the way. The gap between them was only a few inches. It didn't seem to widen, nor did it seem to close. Green appeared to just be waiting on Blackmore's shoulder, but when the final 100m came and Green moved out, Blackmore found just that little extra and was able to keep in front all the way to the line. Steve Green doesn't exactly have a lot of hair, but he had no answer to Blackmore's new 'Curtis Robb' haircut, and that was probably the difference between them!

Paul Bristow had a new pb of 1:53.1, bringing the BMC Wales team home in a new Welsh Record of 7:32.0, knocking a massive 12.7 seconds off the time they set in this meeting last year. The Welsh Junior Team of Russell Cartwright, Matthew McHugh, John Weybourne and Dave Davy ran 7:47.9, which is the third fastest ever by any Welsh Team and also a

Welsh Junior Record. With all the pbs and season's best performances in this race, NUTS middle-distance compiler Tim Grose has promised to include first leg performances in his top 100 lists, and to include other legs as footnotes.

The BMC Junior Squads' time of 7:26.2 knocked a full nine seconds off the previous British Record, 7:35.2 by Liverpool Harriers in 1990. It was announced to the crowd that a new British Junior Record had been set, and everyone went home celebrating.

However, although not published in the NUTS Annual, on further checking with NUTS, it transpires that the previous best known junior performance was by an American High School team in 1967 with 7:35.6 for 4x800yds, which converts to 7:33.0. Four juniors therefore received a very pleasant call on Sunday telling them that they were world record holders, and the BMC now holds the world junior 4 x 800m record to add to the world junior 4 x 1 Mile record set in the 1993.

In the women's 4x800m, run with the men's B race, a carefully planned attempt on the British Junior Record of 8:53.1 was foiled by Dorothea Lee's splendid call-up for her first senior vest at Kilkenny, and the BMC National Squad taking it upon themselves to change their running order. The whole point of having the Senior Squad was to pace the Juniors, so they were meant to have their fastest runners first! Rachael Ogden and Claire Entwistle ran quite superbly to be inside the pace for the record at half way. Unfortunately Jenny Harnett



# Oxford Relays 1995

and Josie Grey were then isolated and just could not quite keep up the pace required - nevertheless they set the fastest time in Britain this year.

The men's 4x1 Mile record held by Bristol AC of 16:17.4 has stood since 1974. Our quartet this year of Lee Cadwallader, Andy Hart, Ian Gillespie and Neil Caddy should on paper have broken it by about ten seconds, but it is never easy to run sub-four virtually solo, although our B quartet were able to give them a good run for their money, actually leading after 3 legs! The winning time was 16:28.9, the third fastest ever run in the UK.

Border AC excelled themselves to place third in 17:10.1, the leading time by a club team for many years. The BMC Veteran Squad of Glen Grant, Peter Molloy, Philip O'Dell and John Hancock set a new world veterans record with a time of 18:11.9, a time over twenty seconds inside the previous mark.

## 2nd September, Oxford Relay Meeting

**M4x800m:** 1, BMC National Junior Squad U20 7:26.2 *World Junior Record* (A Tatham U20 1:53.8; D Stanley U17 1:51.9; A Donaldson U20 1:49.9; A Blackmore U20 1:50.6); 2, Sale Harriers 7:26.2 (B Craven 1:53.3; R Waters 1:50.6; A Walling 1:51.8; S Green 1:50.5); 3, BMC Wales 7:32.0 *Welsh Record* (N Commerford 1:52.4; M Jones 1:52.5; D Powell 1:54.0; P Bristow 1:53.1); 4, BMC North 7:37.1 (G Watson 1:51.3; M Gooch 1:54.4; D Rankin 1:56.8; D Thornton 1:54.6); 5, BMC South West 7:39.6 (M Kloiber 1:51.4; M Wiscombe 1:53.8; D Cole 1:56.3; A Caple 1:58.1); 6, BMC Wales Juniors U20 7:47.9 *Welsh Junior Record* (R Cartwright U20 1:55.2; M McHugh U20 1:57.2; J Weybourne U20 1:56.3; D Davey U20 1:58.1); 7, BMC South 7:49.6 (J Mayo 1:54.6; D Clark 1:52.3; A McDougall 1:58.0; M Carzon U17 2:04.8); 8, BMC England 7:54.1 (M Griffin 1:51.5; J Thompson 1:57.4; J Dupuy 1:57.8; G Scott 2:07.4); 9, Faling Southall & Middlesex AC 8:13.0 (M Turner 1:56.8; T Grose 1:59.3; I Cunningham 2:09.9; A Adam 2:07.0).

**Race 2:** 1, Oxford City Juniors U20 8:14.0 (S Kimber U17 2:07.5; B Hope U20 2:00.9; M Beerling U20 2:02.2; D Warrington U20 2:07.5); 2, Oxford City AC 8:30.1 (R Scott 2:02.9; D Pinam 2:02.2; A

Ashgar 2:06.2; M Bristow 2:18.8); 3, Border AC U20 8:33.4 (G Roberts U17 2:07.5; M Benson U17 2:08.8; G Melvin U15 2:09.6; S Whealen U20 2:07.5).

**W4x800m:** 1, BMC National Juniors U20 9:00.7 (R Ogden U17 2:11.7; C Ennawle U20 2:13.1; J Harnett U20 2:18.6; J Grey U20 2:17.3); 2, BMC National Squad 9:04.0 (M Carvill 2:16.1; S Ball 2:12.4; M Harris U17 2:23.6; A Thorpe 2:11.9); 3, BMC East 7:18.8 (3x800m) (N Everett 2:21.1; M Morgan 2:23.1; M Brown 2:34.6).

**M4x1Mile:** 1, BMC National Squad 16:28.9 (L Cadwallader 4:07.4; A Hart 4:10.5; I Gillespie 4:04.8; N Caddy 4:06.2); 2, BMC National Squad 2 16:40.0 (M Michno USA 4:03.1; S Barden 4:06.9; S White 4:09.4; S Sharpe 4:20.6); 3, Border AC 17:10.1 (P Hackley 4:14.8; K Downie 4:17.7; D MacLachlan 4:16.8; D Farrell 4:20.8); 4, BMC South 17:52.6 (M O'Dowd U20 4:14.2; J Brooks 4:22.9; G Beard U17 4:36.2; T Grose 4:39.3); 5, BMC East 18:06.4 (J Hollingsworth 4:15.7; J Greenough 4:29.5; I Chalk 4:30.4; D Hayes 4:52.8); 6, BMC National Veterans V40 18:11.9 (*World Veterans Record*) (G Grant M40 4:22.1; P Molloy M45 4:29.7; P O'Dell M40 4:39.0; J Hancock M40 4:41.0).

# BMC Championships 1995

At Loughborough University, 10th & 11th June - finals on 11th June as part of the Loughborough vs England vs GB Students vs GB Juniors match.

## MEN

**M800:** Heat 1: 1, C Beswick (E Ches) 1:52.7; 2, M Airey (Bright) 1:52.8; 3, I Gillespie (Birchfield) 1:53.7; 4, P Hamilton (Warr) 1:54.1; 5, D Reader (LSAC) 1:54.9; 6, J Sperry (LSAC) 1:56.3; 7, J Hunt (LSAC) 2:00.5.

**Heat 2:** 1, S Kelly (Rown) 1:49.9; 2, T Gosnall (Birchfield) 1:52.6; 3, P Cooper (City of Hull) 1:52.8; 4, M McCallum (Solihull) 1:54.8; 5, A Smith (LSAC) 2:00.0.

**Heat 3:** 1, J Geres (Rugby) 1:51.8; 2, A Donaldson U20 (Pitreevie) 1:52.1; 3, K Idessane (Clydesdale) 1:52.6; 4, P Bristow (Cardiff) 1:54.4; 5, G Scott (Bristol) 1:56.3; 6, J Burrell (LSAC) 1:57.4; 7, R Holman (Woodford Green) 2:01.2.

**Heat 4:** 1, M Barker (Leicester) 1:54.1; 2, R Cartwright (Coventry) 1:54.9; 3, R Dawson (Highgate) 1:55.1; 4, J Thompson (Shaftesbury B) 1:55.7; 5, R Hart U17 (Cardiff) 2:03.1.

**Heat 5:** 1, P Tulba-Morrison (Basingstoke) 1:55.6; 2, P Walker (Liverpool) 1:55.6; 3, A Young U20 (Victoria P) 1:56.5; 4, S Edmonds (Birchfield) 1:56.7; 5, A Worrall (Liverpool) 1:58.7; 6, T Green U17 (Solihull) 2:00.0; 7, W Farmer U17 (Bedford) 2:03.6.

**Heat 6:** 1, L Cadwallader (Liverpool) 1:50.5; 2, D Locker (Stoke) 1:51.3; 3, N Edwards (Leamington) 1:52.3; 4, K Hutton (Liverpool) 1:59.8; 5, I Chalk (Team Solent) 2:00.1; 6, R Hydes (LSAC) 2:01.0; 7, A Linsley (LSAC) 2:01.5.

**M800: Final:** 1, Cadwallader 1:49.23; 2, Geres 1:49.56; 3, Idessane 1:49.95; 4, Kelly 1:50.05; 5, Donaldson U20 1:50.48; 6, Airey 1:50.53; 7, Locker 1:51.43; 8, Tulba-Morrison 1:52.62; 9, Gosnall 1:52.97; 10, Beswick 1:53.32; 11, Edwards 1:55.02; Barker dns.

**M1500:** Heat 1: 1, G Graham (Clyde) 3:46.6; 2, T Mate (Gate) 3:47.2; 3, I Hollingsworth (Basildon) 3:50.4; 4, D O'Riordan (LSAC) 3:57.2; 5, S Brett U20 (Bedford) 3:57.4; 6, G Grant M40 (Camb H) 3:57.8; 7, E Bowen (Leam) 3:58.0; 8, E Barker (Richmond & T) 3:58.2; 9, P Jones (Hull) 4:00.2; 10, G Mallon (LSAC) 4:02.0; 11, S Lowe (Wakefield) 4:12.0.

**Heat 2:** 1, C Murphy (Sale) 3:50.3; 2, L Veness (Brighton) 3:51.2; 3, T Mayo U20 (Cannock & S) 3:51.3; 4, M Smith (Old Gayts) 3:52.4; 5, N Ovington (TVII) 3:52.6; 6, M Davies (Woodford Gn) 3:54.1; 7, A Tatham U20 (LSAC) 3:54.6; 8, O Norman (Crawley) 3:57.6; 9, T King (Leeds C) 4:04.0; 10, T Grose (Ealing) 4:06.5; 11, T Salmon (G Yarmouth) 4:07.5; 12, R Mann U20 (Solihull) 4:09.2; 13, S Holley U17 (Bedford) 4:09.6.

**Final:** 1, Graham 3:44.06; 2, Mate 3:44.63; 3, Murphy 3:44.91; 4, Veness 3:51.59; 5, Smith 3:51.81; 6, O'Riordan 3:51.90; 7, Jones 3:52.97; 8, Davies 3:53.27; 9, Mayo 3:53.49; 10, Hollingsworth 3:54.25; 11, Ovington 3:56.79; 12, Norman 3:56.95; 13, Tatham U20 4:01.82.

**M3000:** Race 1: 1, I Gillespie (Birch) 8:07.02; 2, S Barden (GEC) 8:08.88; 3, D Donnelly (GB Students) 8:09.75; 4, P Mowbray (GB Students) 8:10.43; 5, P Taylor (Border) 8:11.10; 6, P Freary (Boli) 8:11.17; 7, S White (Cov) 8:13.31; 8, D Burke (IRE) 8:19.94; 9, J Kendall (AFD) 8:20.62; 10, M Jones (Horw) 8:21.12; 11, A Green (Wood) 8:32.40; 12, K Critchley (Rown) 8:32.49; 13, S Platt (Morp) 8:33.75.

**Race 2:** 1, M Shevyn (Birch) 8:24.25; 2, A Morgan-Lee (Soton) 8:25.79; 3, R Halliday (LSAC) 8:27.75; 4, D Benton (York) 8:28.34; 5, A Jones U20 (GB Jun) 8:32.07; 6, M Duncan (Woking) 8:32.49; 7, J Brooks (HercW) 8:33.22; 8, D Hyde U20 (GB Jun) 8:35.56; 9, N Anderson (Houn) 8:35.81; 10, G Reid (TVII) 8:36.24; 11, M Waters (LSAC) 8:43.25; 12, J Wilkie (LSAC) 9:03.16.

## WOMEN

**W800:** 1, V Andrews (C&S) 2:12.49; 2, R Jordan (Birch) 2:12.96; 3, J McDevitt (ColG) 2:17.25; 4, N Everett (Colch) 2:29.27.

**W1500:** 1, W Farrow (Derby) 4:34.01; 2, J Swann (W&B) 4:34.90; 3, E Evans (LSAC) 4:35.72; 4, S Salmon (N&P) 4:36.42; 5, L Watson (GEC) 4:37.18; 6, S Wallace (LSAC) 4:37.77; 7, G Salmon U17 (LSAC) 4:43.76; 8, D Howard W45 (Westbury) 4:47.75.

**W3000:** 1, B Hartigan (Birch) 9:17.19; 2, L Watson (GEC) 9:25.90; 3, J Hunter (Valli) 9:29.95; 4, A Braham (GB Juniors) 9:33.49; 5, A Duke (GB Students) 9:34.11; 6, J Harrison W35 (Bath) 9:40.35; 9, C Morrison (GB Students) 10:11.21;

# Strength Training for MD Athletes

by **Raph Brandon**

Most athletes and coaches recognise the importance of strength training for runners. Where I coach, the middle and long distance runners use the weights room along with the sprint groups, throwers and jumpers. But while many distance runners may go in the gym with the aim of increasing body strength to improve running economy and to help prevent injuries, unless they know exactly what they are doing, and have an understanding of how strength training affects the human body they may be wasting precious training time. Weight training requires a lot of knowledge for it to be coached safely and effectively, which most athletes and coaches do not have. This article will attempt to explain some basic strength training theory and give guidelines for the kind of workout that will most benefit any athlete.

First, you must be aware of the effect strength training will have. When first starting in the gym, most people will achieve very fast gains in strength. For instance, a novice weight-trainer starting squats at 50kg may be up to 75kg in a few weeks. Thereafter it may be much longer before they can squat 100kg. The main reason for this early quick progress is that our novice squatter has learnt to innervate more of the muscle fibres required to perform the squat. This is a neuromotor improvement and put simply it means that our novice has got better at squatting, nothing else.

