

BMC Vision 2000

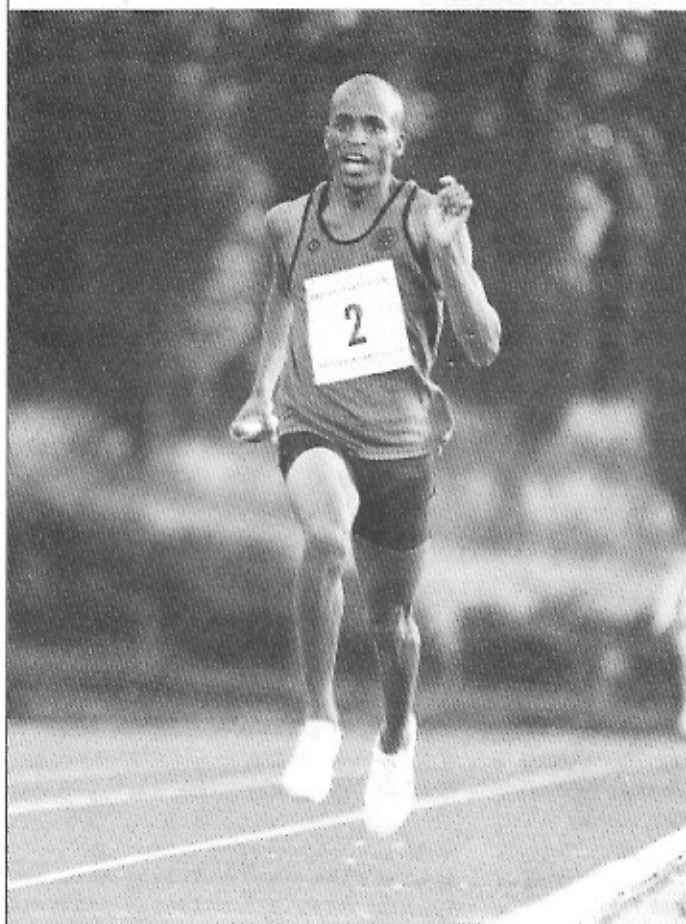
BMC NEWS

*Official Journal of the
British Milers' Club*

VOLUME 3 ISSUE 2

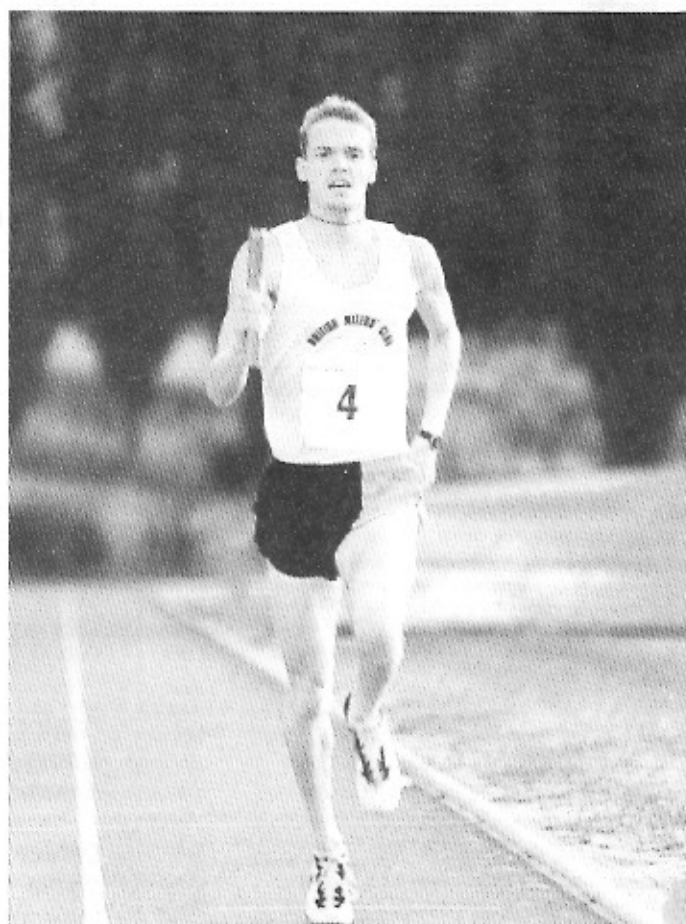
AUTUMN 1996 £6.00

Forward and United



Andy Knight 1:48.7

Photo by Simon Leith



James Mayo 1:48.2

Photo by Simon Leith

The British Milers' Club Founded 1963

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RACE ORGANISERS

NATIONAL SQUAD GRAND PRIX

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Co-ordinators	Matthew Fraser Moat	01304 379777

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Watford	Tim Brennan (Men)	01753 535073
	Dave Parnah (Women)	0171 916 6764

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	John Sullivan (Highgate)	0171 790 1961
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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.

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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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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...



CHAIRMAN'S NOTES

As I sit and watch the middle distance races at the Olympics it is clear to me how great a gulf we still have to cross to reach true world standards again in UK. The remarkable BMC race meetings organised by Norman Poole, Mike Harris and Matthew FM in recent weeks highlight the fact that we do have the talent.

What we are missing is the fitness and the motivation to perform at a high level with all the dedication that that requires. World Class now appears to mean training (not necessarily all running) for 15 or more hours a week. Whilst this may seem excessive to some, when compared to the gymnasts and swimmers or even the Indonesian badminton pairs winners who train 6 hours, 6 days a week then our figures look small.

What I find strange is that many athletes profess to want to reach world class but their training does not reflect this desire in any way. I am not questioning how hard people train because too many UK athletes appear to run themselves into the ground in their desire for success.

What concerns me is that there is too little thought behind their training. For example, Pulse Watches have been available for several years but there are still supposedly dedicated athletes who not only do not use one but are too ignorant to study the physiology behind their value.

I wonder how many runners read the marvellous article by Lindsay Dunn in the July 31 issue of *Athletics Weekly* properly.

He is not suggesting a new way of training or any new physiology. He is merely showing you how you can achieve the physiological progress required with a bit more control to your advantage. Why spoil the effects of a session if you do not have to?

On the subject of racing. We put on the BMC races for members in order that they can learn to race in fast conditions. The emphasis is on the word race. The aim is that the athlete will cope with a fast championships race because he has practised already.

Sadly there are some athletes who see the BMC races and the times they achieve in them as an end in themselves. Several athletes have given race organisers a hard time this year because they were not in the *right* race: meaning that they wanted to be in the first race.

If an athlete is graded in the second race it is usually because that is where his times warrant him being. The burden of proof is upon the athlete to prove that he or she should be in a higher race by consistently *winning* the level of race below.

If you cannot win the lower level race consistently (at least 3 times on the trot) then you are clearly not ready to move to the next level. One athlete who gave me a hard time about not being in the A race at a recent meeting came fifth in the second race and failed even to equal his personal best. He was kidding himself.

It is important that athletes see Championship races as the true end to their efforts, not a race on a windy night at Stretford. Middle Distance runners have not covered themselves in glory by their support of championships in recent years.

The County Championships, the Inter Counties, the AAA's Indoor and the Birmingham Mint Games are all races that should be keenly fought over. They not only provide good PR for an athlete when he wins but they are the races that the selectors consider. To ignore them is to reduce your chances of progress to better things.

There is also another side to this. If Middle Distance athletes fail to toe the line and produce high class races then the journalists write about something else. We fail to get the publicity we need and we are sidelined for resources. In this case this means money, trips and organisational energy. We need this if we are to break

out of the rut we are in. In a way every time a Middle Distance runner races in a championships he is racing against every other event for support for his future.

The solution is therefore very much in all your hands. If we make the Championship Middle Distance races in the next year as exciting as our Stretford races then official support will improve. The aim must be to swamp all the events with entries, to have masses of heats and fast aggressive races. Please consider a trip to the AAA's Indoor as your duty to the sport this season.

1996 RACE PROGRAMME

The 1996 Race Programme comprised some 160 races at 67 meetings at 27 venues. 1214 membership standards were set by 468 athletes, including 514 gold standard performances by 193 athletes, and our races therefore comprised some 72% of the men's top 100 rankings and 50% of the women's top 100.

There were some quite exceptional performances, especially in the men's 800m where 27 men broke 1:50 compared to 19 in 1995. Five BMC records were set and one was equalled during the season:

- i **Kevin McKay** set a BMC 1,000m mens' record of 2:21.7 at Stretford on 30th April.
- ii **Rob Whalley** broke the BMC 3,000m mens' record at Stretford with 7:52.6 on 16th July.
- iii Only a few minutes later **Sonya Bowyer** broke the BMC womens' 1,500m record with 4:10.7 in a mixed race.
- iv **Andy Knight** equalled Steve Overt's 600m record with 1:18.5 at Highgate on 7th August.
- v At the same meeting **Gowry Retchakan** set an inaugural BMC womens' 600m record of 1:31.1.
- vi **Anthony Whiteman** broke Tim Hutchings' Mile record with 3:56.35 at Barnet Copthall on 31st August.

In addition there were several races where the depth of performances exceeded anything previously seen in BMC races.

- i There were 7 men inside 1:49.5 in the mens 800m at **Wythenshawe** on 15th May
- ii There were 15 men inside 4:10.0 in the mens mile at **Bath** on 19th June
- iii There were 10 men inside 1:49.5 in the mens 800m at **Wythenshawe** on 30th July
- iv There were 6 men inside 3:43.0 in the mens 1,500m at **Wythenshawe** on 30th July
- v There were 8 men inside 3:43.0, and 17 inside 3:50 in the mens 1,500m at **Swindon** on 14th August

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BMC CHAMPIONSHIPS

The BMC 5,000m Championships took place at Millfield on Monday 6th May, the 800m Championships at Loughborough on Saturday 18th May and the Mile Championships at Loughborough on Sunday 19th May. The champions were:

M800	Andy Hart	1:49.0
M Mile	Glen Stewart	4:05.13
M5000	Ian Gillespie	13:55.6
W800	Natalie Tait	2:07.1
W Mile	Wendy Farrow	4:54.71
W5000	Elaine Fee	16:59.3

Congratulations to all of the above, especially Wendy Farrow and Ian Gillespie who successfully defended their 1995 titles.

Our thanks go to Alan Lerwill of Millfield School, and George Gandy and John Harper of Loughborough University for making these events possible.

BMC RELAY MEETINGS

4x1,500m relays were held in appalling conditions at Stretford on 30th April. The BMC National Junior Squad of Tom Mayo, Alex Oldfield, Russell Cartwright and Andres Jones set a world junior record with a 16:03.2, just inside the previous mark was 16:03.7. Behind them the BMC National Veterans Squad broke the world veterans' record with 17:21.0.

In the women's race Michelle Faherty anchored home the BMC National Squad to a new British and Commonwealth record of 18:12.1, and the BMC Junior Squad set a British and European junior record of 19:06.7.

4x800m relays took place at Watford on 17th July, where the BMC National Junior Squad of Rachael Ogden, Emma Davies, Ellen O'Hare and Dorothea Lee set a new world junior record of 8:39.6, smashing the previous mark of 8:53.1 by over 13 seconds.

In the men's race the BMC National Squad of Andy Hart, Andy Knight, Rupert Waters and James Mayo ran 7:23.1, the 10th fastest time ever by a British team, and in the second men's race a British U17 record was set by the BMC U17 team and a British Veterans' Record was set by Vets AC, beating the BMC National Veterans Squad.

Eight world best performances have now been set in BMC meetings in 4 years. The next BMC relay meeting will take place at Watford next April.

1997 RACE PROGRAMME

Next year's AAA's have been set for 12 & 13th July at Birmingham. Some very provisional dates for next year's National Squad Races have therefore been proposed in advance of the BAF fixtures conference:

Sun 20th April	Luton Road Miles
Wed 30th April	Watford Relays 4x1,500m
Mon 5th May	Millfield
Tue 13th May	Wythenshawe
Sun 18th May	Loughborough (<i>v AAA's</i>)
Sat 24th May	Stafford
Sat 31st May	Bedford (<i>B' International</i>)
Wed 11th June	Watford
Wed 18th June	Bath (<i>Inter Area</i>)
Sun 6th July	Cardiff (<i>Welsh Games</i>)
WE 25&26 July	Loughborough Champs
Wed 6th Aug	Wythenshawe
Wed 13th Aug	Swindon
Sat 23rd Aug	Oxford Relays 4x800m
Sat 30th Aug	Cup Final
Sun 7th Sept	Bristol Road Miles

The dates are indicative only - it is hoped those events in bold will form the National Squad Grand Prix. Further details in the Spring.

COACH OF THE YEAR

John O'Rourke, coach to James and Tom Mayo, was awarded the 1996 BMC Coach of the Year award. Tom Mayo improved from 3:51.2 to 3:43.3 and was Britain's fastest junior over 1,500m in 1996, and his elder brother James improved his 800m time from 1:53.1 to 1:48.2.

John was a constant presence on the telephone in 1996 as he discussed his athletes' race plans with the BMC race organisers.

The Committee also recognised the achievements of Mike Down, coach to Ian Gillespie, Rob Whalley, Jo Pavey, Lucy Field, Georgie Salmon, Jessica Woolley and many others who all made major breakthroughs in BMC races this year.

Mike has been coaching for 35 years and this was perhaps his best year, but he is of course not eligible for the award as he is a member of the BMC committee!

SUB-FOUR FOR THE FIRST TIME

Congratulations to the two BMC members went sub-four for the first time in 1996. Glen Stewart ran 3:59.56 in the Emsley Carr Mile at Sheffield, and Richard Ashe ran 3:59.98 in the Guardian BMC Mile at Barnet.

1996 NATIONAL TRAINING DAY

Over 140 athletes and coaches attended the National Training Day on Sunday 20th October at Bedford.

Frank Horwill opened the course and lectured on "legal blood-boosting" and ways of maximising the V_Omax. He quoted the example of his female athlete who had just run 73 minutes for the half-marathon using these methods - not proof that it works but proof that it doesn't do any harm!

This was followed by a mass warm-up and lunch. BMC Founders' Awards were presented personally by Frank Horwill to membership secretary William 'Andy' Anderson and to Mike Down for outstanding services over many years.

Peter Thompson spoke on the need for muscular endurance using Neil Caddy as a "guinea-pig". George Gandy then spoke on how much muscular power runners need and showed examples of the conditioning circuits at Loughborough.

Norman Poole interviewed Olympic finalist John Mayoek. John was very open about his training methods, showed great pleasure in his 2,000m victory in Sarajevo, and stated his aims for a medal next year.

Then came the question and answer session, the panel of experts consisting of George Gandy, Norman Poole, Mike Dunphy, John Mayoek and Raph Brandon and the course concluded with a highly-motivational speech from Phil Banning incorporating his famous slide show from the Olympics in Atlanta.

1997 BMC CHAMPIONSHIPS

The BMC National Committee has decided to change the focus of the BMC Championships. Rather than it being a tool in an athlete's build-up to the national championships, it is proposed that the BMC Championships should now take place near or during the major international championships. This would mean that no matter what the outcome of the AAA's, athletes would still have a championship event to focus on after the AAA's.

Previously many athletes have had their season curtailed after an early exit from the AAA's - our idea is that every athlete aims to produce two peaks each season, once for the national championships and again a few weeks later for the international championships or the BMC championships.

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NATIONAL ENDURANCE WEEKEND

The fifth National Endurance Weekend takes place at the Fortc Post House, Palatine Road, Northenden, Manchester Garth Hotel on 15th - 17th November.

The speakers include Peggy Wellington, Tim King, Eric Newsholme, and Dr Malcolm Brown. The special guests are Dieter Baumann and his coach Isabella Baumann and the closing speech will be made by Malcolm Arnold who will be announcing his plans for 1997.

The conference is being supported by Manchester City Council and Aesthetes.