The next, slower, phase of improvement is the gradual increase in strength of the individual fibres in the quadriceps, gluteal and lower back areas that work during squatting. This means that, even though quads and gluts are very important muscles groups for runners, the 100% improvement in squatting this athlete has achieved does not mean that he will be 100% more powerful when running or be significantly faster. In fact it is impossible to say how much more efficient they will be. The chances are, maybe not that much at all.

So you might be asking yourselves, why do weight training at all? If it is so specific, surely one might as well stick to hill sprints or pulling tyres so the weight load is added while actually running. Well there are strong arguments to support this view and I believe that strength training should not be confined to the

gym: sprint drills, bounding, hills etc. are all essentials for any athlete. However there are also reasons why weight training is effective and important.

Research has shown that a weight training program for runners, specifically those involving leg muscles does have a positive effect on performance. The reason being that, although the athlete is essentially getting stronger at weight training exercises, e.g. the squat, some of the improved strength and increased innervation of the muscle fibres in the quadriceps, hamstrings and gluteals will be generalised to the running action. Even if this effect is small it is good news. If more muscle fibres are innervated while running and those fibres produce an increased force per contraction the faster the speed for the same heart rate. Thus for the same oxygen cost the athlete has speeded up, without any improvement required in aerobic fitness. This is called improved running economy.

This argument for improved running economy can be extended to the rest of the body, not just the legs. What is known as the "bodycore", the area of the hips, stomach and lower back takes much of the shock and weight during the running action. This area must be strong to hold the upper body firm allowing the power in the legs to be utilised without waste. It is important that the *abdominals* and *obliques* are strong to support the lower back, keeping the pelvis tilted up and torso from twisting. So must the *erector spinae* which controls forward flexion of the trunk and the top portion of the *gluteals* (the abductors) which maintain a level pelvis during foot strike.

In the upper body, the *shoulder girdle* must be strong to facilitate an easy and effective arm action, plus upper back strength in the *trapezius*, *lats* and *rhomboids* is required to avoid round shoulders, swinging shoulders or stooped posture. Basically a *whole body* workout is required, with emphasis on the big leg muscles, plus attention to the trunk and hip. This whole body approach to weight training also yields a overall health benefit and will help guard against injury.

The effect of having balanced strength especially in the back, stomach and upper body will decrease risk of back pain, and weight training will also promote leg and spine bone density, something which excessive miles can be

detrimental to. More specifically for running, strong hamstrings and quadriceps will help stabilise the knee joint, plus balancing the strength in the *quadriceps* in relation to *hamstrings* is important for preventing hamstring trouble. A strong and balanced 'bodycore' will stabilise the pelvis and torso thus guarding against lower back pain and preventing hip drop on the weight bearing leg which can lead to knee rotation, a common cause of much knee pain.

## SUGGESTED EXERCISES

The exercises suggested should be familiar and the equipment available in most gyms. The fact that it seems complex and in depth may be daunting but in fact it is very easy to work the whole body in a workout that should be 1 hour maximum. If you follow my suggestions of exercises then the important thing to do is to do them correctly. If you or your coach does not know them then find someone to show you who does. In fact the best thing is to go to a gym which has a qualified fitness instructor to get you started or to put you right, even if you do the workout elsewhere. Often it is those that weight train the most or have done so for the longest that do the exercises the worst!

## LEGS

- i **Deadlift** - must be shown how to do this properly, and is also essential for gym safety as it is the only safe way to pick up weights from the ground. A very good exercise for hip strength, which is arguably the main power source for running fast. This works the gluteals and erector spinae (and hamstrings) in extending the hip, plus quadriceps in extending the knee. Do 3 x 10 for basic strength in this region.
- ii **Leg press** - great, safe exercise for Quads and Gluteals. Both "rep ranges" must be targeted. Fast Twitch fibres respond better to heavy weights/small reps. Slow Twitch fibres to moderate weight with more reps. It would be silly for a 10km runner with predominantly slow twitch composition to just do sets of 8 on heavy weights as he would not be targeting the fibres he/she most uses. Even 400/800m runners will have a significant proportion of slow twitch fibres. Do 3 x 8 heavy, 3 x 20-25 moderate.
- iii **Squat** - a more advanced exercise for the more experienced trainer, must be strong at deadlift before doing this. Also Hip and Knee extension. Do 3 x 8 heavy and 3 x 20 moderate. (can add small jumps with very

# Strength Training for MD Athletes

light weight for leg power at 3 x 20, only for advanced adults.)

- iv **Leg curl** - specific hamstring exercise, to balance with quadricep strength. Hamstrings are not a powerful muscle group but are continually put under stress as they cross both hip and knee joints. Must be strong at this exercise. Do 3 x 20 on a moderate weight. Plus 3 x 8 for MD athletes.

## BODYCORE

- i **AB Curl** - it is essential this is done correctly as it is probably the worst performed of all exercises. There are variations but this is all that is necessary. Lie flat on your back and place your feet near your bum so that your back is pressed down against the floor. Use your stomach to fix your lower back flat down and concentrate during the curl up to keep it that way. Raise your head, leaving a gap between chin and chest and place hands by side, on legs, by ears or extended behind, in order of toughness. Then slowly raise your shoulders keeping your head position fixed and lower back flat down. Stop before your lower back loses contact with the floor or your legs move. Lower slowly. Work up to 3 x 20-25 in each arm position.
- ii **Back extension with prone fly** - no point in working the front of the body and ignoring the back. Lie flat on your front, head into the floor so neck is straight. With hips and feet remaining down at all times place hands out to the side, with elbows at right angles and elbow joint in line with the shoulder. Slowly raise chest 3 inches off the floor, gently hyper-extending the spine. While raising up lift elbows up squeezing

shoulder blades together. Pause at top holding elbows up and then lower slowly in control. The elbow and back movement should be in sync. Do not let elbows drop on floor. Works the erector spinae, mid/lower trapezius and rhomboids, and is a very important postural exercise. Must be done slowly, for endurance: 3 x 20.

- iii **Abductors** - if no hip abduction machine use an elastic band. Go for 3 x 10 for general strength.

## UPPER BODY

- i **Lat Pull Down** - works the lats, rear deltoids and biceps. 3 x 10.
- ii **Bench Press** - works pecs, front deltoids and triceps. 3 x 10.
- iii **Upright Row** - works upper trapezius, front deltoids and biceps. 3 x 10.

The upper body can be covered very easily by just these three exercises. Upright row is important as it works the traps and is often ignored.

## WORKOUT TIPS

If you are going to use weights, *do them right!* As I explained above weight training is very specific but the benefits are general - increased efficiency and injury prevention. It is not essential for your running, so should not detract from your running schedule, but there are many reasons why it is *necessary* and very *worthwhile*. It may even have a psychological benefit in terms of training variation and/or improved body image boosting confidence.

Therefore when you do go in the gym you must ensure you are actually improving your strength. Weight training

is not about nipping in the gym pushing a few weights and back off out for a run quick smart. To improve strength you have to push yourself in a way that is different to running. Basically you have to constantly monitor your weights so that the last few of the third set are very very tough!

This should be the case every time you go in the gym, for all sets be they 20, 10 or 8. This ensures that you work hard every time, but requires motivation, will power and concentration. So many people go in the gym do a few quick sets on a weight they could push 3 years ago and never try to progress.

Strength gains come from overloading the muscles beyond their present capabilities. Too light a weight and the workout will just be maintaining and not developing strength. If the next weight up is too tough use common sense, do one set heavier, two the same. Always look to improve, it is very easy to get stuck in a rut when weight training.

If you do push yourself, you will probably ache the day after, this is called Delayed Onset Muscle Soreness or DOMS. So to fit in with the running, 1 or 2 weight sessions a week will be enough, and should not be done the day before a track session or race. Too much weight training and you will have "dead legs" and it will be detrimental to your running.

You want to minimise the time the body has to spend recovering from the workout but at the same time make sure the body has been stressed enough so that there is improvement. That is why 1 or 2 big sessions is probably the best way for a runner to improve his overall body strength. Hence all the more reason to push yourself!

Warming up body temperature and mobilising your joints beforehand, with gentle full range movements for knee, hip, trunk and shoulder will aid workout performance. Afterwards, full body stretching will aid recovery as well as being the best time to improve joint mobility as the body is warm due to the workout.

**Most importantly of all, learn the proper techniques. Do the exercises well or do not do them at all. Otherwise you do not work the muscles effectively, risk injury and do not get the most from your workout.**

*Raph Brandon BSc is an Assistant Club Coach with Bournemouth AC. He studying for a Masters in Sports Science.*

### Beginners

Dead Lift	3 x 10
Leg Press	3 x 20
Bench Press	3 x 10
Leg Curls	3 x 20
Lat Pull Downs	3 x 10
Abduction	3 x 10
Upright row	3 x 10
Ab Curls	3 x 20
Back ext. / P. Fly	3 x 20

### Intermediate (adults only)

Dead Lift	3 x 10
Leg Press	3 x 20
Bench Press	3 x 10
Leg Curls	3 x 20
Lat Pull Downs	3 x 10
Abduction	3 x 10
Upright row	3 x 10
Leg Press	3 x 8
Ab Curls	3 x 20
Back ext. / P. Fly	3 x 20

### Advanced (adults only)

Dead Lift	3 x 10
Leg Press	3 x 20
Bench Press	3 x 10
Leg Curls	3 x 20
Lat Pull Downs	3 x 10
Abduction	3 x 10
Squats	3 x 20
Upright row	3 x 10
Leg Press	3 x 8
Back ext. / P. Fly	3 x 20
Squats	3 x 8
Ab Curls	3 x 20

NB. 'Beginners' does not refer to level of running ability, but to weight training experience. All athletes from 16 year olds to internationals should start with this workout initially. If you push yourself it will still be tough. The difference between the schedules is volume of Leg Work. High Leg volume and high intensity of any workout should only occur in non-competitive periods.



# Tempo Changes Work Wonders

by Derek Parker

As one who has benefited from informative articles in the *BMC News*, I would like to contribute some thoughts of my own for other coaches and athletes to consider.

Firstly, I would say that I firmly espouse the principles of the Five Pace training approach devised by Frank Horwill. The concept of training at race pace for specificity; at faster than race pace for speed; and at slower than race pace for endurance is logically, empirically, and scientifically sound. I am surprised that some coaches view it with suspicion.

For me, one of the attractions of the Five Pace system is that it encourages creativity and does not stifle individuality or flair. It can be used in many forms by imaginative, innovative coaches, amongst other things, to simulate race situations and to rehearse tactical responses to the manoeuvres of opponents.

In the following article I would like to describe how I have adapted the principles of the system to formulate an effective programme which has produced personal bests for athletes whom I coach. Among those who have benefited from the programme are:

- i Great Britain cross-country specialist **Robert Quinn**;
- ii **Robert Fitzsimmons**, former Scottish 1,500m champion and UK indoor 3,000m bronze medallist;
- iii **Gerry Fairly**, European veterans champion;
- iv **Tommy Yule**, Scottish U17 1,500m champion;
- v **Eileen Masson**, former Scottish women's marathon champion.

The basis of my adaptation of the system is that during the course of a single training session more than one racing pace is utilised. Thus, if the objective of a training session (or the implementation of a race plan) requires the athlete to run harder and faster when tired, they could be allocated the following typical work-out:-

- 6 x 400m @ 5k pace (20 sec rec.)
  - + 4 x 400m @ 3k pace (30 sec rec.)
  - + 2 x 400m @ 1,500m pace (60s rec.)
  - + 1 x 400m @ 800m pace (2 min rec.)
  - + 1 x 200m @ 400m pace or faster.
- The total distance of the fast repetitions adds up to 5,400m so this session would be particularly beneficial to 5k athletes.

The total distance of the repetitions at each pace approximates to half the corresponding race distance.

If one assumes that an athlete jogs at about 8 min / mile pace then the recovery phases adhere fairly closely to Frank Horwill's recommendation of jogging one-eighth distance after repetitions at 5k pace, one-quarter distance after repetitions at 3k pace, half the distance after repetitions at 1,500m pace, equal the distance after repetitions at 800m pace, and double the distance after repetitions at 400m pace. If an athlete prefers to jog then the recoveries would be 50m, 100m, 200m, 400m, and 400m respectively.

Another session designed to accustom the athlete to running harder and faster whilst becoming progressively more tired might be:-

- 3 x 800m @ 5k pace (30 to 45 sec rec.)
- + 2 x 800m @ 3k pace (60 to 90 sec rec.)
- + 1 x 800m @ 1,500m pace (2 to 3 min rec.)
- + 2 x 200m @ 800m pace (30 to 45 sec rec.)
- + 2 x 100m full effort (60 to 90 sec rec.)

Such sessions can be very arduous and they must be adapted to the age, ability, fitness, health, and stage of the training year of each individual athlete. They are however, highly effective - both mentally and physically.

The Five Pace system can equally be adapted to help the athlete to cope with changes of tempo during races. The judicious application of mixed training paces will ultimately enable them to respond positively to speed injections by rivals or, themselves to increase the tempo to open up gaps on opponents, especially those with fast finishing sprints.

Typical sessions would include:-

- i 5 straight through sets of 1 x 800m @ 5k pace (45 sec rec.) + 1 x 200m @ 1,500m pace (60 sec rec.)
- ii 5 straight through sets of 1 x 400m @ 3k pace (30 sec rec.) + 1 x 200m @ 800m pace (30 sec rec.)
- iii 5 straight through sets of 1 x 1,600m @ 10k pace (30 sec rec.) + 1 x 400m @ 5k pace (20 sec rec.)

A tempo change session of particular benefit to a 5k specialist would be:-

- 3 x 400m @ 5k pace (30 sec rec.)
- + 1 x 400m @ 1,500m pace (60 sec rec.)
- + 3 x 400m @ 5k pace (30 sec rec.)
- + 2 x 200m @ 800m pace (60 sec rec.)
- + 1 x 600m @ 3k pace (45 sec rec.)
- + 3 x 400m @ 5k pace (30 sec rec.)
- + 1 x 200m @ 400m pace or faster.