1996 ANNUAL GENERAL MEETING

This will be held at the Post House Hotel, Northenden on Saturday 16th November at 5pm. For further details please contact Ian Chalk on 01582 769336.

1997 SUBSCRIPTIONS

Your 1997 subscriptions are due on January 1st 1997. 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.

LAST ISSUE

Athletes featured on the front cover were: (from top left clockwise) Amanda Thorpe-Parkinson, Matthew Kloiber, Garth Watson, Mark Griffin, Ian Gillespie, Steffan White, Lee Cadwallader, Andy Hart, Neil Caddy and Ian Gillespie (again).

TSB RANKINGS

Congratulations to the following BMC members who featured in the TSB Senior rankings at the end of the season:

Men: 13 Anthony Whiteman, 25 Justin Chaston, 50 Andrew Pearson, 54 Robert Hough, 57 Neil Caddy, 67 Rob Denmark, 77 Andy Hart, 78 Glen Stewart, 84 Ian Grime, 90 Ian Gillespie, 94 Phil Healy and 98 Stuart Margiotta. **Women:** 29 Sonia McGeorge, 30 Sue Parker, 35 Alyson Layzell, 36 Sonya Bowyer, 54 Lynn Gibson, 57 Sarah Bentley, 59 Angela Davies, 66 Natalie Tait, 71 Michelle Faherty, 74 Ann Griffiths, 76 Amanda Thorpe-Parkinson, 78 Zahara Hyde, 88 Debbie Gunning and 90 Catherine Mijovic.

INTERNET

Athletes on the internet are requested to contact Matthew Fraser Moat at mfm@fmconsultants.telme.com.

1996 DEVELOPMENT OFFICER'S AWARD

The following were nominated for their outstanding contribution to the BMC in 1996:

Richard Ashe for heading the BMC 1,500m rankings three times during the year; **Sonya Bowyer** for using BMC races to make her 1,500m breakthrough and was rewarded with a BMC record and third ranking in the UK; **Neil Caddy** used 10 BMC races to return to form; **Emma Davies U20** for becoming a world junior relay record holder; **Michelle Faherty** for two stunning relay runs; **Lynn Gibson** for fine runs at Watford, Wythenshawe (twice) and Barnet; **Andy Hart** for 1.48.0, 3:42.0 and 4:02.3, seven victories and a breakthrough to national level; **Andy Knight** five times under 1:50 and six other victories in BMC races; **Tony Johnston** for improving his pb from 1:55.1 to 1:48.4; **Dorothea Lee U20** for becoming a world junior relay record holder; **James Mayo** for improving his pb from 1:53.2 to 1:48.2; **Steve Mosley** for 14 BMC races in 1996; **Ellen O'Hare U20** for becoming a world junior relay record holder; **Rachael Ogden U20** for becoming a world junior relay record holder; **David Pamah** became Britain's fastest race organiser; **Joanne Pavey** became to first senior women for years to base her programme around BMC races; **Tom Payn U17** the most prolific U17 racer was rewarded with a national U17 relay record; **Amanda Pritchard U17** had a determined early season BMC programme leading to becoming Britain's fastest U17; **Georgie Salmon U17** who so nearly won the SW Grand Prix; **Camilla Waite U17** who made major breakthroughs in Mike Down's races; **Rupert Waters** who was willing to pacemake several times at short notice; **Jessica Woolley U17** who set four pbs in successive BMC races; **Rob Whalley** for proving that a BMC record over 3k leads to a 1,500m pb; **Anthony Whiteman** for the fastest BMC mile ever.

The Awards were presented at the 1996 National Training Day. After a very close vote the Development Officers' Cup was awarded to **Rupert Waters**, with **Andy Hart** second and **Neil Caddy** and **Andy Knight** third equal.

SPONSORS OF THE BMC

- i **Aesthetes**, for a nation-wide network of podiatrists and suppliers of orthotics. For further details please call 01332 202232.
- ii **Personal Best Athletic Services Ltd**, 11, Radcliffe Street, The Square, Wolverton, Milton Keynes MK12 5DQ. Tel 01908 227303. Asics Gold Medal Dealer.
- iii **Sweat Shop**, 33, Broad Street, Teddington, Middlesex TW11 8QZ. Tel 0181 943 0239. Sponsors of BMC races in the Rosenheim League.

RECOMMENDED SERVICES

- i **Peak Performance**, for the best technical athletics technical journal in the world. Write to Peak Performance, 1st Floor, 5 Charterhouse Buildings, Goswell Road, London EC1B 1HH.
- ii **Athletics International**, for the best coverage of international results. Write 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, Guilsfield, Welshpool, Powys, SY21 9LX.

1997 SPRING TRAINING DAY

It is proposed to have a spring training day in mid-March specifically on the 800m/1,500m events and on planning your summer season. Further details in *Athletics Weekly* next in the new year.

NEXT ISSUE

We have had many new members this year who have come from a 400m background. The next issue will focus on the issues involved in a successful transition from sprint training to middle-distance training, and will be published in March 1997. Please send all articles, preferably on disk, to Dr. Tim Grose, 31 Odette Gardens, Tadley, Hampshire, RG26 3PS (Tel 0118 982 0959) by 31st January 1997.

BMC CHRISTMAS PARTY

David Pamah is organising a Christmas Party at the Sports Dome, 111-113 Camden High Street, London NW1 on Friday 20th December commencing at 8pm until 2am. Admission is free for BMC members, £4 non-members and food is half price all night. Please telephone David Pamah on 0171 916 6764 for further details and admission tickets. As a Christmas treat, if there is sufficient demand, David will be organising an 800m race earlier in the evening at Battersea Park. There will be a £100 bonus if anyone can beat 1:50 / 2:10!

1996 BMC Merit Rankings

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

Inspired by Peter Matthews' national merit rankings, the BMC Merit Rankings take account of performances made in BMC races only, on the following basis: i) best times and number of performances, ii) number of winning performances and the margins of their victories, iii) win-loss record against other ranked athletes, iv) performances in the 'special BMC events' i.e. the Championships at Loughborough, the Guardian Miles and the relays meetings, v) the style of the athlete's racing, i.e. whether they are willing to take up the pace or not, and 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. They are not meant to predict what would happen in an idealised race. Non-members are excluded, and members who only ran once are listed as "not-ranked". Times for women set in mixed races are discounted slightly but allowances have been made for adverse weather conditions at Stretford 30/4 and Loughborough 19/5.

Men's 800m

- 1 **Hart (2)** 1:48.0: 6 Wyth 15/5, 1 Lough, 1 Wat 5/6; 1 Stret 25/6, 1re1 Wat 17/7;
- 2 **Cadwallader (1)** 1:48.5: 2 Wyth 15/5, 2 Lough, 2 Stret 25/6;
- 3 **Hooton (new)** 1:47.7: 3 Wat 5/6, 1 Wyth 30/7;
- 4 **Waters (14)** 1:47.9: 2b Wyth 15/5, 4 Wat 5/6, 1 Wat 26/6, 1 Batt 14/7, 1re3 Wat 17/7, 2 Wyth 30/7;
- 5 **Mayo J (new)** 1:48.2: 1 Stret 30/4, 1d Wyth 15/5, 7 Lough, 7 Tooting 29/5, 1re4 Wat 17/7, 3 Wyth 30/7, 1 Stret 3/9;
- 6 **Johnston (new)** 1:48.4: 1 Stret 21/5, 1 Tooting 29/5; 1 Stret 16/7;
- 7 **Knight (3)** 1:48.7: 2 Batt 13/4, 8 Wyth 15/5, 5 Wat 5/6, 2 Wat 26/6, 2 Batt 14/7, 1re2 Wat 17/7, 6 Wyth 30/7, 1 Wat 31/7, 1 Eltham, 1b Wat 28/8;
- 8 **Swift-Smith (-)** 1:48.9: 1b Wyth 15/5, 4 Lough, 2 Wat 5/6, 9 Wyth 30/7;
- 9 **King (new)** 1:48.5: 4 Wyth 15/5, 5 Wyth 30/7;
- 10 **Duke (new)** 1:49.3: 7 Wyth 15/5, 3 Batt 14/7;
- 11 **Caddy (18)** 1:49.5: 5 Lough, 4 Wat 31/7;
- 12 **Lill (new)** 1:49.9: 6 Lough, 8 Wat 5/6;
- 13 **Griffin (-)** 1:50.1: 1 Batt 13/4; 2 Tooting 29/5;
- 14 **Grime (19)** 1:49.3: 10 Wyth 30/7, 4b Wat 28/8;
- 15 **Sesay (-)** 1:49.4: 3 Stret 25/6, 2 Stret 3/9;
- 16 **Donaldson U20 (9)** 1:49.9: 4b Wyth 15/5, 2 Meadowbank 3/7, 4 Batt 14/7, 3 Stret 16/7;
- 17 **Mate T (-)** 1:49.7: 5b Wyth 15/5, 6b Lough, 5 Stret 25/6, 2 Wat 28/8;
- 18 **Tilba-Morrison (-)** 1:50.0: 2 Wat 31/7, 2b Wat 28/8;
- 19 **Cuddy U20 (new)** 1:50.0: 3 Stret 30/4, 1b Stret 25/6, 7 Batt 14/7, 1b Wyth 30/7;
- 20 **Thompson (-)** 1:50.1: 5c Wyth 15/5, 5b Wat 5/6, 5 Batt 14/7, 4b Wyth 30/7, 5 Wat 31/7, 2 Eltham, 4 Wat 28/8, 1 Sutton;



The 1996 Men's BMC 800m Championship at Loughborough

Photo by Montgomery-Smith

Hart, Cadwallader, Graham, Swift Smith, Caddy (hidden), Lill and Mayo fill the first seven places.

- 21 **Davies (-)** 1:49.9: 4b Wat 5/6, 3 M Keynes, 5 Wat 28/8;
 - 22 **Roache (-)** 1:50.4: 2 Meadowbank 3/5, 8 Lough;
 - 23 **Calvert (4)** 1:51.61: 1 Meadowbank 3/5, 9 Lough, 1 Cardiff 25/5;
 - 24 **Airey (15)** 1:50.2: 3 Batt 13/4, 5b Lough, 8 Batt 14/7, 4 M Keynes, 7 Wat 31/7;
 - 25 **Bentham (-)** 1:50.2: 1 High, 3b Wyth, 6 Batt 14/7;
 - 26 **Ashe (-)** 1:50.3: 4 Batt 13/4, 6 Wat 5/6;
 - 27 **Wilson (-)** 1:50.4: 4b Lough, 1 Jarrow 8/7;
 - 28 **Clark (-)** 1:50.6: 1b Wat 29/5, 10b Wat 5/6, 4 Wat 26/6, 5 M Keynes, 3 Wat 31/7, 6 Wat 28/8;
 - 29 **Veness (-)** 1:50.3: 1b Wat 5/6, 5 Wat 26/6, 6 Wat 31/7, 3b Wat 28/8;
 - 30 **Daly (new)** 1:51.2: 3 Meadowbank 3/5, 1c Wyth, dnf Lough, 4 Cardiff 25/5;
- not ranked**
- Donkin (new)** 1:48.4: 4 Wyth 30/7;
English IRE (-) 1:48.8: 1 Wat 28/8;
Lerwill U20 (new) 1:49.2: 1 Wat 29/5;
Graham (5) 1:49.2: 3 Lough;
Stewart (-) 1:49.2: 8 Wyth 30/7;
Margiotta (-) 1:49.4: 2 M Keynes;

Just like last year it was Andy Hart vs Lee Cadwallader fighting it out for top spot, Stretford 25th June being the deciding race. Hooton, Waters and Mayo all had fine breakthroughs however Cadwallader just hangs on to second as the only person to beat Hart. Special mentions go to Mayo and Johnston who improved their pbs from 1:53.1 and 1:55.1 respectively.

The depth was superb and therefore 30 have been ranked. Last year 20th nationally was 1:49.36, this year that did not even make the BMC top 20 - ask Andy Knight about the increase in standards! There were 41 performances of 1:49.5 or better (compared to 46 in the previous 33 years) and the races at Loughborough and Watford 5/6 consisted of such good fields that our Treasurer insisted that all non-members were placed in the 'B' race!

Men's 1,500m / Mile

- 1 **Caddy (1)** 3:39.1 / 3:58.59M: 1re4 Stret 30/4, 8 Bath, 10 Wyth 30/7, 1 Chelt, 1 Cardiff 7/8, 1 Swindon, 2 Barnet, 1 Bristol, 1 SWGP;
- 2 **Ashe (6)** 3:41.2 / 3:59.98M: 1 Wat 24/4, 5 Wyth 15/5, 1 Wat 10/7, 1 Wyth 30/7, 3 Barnet;
- 3 **Stewart (16)** 3:44.7 / 4:05.13M: 1 Wyth 15/5, 1 Lough, 1 Meadowbank 5/6;
- 4 **Gillespie (4)** 3:41.1 / 4:01.1M: 1 Cardiff 25/5, 3 Bath, 2 Stret 16/7, 5 Wyth 30/7, 3 Chelt, 2 Cardiff 7/8, 4 Swindon, 6 Bristol, 2 SWGP;
- 5 **Hart (3)** 3:42.0 / 4:02.3M: 1re1 Stret 30/4, 1 Bath, 1 Stret 16/7, 15 Chelt;
- 6 **Hough (12)** 3:41.5 / 4:00.42M: 1b Wyth 30/7, 4 Barnet;
- 7 **Grime (-)** 3:40.1 / 4:09.4RdM: 2 Swindon, 2 Bristol;
- 8 **Healy (15)** 3:45.4 / 4:01.2M: 1 Antrim 25/6, 1 So'ton;
- 9 **Roache (20=)** 3:45.2 / 4:05.87M: 2 Wyth 15/5, 2 Lough;
- 10 **Margiotta (14)** 3:42.4 / 4:03.2M: 3 Stret 16/7, 4 Wyth 30/7, 5 Chelt;
- 11 **White (19)** 3:46.2 / 4:01.53M: 2 Bath, 3 So'ton, 15 Wyth 30/7, 6 Chelt, 17 Swindon, 5 Barnet, 3 Bristol, 4 SWGP;
- 12 **Whalley (-)** 3:40.7 / 4:06.9M: 7b Wyth 15/5, 4 Cardiff 25/5, 11 Bath, 5 So'ton, 13 Wyth 30/7, 9 Chelt, 3 Cardiff 7/8, 3 Swindon, 7 Bristol, 3 SWGP;
- 13 **Seanlon (-)** 3:41.3 / 4:10.2M: 7 Wyth 30/7, 10 Chelt, 5 Swindon;
- 14 **Poore (-)** 3:43.0 / 4:03.12M: 2 Wat 5/6, 9 Bath, 6 So'ton, 11 Wyth 30/7, 8 Swindon, 6 Barnet, 5 Bristol, 5 SWGP;
- 15 **Johnston (new)** 3:45.6 / 4:03.6M: 5 Bath, 2 So'ton, 13 Swindon, 7 Barnet, 6 SWGP;
- 16 **Finch (new)** 3:42.0: 2 Wyth 30/7, dnf Barnet;
- 17 **Davies (18)** 3:44.2: 5 Wat 10/7, 9 Wyth 30/7, 1 Bedford, 3 Stret 20/8, 2 Welwyn, 1 East GP, 1 Wat 11/9;
- 18= **Barden (10)** 3:43.8 / 4:02.1M: 8 Wyth 30/7, 4 Chelt;
- 18= **Forder (new)** 3:42.1 / 4:10.7M: 4 Wat 10/7, 3 Wyth 30/7, 12 Chelt;

1996 BMC Merit Rankings

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

- 18= **Skelton (new)** 3:43.0 / 4:05.0M: 4 So'ton, 6 Wyth 30/7, 7 Chelt;
- 21 **Finnerty IRE (new)** 3:42.8 / 4:04.67M: 7 Swindon, 8 Barnet;
- 22 **Murphy (5)** 3:47.2 / 4:08.74M: 1re2 Stret 30/4, 4 Wyth 15/5, 5 Lough;
- 23 **Cadwallader (7)** 3:53.8R / 4:03.3M: 1re3 Stret 30/4, 6 Lough, 4 Bath;
- 24 **Davoren (20=)** 3:48.0 / 4:08.59M: 1 Wat 5/6, 17 Bath, 1 King's Lynn, 1 Welwyn, 2 East GP, 3b Barnet;
- 25 **Comerford (13)** 3:46.5 / 4:07.48M: 3 Lough, 12 Wyth 30/7;
- 26 **Zawadski (new)** 3:45.7 / 4:04.50M: 2c Lough, 10 So'ton, 10 Swindon, 1b Barnet, 4 Bristol, 7 SWGP;
- 27 **Graham (2)** 3:49.3 / 4:09.65M: 6 Wyth 15/5, 7 Lough, 2 Meadowbank 5/6;
- 28 **Mate T (11)** 3:45.1 / 4:11.68: 9 Lough, 2b Wyth 30/7, 2 Stret 20/8;
- 29 **Smith U20 (new)** 3:45.6 / 4:11.15M: 6b Wyth 15/5, 3 Stret 4/6, 4 Stret 16/7, 4 Stret 20/8, 6b Barnet;
- 30= **Duke (new)** 3:42.5 / 4:18.5M: 5 Cardiff 25/5, 20 Bath, 6 Swindon;
- 30= **Mayo J (new)** 3:44.0 / 4:16.95M: 3 Wat 10/7, 10 Barnet;
- 30= **Mosley (-)** 3:47.4 / 4:08.7M: 5 Wat 5/6, 13 Bath, dnf Wat 10/7, 6b Wyth 30/7, 4 Cardiff 7/8, 14 Swindon, 5 Stret 20/8, 2 Scunthorpe, 7b Barnet, 8 Bristol, 8 SWGP, 7 Wat 11/9;
- 30= **Renfree (-)** 3:46.3 / 4:05.9M: 4c Wyth 15/5, 10 Lough, 10 Bath, 5 Cardiff 7/8, 12 Swindon, 8b Barnet, 9 SWGP;

not ranked

Whiteman (new) 3:56.35M: 1 Barnet;
Griffin (-) 3:43.5: 2 Wat 10/7;

Caddy retains his number one ranking despite losing form mid-season, his magnificent series of victories at Cheltenham, Cardiff, Swindon and Bristol being decisive over Ashe, against whom he was 1-1, for top ranking. Loughborough Champion Stewart was unbeaten but only just makes the top 20 on times and so is ranked behind Caddy and Ashe. Whiteman's 3:56 mile was outstanding but cannot be ranked as he only competed the once. Gillespie had his best ever sequence of times but can rank only 4th. Hart had 3 victories and a pb but only 5th and then follow Hough, Grime, Healy and Roache.

Those ranked 10th - 23rd are also very close - the results at Wythenshawe 30/7, Cheltenham and Swindon are very conflicting. Margiotta is 2-0 v White, who in turn is 4-2 v Whalley. The depth is superb (3:42 not even making the top 20 - Finnerty, Murphy and Cadwallader being unlucky in 21st, 22nd and 23rd) and the rankings in this event have also been extended to 30. Davoren with three victories is hard to rank whilst Zawadski made a fine breakthrough late season. Smith is the highest ranked junior.

Women's 800m

- 1 **Bowyer (new)** 2:04.1mx: 1 Wyth 15/5, 1mx Stret 6/8;
- 2 **Faherty (4)** 2:04.3R: 4 Wyth 15/5, 1re4 Wat 17/7, 2 Wyth 30/7, 1mx Stret 20/8;
- 3 **Parker (15)** 2:04.9mx: 3 Stret 30/4, 5 Wyth 15/5, 2mx Stret 4/6, 1 Wyth 30/7;
- 4 **Tait (new)** 2:06.7mx: 1 Lough, 2mx Wat 5/6;
- 5 **Jordan (19)** 2:08.2: 1b Wyth 15/5, 1 Wat 26/6, 1re1 Wat 17/7, 6 Wyth 30/7;
- 6 **Henaghan (new)** 2:07.1: 2 Jarrow 8/7, 3 Wyth 30/7;
- 7 **Davies A (6)** 2:07.5mx: 2 Wyth 15/5, 3mx Stret 6/8;
- 8 **King (12)** 2:07.1mx: 2mx Stret 16/7, 3mx Stret 20/8, 1mx Wat 28/8;
- 9 **Wilkinson (9)** 2:07.5: 8 Stret 30/4, 2b Wyth 15/5, 1 Stret 25/6, 3mx Stret 16/7, 4 Wyth 30/7;
- 10 **Fryer (16)** 2:07.5: 5mx Stret 4/6, 1mx Stret 16/7, 7 Wyth 30/7, 4mx Stret 6/8, 4mx Stret 20/8, 1 Stret 3/9;
- 11 **Ashcroft (new)** 2:07.7: 1 Jarrow 10/6, 3 Jarrow 8/7, 5 Wyth 30/7;
- 12= **O'Hare U20 (-)** 2:09.1R: 2 So'ton, 1re3 Wat 17/7;
- 12= **Davies E U20 (new)** 2:09.6R: 5b Wyth 15/5, 1re2 Wat 17/7;
- 12= **Ogden U20 (20)** 2:09.9: 4 Jarrow 8/7, 2re1 Wat 17/7;
- 12= **Lee U20 (8)** 2:10.0: 1 Batt 13/7, 2re4 Wat 17/7, 8 Wyth 30/7;
- 16 **Parkinson (10)** 2:10.1: 3 Lough, 1 Stret 21/5, 2 Stret 25/6;
- 17 **Jones (14)** 2:09.9: 5 Lough, 1 So'ton;
- 18 **Pritchard U17 (-)** 2:11.6: 1 Batt 13/4, 1 Millfield;
- 19 **Beecroft (new)** 2:09.2: 5 Stret 30/4, 9b Wyth 15/5, 4 Lough, 7 Stret 25/6, 9mx Stret 16/7, 3b Wyth 30/7, 2 Stret 3/9;
- 20 **Smithson (new)** 2:09.5mx: 4 Stret 30/4, 4b Wyth 15/5, 4mx Stret 4/6, 8 Stret 25/6;

not ranked

Gibson (-) 2:04.3mx: 1mx Wat 5/6;
Griffiths (1) 2:05.5: 1 Stret 30/4;
Sterne (5) 2:07.1mx: 2mx Stret 6/8;
Gandy (-) 2:07.5: 2 Lough;

Sonya Bowyer winner at Wythenshawe 15/5 and with the fastest time just gets top ranking from Michelle Faherty, whose two 2:04 clockings and her fine front running at Wythenshawe 30/7 put her ahead of Sue Parker. Ann Griffiths and Lynn Gibson had both had single very fine runs, but unfortunately cannot be ranked. Loughborough champion and AAA's third placer Natalie Tait is fourth having been beaten by Gibson at Watford, but more races are needed where the best meet each other rather than solo runs in mixed races.

Jordan with three victories is a deserving fifth and the four juniors who set the world junior 4x800m record are hard to split and are placed equal 12th. Amanda Pritchard shows great talent as an U17.

Women's 1,500m / Mile

- 1 **Gibson (-)** 4:15.8 / 4:38.93M: 2 Wyth 15/5, 1 Wyth 30/7, 1 Barnet;
- 2 **Faherty (-)** 4:23.4R / 4:39.44M: 1re4 Stret 30/4, 2 Barnet;
- 3 **Bowyer (new)** 4:10.7mx / 4:39.90M: 1mx Stret 16/7, 3 Wyth 30/7, 1mx Stret 6/8, 3 Barnet;
- 4 **Parkinson (2)** 4:19.0: 1re3 Stret 30/4, 4 Wyth 15/5, 2 Stret 16/7, 7 Wyth 30/7, 1mx Stret 20/8;
- 5 **Farrow (4)** 4:21.4 / 4:54.71M: 1 Lough, 1 Bath, 4 Stret 16/7, 10 Wyth 30/7;
- 6 **Pimblett (new)** 4:21.3: 1re2 Stret 30/4, 4b Wyth 15/5, 1 Stret 16/7, 14 Wyth 30/7;
- 7 **Pavey (new)** 4:23.3 / 4:41.20M: 1b Wyth 15/5, 2 Lough, 6 Cardiff 25/5, 2 Wat 5/6, 10 Stret 16/7, 2 Swindon, 6 Barnet, 1 Bristol, 2 SWGP;
- 8 **Francis-Thomas (new)** 4:23.8 / 4:40.93M: 5 Bath, 1 Wat 10/7, 5 Stret 16/7, 4 Swindon, 2mx Stret 20/8, 5 Barnet, 2 Bristol, 1 SWGP;
- 9 **King (3)** 4:20.6: 9 Wyth 15/5, 9 Wyth 30/7;
- 10 **Jones (-)** 4:22.1: 12 Wyth 30/7, 1 Swindon;
- 11 **Pattinson (6)** 4:21.9: 7 Wyth 15/5, 15 Wyth 30/7;
- 12 **Field (new)** 4:26.7 / 4:58.85M: 5b Wyth 15/5, 4 Lough, 1 Cardiff 25/5, 2 Bath, 7 Stret 16/7;
- 13 **Salmon (-)** 4:24.2 / 4:44.79M: 13 Wyth 30/7, 3 Swindon, 8 Barnet;
- 14 **Thackray (-)** 4:23.0: 11 Wyth 15/5, 8 Stretford 16/7, 11 Wyth 30/7;
- 15 **Mann U20 (new)** 4:25.3: 1re1 Stret 30/4, 6b Wyth 15/5, 3 Stret 16/7, 16 Wyth 30/7;
- 16 **O'Hare U20 (-)** 4:28.1: 2 Cardiff 25/5, 3 Bath;
- 17 **Waite U17 (-)** 4:30.5: 3 Millfield, 8 Cardiff 25/5, 4 Bath, 1 Cardiff 7/8, 5 SWGP;
- 18 **Oldfield U20 (7)** 4:27.7: 2re2 Stret 30/4, 6 Stret 16/7;
- 19 **Carville (-)** 4:28.1 / 4:59.63M: 1 Wat 24/4, 3 Wat 5/6, 2 Bedford, 10 Barnet;
- 20 **McPherson (-)** 4:27.1: 1 Stret 4/6, 1b Wyth 30/7;

not ranked

Davies (1) 4:17.1: 2 Wyth 30/7;
Gunning (-) 4:17.4: 4 Wyth 30/7;
Parker (-) 4:17.4mx: 2mx Stret 16/7;
Robinson (5) 4:22.4: 8 Wyth 15/5;

Michelle Faherty's fine solo run in dreadful conditions at the Stretford relays to clinch the British 4x1,500m record was probably the single best performance of the season, but Lynn Gibson had a first and a second at Wythenshawe and Sonya Bowyer broke the BMC record with 4:10.7 at Stretford. The top three are very close and therefore the Barnet finishing order has been used.

Parkinson, Farrow, Pimblett, Pavey and Francis-Thomas all had fine sequences of races. Loughborough Champion Wendy Farrow was critically 0-2 vs Parkinson. Pavey's second at Loughborough was the deciding factor over Francis-Thomas against whom she is 2-2, although the latter won the South West Grand Prix by virtue of her 3k performance at Cheltenham.

BMC Vision 2000

by Glen Grant, Chairman

This paper was approved by the National Committee in September 1996.

World Supremacy

In Moscow at the 1980 Olympics a BMC member won the Mens 800m gold medal. Another BMC member won the Mens 1500m gold medal. Sadly, the womens middle distance events were won by two Russians.

That was the closest the BMC got to achieving our oft-stated goal of raising the standard of British middle-distance to world supremacy - two out of the four middle-distance gold medals.

Our aim, or as we shall call it, our Vision 2000 is:

"to strive to win all four middle-distance gold medals for Britain in the 2000 Olympics and at each successive games"

We have a tall task ahead of us. To make things happen we need to look at what we are doing now, and how we could do it differently or better.

Strategy

The BMC must create an environment whereby athletes can develop from National Schools standard through to the point where the national federation takes over. It is clearly the role of the British Athletic Federation (BAF) to look after the elite athletes within the UK.

The better job that BAF does with this the more that BMC can concentrate on raising the lower levels of ability - the less able that BAF proves to be the more that BMC must concentrate on providing a service right through to world class.

We will consult closely with BAF as to precisely where the dividing line for activity between BAF and BMC should be.

Review of 1996

The success of 1996 really began in January 1995 when the BMC made some major changes. It widened the membership and expanded the race programme. The purpose was to include all the active middle-distance runners in the country, and thereby increase the chances of producing athletes of international standard and hence achieving our aims.

By and large, the changes made are proving successful. We have succeeded in raising the profile of the BMC and have gained about 400 new members.

Every new member we gain helps us in our task. The ten pounds membership fee makes a real difference to our ability to put on top class races. The new members have made us sufficiently financially secure to cover operating costs and to provide a secure foundation on which to build.

However, membership fees alone cannot provide prize money, travelling expenses or any other financial support for athletes and other areas of funding must therefore be found for this.

Our 1996 race programme has proved to be of an even higher standard than 1995, particularly over the men's 800m. Table 1 details the increases in the depth of performances at our Elite Level and the Gold Standard Level.

Sadly the "National Squad" races were not quite, as far as the top twenty ranked athletes were concerned, the 'must do' races that we had billed them to be. Table 2 shows how some of the better names stayed away.

It was obviously very pleasing to see some new stars emerge at these meetings, but it was rather disappointing that some of the 'names' that were there did not contribute to the pace or lay themselves on the line, apparently preferring merely to run to beat a 'weak' domestic field instead.

By contrast the "Gold Standard" races at Watford and Stretford were unqualified successes and catered not only for athletes ranked 20-100 nationally, but also provided some very special performances. Stretford saw two BMC records fall on July 16th, whilst Watford was the success story of the year growing from nothing to being almost the equal of Stretford.

The BMC Championships were a success and had worthy champions, but came at the wrong time of year to achieve good times. The women once again stayed away, preferring to run as guests in the Loughborough match. The summer Wythenshawe meeting

highlighted the demand for high quality domestic competition during major championships, and this is a point that BAF and the BMC must not ignore. For our part we propose to have next year's BMC Championships during the IAAF world championships.

Mike Down's Post Office Counters Grand Prix was a resounding success in its tenth year - it is proposed to extend the idea into a National Grand Prix for 1997. Sponsorship will be required - the Guardian Miles at Barnet Copthall show just what can be achieved with a good prize list.

We held two relay meetings in 1996 at which three world and three national age group records were set. Whilst the meetings are not particularly significant per se, the publicity achieved from setting the world junior records showed a visible return for the young athlete development grant from the Foundation for Sports and the Arts (FSA).

Table 1a BMC Race Programmes 91-96
Number of performances inside our
BMC Elite 'All Time' Standards

	91	92	93	94*	95	96
M800 (1:49.5)	1	4	7	8	16	41
M1500 (3:43.0)	2	1	0	9	6	19
W800 (2:05.0)	0	1	1	5	4	7
W1500 (4:20.0)	0	0	0	11	2	12
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Yearly Totals	3	6	8	33	28	79

Table 1b BMC Race Programmes 91-96
Number of performances inside our
BMC Gold Standards

	91	92	93	94*	95	96
M800 (1:52.0)	22	20	49	63	119	136
M1500 (3:49.0)	40	24	53	94	71	102
W800 (2:12.0)	20	26	23	60	48	103
W1500 (4:30.0)	13	7	14	46	19	60
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Yearly Totals	95	77	139	263	257	401

* 1994 in conjunction with 3 Reebok Challenges

Table 2 BMC National Squad Races
Number of 1996 UK Top 20s in race
(No. of 1995 UK Top 20s in brackets)

	M800	M1500	W800	W1500
Wythenshawe 15/5	10(7)	3(2)	7(5)	5(4)
Loughborough 18/5	5(6)	1(2)	2(2)	0(1)
Cardiff 25/5	0(1)	2(0)	0(0)	0(0)
Watford 5/6	6(5)	0(0)	2(2)	0(1)
Wythenshawe 30/7	8(3)	6(2)	5(1)	9(5)
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	29(22)	12(6)	16(10)	14(11)

BMC Vision 2000

In 1996 we only had one National Squad Meetings after the AAA's - this was because in 1995 some of our events were severely devalued by the close proximity of the BAF promotions and therefore this year we simply could not take the risk - as it was we had to cancel Exeter when the Emsley Carr mile was moved six weeks.