For the 3,000m aspirant the session would be two sets, 8 to 10 minutes recovery between sets, of:-

- 2 x 400m @ 3k pace (30 sec rec.)
  - + 2 x 300m @ 1,500m pace (30 sec rec.)
  - + 2 x 400m @ 3k pace (30 sec rec.)
  - + 1 x 200m @ 400m pace or faster
- An athlete concentrating on the 1,500m could try two sets, 8 to 10 minutes recovery between sets, of:-
- 1 x 500m @ 1,500m pace (45 sec rec.)
  - + 1 x 200m @ 800m pace (30 sec rec.)
  - + 1 x 500m @ 1,500m pace (45 sec rec.)
  - + 1 x 200m @ 800m pace (30 sec rec.)
  - + 1 x 100m full effort.

All of these are difficult sessions, but they leave athletes in no doubt about their ability to changes in pace injected by others, or in their own ability to use such a tactic.

Athletes who find they are sometimes left a bit behind following fast starts to race can improve their ability to handle this situation by inserting an extra repetition at the beginning of a track session which is run at a pace faster than that set for the main session.

For example, a session of 8 x 800m @ 5k pace (45 sec rec.) could be preceded by 1 x 400m @ 1,500m pace with 60 sec recovery, or, a session 2 x 4 x 400m @ 1,500m pace (30 sec rec. - 8 to 10 minutes between sets) could follow 1 x 200m @ 800m pace with 30 sec recovery before each set.

Finishing speed can be improved by adding a final repetition at a pace faster than the main session. Thus a session of 10 x 600m @ 5k pace (30 sec rec.) might be concluded by 1 x 200m @ 1,500m / 800m / 400m pace. A work-out of 10 x 300m @ 1,500m pace (45 sec rec.) could end with 50m sprint + 100m jog + 50m sprint.

Although the sessions described above would take place mainly during the pre-competition and competition phases of the periodised year (though not too close to important races) I believe there should be one varied pace track session every week throughout the winter.

This is done by supplementing the weekly winter track session with one fartlek run, employing varied paces, every seven days. The fartlek programme in a two-week cycle could be:-

- Week 1:
- 3 x straight through sets:
  - 2 mins @ 5k pace (45 sec jog)
  - + 3 mins @ 5k pace (60 sec jog)
  - + 1 min @ 1,500 pace (60 sec jog)



# Tempo Changes Work Wonders

Week 2: 8 x 30 sec @ 1,500m / 3k pace  
(30 sec jog)  
+ 1 x 3 mins @ 5k pace  
(60 sec jog)  
+ 8 x 30 sec @ 1,500m / 3k pace  
(30 sec jog)  
+ 1 x 3 mins @ 5k pace  
(60 sec jog)  
+ 8 x 15 sec @ 800/1,500m pace  
(30 sec jog)

As my group's fartlek sessions take place on a Monday and track sessions are held on Thursdays, our weeks programme in winter would be:-

Sunday	12 to 16 miles off-road steady aerobic run
Monday	fartlek session
Tuesday	5 miles anaerobic threshold run
Wednesday	10-15 steady aerobic road run
Thursday	varied pace track session
Friday	30 to 60 mins recovery run
Saturday	long hills 5 to 8 x 2 mins (brisk jog back recovery),

or, on alternate weeks

Saturday short hills 8 to 12 x 45 secs hard  
(slow jog back recovery)

The fartlek runs cease in early March and are replaced by varied pace track sessions where times and distances can be more accurately measured. The hill runs are terminated around early April and superseded by what becomes the third track session of the week. Throughout the summer hill work can be assimilated into long steady runs and leg strength and general endurance levels acquired during the winter thereby maintained.

It is logical to physiologically and psychologically maintain contact with the "feel" of the different paces at all times of the year. I am in complete agreement with Peter Coe's words of wisdom:- "If speed is the name of the game, never stray far from speed". That is why I favour training at each of the five paces throughout the year. The only difference should be one of

emphasis and ratio, depending upon the athlete's racing distance, and the stage and objectives of the racing calendar.

The racing programme determines the percentage allocation of each training pace into the schedule in winter. An athlete planning to compete regularly in indoor 800 metres events would incorporate more sprint / sheer speed work than one opting to compete in road or cross-country events with a view to acquiring a good aerobic base for middle-distance track events during the summer.

Conversely, the person intending to participate at a reasonably high level in distance events during the winter would tend to do much of their work at 3k / 5k or even 10k / half-marathon efforts to develop and maintain cardio-vascular / respiratory efficiency. As the training and competitive year progresses, the necessary changes of emphases and ratios delineated above will require to be made.

## Physiological Assessments

by Tim Grose

Have you ever wondered what your  $VO_{2max}$  is, how much lactate acid you accumulate at various speeds and what pulse to do your steady and lactate responses runs at? I recently went for a physiological assessment at the Human Performance Centre at Lilleshall.

On arrival, the tester Jackie Davies asked me about my athletic background, measured my height, weight, body fat percentage and my haemoglobin level which indicates how much iron is in the blood. I was relieved to find that these were OK but she stressed the importance of a carbohydrate-rich diet and made recommendations for the amount that I should be consuming each day.

We then moved to the treadmill for a lactic acid accumulation test, the main point of which is the determination of the speed, pulse and oxygen consumption at the point at which the lactic acid in the blood starts to rise markedly - commonly known as the lactate threshold level.

This involved running five four minute intervals with one minute's rest at increasing speeds. The speeds I ran at were 9, 10, 11, 11½ and 12 mph but these will vary according to your ability and

current fitness. The oxygen consumption is measured by breathing into a tube whilst wearing a nose piece. This seemed rather odd at first but I soon got used to it. The lactic acid is measured at the end of each of the five intervals by taking a small sample of blood from your thumb. This doesn't hurt by the way. My threshold level was around 11.5 mph (5:12 per mile) at which my pulse was 170 and my oxygen consumption was 52.7 ml/kg/min or 82% of my  $VO_{2max}$ .

The final test is to measure your  $VO_{2max}$ , and I can tell you this will hurt. After a minute's rest following the last four minute interval, you run at a constant speed with the gradient increasing every two minutes until you drop.

I lasted 5 minutes (which is normal) and got my pulse up to 190 - the highest I have had it at all year. The  $VO_{2max}$  is the highest recorded oxygen consumption during this period. I managed 64.2 ml/kg/min. Surprisingly, although normal so I was told, this level was reached after three minutes even though I lasted another two.

Incidentally, this reading confirms that the 15 minute Balke Test is an excellent predictor of the  $VO_{2max}$ . I did

such a test three days before this one and got a prediction of 65 ml/kg/min.

So what did I get out of the test? Apparently my  $VO_{2max}$  is a bit lower than might have been expected for someone of my ability (1:55 - 800m, 3:55 - 1,500m) and so it was suggested that I up my training volume gradually, do a sustained, lactate response run of about 20 minutes at or near my lactate threshold level (for me this is in the pulse range 168 to 173) every one to two weeks, continue to do interval sessions (at least once a week) and do a long run up to 1½ hours weekly.

Jackie also recommended doing my steady runs at a heart rate ranging from 143 to 151 which is a bit higher than I had been doing. All of the test results and training suggestions are presented in a written report which was sent to me a few days after the test.

In conclusion, I felt the whole exercise was very worthwhile. The test is fairly expensive (£77) but at least I now know how to use my pulse monitor properly.

One final word of caution - treat this test like a race and so rest up for it. The results will be meaningless if you can't perform to your best current fitness.

# Achilles Writes ....

## The most influential column in Athletics

### BMC RECORDS

We have been asked to clarify what we mean by a 'BMC Record'. Is it the best time in a BMC race by any athlete, or the best time in a BMC race by a member?

We think it should be the latter, but need help in its compilation - in the meantime we list below what we believe are the best performances in BMC races:

M800	1:46.4	P McMullen USA	1995
M1500	3:39.0	D Lewis	1983
M Mile	3:58.0	J Kirkbride	1969
M3000	7:56.24	B Farren	1994
M5000	13:46.4	J Sherban	1994
W800	2:03.3	A Griffiths	1995
W1500	4:12.8	A Davies	1995
W Mile	4:36.8	M Gommers HOL	1969
W3000	9:06.2	S Delahunty IRE	1995
W5000	15:58.7	S Rigg	1994

Results of races were not always published in the *BMC News* over the years, and indeed we do not have a complete set of magazines prior to 1980. In due course we hope to publish all-time Top 10s, so if any member knows of performances superior to, or close to, those above, please write in to Matthew Fraser Moat.

### AAA's SEEDING

John Mayock, John Nuttall, Bruno Witchalls, Andrew Keith, Glen Stewart, Ian Grime, Grant Graham - sounds like the line-up of the AAA's 1,500m final. In fact it was the first heat. With only two to qualify and only four fastest losers, one of those talented athletes *had* to be eliminated. A look at the other heats shows that they were considerably softer. Achilles has to ask:

- i Why is it necessary to allow foreign athletes in the UK Trials?
- ii When will the seeding committee actually take current form into account?
- iii If the final has to be restricted to 12 athletes why was there no 'B' final?

As it transpired it was Ian Grime and Grant Graham who lost out from heat one. Both athletes had had demanding indoor campaigns.

### DIANE WAS INNOCENT

Achilles' piece on Diane Modahl in the last issue raised a few eyebrows. The word 'courageous' was used several times to describe it. Apparently many commentators had already decided that she was guilty and taking drugs with everything except her cornflakes.

It gives Achilles little pleasure that it took the BAF appeals tribunal a further six months from the date of his last column to decide that Diane was innocent of a doping offence, appearing to accept a series of arguments very similar to those outlined by Achilles the last *BMC News*. If the logic was so obvious to an outsider who wasn't remotely involved in the case, why did it take BAF so long to reach the same conclusion?

Having ruined two seasons for Diane by not reaching this conclusion earlier, BAF now maintain that they are not liable for Diane's legal costs incurred in her defence, even before any claim has been made for loss of earnings. It wasn't Diane's fault that some overseas laboratory can't follow testing procedures, or are BAF trying to imply a verdict of 'not proven' rather than 'not guilty'?

### EMSLEY CARR MILE

The Emsley Carr Mile is a fine old race, and most of the really great milers have won it over the years. It is, however, a British race, presumably still run mainly for the benefit of British athletics. So, who was in the 1995 race? Was it the current crop of promising MD athletes such as Caddy, Hart, Graham, Stewart, Brown, Whiteman, Gillespie?

No, they all had to run in the 'Development' race. In the mile race itself were the four established British athletes, and a lot of foreign athletes who no-one had ever heard of or cared about.

Competition of the right standard for our athletes is hard enough to come by. We all realise that the BAF promotions office are under tremendous pressure, but is it too much to ask for British athletes to get places in the Emsley Carr Mile?

### 8 MINUTES FOR 2 MILES?

Haile Gebresilasse's recent 5,000m world record was the probably the most magnificent distance run since Coe's 800m world record. To knock 11 seconds off an already good record is just awesome. 12:44.39 for 5,000m is 61 secs per lap. However, Gebresilasse's world record earlier in the year for 2 miles was 8:07.46, which is also 61 secs per lap. Some Grand Prix promoter is going to get a lot of money when Gebresilasse runs two sub-four minute miles back-to-back next summer and breaks 8 minutes for 2 miles.

### LOUGHBOROUGH HEATS

The heats at the Loughborough Championships were sensational with two of the favourites, Ian Gillespie and Paul Walker, being eliminated in the heats. They were also particularly illuminating in that they featured strong, almost unnecessary, front-running by Sean Kelly and Lee Cadwallader.

Both athletes ensured that they qualified by running faster than their opposition could hope to achieve. Many athletes should learn from their example - you can't win the championship if you don't qualify for the final!

### SCOTTISH REVENGE

Some of the athletes on this year's trip to Lanzarote thought the trip organiser 'paraded his prejudices' in his write-up in the last *BMC News*. The athletes concerned demonstrated their fitness only ten weeks later at Loughborough. Three of them won medals in the BMC Championships, and two were selected for the Loughborough match itself. They got their revenge in the best possible way.

### EALING RANKING LISTS

When Tim Grose set his 800m pb at Sutton, in his 18th and last BMC race of the year, he went top of his club 800m rankings. The person he knocked off was Kelly Holmes!

### ACHILLES HAS BEEN CENSORED!

Achilles has been asked 'not to upset the apple-cart' by firing any broadsides at BAF whilst delicate lobbying concerning next year's fixtures list takes place. Our editorial policy has always been that since the *BMC News* always gives credit where it is due, it is also appropriate to give criticism where it is due.

The role of the Editor is to distinguish between making gratuitous insults and constructive criticism. All articles submitted have to fall into the latter category before they are published. Even so there hasn't been a *BMC News* yet where at least one person hasn't been mortally offended. It seems that athletes, officials and coaches are very willing to accept praise, but unable to take criticism.

### LESSONS FROM OXFORD

Andrew Young learnt a very valuable lesson at Oxford - always look where you are going when you step off a train!