The BMC have made considerable headway in improving relations with BAF over the last few years, but there remains a considerable void between BMC national events and BAF events. Much greater co-operation and co-ordination is needed if athletes are to include both successfully in their race programmes.

The Future

Making Things Happen

The BMC's aim has always been "to improve British middle-distance running". Firstly,

"by improving the standard of coaching knowledge so that athletes train and prepare for competition in a logical and structured manner"

We have consistently achieved this over the years by providing an internationally respected magazine to all members, coaches and athletes, that is up to date with all the best knowledge and advice. We run regular training days and BMC coaches stand ready to advise any coach or athlete on his/her way to success. Secondly,

"by providing competition opportunities for athletes so that they can progress to the next level of achievement"

For three years we have provided well over 150 races per year and athletes have been rewarded with an unparalleled number of personal bests. However this is proving insufficient on its own to raise standards to the desired level, and we now find that we must add:

Thirdly,

"by ensuring that all the best British athletes compete regularly against each other at the edge of their ability in order for champions to emerge

This we are now doing and we are starting to see positive results from the emerging generation. Statistics show that when a country develops great depth, then is the time that a true champion emerges. When you have to struggle that bit harder to be the best in your country, international competition becomes less difficult.

In providing a plan for how the BMC intends to conduct business, it is important to realise that the BMC cannot operate in isolation. BMC will continue to support the plans and ideals of BAF, the National Coaches and the National Event Coaches. They have the task of supporting the best athletes and the BMC must reinforce their efforts, filling in the gaps wherever possible.

The aim must be a seamless transition from club athlete to international with maximum support at every level. As they improve, the second tier of athletes must also play their part in helping the elite. They must expect to pacemake for the internationals and for each other, and to play their part in producing fast and aggressive races. Only in this way will athletes benefit fully from the collective ability of the BMC.

BMC Athlete Development

Athletics is all about people. Winning Championships is also about endeavour and success or possibly even years of injury or failure. It is vital that the coaches and athletes who are doing the work and who give up so much of their lives are given maximum support by their specialist club. Structures, bureaucracy and races are insufficient on their own, they need to be focused where they can do most good. We aim to do this.

In the past the BMC concentrated upon those athletes who actually joined the club as juniors. We intend now to start earlier and look at all athletes whether they join initially or not. The BMC will target the athletes who show the most ability and who show the greatest sense of purpose when they mature. The aim would be to support the athlete and his/her coach as much as possible until the athlete either succeeds or proves himself incapable of further improvement.

For funding we would use the grant money available from the FSA and from

any other source to assist with travel and other expenses provided that the athlete continued to race competitively in the high grade races provided for him/her.

It will be insufficient for an athlete just to run in a BMC race. The athlete must race *aggressively and often*, against his peers and betters.

Where the athlete has a coach inexperienced in coaching internationals, the BMC would be on hand to encourage a correct balance of training, and will also provide a backup of advice and support by telephone, letter and attendance at training days.

As we are advocating support of possibly more than 8 years for each athlete, the BMC would try to nominate a "Mentor" for each coach. We would be available to help the coach draw up long term plans and advise on schools, universities, possible training venues and competitions for the athlete. Most importantly we would try to help athletes through the difficult periods of injury, exam and starting employment.

It is fundamental that the BMC must never take over from the all important coach / athlete relationship, but must serve to strengthen and support that team at all times, especially where the coach himself is new and learning the trade.

BMC Race Programme

BMC Races are designed to be a development tool for members to improve their personal best times, to practice tactics under fast conditions, to stretch their limits without fear of reprisals or mockery, and to race against their peers to become the Best.

It is vitally important that BMC races are of a consistently high standard and that athletes continue to associate "BMC" with hard races and fast times. More than this, the best athletes will want quality races in the right location and at the times that they need them. If they do not get this then they will vote by their absence.

Producing a customer driven race programme goes hand in hand with increasing the depth of athletes in meetings. If the races are what is wanted, then more athletes will appear to race.

To help athletes gain the necessary aerobic conditioning to cope with heats and finals of major championships we will be encouraging them to race longer distances and cross-country during the winter.

BMC Vision 2000

For the majority of the developing athletes the BMC Regional races, normally held in conjunction with a local open meeting, are ideal, providing both the amount and quality of competition necessary to progress. We will not neglect these athletes, they are the backbone of the BMC, and without them the BMC would not exist.

Overseas Competition

The best athletes are always seeking international competition, much of which is necessarily overseas. They do this through BAF or by employing an agent - their hopes are not always fulfilled.

World standards are rising and accordingly we are setting our targets higher. We expect the athletes to set their targets higher as well. However, Britain's best athletes still travel abroad to get times of 'only' 1:47/3:39/2:04/4:15. These times were achieved in BMC races this year, but frankly they are simply not fast enough for athletes with world class aspirations.

We have been organising our "National Squad" races for three years now, specifically designed to be a useful stepping stone for the elite athletes. For many athletes these are the best races they get outside of the national championships each year, but they have to be significantly faster than they are now to make a difference at an international level, and to

make this happen we have to get the top athletes to the line, prepared to commit themselves. If our best athletes do not have the wherewithal to achieve international times in our races, then these athletes must concede that they are not fast enough to go to major championships anyway.

However, we maintain that there is sufficient talent in the UK to produce fast times and it will be an objective that athletes should only need to go abroad for international races of 1:44/3:34/1:59/4:05 standard, and it is these sorts of times that the BMC will expect athletes to strive for in our National Squad races in future.

In the past there has never been a requirement for BMC to concern itself with finding athletes international competition. However, as world standards rise, many British athletes are becoming classed as "fringe" athletes. If BAF cannot support athletes to the level required then the BMC may have to become involved with one or more commercial organisations to help direct and manage these athletes' needs, improving access to fast overseas races.

This is a major step and not one to be taken lightly. The BMC have identified the level of services we would require from BAF and/or a commercial organisation and have been talking to one organisation in particular. We hope to make an announcement in the new year.

Summary

The BMC Committee has set ambitious targets for itself and the club members for the future. It is well aware that it is the athletes and coaches that do the real work, and in the championships it is the athletes alone who must win.

All the efforts of the BMC must therefore be focused towards those athletes and coaches who are striving to succeed.

To this end the club intends to provide the most comprehensive network of races that it can, and within the constraints of limited finance, provide the maximum support for successful athletes and their coaches that it can.

The athletes will be asked to contribute in a simple fashion: by training intelligently and hard, and by racing to the utmost limits of their ability.

It is a long hard road towards our Vision 2000 and it will take a great deal of commitment, hard work, and sometimes pain and grief from athletes, coaches and club officers to succeed.

What the BMC offers is enthusiasm and a belief in our members. We believe our goal of four gold medals is possible and that our current athletes have the talent and the ability to succeed. Do you have the courage to join us on this journey?

Appendix 1 BMC Race Programme

Our formal proposals are:

- i A Three Tier Racing Programme, National Squad Grand Prix, Gold Standard Races at Stretford and Watford, and Regional Races covering all areas throughout the country.
- ii The BMC Championships will take place during the World Championships, using a heats and finals format.
- iii The National Squad Grand Prix will take place at four venues on week-day evenings throughout the summer. Distances run will be 800m and 1,500m. Athletes' best performances will count and will be scored according to time and position. There will also be Grand Prix II meetings where extra points can be scored.
- iv The "Grand Prix Final Mile" will be by invitation only (the Top 20 in the Grand Prix) and will be included within a major meeting such as the Guardian Cup Final.
- v Events at Loughborough University will provide quality 5k races, Stretford and Watford will provide quality 3k races. All members should aim to do at least one of these longer races.
- vi Gold Standard Races and Regional Races to take place as per 1996.
- vii Relay meetings will take place at Watford (early season) and Oxford.

Appendix 2 BMC Athletes' Support

The level of service required in a contract with a commercial organisation are:

- i Support will be provided to those athletes who are in the BMC Top 20 Merit Rankings. Support will be continued during periods of injury.
- ii A general support-package will be provided including kit sponsor, medical and physiological testing, and access to selective European races, working closely with the BAF Promotions Agency.
- iii The organisation will be expected to work closely with athletes and coaches in devising a structured racing plan for each athlete. This will include no more than 9 races, which will cover the AAA's and the BMC championships, 1 or 2 European races and participation in the BMC Grand Prix, but will remain sufficiently flexible to react to athletes' needs or special invitations.
- iv The organisation will support the BMC in its objectives of raising the standard of British Middle Distance running, and will develop sponsorship of the BMC Senior Race Programme.
- v Athletes will be expected to pacemake a maximum of two races per season, both at home and abroad, and run above and below distance races.

1996 Senior Race Programme



Photo by Shearman
Kevin McKay breaks the BMC 1,000m record at Stretford.



Photo by Shearman
The new British and Commonwealth women's 4x1,500m record holders: (l-r) Julie Swann, Caroline Pimblett, Amanda Parkinson and Michelle Faherty.

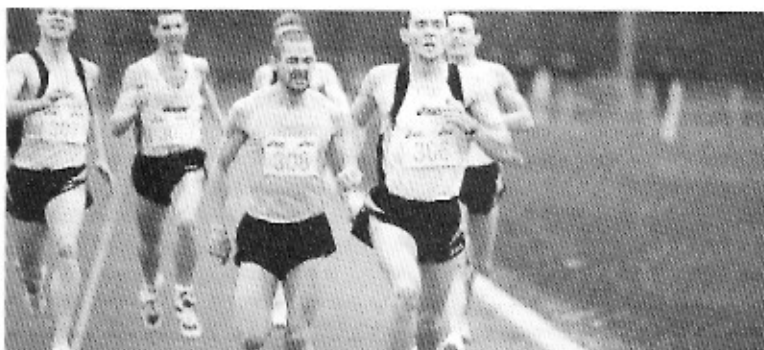


Photo by Shearman
M800 at Wythenshawe in May: (l-r) Eddy King, Andy Hart, Lee Cadwallader and Craig Winrow.



Photo by Shearman
Sonya Bowyer (2) leads Lynn Gibson (4) and Beatrice Roh (9) in the Guardian Mile at Barnet Cophall.



Photo by MFM
After 800m of the Cheltenham mile, Adam Duke paces for Gary Lough, Steffan White, Ian Gillespie and Martin Forder.



Photo by MFM
Neil Caddy runs 3:39.1 for 1,500m at Swindon.

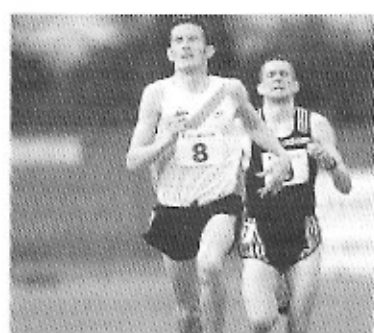


Photo by Shearman
Richard Ashe runs 3:59.98 for the Mile at Barnet - Robert Hough is unlucky.



Photo by Leith
The BMC National Squad that broke the UK Club Record for the 4x800m: (l-r) James Mayo, Rupert Waters, Andy Knight and Andy Hart.



Photo by Shearman
Neil Caddy presents the Development Officers' Award to Rupert Waters at the National Training Day at Bedford.

Twelve Things You Should Know About ...

by Frank Horwill

Twelve things you should know about ...

Carbohydrates

1) Carbohydrates are a premium fuel. Proteins, vitamins, minerals, and essential fats are mainly building ingredients. Carbohydrate is always the limiting fuel, because no matter how lean an athlete is he will have fat calories to spare. Fat is used in varying amounts during extended exercise but there is no chance of it running out. This is not the case with carbohydrates. Fat burned on a fire will produce 9 calories per gram. Carbohydrates produce half that amount. However, in the body, fat burns very slowly for energy. ATP is the main fuel for exercise, to produce this the body breaks down muscle glycogen and blood glucose. In fact, carbohydrates produce twice as much energy as fat - the exact opposite of the fire-burning situation. Carbohydrates are the highest energy fuel.

2) Unless the intake of carbohydrates before competition and training is high the athlete will conclude those activities on a physiological and psychological low. Signs of inadequate ingestion before exercise is when that exercise loses quality over the final one-third stage.

3) Carbohydrates become more efficient when consumed on three occasions:

- i before running
- ii during running
- iii after running.

Twenty-five controlled studies have shown that the taking of carbohydrate during exercise enables the athlete to defer fatigue and perform at a higher level. Important as this is, it is even more vitally important that carbohydrate is taken *between* training sessions. Glucose in the blood from newly digested carbohydrates *cannot* be used by the muscles nearly as effectively as muscle glycogen formed from carbohydrates taken some hours previously. Blood glucose has to be phosphorylated before it can be used and

this process depends on an enzyme called hexokinase in human muscle which has a low level of activity. Thus, blood glucose is less efficient for energy production than that found in muscle glycogen stored earlier.

4) So, we now have a golden rule with regard to carbohydrate consumption - *as soon as we finish one training session we immediately start stocking up for the next* - thus ensuring that we have the highest levels of muscle glycogen when we start the next training session. This *immediate* process is because muscle glycogen synthesis occurs very rapidly in the first 2 hours after exercise and then more slowly for the next 4 hours. The amount and type of carbohydrates are also important the maximum rate of glycogen building in the first 4 hours after exercise occurs by consuming 225g of glucose polymers in liquid form. Above that there is no further effect. These polymers are complex carbohydrates which are more slowly digested than simple sugars. This is not the whole story. After intense exercise or competition the body requires sugar quickly (glucose). Glucose causes an insulin burst if taken before exercise and should be avoided, this is not the case after severe exercise.

5) For maximum carbohydrate efficiency take 225g (8oz) of liquid complex carbohydrates, glucose and fructose immediately after exercise.

6) Muscle glycogen levels plateau at an intake of 650g. Where the total training time exceeds 5 hours a day, the amount will be much higher. The author knows of one 100-mile race competitor who could eat 900g of carbohydrate daily. A triathlete who does 3 hours cycling early morning, then a 15 mile run, followed by an hour's swim, topped off with weight training after lunch, may have to ingest 1200g per day to maintain muscle glycogen.

7) Running uses about 60 percent of total muscle mass and the intake of carbohydrates is relevant to body weight. An athlete who weighs 60kg (132lbs) and who runs for 2 hours daily will require 400g, but if the training is for 4 hours daily this must be increased to 600g. Most runners will not exceed 70kg (154lbs) in

weight - the requirement will be: 2 hours = 500g or 4 hours = 700g. Should there be an unwelcome gain in weight on this regime it will be obvious that the assessment needs adjustment.

8) On top of this carbohydrate boosting the body requires a steady flow of insulin throughout the day. Unless this is done the glycogen repletion process will suffer. *Eat small meals every four hours which contain carbohydrates.* In extremes of heat and cold or altitude, this can be every three hours. Insulin instability is caused by simple sugars, except during and after exercise, therefore foods during the day should have a low glycaemic index (do not cause sudden rises of insulin).

Recommended are: fructose, soybeans, kidney beans, lentils, sweet potatoes, apples, oranges, whole wheat spaghetti, oats, brown rice, buckwheat pancakes and whole wheat bread. Foods which possess a high glycaemic index include: Glucose, parsnips, carrots, honey and cornflakes. A banana (65) has nearly double the index of an apple (36). Excessive fructose consumption should be avoided as it causes a rise in blood fats and uric acid levels. Both cause degeneration.