# 1995 BMC Rankings

Performances set in BMC races - compiled by Matthew Fraser Moat

Men's 600m									
1:19.6	* Peter Crampton	1	Wythenshawe	17 May	1:50.2	Neil Caddy	1	Wythenshawe	17 May
1:23.1	* Joe Gowan	2	Wythenshawe	17 May	1:50.2	Peter Hackley	4r1	Stretford	1 Aug
2 performances to 1:25.0 by 2 athletes									
Men's 800m									
1:46.4	* Paul McMullen USA	1r1	Stretford	1 Aug	1:50.2	Garth Watson	5r1	Stretford	22 Aug
(BMC Record)									
1:48.1		1r2	Stretford	18 Jul	1:50.4		4r1	Stretford	5 Sep
1:47.6	* Craig Winrow	2r1	Stretford	1 Aug	1:50.7		5r1	Stretford	1 Aug
1:47.8	Lee Cadwallader	1r1	Stretford	22 Aug	1:51.3R		1re1	Oxford	2 Sep
1:49.0		1r1	Stretford	27 Jun	1:51.7		1r2	Solihull	26 Jul
1:49.23		1	Loughborough	11 Jun	1:51.8		4r3	Wythenshawe	17 May
1:50.5		1h6	Loughborough	10 Jun	1:52.1		1r1	Stretford	18 Jul
1:50.9		1r2	Wythenshawe	17 May	1:54.1		2r1	Stretford	25 Apr
1:48.0	* Kevin McKay	3r1	Stretford	1 Aug	1:50.3	Rupert Waters	3r1	Stretford	5 Sep
1:48.2	Andy Hart	1r1	Birmingham	20 Aug	1:50.6		6r1	Stretford	22 Aug
1:49.2		1r1	Stretford	5 Sep	1:50.6R		1re2	Oxford	2 Sep
1:49.3		2r1	Stretford	27 Jun	1:50.8		6r1	Stretford	1 Aug
1:49.5		1r1	Solihull	26 Jul	1:52.5		3	Grimsby	27 May
1:51.9		1r1	Cardiff	24 Jun	1:52.9		4r4	Wythenshawe	17 May
1:48.5	* Jason Lobo	2r1	Stretford	22 Aug	1:53.2		2r2	Stretford	27 Jun
1:49.8		5r1	Wythenshawe	17 May	(30)				
1:48.7	Tony Morrell	3r1	Stretford	22 Aug	1:50.53	Martin Airey	6	Loughborough	11 Jun
1:48.9	* Steve Green JAM	4r1	Stretford	22 Aug	1:52.8		2h1	Loughborough	10 Jun
1:50.5R		1re4	Oxford	2 Sep	1:52.8		7r1	Bedford	19 Jul
1:49.2	Ewan Calvert	2r1	Birmingham	20 Aug	1:53.3		3r1	Sutton	17 Sep
1:49.7		2r1	Stretford	5 Sep	1:53.35		4r1	Crawley	27 May
1:50.2		8r1	Wythenshawe	17 May	1:50.6	* Eddy King	9r1	Wythenshawe	17 May
1:50.2		2	Ayr	13 Aug	1:50.6	Andrew Walling	7r1	Stretford	22 Aug
1:52.6		1	Lanzarote	21 Mar	1:51.4		8r1	Stretford	1 Aug
1:49.4	* Martin Steele	1r1	Wythenshawe	17 May	1:51.8R		2re3	Oxford	2 Sep
1:49.7		3r1	Stretford	27 Jun	1:50.6R	Andrew Blackmore U20	2re4	Oxford	2 Sep
(10)									
1:49.55	Grant Graham	1	Meadowbank	31 May	1:53.4		7r3	Wythenshawe	17 May
1:50.0		4r1	Stretford	27 Jun	1:50.7	* Bruce Craven	8r1	Stretford	22 Aug
1:50.6		3	Ayr	13 Aug	1:51.3		7r1	Stretford	1 Aug
1:49.56	John Geres	2	Loughborough	11 Jun	1:52.4		9r1	Stretford	5 Sep
1:51.8		1h3	Loughborough	10 Jun	1:53.3R		5re1	Oxford	2 Sep
1:49.6	* Piet Desmet BEL	2r1	Wythenshawe	17 May	1:53.6		2r2	Stretford	18 Jul
1:49.7	Clive Gilby	3r1	Wythenshawe	17 May	1:50.7	* John Rigg	9r1	Stretford	22 Aug
1:49.8	* Simon Fairbrother	4r1	Wythenshawe	17 May	1:51.5		2	Grimsby	27 May
1:49.9	Gary Brown	2	Meadowbank	31 May	1:51.5		8r1	Stretford	27 Jun
1:50.1		5r1	Stretford	27 Jun	1:51.6		7r1	Stretford	5 Sep
1:50.2		1	Ayr	13 Aug	1:51.7		4r2	Wythenshawe	17 May
1:49.9	Sean Kelly	1h2	Loughborough	10 Jun	1:50.8	Bruno Witchalls	2r1	Watford	9 Aug
1:50.05		4	Loughborough	11 Jun	1:51.6		2r1	West London	13 Aug
1:50.7		1r3	Wythenshawe	17 May	1:50.8	Matthew Kloiber	5r1	Stretford	5 Sep
1:49.9R	Alasdair Donaldson U20	1re3	Oxford	2 Sep	1:51.4R		2re1	Oxford	2 Sep
1:50.48		5	Loughborough	11 Jun	1:51.5		1r2	Stretford	22 Aug
1:50.9		3r1	Birmingham	20 Aug	1:51.6		4r1	Watford	9 Aug
1:51.3		2r2	Wythenshawe	17 May	1:52.2		1r2	Birmingham	20 Aug
1:52.1		2h3	Loughborough	10 Jun	1:54.2		6r2	Stretford	27 Jun
1:49.95	Kheredine Idessane	3	Loughborough	11 Jun	1:54.8		4r1	Cardiff	24 Jun
1:52.4		6r3	Wythenshawe	17 May	1:50.9	Tony Mate	10r1	Stretford	22 Aug
1:52.6		3h3	Loughborough	10 Jun	1:52.8		1	Jarrow	19 Jul
1:53.7		2	Crownpoint	5 Jul	1:51.0	David Thornton	6r1	Stretford	5 Sep
1:50.0	* John Mayock	6r1	Wythenshawe	17 May	1:52.1		3r4	Wythenshawe	17 May
(20)									
1:50.0	* Ian Campbell	3	Meadowbank	31 May	1:53.0		1r2	Stretford	27 Jun
1:50.1	* Adam Duke	7r1	Wythenshawe	17 May	1:53.6		4r2	Stretford	22 Aug
1:50.1	Simon Brown	1r4	Wythenshawe	17 May	1:54.6R		4re4	Oxford	2 Sep
1:50.1	Ian Grime	2r1	Solihull	26 Jul	(40)				
1:51.7		5r2	Wythenshawe	17 May	1:51.1	Richard Girvan U20	2r3	Wythenshawe	17 May
1:55.9		6r1	Birmingham	20 Aug	1:51.6		4r1	Birmingham	20 Aug
1:50.1	Nick Bentham	3r1	Solihull	26 Jul	1:51.1	Paul Walker	4	Meadowbank	31 May
1:52.2		3r1	Bedford	19 Jul	1:55.6		2h5	Loughborough	10 Jun
1:53.0		5r1	Highgate	2 Aug	1:51.3	David Locker	2h6	Loughborough	10 Jun
1:53.8		2	Highgate	3 May	1:51.43		7	Loughborough	11 Jun
1:50.1	Andy Knight	1r1	Watford	9 Aug	1:51.6		2r4	Wythenshawe	17 May
1:50.7		1r1	Highgate	2 Aug	1:51.7		9r1	Stretford	27 Jun
1:50.7		1r1	West London	13 Aug	1:52.6		2r1	Stretford	18 Jul
1:50.81		1r1	Crawley	27 May	1:51.3	* Jason Dupuy	3r1	Watford	9 Aug
					1:53.0		4r1	Highgate	2 Aug
					1:54.4		4r1	Tooting	5 Jul
					1:51.4	Ian Mansfield	1	Grimsby	27 May
					1:51.5		3r3	Wythenshawe	17 May



# 1995 BMC Rankings

Performances set in BMC races

1:51.4	1:53.9	1r1	Stretford	25 Apr	1:53.9	1r5	Wythenshawe	17 May	
1:51.5	Ben Reese U20	7r1	Stretford	27 Jun	1:54.7	5r1	Stretford	18 Jul	
1:51.5	Des Roache U20	1	Grangemouth	3 May	1:52.62	8	Loughborough	11 Jun	
1:51.5	1:53.69	5r1	Crawley	27 May	1:53.7	5r1	West London	13 Aug	
1:51.5	John McFadyen	3r2	Wythenshawe	17 May	1:53.7	6r2	Birmingham	20 Aug	
1:51.5	Luke Veness	1	Tooting	2 Aug	1:55.6	1h5	Loughborough	10 Jun	
1:51.5R	1:53.1	2r2	Tooting	5 Jul	(80)				
1:51.5R	1:53.2	3r1	West London	13 Aug	1:52.7	Chris Beswick	1h1	Loughborough	10 Jun
1:52.60	Mark Griffin	3re1	Oxford	2 Sep	1:53.0	2r3	Birmingham	20 Aug	
(50)	1:52.60	3r1	Crawley	27 May	1:53.32	10	Loughborough	11 Jun	
1:51.6	Stuart Margiotta	4r1	Solihull	26 Jul	1:53.9	4r1	Stretford	18 Jul	
1:51.7	Desmond English IRE	1	Highgate	7 Jun	1:54.1	2r2	Stretford	5 Sep	
1:51.7	Simon Stebbings	5r1	Watford	9 Aug	1:54.6	9r2	Stretford	22 Aug	
1:52.2	1:52.2	2r1	Bedford	19 Jul	1:52.7	1r2	Tooting	5 Jul	
1:53.4	1:53.4	2r1	Tooting	5 Jul	1:53.7	4r1	West London	13 Aug	
1:53.6	1:53.6	1	Ealing	12 Jul	1:54.9	6r1	Highgate	2 Aug	
1:54.6	1:54.6	3	Highgate	7 Jun	1:55.2	6r1	Cardiff	24 Jun	
1:55.77	1:55.77	4r2	Crawley	27 May	1:52.8	1	Highgate	3 May	
1:51.8	* Rod Finch	6r2	Wythenshawe	17 May	1:52.8	* Darrel Maynard	9r2	Wythenshawe	17 May
1:51.8	Phil Healy	1	Derry	25 Jul	1:52.8	Paul Cooper	3h2	Loughborough	10 Jun
1:51.8	* Paul Bennett	8r1	Stretford	5 Sep	1:54.2	3	Jarrow	19 Jul	
1:51.80	1:53.7	8r1	Watford	9 Aug	1:55.0	3r2	Stretford	1 Aug	
1:51.9	Jason Thompson	2r1	Crawley	27 May	1:52.8	Martin Yelling	6r1	Bedford	19 Jul
1:51.9	1:51.9	6r1	Watford	9 Aug	1:52.9	David Povall	1r2	Watford	9 Aug
1:52.1	1:52.1	5r3	Wythenshawe	17 May	1:53.5	3r3	Birmingham	20 Aug	
1:52.2	1:52.2	1r1	Tooting	5 Jul	1:54.0R	3re3	Oxford	2 Sep	
1:52.5	1:52.5	2r1	Highgate	2 Aug	1:54.2	2r1	Barry	25 Jul	
1:51.9	Andrew Young U20	5	Meadowbank	31 May	1:54.6	3r1	Cardiff	24 Jun	
1:51.9	1:51.9	5r1	Birmingham	20 Aug	1:53.0	Peter McDonald	8r1	Bedford	19 Jul
1:51.9	Matthew Davies	1r3	Birmingham	20 Aug	1:55.0	8r2	Watford	9 Aug	
1:52.1	1:52.1	1r1	Bedford	19 Jul	1:54.7	3r2	Birmingham	20 Aug	
1:52.6	1:52.6	7r1	Watford	9 Aug	1:53.1	4r1	Barry	25 Jul	
1:53.0	1:53.0	1r3	Solihull	26 Jul	(90)	2	Jarrow	19 Jul	
1:51.9R	David Stanley U17	2re2	Oxford	2 Sep	1:53.1	* James Mayo	2r2	Watford	9 Aug
1:53.7	1:53.7	1r4	Birmingham	20 Aug	1:54.6R	7re1	Oxford	2 Sep	
1:56.0	1:56.0	1	Millfield	8 May	1:55.1	5r3	Birmingham	20 Aug	
(60)					1:55.1	4r2	Birmingham	20 Aug	
1:52.0	Glyn Tromans	5r1	Solihull	26 Jul	1:53.1R	3re4	Oxford	2 Sep	
1:52.1	* Sean Price	7r2	Wythenshawe	17 May	1:54.4	4h3	Loughborough	10 Jun	
1:53.7	1:53.7	1r1	Barry	25 Jul	1:54.4	2r1	Cardiff	24 Jun	
1:52.3	Noel Edwards	3h6	Loughborough	10 Jun	1:55.3	9r2	Watford	9 Aug	
1:54.6	1:54.6	8r3	Wythenshawe	17 May	1:55.7	1r6	Wythenshawe	17 May	
1:55.02	1:55.02	11	Loughborough	11 Jun	1:53.2	Michael Gooch	5r2	Birmingham	20 Aug
1:52.3R	Dean Clark	3re2	Oxford	2 Sep	1:53.4	3r2	Watford	9 Aug	
1:54.7	1:54.7	2	Tooting	2 Aug	1:53.6	10r1	Stretford	5 Sep	
1:55.8	1:55.8	4r1	Sutton	17 Sep	1:54.1	5	Grimshby	27 May	
1:52.3	* Dominic Hall	1r1	Sutton	17 Sep	1:54.2	10r1	Bedford	19 Jul	
1:52.3	Richard Ashe	2r1	Sutton	17 Sep	1:54.3	6r2	Stretford	22 Aug	
1:52.4	Glen Stewart	1	Crownpoint	5 Jul	1:54.4R	6re2	Oxford	2 Sep	
1:52.4	Larry Mangleshot	4r1	Bedford	19 Jul	1:54.8	7r4	Wythenshawe	17 May	
1:55.7	1:55.7	1r3	Highgate	2 Aug	1:55.0	4r2	Solihull	26 Jul	
1:52.4	Bobby Farren	2	Derry	25 Jul	1:53.2	Keith Hatton	3r3	Birmingham	20 Aug
1:52.4R	Nick Commerford	4re1	Oxford	2 Sep	1:54.5	8r2	Stretford	22 Aug	
(70)					1:55.7	6r2	Stretford	5 Sep	
1:52.5	Andrew Parker	8r2	Wythenshawe	17 May	1:53.4	5r4	Wythenshawe	17 May	
1:54.6	1:54.6	4r2	Stretford	5 Sep	1:53.4	3r1	Stretford	18 Jul	
1:52.5	* Michael Combe U17	1r2	Stretford	1 Aug	1:53.4	3r2	Stretford	22 Aug	
1:52.5	* Tony Balogun	3r1	Highgate	2 Aug	1:53.6	1r2	Stretford	5 Sep	
1:53.4	1:53.4	2	Highgate	7 Jun	1:53.7	4r2	Stretford	27 Jun	
1:52.5R	Martyn Jones	4re2	Oxford	2 Sep	1:55.2	3r1	Stretford	25 Apr	
1:54.7	1:54.7	4r5	Wythenshawe	17 May	1:53.4	* Matthew Clarke U20	7r1	Solihull	26 Jul
1:52.6	Toby Gosnall	2h2	Loughborough	10 Jun	1:53.6	* Chris Simmons	3r1	Tooting	5 Jul
1:52.9	1:52.9	6r1	Solihull	26 Jul	1:55.2	4r2	Highgate	2 Aug	
1:52.97	1:52.97	9	Loughborough	11 Jun	1:53.6	* Mike Shevyn	2r2	Solihull	26 Jul
1:52.6	David Heath	5r1	Bedford	19 Jul	1:53.7	Ian Gillespie	3h1	Loughborough	10 Jun
1:53.4	1:53.4	1r2	Crystal Palace	31 May	(100)				
1:52.6	Alan Tatham U20	2r2	Birmingham	20 Aug	1:53.7	Guy Amos	9r1	Bedford	19 Jul
1:53.8R	1:53.8R	6re1	Oxford	2 Sep	1:53.7	Dave Bullock	4r2	Watford	9 Aug
1:54.4	1:54.4	5r3	Stretford	27 Jun	1:54.8	2r2	Highgate	2 Aug	
1:52.6	Cieran Murphy	11r1	Stretford	22 Aug	1:53.7	* Dave Arnott	4	Ayr	13 Aug
1:52.6	* Andrew Prophet	2r2	Stretford	22 Aug	1:53.8R	Mark Wiscombe	5re2	Oxford	2 Sep
1:53.7	1:53.7	3r2	Stretford	27 Jun	1:53.9	* Stephen Blake	5r2	Watford	9 Aug

\* denotes non-member

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# 1995 BMC Rankings

Performances set in BMC races

1:53.9	1:54.4	2r1	Crystal Palace	31 May	1:55.3	* Duncan Cole	7r1	Cardiff	24 Jun
1:54.0	Ian Mitchell	5r2	Stretford	22 Aug	1:55.4	1:55.4	7r1	Barry	25 Jul
1:54.0	* Shane Daly	5r2	Stretford	27 Jun	1:55.3	Peter Baker	4r3	Solihull	26 Jul
1:54.0	* Paul Davidson	1r3	Stretford	27 Jun	1:55.30	(150)			
	1:54.4	3r2	Stretford	5 Sep	1:55.30	Ben Sutton	2	Birmingham	26 Apr
	1:55.7	2r7	Wythenshawe	17 May	1:55.4	Paul Gray	7r2	Birmingham	20 Aug
1:54.0	Andrew Worrall	2r3	Stretford	27 Jun	1:55.5	* Jonathan Keane	7r5	Wythenshawe	17 May
	1:54.7	5r5	Wythenshawe	17 May	1:55.5	* Simon Isgar	1r3	Watford	9 Aug
	1:54.8	5r2	Stretford	5 Sep	1:55.5	* Kris Haggetty	2r3	Watford	9 Aug
	1:55.0	1r1	Stretford	6 Jun	1:55.5	* P Lennon	4r4	Stretford	22 Aug
	1:55.5	1r3	Stretford	22 Aug	1:55.5	* A Woodhead U20	5r4	Stretford	22 Aug
1:54.1	Ian Weatherall	4	Grimsby	27 May	1:56.0	1:56.0	3r1	Stretford	6 Jun
	1:54.1	3r3	Stretford	27 Jun	1:55.53	* Prince Amara	2r2	Crawley	27 May
	(110)				1:55.6	Simon Jones	1r2	Crystal Palace	31 May
1:54.1	Paul Hamilton	4h1	Loughborough	10 Jun	1:55.6	* Dan Ashman U20	8r1	Barry	25 Jul
	1:54.3	6r4	Wythenshawe	17 May	1:55.6	(160)			
	1:54.8	6	Grimsby	27 May	1:55.6	* C Bertenshaw	6r4	Stretford	22 Aug
1:54.1	Matt Barker	1h4	Loughborough	10 Jun	1:55.7	* Scott Wearden	7r2	Stretford	5 Sep
1:54.1	Michael Morris	2r3	Solihull	26 Jul	1:55.7	Jonathan Hamblen	1r2	Sutton	17 Sep
1:54.1	Peter Steele	3r3	Solihull	26 Jul	1:55.8	Andrew Thomas U17	3r7	Wythenshawe	17 May
1:54.2	* Scott Taylor	2	Grangemouth	3 May	1:55.8	David Rankin	7r1	Stretford	18 Jul
1:54.2	* Paul Dunlop	4r3	Stretford	27 Jun	1:55.8	* S Stokes U20	1r3	Stretford	18 Jul
	1:54.3	1r4	Stretford	22 Aug	1:55.8	* Clayton Bannon U20	4	Jarrow	19 Jul
	1:54.4	2r5	Wythenshawe	17 May	1:55.8	* Steve Sharpe	5r2	Highgate	2 Aug
1:54.2	* Martin O'Sullivan	2	Ealing	12 Jul	1:55.8	* Simon Wilson	6r2	Highgate	2 Aug
1:54.2	* Karl Wright	2r2	Stretford	1 Aug	1:55.8	* Tim Balaam U20	3r3	Watford	9 Aug
1:54.3	* Nick Pearson	3	Ealing	12 Jul	1:55.8	(170)			
1:54.3	* Paddy Bryce	6r2	Watford	9 Aug	1:55.8	Alan Caple	1r3	West London	13 Aug
	(120)				1:55.8	* Ian Gray USA	5r1	Sutton	17 Sep
1:54.3	* Stephen Body	7r2	Watford	9 Aug	1:55.8	Tim Grose	2r2	Sutton	17 Sep
1:54.4	* Steve Price	3r1	Barry	25 Jul	1:55.9	* B Griffin	5	Highgate	7 Jun
1:54.4	* Ken Harker	7r2	Stretford	22 Aug	1:55.9	David Rowbotham	4r2	Tooting	5 Jul
1:54.5	Matthew McCallum	3r5	Wythenshawe	17 May	1:55.9	* Ollie Norman	5r2	Tooting	5 Jul
	1:54.8	4h2	Loughborough	10 Jun	1:55.9	Ian Wright	3r2	Sutton	17 Sep
	1:55.83	3	Birmingham	26 Apr	1:56.0	Paul Roberts	4r1	Stretford	25 Apr
1:54.5	* Andy Ward	6r3	Stretford	27 Jun	1:56.0	* John Lucas	5	Jarrow	19 Jul
1:54.5	Chris Blount	3r2	Solihull	26 Jul	1:56.0	Neil Ovington	1r2	Bedford	19 Jul
1:54.5	Patrick Davoren	6r1	West London	13 Aug	1:56.0	(180)			
1:54.6	Andrew Renfree	2	Cambourne	4 Jul	1:56.0	Neil Miller	4r3	Watford	9 Aug
1:54.6	* John O'Shea	5r1	Tooting	5 Jul	1:56.0	* Steven Cooper	2r4	Birmingham	20 Aug
1:54.7	Hamish Christensen NZ	1r2	Highgate	2 Aug	1:56.0	* Neil Dixon	8r2	Stretford	5 Sep
	(130)				381 performances to 1:56.0 by 183 athletes				
1:54.8	Dave Reader	6r5	Wythenshawe	17 May	Additional Age Group				
	1:54.9	5h1	Loughborough	10 Jun	1:56.1	* P Douglas U20	9r2	Stretford	5 Sep
1:54.8	Roger Morley U20	1r7	Wythenshawe	17 May	1:56.1	* S Hughes U17	2r3	Stretford	18 Jul
	1:55.7	2r1	Stretford	6 Jun	1:56.2	* M Plano U20	1r3	Stretford	1 Aug
1:54.8	Alistair Moses U20	3r1	Crystal Palace	31 May	1:59.3		1r2	Stretford	6 Jun
1:54.8	Richard Mann U20	5r1	Cardiff	24 Jun	1:56.3R	* John Weybourne U20	4r4	Oxford	2 Sep
1:54.8	Bryce Gibson	7r2	Stretford	27 Jun	1:56.4	Sian Owen U17	4r7	Wythenshawe	17 May
	1:55.1	3r2	Highgate	2 Aug	1:56.4	* Brendan Smith U20	4r3	Stretford	22 Aug
	1:55.2	4	Highgate	7 Jun	1:56.6	* Paul Morby U17	5r7	Wythenshawe	17 May
	1:55.2	2r2	West London	13 Aug	1:56.7		4r4	Birmingham	20 Aug
	1:55.5	4	Ealing	12 Jul	1:57.6		6r3	Watford	9 Aug
1:54.80	* Neil Williams	1	Birmingham	26 Apr	1:56.9	* Dale Canning U20	1r4	Stretford	27 Jun
1:54.9	Russell Cartwright U20	2h4	Loughborough	10 Jun	1:56.9	Phil McGuinness U20	2r3	Stretford	5 Sep
	1:55.2R	8r1	Oxford	2 Sep	1:58.3		8r2	Stretford	18 Jul
	1:55.4	6r3	Birmingham	20 Aug	1:57.0	* A Dawrant U20	3r3	Stretford	5 Sep
1:54.9	* J McCallum	3r2	Tooting	5 Jul	1:57.4		9r3	Stretford	1 Aug
1:54.9	Stuart Bailey U20	6r1	Stretford	18 Jul	1:57.2R	* Matthew McHugh U20	7r2	Oxford	2 Sep
1:54.9	* Matthew Dixon U17	2r4	Stretford	22 Aug	1:57.2	* F Bailey U20	2r4	Stretford	5 Sep
	(140)				1:57.3	* Matt Raw U20	3r3	Stretford	18 Jul
1:55.0	* Hugh Jenkins U20	5r1	Barry	25 Jul	1:57.3	Michael Carding U20	2r2	Bedford	19 Jul
1:55.0	* Dave Davey U20	6r1	Barry	25 Jul	1:57.5	* Paul Lamb U20	4r6	Wythenshawe	17 May
1:55.1	Ian Thompson	4r1	Crystal Palace	31 May	1:57.5	Scott Yoxall U20	7r7	Wythenshawe	17 May
	1:55.7	4h4	Loughborough	10 Jun	1:57.5	* A Phillips U20	4r4	Stretford	5 Sep
1:55.1	Richard Dawson	3h4	Loughborough	10 Jun	1:57.6	* Darren Talbot U20	7r1	Stretford	6 Jun
	1:55.37	1r2	Crawley	27 May		1:58.7	4r4	Stretford	27 Jun
1:55.1	* Michael Farren	3	Derry	25 Jul	1:59.1		9r7	Wythenshawe	17 May
1:55.2	Alan MacDougall	8r4	Wythenshawe	17 May	1:57.7	* F O'Leary U20	8r1	Stretford	6 Jun
	1:55.5	7r1	West London	13 Aug	1:57.7	* Robert Harris U20	1r2	Cardiff	24 Jun
	1:55.58	3r2	Crawley	27 May	1:57.7	* L Garratt U17	3r4	Stretford	27 Jun
1:55.2	* Rob McHarg	1r2	West London	13 Aug	1:57.8	* A Bellis U20	6r4	Stretford	5 Sep
1:55.2	* A Jones	3r4	Stretford	22 Aug	1:58.1	Chris O'Neill U20	4r3	Stretford	5 Sep

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Performances set in BMC races

1:58.2	Ross Fittall U17	1	Bath	31 May	3:44.6	Ian Gillespie	8r1	Wythenshawe	17 May
1:58.2	* M Gordon U17	3r3	Stretford	1 Aug		3:46.4	3r1	Salisbury	9 Jul
1:58.2	Tom Payn U17	5r4	Birmingham	20 Aug		3:46.9	3	Southampton	3 Sep
1:58.3	Raymond Waggitt U17	8r7	Wythenshawe	17 May		3:48.8	3	Cardiff	24 Jun
1:58.8	* C Brereton U20	2r4	Stretford	18 Jul		3:51.60	6	Antrim	28 May
1:59.0	Tom Green U20	9r3	Watford	9 Aug	3:44.6	Stuart Margiotta	2r1	Watford	9 Aug
	2:00.0	6h5	Loughborough	10 Jun		3:45.7	7r1	Birmingham	20 Aug
1:59.3	* M Oldham U20	4r3	Stretford	1 Aug	3:44.63	Tony Mate	2	Loughborough	11 Jun
	1:59.4	8r4	Stretford	5 Sep		3:47.2	2h1	Loughborough	10 Jun
1:59.4	Simon Lees U17	1r8	Wythenshawe	17 May	3:44.7	Glen Stewart	3r1	Stretford	1 Aug
1:59.5	* A Hargreaves U17	2r2	Stretford	6 Jun		3:45.3	6r1	Birmingham	20 Aug
1:59.7	* T Thompson U20	5r3	Stretford	18 Jul		3:45.5	1r1	Stretford	6 Jun
1:59.7	* T Hall U17	3r4	Stretford	18 Jul		3:47.95	5	Antrim	28 May
						3:51.5	11r1	Wythenshawe	17 May

## Men's 4 x 800m Relay

7:26.2	BMC National Juniors (World Junior Record)	1r1	Oxford	2 Sep	3:44.8	Glyn Tromans	4r1	Stretford	1 Aug
					3:45.1	Bobby Farren	1	Antrim	28 Jun
7:26.2	Sale Harriers	2r1	Oxford	2 Sep	3:47.48		3	Antrim	28 May
7:32.0	BMC Wales (Welsh Record)	3r1	Oxford	2 Sep	3:45.6	Phil Healy	2	Antrim	28 Jun
					3:47.75		4	Antrim	28 May
7:37.1	BMC North	4r1	Oxford	2 Sep	3:45.9	* Jason Lobo	5r1	Stretford	1 Aug
7:39.6	BMC South West	5r1	Oxford	2 Sep	3:45.9	* Jeff Atkinson USA	8r1	Birmingham	20 Aug
7:47.9	BMC Wales Juniors (Welsh Junior Record)	6r1	Oxford	2 Sep	3:46.2	Paul Freary	2r1	Stretford	6 Jun
						3:46.8	9r1	Wythenshawe	17 May
7:49.6	BMC South	7r1	Oxford	2 Sep		3:47.45	2	Antrim	28 May
7:54.1	BMC England	8r1	Oxford	2 Sep	3:46.7	Kim Critchley	3r1	Stretford	6 Jun
8:13.0	Ealing Southall & Middx	9r1	Oxford	2 Sep	3:46.7	Stuart Poore	4r1	Salisbury	9 Jul
8:14.0	Oxford City AC U20	1r2	Oxford	2 Sep		3:48.0	5r1	Watford	9 Aug
8:30.1	Oxford City AC	2r2	Oxford	2 Sep	3:47.1	Des Roache U20	1r2	Wythenshawe	17 May
8:33.4	Border H & AC U20	3r2	Oxford	2 Sep	3:47.3	Ian Mitchell	6r1	Stretford	1 Aug