9) During exercise, the glycogen content of muscles *always* decreases. No way can this decrease be made up during exercise. We must start training and competition with maximum muscle glycogen levels.

However, research has shown that many runners *do not ingest sufficient carbohydrates* but even those runners who do ensure a maximum intake can get that extra edge when competing for more than 3 hours by taking carbohydrates on the run. A 5 to 10 percent carbohydrate rehydration beverage taken at a rate of 1 litre (1.75 pints) per hour is recommended.

Carbohydrate taken 3 to 4 hours before competition raises blood glucose and improves performance, this procedure should be tested out many times beforehand in training. The taking of candy, honey or sucrose before competition may reduce performance.

Make a point of taking 100g of a carbohydrate replacement drink 3 or 4 hours before training. During exercise it has been found that more than 90g per hour cannot be tolerated. *Never use solid foods, they deplete your water.*

Twelve Things You Should Know About ...

10) Carbo-loading is now 30 years old. Astrand suggested an exhaustive training session 7 days before competition, followed by 2 days of light training, then another exhaustive work-out to deplete glycogen levels.

During this process the carbohydrate intake is restricted to 10 percent of total calories. It works but there are big problems. Fats are burned in the absence of glycogen causing ketosis and numerous side-effects. Severe depletion is no longer necessary.

If carbohydrate is increased and training decreased by two-thirds during the week before competition muscle

glycogen will be increased without the discomfort of the Astrand method. Middle-distance runners should *not* carbo-load, but ensure an adequate intake as described here.

11) Morehouse and Miller have suggested that as carbohydrate intake increases as for a marathon, so must the vitamin B complex which is required for its metabolism. A supplement should be taken 14 days before carbohydrate boosting occurs. The full energy from carbohydrates is denied in the absence of the vitamin B complex found in liver, milk, nuts, pork, peas and beans.

12) Carbohydrate deficiency symptoms include: utter exhaustion after three successive days of 1 hour duration runs, a feeling of being tired before starting the next training session and a rapid decline in training and racing performance in the second half of the activity.

A link has been established with the ingestion of refined carbohydrates and the subjugation of certain white cells responsible for the defence of the body against infection. One study revealed that for 30 minutes after consuming a high-sugared soft drink, white cells were depressed. Eat natural carbohydrates for main meals.

NEW MEMBERS

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

2659	Darren McKay		2707	Suzanne Hasler U15		2755	David Davey U20		2803	Tracy Ashcroft	Gold
2660	Lloyd Stewart		2708	Alan Rowe		2756	Sarah Mead U17		2804	Kevin Hayes	Gold
2661	Grant Purves	Gold	2709	Emma Brooker U20		2757	Emilie Giles U17		2805	Lucy Field	Gold
2662	Rick Marcus		2710	Helen Bebbington U17		2758	Joanne Collieran	Gold	2806	Caroline Wilkins	
2663	Kirsty Baird		2711	Andrew McKenna U17		2759	Emma Deakin U17		2807	Robert Whittle U17	
2664	John Heanley U17		2712	John Binfield U17		2760	Sonia Thomas U20		2808	Francesca Green U17	
2665	Clayton Bannon U20		2713	Nathan Laud		2761	Steve O'Gara	Gold	2809	Michael Osborne	
2666	Graeme Reid U20		2714	Spencer Duval	Gold	2762	Georgie Salmon U17		2810	Adam Wareing U17	
2667	Keith Luke		2715	Tony Johnston		2763	Natalie Tait	Gold	2811	Adrian Green	
2668	Matthew De'Ath U20		2716	Jamie Smith		2764	John Hayes IRE	Gold	2812	Jonathan Quint	
2669	Andrew Rolt	Gold	2717	Vince Wilson	Gold	2765	Gregg Taylor U20		2813	Mike Dunphy	Coach
2670	Charles McConnell	Coach	2718	John Rigg	Gold	2766	Ric Sumner U17		2814	Tim Hyde	
2671	Donal O'Riordan		2719	Nicholas Dunne U17		2767	Tina Brown		2815	Liam Bulson	
2672	Andrea Duke		2720	Peter McCormick U20		2768	Simon Beardsall		2816	Jonathan McCallum	
2673	Richard Wright	Assoc	2721	Simon Bell		2769	Helen Pearson U17		2817	Matt Skelton	Gold
2674	Amanda Pritchard U17	Gold	2722	Matthew O'Dowd		2770	Paul Fisher U20		2818	Stephen Body	
2675	Paul Wallace	Coach	2723	Paul Dickie		2771	Tom Lerwill U20	Gold	2819	Chris Symonds	
2676	Adrian Jones		2724	Valerie Bothams		2772	Stephen Blake		2820	Julian Moorhouse	Gold
2677	Carolina Weatherill	Gold	2725	John Lyster		2773	Brian Stopher U17		2821	Edward McLean	
2678	Gregory Harrison		2726	John Blowers		2774	Paul Laslett U17		2822	Colin Godfrey	
2679	Ryan Davoile U20		2727	Nigel Stirk		2775	Steve Cooper		2823	Barolyn Kenyon U20	
2680	Kelly McDermott U17		2728	Jason Dupuy	Gold	2776	Scott Sterling U20		2824	David Rose U20	
2681	Daryl Griffin U20		2729	Deborah Howard		2777	Gareth Riddell U20		2825	Jason Beeraje U20	
2682	Andrew Prohmet		2730	Brett Mate		2778	Ed Matthews U20		2826	Darren Burton	
2683	Jonathan Guiney		2731	Raph Brandon	Assoc	2779	Daniel Pinna U17		2827	Marcus Bridges	
2684	Not allocated		2732	Dave Reader		2780	Zoe Peatfield U20	Gold	2828	Daniel Wicks U20	
2685	Nathaniel Lane		2733	Pauline Quinn	Gold	2781	Timothy Brierley U15		2829	Catherine Boyle	
2686	Martyn Gordon U17		2734	Mark Waters		2782	Carley Wilson U15		2830	Sonya Bowyer	Gold
2687	Kathryn Waugh		2735	Tim Boyle U20		2783	Ryan Falkner U17		2831	Christine Amede	
2688	Alice Beecroft	Gold	2736	Andrew Lill	Gold	2784	Lorraine Jenner		2832	Cornac Finnerty IRE	Gold
2689	Spencer Newport	Gold	2737	Shane Daly IRE	Gold	2785	Ricky Simms		2833	Andy Pratt	
2690	Lee Garrett U20		2738	Philippa McCrea U20		2786	Charlotte Fearn U17		2834	Terry Feasey U20	
2691	Stuart Maxwell		2739	Rod Finch	Gold	2787	John Moore		2835	Wayne Harrison U17	
2692	Nick Bentham	Gold	2740	Jan Staneke		2788	Grant Cuddy U20	Gold	2836	Robin Hooton	Gold
2693	James Mayo	Gold	2741	Daniel Carthy U17		2789	Paula Gowing U20		2837	Richard Vint U20	
2694	Andrew Jordan		2742	Jamie McLoughlin		2790	Cynthia Thompson	Coach	2838	Not Allocated	
2695	Kojo Kyereme		2743	Anne Connolly U20		2791	Niall Linden		2839	John Montgomery	Coach
2696	Bradley Donkin	Gold	2744	Caroline Pimblett	Gold	2792	Robert Creed		2840	Simon Wilson	
2697	Luc Michard BEL	Gold	2745	Christopher Quine		2793	Adam Zawadzki	Gold	2841	Liz Francis-Thomas	Gold
2698	Rob Simon		2746	Joanne Pavey	Gold	2794	Martin Forder	Gold	2842	Not Allocated	
2699	Paul Bennett	Gold	2747	Gavin Pavey	Gold	2795	Catherine Dugdale		2843	Neil Speaight U20	
2700	Sheila Fairweather U20		2748	Claire Hargreave U17		2796	Paul Farmer U20		2844	Charlie MacConnachie	
2701	Donna Brown U17		2749	Stuart Allen	Gold	2797	Melissa Neal		2845	Mark Harris NZL	Gold
2702	Kelly Burwood		2750	Chas McCaw		2798	Sarah Fensome U17		2846	Anthony Whiteman	Gold
2703	Michael Farren		2751	Nicholas Blunt		2799	Vivianne Watts U17		2847	Dominic Hall	Gold
2704	Sharon Whitby U17		2752	Mark Best U17		2800	Kevin Ritchie		2848	Ann MacPhail	
2705	Emily Hathaway U17		2753	Adam Duke	Gold	2801	Dianne Henaghan	Gold	2849	Susan Scott U20	
2706	Jenny Harnett		2754	John Burgess	Coach	2802	Francis Marsh		2850	Ridley Griffith	Coach

Strategy and Tactics

by Glen Grant, Chairman

The Strategy and Tactics of Middle and Long Distance Running

The sport of athletics grew up because of a need to train warriors in peacetime. Whilst the weapons of old may have changed, tactics and strategy retain exactly the same principles now as they did in the past. The Oxford dictionary defines tactics as:

"The art of disposing military or naval or air forces especially in actual contact with the enemy; procedure calculated to gain some end or skilful device".

If we rewrote this for middle distance running it would read simply: The art of competing skilfully in order to win races, even against physically superior opponents.

The definition of strategy is longer but ends with:

"to impose upon the enemy the time and conditions for fighting preferred for oneself".

For athletics the time of competitions is set often years in advance. The conditions however, apart from the weather, are not. The real strategy in athletics is to choose which championships will be the decisive one for you and then to prepare ruthlessly towards that goal.

The military context of strategy and tactics is particularly appropriate because athletics in its purest form is combat without bloodshed. The whole art of preparing for, and winning races requires the application of exactly the same principles as preparing for a military operation. The key is to understand how to apply the principles for maximum effect.

Winning is not as easy as many athletes would like it to be. History is littered with "might-have-beens" who appeared to be fit and ready enough but who failed to win the major competition. Some even fail to qualify. Atlanta provided many examples such as Mutola, O'Sullivan and even our own Linford Christie.

The clever tactician will aim to beat athletes who are both fitter and better prepared than himself. Even more importantly, the clever athlete, will greatly increase his chances of winning, by applying the principles to his training in order to increase his tactical options during the race.

The very clever athlete will try to influence the whole competition to his advantage. It would seem pointless training for years if the training is not geared or focused towards the race you want to win. This however is exactly what many athletes do.

This article therefore sets out to show how strategic and tactical principles apply to training and racing and why they should be used as a guide to progress.

PRINCIPLES

Moral ascendancy - The moral forces are amongst the most important in any athletic career and are all too often underestimated.

This is very much to do with the spirit in which you enter into your career and how you conduct yourself through it. If you have this moral support you are fundamentally stronger.

Moral support is also bound up very much in why you are doing what you are doing. For example the Kenyan who is running to provide money for his village or our own Mary Peters who was running for Peace in Northern Ireland have a cause that supports and reinforces them through adversity.

Athletes must be quite clear that in any successful career there will be adversity. All athletes need the support of their family, club and friends most at the time of the greatest challenge. All too often as they rise up the ladder athletes stop supporting their club. When they then need this moral support it is no longer there.

Without moral support and a moral cause for competing an athlete is intrinsically weaker than one who has both. It is no coincidence that Kelly Holmes wears her Army vest whenever she can. The strength and courage that representing the Army gives her is enormous.

Bravery and spirit - An athlete who starts every race by going to the back is probably indicating that he lacks courage. Courage is a talent that must be encouraged and nurtured.

The more often that an athlete lays himself upon the line and races bravely the more likely it is that he will be able to do this when a big race comes. Each little act of bravery reinforces this talent. It also

goes without saying that an athlete who is also in a team of brave athletes draws strength from the collective bravery. Those who are old enough to remember the strength of Tipton Harriers in the 70s and 80s will understand this feeling implicitly.

Boldness - This is very much a talent of the mind and reflects taking a course of action that others would not take. Running 100 miles a week when everyone else in the club is doing so is not bold, it is almost necessity.

What Sebastian Coe did with his emphasis upon training for strength and speed when others were advocating mileage was bold. Moving to live at altitude is bold. Giving up your job to train is bold. The longer you have stuck by one course of action the harder it is to become bold. Without boldness in your approach to athletics expect to be defeated by those who are bold.

Perseverance - Throughout any career the athlete will be assailed by failure and problems. The great athlete draws strength from his set backs on his long weary way to success. The ordinary athlete sees only the failure and gives up.

Superiority in talents - An athlete who wishes to succeed must peel away the subject of running to the bare essentials. He must study each talent required and then he must train for each one of them until he can progress no more.

For Middle Distance running the essential talents are simple: endurance, speed, strength, tactical ability, strength of mind, an analytical approach, discipline and all the principles I outline.

Any area of weakness will prove your downfall in a major championship. Without endurance you will not recover between each round. Without speed you will fail to run fast enough when the break occurs. Without strength you will not have the ability to generate sufficient power to accelerate when the break occurs. Without tactical ability you will be in the wrong place. All talents are required if you are to be a champion.

Surprise - This talent is totally linked to bravery and to the relationship between tactics and training. Races are won by the person who not only has the skills but who

Strategy and Tactics

has the bravery to be decisive and to capitalise upon his action.

Cacho won an Olympic gold medal with a 36 second last 300m. To beat this requires an athlete to be able to run faster than 36 seconds at the end of a race. If you do not train for this by running 300m in 35 seconds often you will not be able to do it. You will also feel less able and less brave.

If you have a strength you can capitalise upon it by using it when others are not expecting you to. The time difference you gain by a sudden acceleration may well be critical to your advantage.

If however you spend all your time languishing in the pack and following others you will never have either the confidence or the skill to utilise surprise as a weapon. As a final point it goes without saying that if you use surprise with a tactic that you have not practised then you are likely to come unstuck.

Stratagem - This implies a concealed intention. It is implicit in every tactic of surprise but is more concerned with overall strategy. Where tactics is the actual delivery of the blow then stratagem is the art of using this with skill.

The choice of tactic for surprise may be concealed for many races. Indeed there may even be a deliberate attempt to deceive by setting a different pattern. The choice of distance may also be concealed in order to gain advantage for selection in a weaker field.

The important point to remember however is that stratagem should be used as well as training for tactical strength not instead of.

Physical preparation in time and space - a Championship is the shock of opposing athletes coming together in competition and for each athlete there can only be one important competition in any year if he wishes to win. It follows that the strongest overall athlete wins and carries his impetus forward into the next succession of competitions. (Even an athlete who is tripped up in a race can said to be in the wrong place at the wrong time and this must be his fault).

If done properly there is a gradual improvement throughout an athletes career until he reaches the most important competition. At this competition he must

be at his most complete in every sense. The key is to have assembled all the strengths required at the correct time. This requires a careful long term plan and an adherence to the plan at all costs. Throughout this long period there is a need to focus on a core of activity that will underpin everything else.

The best strategy overall is to concentrate on strength, first generally, then for the decisive point of the race. For middle distance this must be the finishing ability. As each major championships appears the qualification rounds must also be considered integral to the main battle because if the former is lost so is the latter.

It may well be that the opposition for the qualification is weaker and can be easily overcome but this is a dangerous risk to take and should be taken only when one has complete knowledge of the opposition. Remember that the opposition may have read this and be using a stratagem.

One clear point emerges from the physical preparation and the requirement for timing is that it is impossible to be too strong at the decisive point. If you cannot win races you can never progress.

Strategic reserve - When all else fails there must be something else to use. It is foolish to consider holding something back if you then do not win the race.

An athlete with a fast finish cannot use his talent if he has fallen behind the pace. In middle distance racing it is likely that the only reserve can be a mental one.

The belief in self that says that the race is not over until the line is crossed no matter what strengths the other athletes deploy first.