12 performances by 12 teams

## Men's 1,000m

2:22.0	* Steve Green JAM	1	Stretford	18 Jul	3:47.3				
2:22.7	* Matthew Hibberd	2	Stretford	18 Jul	3:47.5				
2:23.2	Stuart Margiotta	3	Stretford	18 Jul					
2:24.6	Ian Gillespie	1	Millfield	8 May	3:47.7				
2:24.8	Cieran Murphy	4	Stretford	18 Jul					
2:26.7	* Andy Ward	5	Stretford	18 Jul	3:47.9				
2:27.7	Keith Hutton	6	Stretford	18 Jul	3:48.1				

7 performances to 2:30.0 by 7 athletes

## Men's 1,500m

3:42.1	Neil Caddy	1	Southampton	3 Sep	3:48.46	Dave Robertson	1r1	Crawley	27 May
3:42.2		1r1	Wythenshawe	17 May		3:48.5	6r1	Watford	9 Aug
3:44.8		1	Cardiff	24 Jun		Ben Reese U20	2r2	Wythenshawe	17 May
3:42.4	* Steve Green JAM	2r1	Wythenshawe	17 May	3:48.5	3:54.56	7	Antrim	28 May
3:42.7	Andy Hart	3r1	Wythenshawe	17 May		* Ben Rieper	5r1	Stretford	6 Jun
3:45.4		1r1	Salisbury	9 Jul		3:49.3	5r2	Wythenshawe	17 May
3:42.9	Richard Ashe	1r1	Watford	9 Aug	3:48.5	Phil Mowbray	9r1	Birmingham	20 Aug
3:49.66		3r1	Crawley	27 May	3:48.6	Terry West	3r2	Wythenshawe	17 May
3:43.0	Gary Brown	4r1	Wythenshawe	17 May	3:48.6	Martin Yelling	4r2	Wythenshawe	17 May
3:44.6		5r1	Birmingham	20 Aug		3:49.0	8r1	Watford	9 Aug
3:43.2	Grant Graham	5r1	Wythenshawe	17 May		3:51.6	3	Highgate	5 Jul
3:43.9		2r1	Birmingham	20 Aug		3:52.3	10r1	Birmingham	20 Aug
3:44.06		1	Loughborough	11 Jun		3:52.9	3r1	Milton Keynes	26 Jul
3:44.1		1r1	Stretford	1 Aug		3:54.2	8r1	Welwyn	28 Aug
3:46.6		1h1	Loughborough	10 Jun	3:48.7	Peter Hackley	6r1	Stretford	6 Jun
3:43.4	* Anthony Whiteman	1r1	Birmingham	20 Aug	3:48.8	* Brendan Smith U20	8r1	Stretford	1 Aug
3:45.9		2r1	Salisbury	9 Jul		3:53.7	2r4	Wythenshawe	17 May
3:44.2	Cieran Murphy	6r1	Wythenshawe	17 May	3:48.8	Matthew Smith	7r1	Watford	9 Aug
3:44.91		3	Loughborough	11 Jun		3:51.81	5	Loughborough	11 Jun
3:47.32		1	Antrim	28 May		3:52.4	4h2	Loughborough	10 Jun
3:50.3		1h2	Loughborough	10 Jun					
3:44.2	Lee Cadwallader	2r1	Stretford	1 Aug	3:49.1	Nick Bentham	1	Highgate	5 Jul
3:45.1		2	Cardiff	24 Jun		3:53.5	1	Rugby	28 Jun
3:44.2	* Rod Finch	3r1	Birmingham	20 Aug	3:49.1	Steve Mosley	9r1	Watford	9 Aug
3:44.6		2	Southampton	3 Sep		3:53.7	8r1	Salisbury	9 Jul
	(10)					3:55.3	11r2	Wythenshawe	17 May
3:44.3	Spencer Barden	7r1	Wythenshawe	17 May	3:49.21	Patrick Davoren	2r1	Crawley	27 May
3:44.3	Nick Commerford	4r1	Birmingham	20 Aug		3:49.5	4	Cardiff	24 Jun
3:47.4		4	Southampton	3 Sep	3:49.4	Chris Elliott	6r2	Wythenshawe	17 May

\* denotes non-member

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Performances set in BMC races only

3:49.4	Ivan Hollingsworth	10r1	Watford	9 Aug	3:53.5	Pat Chance	4	Solihull	31 May
3:50.4		3h1	Loughborough	10 Jun	3:53.5	* Hugh Brasher	8r2	Watford	9 Aug
3:53.3		5r1	Welwyn	28 Aug	3:54.4		1	Tooting	23 Aug
3:54.25		10	Loughborough	11 Jun	(90)				
3:54.9		5r1	Milton Keynes	26 Jul	3:53.7	* David Fraser	9r2	Watford	9 Aug
3:49.5	* Patrick O'Keefe	2	Highgate	5 Jul	3:53.7	* Harvey Cassell	10r2	Watford	9 Aug
3:49.7	* Christian Nicholson	6	Southampton	3 Sep	3:53.7	* Simon Wilson	3	Ealing	23 Aug
3:50.6		6r1	Salisbury	9 Jul	3:53.8	Rob Halliday	11r1	Stretford	1 Aug
3:51.5		2r1	Milton Keynes	26 Jul	3:53.9	* Jonathan Guiney	4	Ealing	23 Aug
3:49.79	Andrew Renfree	4r1	Crawley	27 May	3:54.4		3r3	Birmingham	20 Aug
3:50.4		1r2	Birmingham	20 Aug	3:53.9	Paul Gray	7r1	Welwyn	28 Aug
3:51.5		5	Cardiff	24 Jun	3:54.1	Alan McDougall	11r2	Watford	9 Aug
3:55.9		12r1	Salisbury	9 Jul	3:54.2	Steve Gildert	13r1	Stretford	1 Aug
3:50.1	* Fred Carter USA	1r1	Milton Keynes	26 Jul	3:55.3		6r3	Wythenshawe	17 May
3:50.2	* Darius Burrows	5r1	Salisbury	9 Jul	3:54.2	Michael Gooch	2r2	Stretford	1 Aug
	(50)				3:54.2	* Ben Pochee	12r2	Watford	9 Aug
3:50.3	Peter Jones	3	Stretford	5 Sep		(100)			
3:52.97		7	Loughborough	11 Jun	3:54.3	* Darren Preston	2r3	Wythenshawe	17 May
3:53.3		10r1	Stretford	1 Aug	3:54.3	Matthew McCallum	2	Rugby	28 Jun
3:53.5		11r1	Birmingham	20 Aug	3:54.3	* Ollie Norman	4r2	Birmingham	20 Aug
3:50.7	* Darren Spawforth	10r1	Wythenshawe	17 May	3:54.4	* Chris Simmons	2	Tooting	23 Aug
3:50.8	Frank McGowan	7r1	Stretford	6 Jun	3:54.5	* Mark Benson	1r1	Stretford	27 Jun
3:55.1		9r2	Wythenshawe	17 May	3:54.5	* Darryl Smith	9r1	Welwyn	28 Aug
3:50.9	* Eric Crowther	8r1	Stretford	6 Jun	3:54.6	Steve Hope	4r3	Wythenshawe	17 May
3:54.0		1r3	Wythenshawe	17 May	3:54.6	Alan Tatham U20	7h2	Loughborough	10 Jun
3:51.2	Luke Veness	2h2	Loughborough	10 Jun	3:54.7	* Andy Coleman	5r3	Wythenshawe	17 May
3:51.3		2r2	Birmingham	20 Aug	3:54.7	James Greenhough	2r1	Stretford	27 Jun
3:51.59		4	Loughborough	11 Jun		(110)			
3:51.2	Richard Taylor	11r1	Watford	9 Aug	3:54.8	Craig Wheeler U20	3r1	Stretford	27 Jun
3:51.3	Steve Edmonds	1	Solihull	31 May	3:55.0		3r4	Wythenshawe	17 May
3:51.3	Tom Mayo U20	3h2	Loughborough	10 Jun	3:55.8		5r2	Stretford	1 Aug
3:53.49		9	Loughborough	11 Jun	3:54.9	Keith Hatton	3r2	Stretford	1 Aug
3:51.3	* Spencer Newport	9r1	Stretford	1 Aug	3:55.0	Andrew Worrall	4r2	Stretford	1 Aug
3:51.3	* Matt Skelton	1r2	Watford	9 Aug	3:55.7		4r3	Birmingham	20 Aug
	(60)				3:55.1	* Steve Sharpe	5	Ealing	23 Aug
3:51.3	* David Castle	2r2	Watford	9 Aug	3:55.2	* John Rigg	1r2	Stretford	6 Jun
3:51.6	Peter Baker	2	Solihull	31 May	3:55.2	Paul Drake	10r1	Salisbury	9 Jul
3:56.0		1	Tooting	14 Jun	3:55.2	Simon Stebbings	6r1	Milton Keynes	26 Jul
3:51.7	Mark Miles U20	7r2	Wythenshawe	17 May	3:55.2	David Rowbotham	3	Tooting	23 Aug
3:52.32		6r1	Crawley	27 May	3:55.3	Bryce Gibson	10r1	Welwyn	28 Aug
3:51.7	* Mike Simpson	3r2	Watford	9 Aug	3:55.4	* Mark Steinle	4	Highgate	5 Jul
3:51.7	* Ken Harker	5	Stretford	5 Sep		(120)			
3:53.8		12r1	Stretford	1 Aug	3:55.6	* Richard Gardiner	7r3	Wythenshawe	17 May
3:51.9	Mark Barrow	9r1	Stretford	6 Jun	3:55.7	* R Plant	2r2	Stretford	6 Jun
3:51.9	John Burke IRE	7r1	Salisbury	9 Jul	3:55.7	* James Cagney IRE	11r1	Salisbury	9 Jul
3:51.90	* Donal O'Riordan	6	Loughborough	11 Jun	3:55.7	Graham Lillywhite	1r3	Watford	9 Aug
3:54.0		5	Solihull	31 May	3:55.9	David Rankin	12r2	Wythenshawe	17 May
3:51.95	Phillip Tulba-Morrison	5r1	Crawley	27 May	3:55.9	* Kevin Downie	1	Crownpoint	5 Jul
3:52.0	Frank Boyne	3r2	Birmingham	20 Aug	3:55.9	* Andy Rault	6	Ealing	23 Aug
3:55.1		10r2	Wythenshawe	17 May	3:56.0	Peter McDonald	7r1	Milton Keynes	26 Jul
	(70)								
3:52.3	Larry Mangleshot	1r1	Welwyn	28 Aug	Additional Age Group				
3:52.4	David Benton	10r1	Stretford	6 Jun	3:56.1	Sam Illidge U20	4r4	Wythenshawe	17 May
3:52.6	Neil Ovington	5h2	Loughborough	10 Jun	3:56.9	* Matt Raw U20	7r2	Stretford	1 Aug
3:52.6	* Rob McHarg	4r2	Watford	9 Aug	3:57.3	* Glyn Harvey M40	6r4	Wythenshawe	17 May
3:52.6	Andy Knight	1	Ealing	23 Aug	3:59.9		5r3	Stretford	1 Aug
3:52.8	Peter Steele	5r2	Watford	9 Aug	4:00.6		2r1	Stretford	18 Jul
3:53.2		2r3	Birmingham	20 Aug	3:57.3	* Grant Cuddy U20	7	Stretford	5 Sep
3:53.8		6r1	Welwyn	28 Aug	4:01.8		12r4	Wythenshawe	17 May
3:52.8	* Adam Zawadzki	1r3	Birmingham	20 Aug	3:57.4	* Steve Brett U20	5h1	Loughborough	10 Jun
3:52.9	* Danny McCormack U20	4r1	Milton Keynes	26 Jul	3:57.8	Glen Grant M40	6h1	Loughborough	10 Jun
3:52.9	Dean Clark	3r1	Welwyn	28 Aug	3:58.0	* Matthew O'Dowd U20	9	Southampton	3 Sep
3:53.0	* Andy Ward	1r4	Wythenshawe	17 May	3:59.8		10r3	Wythenshawe	17 May
3:53.7		1r2	Stretford	1 Aug	4:04.0		12r2	Salisbury	9 Jul
	(80)				3:58.3	Peter Molloy M45	5r3	Watford	9 Aug
3:53.0	* Tim Hyde	6r2	Watford	9 Aug		(World M45 record)			
3:53.0	* Julian Moorhouse	2	Ealing	23 Aug	4:00.9		5r2	Milton Keynes	26 Jul
3:53.2	* Spencer Duval	3	Solihull	31 May		(British M45 record)			
3:53.2	Steve Neill	7r2	Watford	9 Aug	3:59.0	* Matt Morris U20	10r2	Stretford	1 Aug
3:53.2	David Heath	4r1	Welwyn	28 Aug	3:59.1	* Yacin Yusuf U20	5	Tooting	14 Jun
3:53.2	Andrew Walling	6	Stretford	5 Sep	3:59.7	Phil McGuinness U20	13r2	Stretford	1 Aug
3:53.3	Dave Farrell	8r2	Wythenshawe	17 May	4:01.9		4r5	Wythenshawe	17 May
3:53.4	Russell Cartwright U20	12r1	Watford	9 Aug	4:01.5	* Dave Davey U20	4	Cardiff	7 Jun

# 1995 BMC Rankings

Performances set in BMC races

4:01.6	* William Crowther U20	3r5	Wythenshawe	17 May	4:16.6	* T Redman	9	Bath	31 May
4:01.9	Andres Jones U20	8	Cardiff	24 Jun	4:16.7	* Steve Body	10	King's Lynn	16 Aug
4:02.2	Alistair Moses U20	6	Tooting	14 Jun	4:16.8R	David MacLachlan	3re3	Oxford	2 Sep
4:02.8	* Matthew Dixon U17	5r5	Wythenshawe	17 May	4:17.2	* M Rush	10	Bath	31 May
4:03.0	* A Woodhead U20	10r3	Stretford	1 Aug	4:17.3	Ewan Calvert	1	Lanzarote	22 Mar
4:03.5		6r1	Stretford	27 Jun	4:17.4	* John Heap	6	Stretford	18 Jul
4:03.7	* Nathaniel Lane U20	12	Cardiff	24 Jun	4:17.6	Peter Jones	1	Scunthorpe	28 Aug
4:03.8	* Paul Douglas U20	4r4	Stretford	1 Aug	4:17.6	Rupert Waters	2	Scunthorpe	28 Aug
4:04.4	Ben Newson U20	13r2	Salisbury	9 Jul	4:17.7R	* Kevin Downie	3re2	Oxford	2 Sep
4:04.5	* M Buntin	3r3	Stretford	6 Jun	4:18.6	* Bradley Donkin	3	Scunthorpe	28 Aug
4:04.6		3r1	Stretford	18 Jul	(50)				
4:05.0	Tom Salmon U17	3r2	Welwyn	28 Aug	4:19.3	Mark Barrow	4	Scunthorpe	28 Aug
					4:19.8	* Paul Bennett	5	Scunthorpe	28 Aug
					4:20.0	James Greenhough	6	Scunthorpe	28 Aug
3:59.6	Neil Caddy	1	Cheltenham	6 Aug	4:20.1	David Rowbotham	1	Ealing	13 Sep
4:01.1		1	Bath	31 May	4:20.4	* Danny McCormack U20	10	Bedford	10 May
4:06.2R		1re4	Oxford	2 Sep	4:20.6	* Steve Sharpe	2re4	Oxford	2 Sep
4:14.2Rd		5	Bristol	10 Sep	4:20.8	Michael Gooch	7	Scunthorpe	28 Aug
4:01.4	Robert Hough	2	Cheltenham	6 Aug	4:20.8R	Dave Farrell	3re4	Oxford	2 Sep
4:01.8	Andy Hart	2	Bath	31 May	4:21.3	* Matt Perrin	11	King's Lynn	16 Aug
4:02.6		3	Cheltenham	6 Aug	4:21.4	* Ken Harker	8	Scunthorpe	28 Aug
4:10.5R		2re2	Oxford	2 Sep	(60)				
4:12.9Rd		3	Bristol	10 Sep	4:21.5	Neil Perry	11	Bath	31 May
4:02.5	Bobby Farren	1	Derry	19 Aug	4:21.5	* Grant Cuddy U20	7	Stretford	18 Jul
4:02.8	Grant Graham	2	Derry	19 Aug	4:21.6	Iain Robertson U20	12	King's Lynn	16 Aug
4:03.1	* Mike Michno USA	1re1	Oxford	2 Sep	4:22.1	Neil Diver	9	Scunthorpe	28 Aug
4:03.7	Ian Gillespie	3	Bath	31 May	4:22.1R	Glen Grant M40	6re1	Oxford	2 Sep
4:04.8R		1re3	Oxford	2 Sep	4:22.2	Mark Duncan	5	Bedford	10 May
4:13.7Rd		4	Bristol	10 Sep	4:22.6	* Nathaniel Lane U20	12	Bath	31 May
4:28.8		2	Lanzarote	22 Mar	4:22.9	Jerome Brooks	4re2	Oxford	2 Sep
4:04.0	Phil Healy	3	Derry	19 Aug	4:23.2	Tim Grose	2	Ealing	13 Sep
4:04.3	Steffan White	4	Bath	31 May	4:23.3	Darrell Hird	8	Stretford	18 Jul
4:09.4R		2re3	Oxford	2 Sep	(70)				
4:16.8Rd		7	Bristol	10 Sep	4:23.8	* Steve Body	6	Bedford	10 May
4:04.3	Stuart Margiotta	1	King's Lynn	16 Aug	4:27.4Rd	* R Jones	9	Bristol	10 Sep
4:16.5		3	Bedford	10 May	4:27.6	Ryan Walker	7	Bedford	10 May
4:04.6	Patrick Davoren	5	Bath	31 May	4:28.2Rd	* J Loader	10	Bristol	10 Sep
4:05.6	* Peter McColgan	4	Derry	19 Aug	4:28.9Rd	Allan Caple	11	Bristol	10 Sep
4:06.2	* Paul Gardiner	4	Cheltenham	6 Aug	4:29.1Rd	* Ian Gray USA	12	Bristol	10 Sep
4:06.9R	Spencer Barden	1re2	Oxford	2 Sep	4:29.7R	Peter Molloy M45	6re2	Oxford	2 Sep
4:07.0	Ian Grime	1	Stretford	18 Jul	93 performances to 4:30.0 by 77 athletes				
4:07.4	Lee Cadwallader	2re1	Oxford	2 Sep	Additional Age Group				
4:08.0	* Peter Davies	6	Bath	31 May	4:30.7	* Clayton Bannon U20	10	Scunthorpe	28 Aug
4:08.2	Des Roache U20	5	Derry	19 Aug	4:36.2	Gary Beard U17	5re3	Oxford	2 Sep
4:09.6	Matthew Davies	2	King's Lynn	16 Aug	4:37.4	* Dave Bedwell M40	14	Bath	31 May
4:14.6Rd		6	Bristol	10 Sep	4:39.0R	Philip O'Dell M40	6re3	Oxford	2 Sep
4:09.9	David Heath	3	King's Lynn	16 Aug	4:41.0R	John Hancock M40	5re4	Oxford	2 Sep
(20)					Men's 4 x 1 Mile Relay				
4:10.0	Martin Yelling	1	Bedford	10 May	16:28.9	BMC National Squad	1	Oxford	2 Sep
4:10.5	Peter Hackley	2	Stretford	18 Jul	16:40.0	BMC International Select	2	Oxford	2 Sep
4:14.8R		4re1	Oxford	2 Sep	17:10.1	Border Harriers & AC	3	Oxford	2 Sep
4:10.8	* David Lee	4	King's Lynn	16 Aug	17:52.6	BMC South	4	Oxford	2 Sep
4:10.9	Glyn Tromans	5	Cheltenham	6 Aug	18:06.4	BMC East	5	Oxford	2 Sep
4:11.5	* James Starling	2	Bedford	10 May	18:11.9	BMC National Veterans	6	Oxford	2 Sep
4:11.5	Steve Gildert	3	Stretford	18 Jul	(World Veterans Record)				
4:11.5	* Christian Nicholson	6	Cheltenham	6 Aug	6 performances by 6 teams				
4:18.6Rd		8	Bristol	10 Sep	Men's 3,000m				
4:11.7Rd	* Anthony Whiteman	1	Bristol	10 Sep	8:00.9	Ian Gillespie	1	Watford	9 Aug
4:12.3	Martin Airey	5	King's Lynn	16 Aug	8:07.02		1r1	Loughborough	11 Jun
4:12.6Rd	Nick Commerford	2	Bristol	10 Sep	8:03.9	* Ian Hudspith	2	Watford	9 Aug
(30)					8:04.5	* Darryl Smith	3	Watford	9 Aug
4:13.3	Peter Steele	4	Stretford	18 Jul	8:04.9	* Julian Moorhouse	4	Watford	9 Aug
4:13.4	Steve Neill	6	King's Lynn	16 Aug	8:04.5	* Chris Nicholson	5	Watford	9 Aug
4:14.2	* Matthew O'Dowd U20	3re1	Oxford	2 Sep	8:08.7	Andrew Pearson	1	Stretford	22 Aug
4:14.7	* Paul Ratridge	7	King's Lynn	16 Aug	8:20.8		1	Stretford	25 Apr
4:14.8	Jamie Strudley NZ	8	King's Lynn	16 Aug	8:08.88	Spencer Barden	2r1	Loughborough	11 Jun
4:15.1	* J McMurray	7	Bath	31 May	8:09.75	* Dermot Donnelly	3r1	Loughborough	11 Jun
4:15.3	* Andrew Hennessy U20	8	Bath	31 May	8:10.1	* Mark Steinle	6	Watford	9 Aug
4:15.7	Ivan Hollingsworth	5re1	Oxford	2 Sep	8:10.43	Phil Mowbray	4r1	Loughborough	11 Jun
4:15.8	* Richard Archer	5	Stretford	18 Jul	(10)				
4:16.5	* Andy Coleman	9	King's Lynn	16 Aug					
(40)									

\* denotes non-member

BMC News : Autumn 1995

## Performances set in BMC races

BMC News : Autumn 1995

\* denotes non-member





# 1995 BMC Rankings

Performances set in BMC races

4:37.18	* Louise Watson	5	Loughborough	11 Jun
4:37.77	* Sarah Wallace	6	Loughborough	11 Jun
4:38.5	* K Smithson U20	4mx	Stretford	1 Aug
4:38.6	* Sue Berghis	5mx	Watford	9 Aug
4:38.6	* E Fee	1mx	Stretford	22 Aug
4:38.8	Jayne Spark	2mx	Stretford	27 Jun
4:39.2	* Nicola Slater U20	3	Cardiff	24 Jun
4:39.4	* C Demaine U17	2mx	Stretford	22 Aug
4:41.9		3mx	Stretford	27 Jun
(40)				
4:39.8	Karen McPherson	6	Stretford	6 Jun
4:39.9	Georgie Salmon U17	1	Millfield	8 May
4:43.76		7	Loughborough	11 Jun
4:40.1	Vicki Andrews	5	Salisbury	31 May
4:40.7	Maureen Wooldridge W35	4	Salisbury	9 Jul
4:40.8	Laura Hale U17	2	Millfield	8 May
4:41.6	* Ann Connolly U20	5mx	Stretford	1 Aug
4:42.3		9	Wythenshawe	17 May
4:42.0	* A Lomas	6mx	Stretford	1 Aug
4:42.4	Angela Coates	8	Stretford	6 Jun
4:42.4	* P Whitney U17	7mx	Stretford	1 Aug
4:42.8	* Nicola Brown	3	Jarrow	19 Jul
(50)				
4:43.4	* K Dennison U15	1mx	Stretford	18 Jul
4:43.7	* S Betherwick	5	Salisbury	9 Jul
4:43.7	* Vicki Hill	6mx	Watford	9 Aug
4:43.7	* J Gibson U20	2mx	Stretford	5 Sep
4:44.3		6mx	Stretford	27 Jun
4:43.8	Claire Swift U20	4mx	Stretford	27 Jun
4:43.9	* Debbie Howard W35	7mx	Watford	9 Aug
4:44.1	* F Murphy	3mx	Stretford	5 Sep
4:44.2	* H Whitehead U20	5mx	Stretford	27 Jun
4:44.6	* Jane Groves U20	3mx	Stretford	22 Aug
4:45.0	* H Ward U20	4mx	Stretford	5 Sep

74 performances to 4:45.0 by 60 athletes

## Additional Age Group

4:45.6	* A Waterlow U20	2mx	Stretford	18 Jul
4:47.7		5mx	Stretford	5 Sep
4:46.2	* A Kershaw U20	2mx	Stretford	16 May
4:47.0		7mx	Stretford	27 Jun
4:47.3	* Debbie Howard W35	9	Salisbury	9 Jul
4:47.75		8	Loughborough	11 Jun
4:47.9		7	Cardiff	24 Jun
4:47.6	* Sonia Thomas U17	4	Jarrow	19 Jul
4:47.8	Michelle Harris U17	1mx	Birmingham	20 Aug
4:48.3	* Paula Gowing U20	8	Cardiff	24 Jun
4:49.4		15	Salisbury	9 Jul
4:49.4	* Kate Grimshaw U17	5	Jarrow	19 Jul
4:51.0	Caroline Bell U17	3	Millfield	8 May
4:52.3	* Kate Abbott U20	7	Salisbury	31 May
4:53.2	* D Hoogesteger V40	13	Salisbury	9 Jul
4:56.1	* Sary Creamer U20	8	Salisbury	31 May
4:56.3	Carl Wensley U17	9	Cardiff	24 Jun
4:58.5	* Tina Wales U20	14	Salisbury	9 Jul
4:58.7	* L Tucker U15	16	Salisbury	9 Jul

## Women's Mile

4:58.7	Penny Thackray	1	Stretford	18 Jul
5:06.7	* Ann Connolly U20	2	Stretford	18 Jul
5:08.5	Victoria Robinson U20	3	Stretford	18 Jul
5:11.1	Wendy Llewellyn NZ	1mx	Lanzarote	22 Mar
5:15.0	* C Hodgkinson U17	4	Stretford	18 Jul

5 performances to 5:15.0 by 5 athletes

## Additional Age Group

5:15.4	* Alice Beacroft U20	5	Stretford	18 Jul
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## Women's 3,000m

9:06.2	* Sinead Delahunty IRE	1mx	Stretford	1 Aug
(BMC Record)				
9:10.9	Sarah Bentley	1mx	Stretford	27 Jun
(BMC Record)				
9:16.9	* Andrea Whitcombe	1mx	Watford	9 Aug
9:17.19	Bev Hartigan	1	Loughborough	11 Jun

9:18.1	* Louise Watson	2mx	Watford	9 Aug
9:25.90		2	Loughborough	11 Jun
9:18.5	* Nnenna Lynch USA	1	Millfield	8 May
9:29.95	* Jill Hunter	3	Loughborough	11 Jun
9:32.5	Jayne Spark	1mx	Stretford	6 Jun
9:33.49	* Alice Braham U20	4	Loughborough	11 Jun
9:34.11	* Andrea Duke	5	Loughborough	11 Jun
(10)				
9:36.1	Penny Thackray	1mx	Stretford	5 Sep
9:37.6	* I. Wilde	2mx	Stretford	1 Aug
9:38.0	* Michelle Mann U20	1mx	Stretford	18 Jul
9:40.58	* Jill Harrison V35	6	Loughborough	11 Jun
9:51.4		2	Millfield	8 May
9:54.1	Ann Taswell	3	Millfield	8 May
9:54.7	* S Young	2mx	Stretford	18 Jul
9:57.9	* L Maddison	3mx	Stretford	18 Jul
10:00.6		3mx	Stretford	1 Aug
9:59.1	Claire Swift U20	2mx	Stretford	5 Sep
10:02.6	* Laura Carney	4mx	Stretford	18 Jul
10:08.8		2mx	Stretford	6 Jun
10:03.6	* C Gardner	4mx	Stretford	1 Aug
(20)				
10:06.3	* J Newton	2mx	Stretford	27 Jun
10:08.4		5mx	Stretford	1 Aug
10:09.7	* Heather Carson U17	6mx	Stretford	1 Aug
10:11.4		5mx	Stretford	18 Jul
10:11.0	* Pat Gallagher W45	4	Millfield	8 May
10:11.21	* Catriona Morrison U20	7	Loughborough	11 Jun
10:14.9	* Catherine Dugdale	1	Barry	25 Jul

31 performances to 10:15.0 by 25 athletes

## Additional Age Group

10:15.4	* D Hoogesteger W40	5	Millfield	8 May
10:19.2	* H Ward U20	6mx	Stretford	18 Jul
10:20.0	* Viv McConnell W35	6	Millfield	8 May

## Women's 5,000m

16:28.0	* Nnenna Lynch USA	1mx	Stretford	16 May
18:15.3	Wendy Llewellyn NZ	1mx	Lanzarote	20 Mar

2 performances to 18:20.0 by 2 athletes

## Best Athletes

**Most Races:** (incl. pace-making) 18 Tim Grose, 15 Ian Gillespie, 13 Michael Gooch, 12 Andy Hart and Grant Graham, 11 Matthew Davies, 10 Garth Watson, 9 Matthew Kloiber, 8 Mark Barrow, Lee Cadwallader, Keith Hatton, Rupert Waters and Martin Yelling, 7 Ivan Hollingsworth, Steve Mosley, Peter Jones and Simon Stebbings.