Economy of force - It is foolish to use too much strength on the qualification in case you weaken yourself for the main event. Running a 10,000m in the qualification is also foolish if you intend to race 5,000m at the championships; so is sprinting hard in early rounds if it is not needed.

APPLICATION

The qualities, or talents (as the bible calls them), given to an athlete to use in competition, are either hereditary or produced by training.

It is fair to say that the higher the quality of competition the more the talents that are required and therefore must be trained. This is because the level required is above that which is God given.

These talents should be viewed like weapons, or chess pieces, to be gained and then taken into combat. Each requires practice if it is to be taken to maximum potential. The sprint finish, the vicious acceleration, the run for home from 600m, the surge midway through each lap, all require to be honed to perfection.

It follows therefore that to have these weapons available you must include training for them within your programme. From this simple idea several fundamental points appear:

- i **The First** is that if you do not train individual talents then unless you are one of the lucky few they will NOT be there when you require to use them in a race.
- ii **Secondly** the more talents you train for the more options you have available to use within a race.
- iii **Thirdly** the more you train to acquire talents the more confident you are about using them in a race.
- iv **Fourthly** the higher the level of competition the more likely it is that the opposition have talents the equal or better than yours. They will almost certainly be as fit (the most basic talent) or fitter. The greater therefore is the requirement for other tactics in order to win.
- v **Fifth** you must assume that the best athletes are also tactically sound, are just as clever and intelligent as you think you are and want to win as much as you do!

The final conclusion is that the most important race will be the hardest and will be violent in its progress. If you have a weakness you will not win.

Congratulations to BMC member Tom Lerwill on his silver medal in the 800m at the World Junior Championships.

Tom ran a pb of 1:47.27 in the semi-final, following it up next day with 1:48.40 in the final. Tom is coached by the author of this article, Glen Grant.

Brian McAusland

by Tim Grose

Long-time BMC member Brian McAusland is one of the most respected and knowledgeable middle-distance coaches in Scotland. He has guided many athletes to international vests and in recent time has been working with the likes of Ewan Calvert, Grant Graham and Des Roache. The BMC News sent Tim Grose along to interview him.

How did you become involved with coaching?

I had taken up running when doing National Service between 1956-8 and continued as a member of Clydesdale Harriers on demob. As a school teacher at that time I was involved with young athletes at school and was persuaded to take a coaching course and coach 'officially'.

I was more interested in my own running at this point and it was not until the mid-Seventies that I started coaching for real and had my first Scottish Junior Internationalist in 1976. By the late Seventies I had decided to join the BMC and things developed from there.

What do you see as the most important roles a coach should have?

Given my background in education and psychology it is not surprising that I feel that the coach should be an educator. I can't stand stupid athletes and feel it is important that the athlete from the age of about 16 or 17 should be informed about what the year's plan is and how we arrive at the season's climax from the training base. Too many coaches train the athlete for dependence rather than independence.

I also feel that the athlete and coach should be friends - there is a school of thought that says the coach should be a disciplinarian but I really do not go along with that. You coach athletes with their consent and I feel that there should be a mutual respect, consideration and friendship. There can be no team approach if these are lacking and I consider the athlete-coach team vital.

The coach should also be an honest assessor of the athlete's training and racing. If an athlete is running well, the coach should tell him so and if he is running badly he should be perfectly honest about that. This does not mean being nasty to the athlete after a bad run.

If he has a poor race, he knows it better than anyone: he does not need me to let him know. What he needs from me is an assessment of what he did wrong and what we are going to do about it.

This is not usually best done at the racing venue immediately after the race: maybe on the phone the next day, maybe in a separate private discussion and often with a written comment with the main points, like lap times, for discussion.

There are also times when athletes run better than they think they have done: if you are usually honest with them they will appreciate you pointing that out to them.

I reckon that too much has been said about the coach as a motivator. I only person whom I rate in this department is Frank Dick. Too many coaches seem at times to confuse motivation with getting the athlete into an inappropriate state of excitement. More often in my experience young athletes need calming down before an event.

In recent times you have been working with a handful of athletes who are all of a very high but similar standard.

Yes, last summer (1995) the top men were Des Roache (pbs of 1:49.18 / 3:44.98), Ewan Calvert (1:49.06 / 3:46.83), Grant Graham (1:49.2 / 3:43.2) and Kheredine Idessane (1:48.62 / 3:48.06). This year the group included Shane Daly who raced a 1:51.2 which did not do him or his ability justice.

There was also another younger group tackling the same events who are all Scottish Schools / SAF internationalist level.

How do you prevent sessions becoming over competitive?

Of course there is a danger of sessions becoming competitive with guys of that ability who may at some time have to race each other maybe trying to gain an edge for future reference.

However, if you have spoken to them all separately at the beginning of the training year and if they all agree on their own individual goals and see that they are helping each other and not competing (who peaks on a wet Monday night in November?) then they will complete sessions properly. I have never had real difficulty with inappropriate

competitiveness in track sessions there is much more likely to be a shoot out on the 'steady' runs on the road leaving the athlete tired for the next session.

Does everyone do the same session?

It is often convenient for the athletes to be doing the same session: some sessions (e.g. 3 / 4 x 1000 in 2-26) are so difficult that it is easier to do them as a group.

In winter the basic session of long reps on the track is done as a group although at times the group has to be handicapped to give everyone a proper work out.

In the racing season, it is a kind of mix and match situation: some of the runners are coming from the 800, 1500, 3000 metres range, others are coming from the 400, 800, 1500 direction.

It is also possible to use other coaches for particular purposes, e.g. for the past two and a bit years, Grant, Ewan and Kheredine have benefited from weekly sessions with sprint/hurdles coach Tommy Bryce.

Given the number of guys working with us it is possible for three or four groups to be on the track at the same time but these groupings are not always of the same composition. The easy answer is 'sometimes'.

Would you advise an athlete to go out of his/her way to find a group of the appropriate standard to work with?

It all depends on the athlete and the event. It is easier for a 5000m, 10000m or marathon runner to train on their own for much of the time than it is for 400/800/1500 metres athletes.

It may have to do with type of personality or the nature of the training but so long as they have a point of reference and the opportunity of joining a group when they feel they need it, these people do not seem to need the type of support that the runners in the shorter distances do.

I have in the past advised athletes to go looking for the appropriate support which might or might not mean a group. There are many isolated parts of the country where athletes are over an hour from their nearest significant group but where there is an excellent coach nearby who can help them make the best use of the available countryside, hills and general terrain and who will always be there for them. This can be as useful as a group 75 minutes drive away.

Brian McAusland

Many of your athletes have had successful indoor campaigns. Do you believe that an indoor season is preferable to the more traditional recipe of miles, miles, miles and a few cross country races?

No - it is not a question of which is preferable; they each have their own uses and values. It is also a mistake to see indoor track as an identical sport to outdoor track.

They are 'similar-but-different' disciplines. The indoor season can be an end in itself and there have been many examples in the past of athletes who run much better indoors than out but indoor racing can also be used as a lead into the summer season using a double periodised year plan with the proviso that - in my opinion - it is not a very good idea to do this too often and end up with six or eight competitive seasons in three or four years.

Cross country has been the traditional breeding ground for middle distance runners and most of them enjoy the cross country season. One of the most enjoyable parts of the year is the short relays season in October when the long distance guys come down to about 2½ miles and the 800/1500 men come up to the same distance and race without any individual pressure on them - success and failure alike are shared among the team members.

Many of the most successful athletes I have worked with have only ever used variations on the traditional year plan of conditioning and strength from October to March, pre-season from March to about end of May then the racing season for real.

Cross country and indoor racing are both different from outdoor track and each has something unique to offer - it is up to the coach and athlete to decide which to use, when and why.

How do you manage to maintain an athlete's speed in the midst of a Scottish winter?

Firstly, circuit training which starts off as 'stage training' and gets progressively faster as the winter goes on leading to two minute circuits against the clock.

Secondly, hill training. If you ask athletes during the cross country season whether they do any speed work, they will tell you that they don't; if you ask if they do hill reps, they almost all reply in the affirmative.

To me hill reps fulfil three functions: they are leg-strengthening sessions, they

are very intensive heart/lung sessions (I don't know of too many hill sessions that are not anaerobic) and to a lesser extent they are a kind of sprint drill.

And finally, of course, Scots guys have the Kelvin Hall in Glasgow.

If an athlete of yours was able to train in a warm country like Australia during the winter would you advise them to race on the track during this time?

Winter is a long time to go without racing! I would need to know what competition was available, how it related to what we were about to do in summer, what we hoped to gain from it, etc. I would certainly not rule it out.

When and where would you advise athletes to go warm-weather training?

When would depend on when the real competition season started. Why would you go is as important as where. I would go to check on the success or otherwise of the winter's work at a time when there is still time to tweak anything that needed it before the competition season.

I would go to set the athletes up before a hard summer. There is also a good reason to give the athletes a break after a hard winter's work in the wind and rain. The time away also give the coach and athlete a lot of time to look ahead and firm up the final plan for the summer.

Where is obviously restricted by my own experience and that of people I trust but generally I prefer Alfa Mar - the climate in Portugal is predictable and reliable. I have very seldom been rained on and don't ever remember a windy training session. The first night in Lanzarote two years ago was like Glasgow on a bad night in February.

The performances at national level this year have showed signs of improvement over previous years but the gap between the top UK runners and the rest of the world is apparently growing even faster. If you had a magic wand and unlimited resources what would you do to redress this?

In the first place I would invest in people:

I would invest in coaches - it is ludicrous that in 1996 when coaches are out at training sessions at least five times a week, when they are still expected to hold down a day job, and when they are expected to be experts on a wide range of

topics to expect them to finance they many aspects of the trade.

For instance, almost all coaches have to finance their own warm weather training trips - many can't afford this; they have to get to and from major meets - no small consideration when the distances from the extremities of the UK are taken into consideration; and I could go on.

I would invest in the second tier athletes - there are many excellent athletes who cannot get into enough fast enough races at times when it is appropriate for them to do so. There is too little in the way of sports medicine and physiotherapy in general and it is very difficult to get close to one when you need one.

I would invest in the clubs and trust their judgement - too often submissions made by local clubs are turned down because they do not fit a national picture.

Steve Ovett recently said that he could not see any talent coming through and that throwing money at the situation would not help much. Do you agree?

Steve is one of my heroes - not too far behind Herb Elliott and Peter Snell and certainly in my top four or five - as an athlete and having seen him compete in Scotland after his *Glory Days* he has impressed me as a person.

But I have not seen him at any of the Under 20/Under 17 AAA's Championships recently; nor have I seen him at any Open Graded Meetings, BMC events or heard of his attendance at any League Meetings. It is hard to see the talent coming through if you don't go to see it. Nor do I even remember him reporting in any medium on European or World Junior Championships.

He is also assuming that medals won at a young age indicate the quality of the athlete. Medals can be lost for any reasons - Des' severe spiking in the European Juniors last year necessitated a plaster on his foot and many weeks out for instance.

It is not surprising that he cannot see talent coming through. He probably means that there are very few in the UK at present over 800 or 1500 running as fast as he was. But because he himself, Seb and Steve came through early, he assumes that that is the only route. This is not necessarily the case.

I see the 800/1500 standard improving on quite a wide front, particularly at 800, with a large number of young athletes

Brian McAusland

running very good times and a couple of quite outstanding talents appearing - of whom I will mention Des Roache, Tony Whiteman, who has come very good very quickly and who will continue to improve, Neil Caddy and Tom Lerwill.

'*Throwing money*' is a rather pejorative way of saying that no amount of money will help the situation which he sees. Indiscriminate use of money will never solve any problem but I have seen many, many more athletes of high potential lost to the sport through lack of financial assistance than because they were offered too much money or support.

There is no doubt among those working daily with athletes that there needs to be much more support provided in the way of physiotherapy, medicine, training facilities and so on.

It is a disgrace that an athlete who has run twice for GB under 23's at 800 metres and won the Development 800 in a continental Grand Prix meet had to wait weeks for an appointment for treatment to an ankle injury and that he really did have difficulty finding the cash to pay for it.

It is a disgrace that there is no assistance from his area association for another 23 year old who has run for Britain at senior level. These are not isolated cases.

In the Scottish situation, the top athletes must always travel *south of the border* to take on the top English runners. The English guys will *never* come up here. Young athletes like Grant Graham, Des Roache, Ewan Calvert and so on travel to England at their own expense time and again. There needs to be help for them and others like them. Promising athletes from the outlying areas of England have the same problems. Money is needed but so is support in kind.

Ovett also made an interesting point that the likes of Coe, Cram and himself were already world class as teenagers. Is it naive to believe that any of the current crop of UK runners who are already into their 20s and are stuck at around 1:48/3:40 can possibly hope for true world class?

No it is not naive at all. Of those in their mid-20's I would look at Tony Whiteman and Grant Graham as having the ability to make it to the top and there are several younger athletes mentioned above who have the potential to come through.

Up to the end of the track season in 1995, Tony Whiteman was a very good runner who did not achieve the times he should have: suddenly, for whatever reason, he improved beyond all recognition and is now down at 3:34 for 1500 metres.

Steve should maybe go and see for himself what they are doing. He should ask how he can help in a practical way and then do it.

A cautionary note should be sounded about the general principle of using former top athletes to advise youngsters - and I am *not* referring to Steve in this comment. Remember Dr. Samuel Johnson's remark that you do not have to be a carpenter to tell when a table is well made; many opinions have an equal validity regardless of the viewer's background.

Looking at this year's top 10 UK lists for 800 and 1500 there are only two athletes (Whiteman and Robb) who feature in both. This trend appears to be found at world-level as well and would thus appear to go against the BMC ideal of racing at various distances. Why do you think this is? Is this policy now outdated?

No, it doesn't! It only means that eight of them have one event much better than the other. The fact that a guy is only *in* one list does not mean that he hasn't tried to get into the other.

We are now seeing greater specialisation generally and this was an Olympic Year - and a funny one at that.

Seniors had to peak early for selection, Juniors had to leave their peak much later thus reducing the number or competitions where both were at their competition peak.

It has always been true that multi-paced training was essential for success - you only have to look at any of the coaching literature Percy Cerutti, Arthur Lydiard, Franz Stampfl, Bruce Tulloh or even Jim Alford in the 'Fifties version of the AAA's Handbook', for examples and there are many, many more.

It is particularly true for young athletes still learning their trade that they have a range of varied racing experiences. It may be that given the intensity of athletics at present they will not be as good at two or three distances as they are at their chosen event as they might have been in the past.

Are you confident about the future of British athletics and in particular middle-distance running?

I am certainly confident that the talent is being produced; I also have every confidence in the many excellent coaches in the country.

If I could make a distinction between officials and administrators, I do have some doubts about the sport's administrators and their ability to assist coach and athlete to put together a racing plan. I would never criticise any official on the stand at a meeting doing a job that I would never, ever do and I feel that often athletes, parents and coaches criticise them when they are really having a go at the administrators of the sport.

And finally, what is your most treasured moment in athletics?

There have been many - coaching my first Scottish Internationalist, seeing my first UK Champion, Sam Wallace at Junior level, seeing Grant Graham winning the UK Senior Indoor 1500 etc.

But the very top was Lachie Stewart's 10,000 metres win in the 1970 Commonwealth Games in Edinburgh. As a friend I was delighted, as a Scot I was consumed with pride and I was not alone.

The effect this single win had on the team for the rest of the Games and on Scottish athletics generally was electric. No Scotsman who was there will ever forget it. *Mind you I reckon Doug Gillon does mention it a wee bit too often in the Herald!*

Are you a young athlete between the ages of 13 and 18?

The BMC are holding a residential Young Athletes Training Weekend at Ardingly College, Haywards Heath, Sussex 4th - 6th April 1997

The cost is £45 members, £50 non-members. Parents and coaches welcome.