**Most Membership Times:** 12 Ian Gillespie, 11 Andy Hart and Matthew Davies, 10 Michael Gooch, 8 Mark Barrow, Lee Cadwallader, Grant Graham, Garth Watson, Rupert Waters and Martin Yelling, 7 Neil Caddy, Matthew Kloiber and Simon Stebbings.

**Most Gold Standard Times:** 9 Ian Gillespie and Andy Hart, 8 Lee Cadwallader and Grant Graham, 7 Neil Caddy, 6 Garth Watson.

**Most Victories:** 7 Neil Caddy, 5 Lee Cadwallader, Ian Gillespie, Andy Hart and Andy Knight, 4 Grant Graham, 3 Matthew Davies, \* Nnenna Lynch, Andrew Pearson, Amanda Thorpe and Garth Watson.

## Best Meetings

**Most Membership Times:** 102 Wythenshawe, 84 Loughborough Championships, 74 Watford, 52 Stretford 1/8, 50 Stretford 18/7, 49 Stretford 27/6, 48 Birmingham Univ, 42 Stretford 22/8 and Stretford 5/9, 41 Oxford Relays, 39 Stretford 6/6, 29 Crawley, 22 Cardiff, 17 Salisbury, 15 Solihull.

**Most Gold Standard Times:** 44 Wythenshawe, 29 Watford, 28 Loughborough Championships, 24 Stretford 1/8, 18 Birmingham Univ and Stretford 22/8, 17 Oxford Relays, 14 Stretford 27/6 and Stretford 5/9, 12 Stretford 18/7, 11 Stretford 6/6 and Crawley.

# 1995 BMC Merit Rankings

from performances by members in BMC Races only - compiled by Matthew Fraser Moat

Inspired by Peter Matthew's national merit rankings, the BMC Merit Rankings take account of performances made in BMC races only, on the following basis: i) best times, ii) number of winning performances, iii) performances in the 'special BMC events' i.e. the Championships at Loughborough and the Relays at Oxford, iv) win-loss record against other ranked athletes, v) the style of the athlete's racing, i.e. whether they are willing to take up the pace or not, and the margins of their victories, vi) the distances athletes are prepared to travel to get fast races.

The rankings are therefore meant to reward consistent excellence by BMC members prepared to travel throughout the season. Non-members are excluded, and members who only ran once or twice are placed lower than their times might otherwise indicate.

## Men's 800m

- 1 **Cadwallader** 1:47.8: 1b Wyth, 1b6 Lough, 1 Lough, 1 Stret 27/6, 1 Stret 22/8;
  - 2 **Hart** 1:48.2: 1 Cardiff, 2 Stret 27/6, 1 Solihull, 1 Birm, 1 Stret 5/9;
  - 3 **Knight** 1:50.1: 10 Wyth, 1 Crawley, 1 High 2/8, 1 Watford, 1 W London;
  - 4 **Calvert** 1:49.2: 1 Lanz, 8 Wyth, 2 Ayr, 2 Birm, 2 Stret 5/9;
  - 5 **Graham** 1:49.55: 2 Lanz, 1 Meadowbank, 4 Stret 27/6, 3 Ayr;
  - 6 **Kelly** 1:49.9: 1c Wyth, 1h2 Lough, 4 Lough;
  - 7 **G Brown** 1:49.9: 2 Meadowbank, 5 Stret 27/6, 1 Ayr;
  - 8 **Gercs** 1:49.56: 1h3 Lough, 2 Lough;
  - 9 **Donaldson** U20 1:49.9R: 2b Wyth, 2h3 Lough, 5 Lough, 3 Birm, 1re3 Oxford;
  - 10 **Morrell** 1:48.7: 3 Stret 22/8;
  - 11 **Gilby** 1:49.7: 3 Wyth;
  - 12 **Idessane** 1:49.95: dnf Lanz, 6c Wyth, 3h3 Lough, 3 Lough, 2 Crown;
  - 13 **Watson** 1:50.2: 2 Stret 25/4, 4c Wyth, 1 Stret 18/7, 1b Solihull, 5 Stret 1/8, 5 Stret 22/8, 1re1 Oxford, 4 Stret 5/9;
  - 14 **Waters** 1:50.3: 4d Wyth, 3 Grimsby, 2b Stret 27/6, 6 Stret 1/8, 6 Stret 22/8, 1re2 Oxford, 3 Stret 5/9;
  - 15 **Airey** 1:50.53: 4 Crawley, 2h1 Lough, 6 Lough, 7 Bedford, 3 Sutton;
  - 16 **Kloiber** 1:50.8: 4 Cardiff, 6b Stret 27/6, 4 Watford, 1b Birm, 1b Stret 22/8, 2re1 Oxford, 5 Stret 5/9;
  - 17 **S Brown** 1:50.1: 1d Wyth;
  - 18 **Caddy** 1:50.2: 1 Cambourne;
  - 19 **Grime** 1:50.1: 5b Wyth, 2 Solihull, 6 Birm;
  - 20= **Blackmore** U20 1:50.6R: 7c Wyth, 2re4 Oxf;
  - 20= **Witchalls** 1:50.8: 2 Watford, 2 W London;
- With five victories in five starts and the fastest time by a member of 1:47.8, Cadwallader is clearly ranked number one in a year in which nineteen men beat 1:50 in BMC races. Hart was second fastest and had four victories, but was beaten by Cadwallader in their only meeting. Both should make the national top ten. Calvert

and Knight, although 8th and 10th respectively at Wythenshawe, were at the time the first two paid-up members home. Knight went on to dominate the southern races with four victories, whilst Calvert could only manage three second places, albeit with faster times. Calvert was 2-0 against Graham, who in turn was 2-1 against Gary Brown. Kelly greatly impressed with front-running at Wythenshawe and Loughborough. 5 Scots are in the top twelve, including the highest ranked junior Alasdair Donaldson, all of whom are coached or advised by Brian McAusland.

## Men's 1,500m / Mile

- 1 **Caddy** 3:42.1 / 3:59.6M: 1 Wyth, 1 Bath, 1 Cardiff, 1 Chelt, 1re4 Oxford, 1 Southampton, 5 Bristol, 1 SWGP;
  - 2 **Graham** 3:43.2 / 4:02.8M: dnf Lanz, 5 Wyth, 1h1 Lough, 1 Lough, 1 Stret 1/8, 2 Derry, 2 Birm;
  - 3 **Hart** 3:42.7 / 4:01.8M: 3 Wyth, 2 Bath, 1 Salisbury, 3 Chelt, 2re2 Oxford, 3 Bristol, 3 SWGP;
  - 4 **Gillespie** 3:44.6 / 4:03.7M: 2 Lanz, 8 Wyth, 3 Bath, 6 Ant 28/5, 3 Cardiff, 3 Salisbury, 1re3 Oxford, 3 Southampton, 4 Bristol, 2 SWGP;
  - 5 **Murphy** 3:44.2: 6 Wyth, 1 Antrim 28/5, 1h2 Lough, 3 Lough;
  - 6 **Ashe** 3:42.9: 3 Crawley, 1 Watford;
  - 7 **Cadwallader** 3:44.2 / 4:07.4MR: 2 Cardiff, 2 Stret 1/8, 2re1 Oxford, 9 SWGP;
  - 8 **Farren** 3:45.1 / 4:02.5M: 3 Antrim 28/5, 1 Antrim 28/6, 1 Derry;
  - 9 **G Brown** 3:43.0: 4 Wyth, dnf Stret 1/8, 5 Birm;
  - 10 **Barden** 3:44.3 / 4:06.9MR: 7 Wyth, 1re2 Oxf;
  - 11 **Mate** 3:44.63: 2h1 Lough, 2 Lough;
  - 12 **Hough** 4:01.4M: 2 Chelt;
  - 13 **Commerford** 3:44.3 / 4:12.6MRd: 4 Birm, 4 Southampton, 2 Bristol, 8 SWGP;
  - 14 **Margiotta** 3:44.6 / 4:04.3M: 3 Bedford, 2 Watford, 1 King's Lynn, 7 Birm;
  - 15 **Healy** 3:45.6 / 4:04.0M: 4 Antrim 28/5, 2 Antrim 28/6, 3 Derry;
  - 16 **Stewart** 3:44.7: 11 Wyth, 5 Antrim 28/5, 1 Stret 6/6, 3 Stret 1/8, 6 Birm;
  - 17 **Freary** 3:46.2: 9 Wyth, 2 Ant 28/5, 2 Stret 6/6;
  - 18 **Davies** 3:48.1 / 4:09.6M: 6h2 Lough, 8 Lough, 2 King's Lynn, 2 Welwyn, 1 East GP, 5 Southampton, 4 Stret 5/9, 6 Bristol, 10 SWGP;
  - 19 **White** 3:56.6 / 4:04.3M: 4 Bath, 12 Birm, 2re3 Oxford, 7 Bristol, 5 SWGP;
  - 20= **Davoren** 3:49.21 / 4:04.6M: 2 Crawley, 5 Bath, 4 Cardiff, 15 Salisbury, 7 SWGP;
  - 20= **Roache** U20 3:47.1 / 4:08.2M: 1b Wyth, 5 Derry;
  - 20= **Tromans** 3:44.8 / 4:10.9M: 4 Stret 1/8, 5 Chelt;
- Neil Caddy, only 20, dominated the season with five impressive wins, from Wythenshawe in May through to Southampton in September, and must surely make the national top five. Graham had four times of 3:44 or better, won the Championships at Loughborough and is a clear second. Hart only had one victory, but is third

with a 4-1 advantage over Gillespie, top-ranked for the last two years, who showed better form at 3k this year. The rest are very close with conflicting race results - Murphy had a good win at Antrim and was 2-0 v Gillespie but curtailed his season. Cadwallader had three strong second places behind Caddy, Graham and Michno, Brown was 4th at Wythenshawe, Farren beat Graham at Derry and Mate beat Murphy at Loughborough. Commerford and Davies came good late season, the latter winning the Eastern Region Grand Prix.

## Women's 800m

- 1 **Griffiths** 2:03.3mx (BMC Rec.): 1mx Stret 18/7, 1mx Stret 1/8;
- 2 **Layzell** 2:07.17: 1 Wyth, 3 Crawley;
- 3 **Hartigan** 2:06.16: 2 Crawley;
- 4 **Faherty** 2:05.3: 7 Crawley, 1 Stret 5/9;
- 5 **Sterne** 2:06.1: 1 Stret 22/8, 2 Stret 5/9;
- 6 **Davies** 2:06.1mx: dnf Crawley; 3mx Stret 1/8;
- 7 **Andrews** 2:09.4: 1 Lough, 2 Watford, 2 Birm, 5 Stret 5/9;
- 8 **Lee** U20 2:08.8: 3 Watford, 1 Birm;
- 9 **Wilkinson** 2:08.6: 3 Stret 6/6, 4 Stret 27/6, 2mx Stret 18/7, 4mx Stret 1/8, 3 Stret 5/9;
- 10 **Thorpe** 2:09.7: 3 Stret 27/6; 1re4 Oxford;
- 11 **McPhee** U20 2:10.0: 2 Wyth, 8 Crawley;
- 12 **King** 2:08.27: 4 Crawley;
- 13 **Daniel** 2:08.99: 5 Crawley;
- 14 **Jones** 2:09.05: 6 Crawley;
- 15 **Parker** 2:08.8: 1mx Stret 6/6;
- 16 **Fryer** 2:10.4: 3 Wyth;
- 17 **Bull** 2:11.1: 3 Birm, 1re2 Oxford;
- 18 **Swann** 2:11.9: 7 Wyth, 1 Cardiff;
- 19 **Jordan** 2:12.96: 2 Lough, 4 Cardiff;
- 20 **Ogden** U17 2:11.7: 1re1 Oxford;

There were very few races, Crawley apart, where leading contenders met. HISA were not able to continue their support and as a consequence the National Squad Races were poorly supported by the leading athletes. Stretford had some good mixed races where numbers were insufficient, Griffiths' 2:03.3 breaking Angela Davies' BMC record set last year, but Loughborough Champion Vicky Andrews is the only athlete with a decent series of races at different venues.

## Women's 1,500m

- 1 **Davies** 4:12.8mx (BMC Rec.): 1mx Watford;
- 2 **Thorpe** 4:21.9mx: 1mx Stret 25/4, 1mx Stret 5/9;
- 3 **King** 4:24.27: 2 Wyth;
- 4 **Farrow** 4:28.6: 3 Solihull, 1 Lough;
- 5 **Robinson** 4:27.2: 1 Solihull;
- 6 **Pattinson** 4:27.7: 3 Wyth, 1 Stret 6/6;
- 7 **Oldfield** U20 4:27.8: 4 Wyth;
- 8 **Daniel** 4:27.1mx: 2mx Watford;
- 9 **Collison** 4:27.4mx: 3mx Watford;
- 10 **Swann** 4:34.90: 2 Lough;

The National Squad races disappointed, Angela Davies' fine mixed mark being the only highlight. The production of any rankings at all is hard to justify, but Farrow and Swann ran well in a tactical race at the Loughborough Championships.