Apply to Frank Horwill, 4 Capstan House, Glengarnock Avenue, London E14 3DF Cheques payable to "BMC".

Aesthetes Update

by Matthew Fraser Moat

In *BMC News Vol 2 Issue 9*, we reported on the Aesthetes concept of injury prevention in sport with the article "Twelve things you should know about orthotics". Since then Aesthetes has grown exceptionally quickly and has had to adjust the concept of **Centres of Excellence** in an attempt to meet with customers demands.

Aesthetes are actively helping the BMC by sponsoring the 1996 BAF/BMC National Endurance weekend and next year they will also sponsor one or two BMC National Squad meetings, following their first effort in sponsoring the Wythenshawe meeting in July, the best ever BMC meeting for "depth".

It was time to see the founder of Aesthetes, Tim King.

To start with, and to refresh our readers' memories, what is Aesthetes all about?

Aesthetes is a concept of treatment and care which involves assessing the gait of an athlete and from this, if a bio-mechanical dysfunction is diagnosed, a cast is taken and ultimately, a system of treatment is prescribed.

Will you please explain in simple terms "dysfunction" and "gait" - and what these terms mean exactly?

Athletes regularly suffer from injuries to their knees, calves, hamstrings etc. - the athlete will treat the soft tissue, rest, and then go back into activity, without finding the actual reason for the injury in the first place. In most cases, over-use or impact is usually the main cause, but for recurring pain, it can be a more subtle and ultimately mechanical problem.

"Mechanical" meaning what exactly?

Every person has a skeleton. Our skeletons work in a continuous chain of action and reaction. If for some reason one of our bones or vertebrae are knocked out of line, it causes a major problem. This is the same for the feet. The foot has 26 bones all working in close proximity with each other. If one of those bones is not working properly, i.e. is dysfunctional, or "out of line" or damaged, our bodies compensate and we can end up with a serious injury. This is what Bio-mechanics is about, "Bio" referring to humans and "mechanics" to the functioning of the skeleton.

In this scenario then, an Aesthetes system of care would be the correct treatment?

In some cases yes. Aesthetes studies the body in motion, and from this we can see exactly what is happening mechanically. The next stage is to analyse the problem in detail and then prescribe the right system of care, usually a custom-made orthosis.

Orthosis - is that the same as orthotic, and what exactly is one?

An orthosis is the product used to correct a dysfunction, whereas "Orthotics" is the general terminology describing a much larger industry, of which the foot product (insole) is only a minor player. The Aesthetes orthosis, therefore, is an individually prescribed insole which is manufactured to the specific needs of the patient. The orthosis will hold the foot perfectly, correcting the dysfunction that is occurring, enabling the athlete to continue their activity without the pain.

So, as all sports people at some stage get injured, do we all need orthotics?

Not necessarily - we all learn to balance and move individually. Although it may not be perfect, biomechanically our bodies make the best of what they have, and adapt to their most efficient way of moving. If you change this natural way of moving you can do more harm than good.

Does the same apply if you pronate? This seems to be a common major problem for all runners.

Again, not necessarily. The movement of the foot rolling inwards is perfectly natural and part of the gait cycle. If you do not pronate you cannot walk. It is only when pronation or supination is excessive that it becomes a problem. But even then, if the body has adapted and is not having any problems, we will not change a thing.

So the Aesthetes service has been booming, giving out many orthoses to your customers over the past year?

Yes and no - yes, the business has taken off, hence the change in strategy, but no, we do not and have not handed out a pair of orthotics to all our customers. In fact, we have turned away over 50% of our customers without orthotics, sometimes even when they have come in with a referral asking for a pair.

Why is that?

Simply because there are very few highly qualified people in biomechanics who have an in-house technical team specialising in developing and pioneering new products and innovations in orthotics. Aesthetes is owned by the largest supplier of orthotics to the NHS in the country and works with the UK's leading specialists' in this field. The public has access to these specialists' via Aesthetes - it is this that makes us unique.

So how have you changed the Aesthetes' strategy, and what does it mean to the BMC Member specifically?

As you have mentioned, Aesthetes became inundated after many promotions last year including the sponsorship of the Endurance Weekend with many athletes seeking our services. Last year we built up our reputation as a company that cares, and one which does not take advantage of the customer. Because of this reputation, we are now endorsed by the British Athletic Federation, the Lawn Tennis Association and are used by premier-league football clubs, county cricket clubs, triathlete clubs and those in many other disciplines of sport. Consequently we need to ensure that Aesthetes is available across the country to all sporting people.

Aesthetes, therefore is now developing a National Network of "Aesthetes Approved" podiatrists. They will all have been through our accreditation facility, ensuring that they reflect the 100% success record that we have achieved so far. These podiatrists, who already look after the sporting elite will become Aesthetes representatives able to service all athletes offering a special Aesthetes package to the world-championship-bound athlete through BAF, and to BAF registered athletes directly.

So how do BMC members access these podiatrists?

BMC members qualify for special rates of treatment. Ring our hotline number, 01332 202232 and you will be given the name and number of the nearest "Aesthetes Approved" podiatrist.

We envisage this network to be eight in number by the end of the summer, reaching a minimum of twelve by Christmas. This way we can serve as many BMC members as possible, wherever they are in the country.

FSA Stretford Relays

by Matthew Fraser Moat

Two world records and two national records fell at the FSA Relay Meeting at Stretford on Tuesday 30th April. The mens 4 x 1,500m yielded new marks for the World Junior Record and the World Veterans Record and the women's 4 x 1,500m saw a British and Commonwealth senior record and a British Junior Record.

BMC Founder Frank Horwill determined that another record was set - subject of course to met. office ratification - the most rain ever at a BMC meeting!

The skies opened just as the women's 4x1,500m began - Michelle Mann and Julie Swann sharing the initial work on the first leg as planned, and Michelle established a narrow lead for the juniors. Caroline Pimblett and Juliette Oldfield stayed together for 500m before Caroline pulled away to make the race an effective time trial from then on. At half way the Seniors were 9:11.7, the Juniors 9:21.2, and records looked doubtful.

On the third leg, the two Amandas, Thorpe and Pritchard, showed good pace judgement and dug in well, giving the final runners something to aim at - 4:27 to break the British record.

Michelle Faherty for the Seniors ran the fastest lap of the race, 68 seconds, on her first 400m and maintained her effort to pull out the fastest leg of the night, 4:23.4, and break the British and Commonwealth Record of 18:16.2 set six years ago by a combined Oxford and Cambridge University team by over 4 seconds.

Charlotte Goff for the Juniors appeared to struggle in the conditions but hung on well to establish an inaugural British junior record, only a few seconds outside the world junior record of 18:52.5 set by Irvine University USA in 1982.

The men's 4x1,500m race was set up perfectly by Matt Kloiber acting as pacemaker for the first 800m. Andy Hart had the fastest leg of the day, 3:50.3 and Tom Mayo for the Juniors ran 3:52.8, only a second or two outside his pb. The conditions were probably making a difference of five seconds per leg and the BMC National Squad came home in 15:32.6, a time which places them 11th on the all-time British list.

Star of the evening was Andres Jones of Wales. Told trackside he needed about 4:03 to break the world junior record, he lapped the veterans squad and had a



Photo by Shearman
The new world junior men's 4x1,500m record holders: (l-r) Andres Jones U20, Russell Cartwright U20, Tom Mayo U20 and Alex Oldfield U20.



Photo by Shearman
The new British and Commonwealth junior women's 4x1,500m record holders: (l-r) Michelle Mann U20, Juliette Oldfield U20, Amanda Pritchard U17 and Charlotte Goff U20.

tremendous final sprint to record 4:02.6. His pb last season was 4:00.9.

The BMC Junior Squad finished second with 16:03.2 beating the previous world junior record of 16:03.7 set by South Eugene HS USA exactly nine years ago, and finally crasing the mark of Blackburn Harriers mark of 16:04.3 set in 1979 from the British Junior Record Lists.

In third place were the BMC Veterans Squad who set the 4x1 mile world veterans record at Oxford last September. Philip O'Dell had to withdraw injured and BMC Northern Ireland Secretary Malcolm McCausland received the call up with less than 24 hours notice. He flew into Manchester Airport and an inaugural world veterans record of 17:21.0 was set.

Thanks to Mike Harris and all at Trafford AC for providing a marvellous if very wet meeting.

30th April, Stretford Relay Meeting

M4x1500m: 1, BMC National Squad 15:32.6 (A Hart 3:50.3; C Murphy 3:54.9; L Cadwallader 3:53.8; N Caddy 3:53.6); 2, BMC Junior Squad U20 16:03.2 World Junior Record (T Mayo U20 3:52.8; A Oldfield U20 4:05.5; R Cartwright U20 4:02.3; A Jones U20 4:02.6); 3, BMC Veteran Squad 17:21.0 World Veterans Record (G Grant M40 4:10.5; P Molloy M45 4:14.0; J Hancock M40 4:34.0; M McCausland M40 4:22.5).

W4x1500m: 1, BMC National Squad 18:12.1 British, Commonwealth and UK Allcomers Record (J Swann 4:40.9; C Pimblett 4:30.8; A Thorpe-Parkinson 4:37.0; M Faherty 4:23.4); 2, BMC Junior Squad 19:06.7 British, Commonwealth and European Junior Record (M Mann U20 4:40.4; J Oldfield U20 4:40.8; A Pritchard U17 4:47.6; C Goff U20 4:57.9).

FSA Watford Relays

by Matthew Fraser Moat

The FSA Relay Meeting at Watford yielded many age-group and club records, the highlight being a new world junior 4x800m record for a BMC Junior Squad of Rachael Ogden, Emma Davies, Ellen O'Hare and Dorothea Lee who smashed the previous best of 8:53.1, which had been held by Havering AC since 1980. It was the 8th world best performance in BMC relay meetings since 1993.

Running against the juniors was a BMC senior squad who were supposed to provide the pace for the juniors in the early laps and try for a UK Club record. However, all did not go to plan in the best possible way...

Rachel Jordan for the Senior team led Rachael Ogden on the first leg, but Emma Davies was able to pull back on AAA's finalist Claire Raven so that at the half way stage incredibly there was only a tenth of a second between the teams.

The second lap of the third leg saw Ellen O'Hare pull away from Charlotte Goff - the reserve junior who was called into the Senior team at short notice - so that Dorothea Lee, the most experienced junior, unexpectedly found herself defending a lead of several seconds from AAA's bronze medallist Michelle Faherty.

Dorothea ran so strongly that not even a pb of 2:04 from Michelle could catch her and thus the juniors beat the seniors and got the record the seniors were chasing! The time of 8:39.6 was the eighth fastest time by a British team ever, and the fastest ever by a British club, albeit a second claim club, finally dipping inside Cambridge Harriers' mark of 8:41.0 from 1975.

In the men's races a BMC National Squad of Andy Hart, Andy Knight, Rupert Waters and James Mayo ran the tenth fastest ever by a UK team, again second claim, finally getting inside the UK club record of 7:24.4 set by North Staffs & Stone way back in 1965. James Mayo secured the notable achievement of running the fastest leg of the night 1:50.0 on the anchor leg totally by himself.

In second and third places were teams drawn from the squads of two of London's most successful coaches, Ron Allison and Ken Leader, although some of Ron's squad were drawn into the National Squad!

In the second race the BMC National U17 Squad of Mark Curson, Brian Stopher, Paul Laslett and Tom Payn led



The new world junior women's 4x800m record holders: (l-r) Emma Davies U20, Rachael Ogden U20, Ellen O'Hare U20 and Dorothea Lee U20.



The new British junior U17 men's 4x800m record holders: (l-r) Mark Curson U17, Brian Stopher U17, Paul Laslett U17 and Tom Payn U17.

from gun to tape to set a new national U17 record. All the U17 runners ran at or very near their pbs and the expected battle with Winchester College was never allowed to materialise, even though Winchester set the fastest first claim club U20 time for many years.

The real drama came lower down where the BMC Veterans Squad, who had set 4x1 Mile and 4x1500m world records during the last twelve months, this time received a challenge from another team, Vets AC. With the in-form Dave Wilcocks and John Owen in the Vets AC team, and with two of the BMC team down with injury/illness, Vets AC were victorious over the BMC. The standard was such that both teams were inside the previous British Veterans Record.

Thanks to Keith Dearing and Watford AC for providing a marvellous meeting.

17th July, Watford Relay Meeting

W4x800m: 1, BMC National Juniors U20 8:39.6 World Junior Record and UK Club Record - 8th on UK All Time Lists (R Ogden U20 2:09.9; E Davies

U20 2:09.6; E O'Hare 2:09.1; D Lee U20 2:11.0); 2, BMC National Squad 8:41.1 (R Jordan 2:08.2; C Raven 2:11.2; C Goff U20 2:17.4; M Faherty 2:04.3); 3, BMC East 9:21.7 (L Webb 2:18.9; R Felton U20 2:15.7; J McKay 2:19.2; V Watts U20 2:27.9 - first 3 runners, all from Shaftesbury Barnet, ran 6:53.8 for 3x800m).

M4x800m: 1, BMC National Squad 7:23.1 UK Club Record - 10th on UK All Time Lists (A Hart 1:50.8; A Knight 1:50.2; R Waters 1:52.1; J Mayo U23 1:50.0); 2, Ron Allison's Squad 7:41.3 (J Dupuy 1:53.2; J Mills 1:53.9; D McCormack U23 1:55.0; D Pamah 1:59.2); 3, Ken Leader's Squad 7:52.2 (L Wells 1:56.2; C Simmons 1:57.6; S Hyams 2:01.1 U20; L Mangleshot 1:57.3); 4, BMC East 8:01.0 (W Davies 1:57.8; S Wilson 1:59.7; C Noon 2:03.2; P Farnner 2:00.3); b) 1, BMC National U17 Squad 7:51.5 UK U17 Record (M Curson U17 2:01.8; B Stopher U17 1:57.9; P Laslett U17 1:55.1; T Payn U17 1:56.7); 2, Winchester College U20 8:01.0 (D Reid U20 2:02.9; T Powell Jackson U20 2:02.1; M Best U17 1:59.5; E Matthews U20 1:56.5); 3, Vets AC 8:07.1 National Vets Record (D Harries M40 2:03.7; D Wilcocks M40 1:57.8; P Toms M40 2:04.8; J Owen M40 2:00.8); 4, Old Gaytonians 8:08.1 (L Hunt; R Fisher; D Simon; G Noble - no splits available); 5, BMC National Veterans 8:20.8 (P O'Dell M40 2:06.1; J Hancock M40 2:07.2; G Grant M40 2:00.7; P Molloy M45 2:06.8).

Running around the World - Saudi Arabia

by Ian Wilson

BMC member Ian Wilson has been resident in Saudi Arabia since the early eighties and is a BAF Senior Coach and a Senior Member of the National Association of Sports Coaches. He has assisted members of the Saudi Arabian National team with their training and is presently coaching twenty-five athletes.

These are mainly veteran expatriates and include Elizabeth Gilchrist who won a silver medal at the World Veterans in Bruges this year. In the last few years several members of the BMC have been invited to Saudi Arabia for hot weather training and races organised by Ian at his Dhahran base.

Those who visited last year included Kevin Lamb, Dave Buzza, Paul Cuskin, Rob Birchall and Carl Udall. In this article Ian discusses the running scene in the Kingdom.

The Kingdom of Saudi Arabia is wedged between the vast land masses of Africa and central Asia and is bounded on the West by the Red Sea, on the East by the Arabian Gulf, on the South by the Arabian Sea, and on the North by the desert terrain.

Much of the land is arid and so, despite being of similar size to the whole of Europe, only has a population of 15 million of which a high percentage is the expatriate work force. Dhahran is situated in the Eastern Province of Saudi Arabia and is approximately 10 km inland from the Gulf coast. A perimeter fence of approximately sixteen miles surrounds the camp in which I live and work. In many respects, the camp resembles a suburban area of the United States as it is an entirely self-sufficient township.

Mohammed Burak Al-Dossary is the National team captain of Saudi Arabia. He made the semi-finals of the Steeplechase in the Olympics in Barcelona and is now working on the coaching side. This has been a major factor in the development of Sa'ad Shaddad Al-Asmari, bronze medalist in the Steeplechase at the 1995 World Championships. General coaching in the Kingdom is also being developed. Peter Waddell, from the British Aerospace Corporation in Riyadh, has been tasked with organising the coaching structure.

Working with the National Coaching Foundation, a training plan for advancement of local Saudi coaches is

underway. This has been a major development through a co-operative effort between the British and Saudi Arabian coaching organisations and will allow National Vocational Qualification (NVQ) ladders as used in the United Kingdom to be put in place in Saudi Arabia for all sports.

The training environment in Saudi Arabia is unique. Athletes meet almost every evening because they all live close to one another. The social environment and customs mean that there are no distractions available so sport plays a major role in the life of the people.

The Kingdom does not permit the sale or use of alcohol and there are no bars, social clubs, night-clubs or even cinemas. The country is run by strict Islamic Shari'ah law and consequently any disobedience with alcohol, drugs, or crime is dealt with very harshly.

For approximately nine months of the year the temperature is well above that normally experienced by UK runners. From May to September, training sessions are often at over 100 degrees and so the greatest danger is from dehydration and heat stress. The racing season is thus crammed into the cooler five-month period between mid-October to mid-March.

The athletes that I coach follow a similar broad programme where the weather is one of the major considerations. This breaks down as follows:

- i a summer period (April to August) of mainly endurance work. In this period, pace runs and speed work become virtually impossible to carry out due to the intensity of the heat.
- ii an autumn (September to October) pre-competition period of varied training, including endurance, speed endurance, pure speed, race practice, and strength work.
- iii an initial competition period (3k to 10k races, November to mid-December).
- iv a maintenance period as competition ceases (mid-December to mid-January)
- v a second competition period (5k to marathon races, mid-January to April)

Runners new to the conditions can take up to a year to adapt and begin to perform at a level previously expected. Many find the intake of hot air very hard to overcome and athletes are often unable to handle daily training sessions until they

have acclimatised to the harsh environment. However, many of those who have had many years experience of these conditions have run personal bests for short distances up to a mile even in the extremes of the summer heat.

Long distances can also be run during the summer heat as long as the athlete is aware of the dangers and takes precautions. Fluid loss is extremely high, typically three to four kg over a ten mile run.

Water intake has to be from about the first fifteen minutes and then about every two miles. Pace is also important. A good club athlete, capable of a 5:45 paced marathon, will probably only be able to run at 7:30 pace during the summer months.

Although the weekly mileage through this period may be only 40 to 50 miles, it can still be considered endurance running. It is difficult to quantify, but a 90 minute slow run at 95 degrees is probably teaching a runner to handle stress better than a UK-based athlete on a long, slow run of two hours or more.

It has been proved that the summer endurance period is beneficial once the weather abates to conditions more conducive to fast running. Most of the group is able to peak for shorter distance races by November by increasing pace and speed work on top of the endurance base built through the summer.

Most of the races are low-key affairs but since the catchment area for athletes is poor and, with the reduction in the overseas work force in recent years, the majority of races now have less than a hundred participants.

The most important race on the Middle East calendar is the Bahrain Marathon Relay which is a road relay of twenty stages from 2.8k to 3.2k each. The race has a similar stature to that of the National Relays in the UK and attracts over two thousand athletes from all over the world. The largest race in the Eastern Province is the Al-Khobar 10k which attracts over a thousand runners of various nationalities. Last time, Carl Udall was narrowly defeated by Hader Al-Dossary who ran 30:40.

If any BMC members are interested in a training trip to Saudi Arabia they may contact Ian at Saudi Aramco, P.O. Box 11838, Dhahran 31311, Saudi Arabia, by e-mail at 104321.514@CompuServe.COM or by phone/fax on 00-966-3-878-6680.

Your Letters

From Andy Hart

SIR-I have been a member of the BMC now for about 6 years - not always a fully paid up member but nonetheless a member. I have witnessed the growth of the BMC such that it now provides the only guaranteed set of quality races and competition in the country.

The BMC season traditionally if not officially begins on a cold windy evening in May at Wythenshawe Park, Manchester. Despite the inclement conditions many established top athletes attend and the up-and-coming athletes miss it at their peril. For me, Wythenshawe was a mixed blessing. After a successful indoor campaign I was confident of achieving the Olympic Qualifier first time out. However, after 300m my spikes were firmly back on track as I ran and felt awful - with a time outside 1:49. Kipketer was not worried by my performance and I learnt that until you break 1:48 it is foolhardy to expect 1:46.5 to be easy or even possible.

Being only a 1:48 man, sneaking into the Grand Prix is difficult so my race programme included BMC races almost exclusively. With dreams of Atlanta still creating insomnia the BMC did all they could, without cheating, to assist me in breaking 1:46.5. As most will know I did not achieve a place at the Olympics but did clock 1:46.57 at Crystal Palace, although how one can be happy with finishing tenth is beyond me!

Having raced abroad in permit and 'B' meetings, I can categorically state that the BMC have races of equal if not better standard. They also have the advantage of being able to set the appropriate pace - having been last in 52 seconds in a low key permit meeting, I know the importance of the correct pace that BMC races provide.

I would like to state that thanks to the BMC I have steadily improved into an 'allright' athlete. If people are prepared to travel relatively short distances and put themselves on the line, then the BMC and British middle-distance running can only improve.

There are many people who give a lot of their time with very little reward. I hope that athletes running well, and the growing prestige of the BMC is a small return for all the hard work they do. On behalf of all BMC members, "Thanks".

From Frank Dick OBE

SIR-Many thanks for continuing to send me the *BMC News*. Congratulations, this really is a first class journal. Please pass on my best wishes and congratulations to your editorial team.

From Ian Hodge

SIR-Very many thanks for sending me the results of BMC races plus the BMC rankings for 1996. I cannot add to your lists as you clearly receive every single BMC race result!

It highlights the incredible expansion of BMC events - I don't know if you thought the balance on the men's side favoured the 800 too much - I did? Finding female pace-makers still seems to be a problem but surely that can be remedied. If possible I would like to see a top-class U15 race in 1997 - remember they used to be on the IAC meet's programme.

From Ian Harries

SIR-For 5 years (1990-94) I produced the *SA Endurance Runner* which had a limited circulation within South Africa. It was a quarterly coaching journal dealing with those events from 800m to the marathon. In 1995 the journal was taken over by *SA Runner*, and became the *SA Endurance Coach*.

Publications were erratic until this year when the *SA Runner* re-launched itself. I provide one "international" article on an endurance event each month. The rest is local content.

I edit this journal as part of an educational drive with endurance coaches in South Africa. I would like to ask permission to use articles from your publication.

We are asking approximately 12 other publications the same thing and therefore would only use 1-2 articles from one particular journal during the year. When using an article from your publication we will provide full acknowledgement to the author, journal and publisher.

Unfortunately I am not in a position to pay you for the service but I would make our subscribers aware of your journal via our publication. I hope you can help me.

From Maurice Morrell

SIR- Thank you for sending me a copy of the *BMC News*. It is a most interesting and well composed magazine if you don't mind me saying so, though I must confess that some of the coaching articles make me glad that over the years I have adopted a cavalier attitude towards training!

I have had an interest in miling purely on account of the fact that two young members of my club have done well at middle-distance events, Ben Reese, who is still with you, and a few years back Iken Billy - a wasted talent I think, and of course Bill Bennett your former membership secretary was with Wirral.

I had the privilege when I was a decent javelin thrower of being at the old White City competing in the era of Bannister, Chataway, Wood, Hewson and Ibbotson. I was fortunate to see many of the great races of that time churned up on cinders. There was little in the way of staged pace-making then.

With regard to the relay records for the veteran events, in many instances they may have to be created, however we have to start somewhere and it may stimulate competition. Your area organisers may be able to attract teams with a little judicious nudging and I will put an article in *Veteran Athletics*. My club ran 4x1mile in 18:42.0 on 18th July 1980 at Birkenhead. May I claim the UK veterans club record for Wirral AC?

From Keith Morbey NUTS

SIR- Following our recent conversation I have been able to check the 3x1,000m relay records. I believe the world best is 7:01.2 by SC Preussen Munster at Hamm on 17th July 1966. It was quite a team for a club - Kemper 2:20.0, Schulte-Hillen 2:22.0 and Norpeth 2:19.2!

The best I have found for a British side should be beatable - 7:44.9 by Portsmouth AC (J Cooke, D Cooke, J Lindsell) on 21 August 1961. I have no note of any performances from UK juniors, vets or women so I think that you could justifiably claim inaugural records if you staged races.

The BMC Committee have authorised the use of FSA funds for Robin Hooton's medical support expenses whilst living and training in Mexico for six months.

Achilles Writes

The Truth is in Here

SOMETHING SPECIAL

Something special is happening in British middle-distance. Not many people have noticed it yet as they are still trying to blame each other for the lack of gold medals in Atlanta, but British middle-distance running took a very distinct step forward in 1996, and the BMC is at the forefront of this revival.

Have a look at the statistics elsewhere in the magazine - you will see that the depth of performances has noticeably improved at every level. There is a whole new guard of athletes who have broken through into the national top 20 (led by Andy Hart, Neil Caddy and Sonya Bowyer) who are totally committed to racing against each other.

The lessons from Wythenshawe, Loughborough, Watford and Swindon are very clear - when six or seven top athletes are gathered together, fast times result. Ask Robin Hooton, Rupert Waters and James Mayo. Ask Rob Whalley and Rob Scanlon and Stuart Poore.

We see BAF in dis-array and see commentators who should know better slinging mud at coaches and administrators. We keep out of it completely. We're quite happy sticking to what we are good at - putting on fast races.

M800 at AAA's

BMC races in 1996 achieved new heights over 800m and it was particularly pleasing that the two fastest qualifiers in the heats of the AAA's were Lee Cadwallader and Andy Hart, and that 14 out of 16 of the semi-finalists were either BMC members or had run in a BMC race in the preceding four weeks.

LESSONS FROM EUROPE

The two AAA's 800m semi-finalists with whom we have little contact would appear to think that membership of the BMC is beneath them.

One night in June 1996 Curtis Robb and David Strang travelled to Helsinki for an 800m to run 1:46. On the same night Andy Hart, Lee Cadwallader and Kevin McKay ran in a 1:48 BMC race at Stretford.

Just think how the Stretford race would have been enhanced had these two athletes travelled just 20 and 200 miles respectively.

AEROBIC CAPACITY

It is very clear that some of our so-called top athletes are woefully short of aerobic capacity. They struggle to recover after running a moderate time in the heats of major championships. There is just no point in travelling to the Olympics if you are going to come last in the second round.

The move towards three rounds at the AAA's is a major step forward, but we must encourage more athletes to race longer distances and cross-country to supplement and test the depth of their winter conditioning. It is a hard and long march towards Vision 2000 and the BMC intend taking no prisoners. Join us if you have the courage. Leave us if you do not.

"PROGRESSIVE"

The interview with Frank Horwill and Peter Coe in the Spring 1995 issue killed off most of the carping criticism that the five-pace theory had been attracting in the early 90s. It did however leave just one question unanswered - how do you define just how "progressive" the sessions should be throughout the year.

Robin Hooton has come up with a suggestion, that if you are an 800m runner aiming to peak in July, you should plan your sessions such that you aim to 'peak' over 5k in April, 3k in May, 1,500m in June and 800m in July. By 'peak' he means adjusting the balance of your sessions such that more work is done at that pace than at any other pace during that period.

This suggestion is so simple and intuitive that Achilles is surprised no-one has thought of it before. Let's see how we can develop the idea over the coming year.

TV COMMENTATORS

This summer saw ITV and BBC vying with each other for the most inept coverage of athletics on TV. With the exception of Peter Matthews, commentators showed little evidence of actually studying current domestic form, although the Eurosport team of Tim Hutchings and Steve Cram show potential.

With five BMC members as TV commentators, don't you think it is about time that BMC races started getting some TV mentions, something along the lines of "Andy Hart gets his Grand Prix debut after his recent victory in the BMC Championships"? Is that too much to ask?

8 MINUTES FOR 2 MILES?

We wrote last Autumn about the possibility of Haile Gebresilasse's running two sub-four minute miles back-to-back next summer and breaks 8 minutes for 2 miles. Well it didn't happen, but Daniel Komen ran 7:20.67 for 3k but only (!) 8:03.54 for 2 miles. It is only a matter of time before Morceli, Kiptanui, Komen, Niyongabo and Gebresilasse line up and shatter the barrier.

The BMC of course want to get there first. We are putting on a special 2 mile race within the Millfield meeting next May. Maybe Caddy, Gillespie, Hough and Whalley can cause a surprise? At the very least we might set the fastest time in the world in 1997 so far.

DID YOU KNOW THAT?

- i In 1972 the UK Men's Mile rankings had Phil Banning 4:01.5 (9th), Norman Poole 4:04.0 (22nd) and Glen Grant U20 4:08.3 (44th).
- ii At Crystal Palace on 6th May 1987 the BMC women's 800m was won in a new personal best of 2:09.91 by a young lady called Kelly Holmes.
- iii Four British athletes (Grahame Cooper, Paul Williams, Wayne Tarquini, Pete Gronland) shared a unique distinction when they finished in the first four of a BMC boys race at Hendon on 3rd June 1972. They all beat a very youthful Seb Coe, age 15, who was fifth in a new pb of 1:59.9.

COE IS 40

Seb Coe was 40 on 29th September, and he still holds two world records. Is this the first time a living veteran has held a MD world record? Seb of course is a loyal BMC member (joined in 1971 no. 559) and has even been spotted reading the *BMC News* in the House of Commons.

As Seb still looks in such great shape, we have to ask whether he intends to come back and break Pete Brown's world veteran's record of 1:51? Who knows, he might even reach next year's AAA's final. How about it Seb?

BACK BY POPULAR DEMAND

The last *BMC News* was the first for several years not to feature an Achilles column. More complaints came rolling in about the lack of Achilles than about any of the "controversial" subjects covered in the column in previous issues.

1996 BMC Rankings

Performances set in BMC races - compiled by Matthew Fraser Moot

Men's 600m

1:18.5	Andy Knight (Equals BMC Record)	1	Highgate	7 Aug	1:49.2	Glen Stewart	8r1	Wythenshawe	30 Jul
	1:19.1	1	Sutcliffe Park	20 Apr	1:49.3	Adam Duke	3r1	Battersea	14 Jul
1:19.4	Jason Dupuy	2	Sutcliffe Park	20 Apr	1:49.5	Ian Grime	7r1	Wythenshawe	15 May
1:19.4+	Robin Hooton	1+	Wythenshawe	30 Jul	1:49.3	Ian Grime	10r1	Wythenshawe	30 Jul
1:19.8	Jason Thompson	3	Sutcliffe Park	20 Apr	1:50.6	(20)	4r2	Watford	28 Aug
1:20.3	Martin Airey	4	Sutcliffe Park	20 Apr	1:49.4	Stuart Margiotta	2r1	Milton Keynes	24 Jul
1:20.9	* Craig Winrow	1+	Wythenshawe	15 May	1:49.4	Mark Sessay	2r1	Stretford	3 Sep
1:21.9	David Pamah	5	Sutcliffe Park	20 Apr	1:50.3		3r1	Stretford	25 Jun
1:22.4	* N Hamilton U20	6	Sutcliffe Park	20 Apr	1:49.5	Neil Caddy	5r1	Loughborough	18 May
1:22.9	Steve Hewes	7	Sutcliffe Park	20 Apr	1:50.7		4r1	Watford	31 Jul
1:24.2	* Trevor Painter	1	Wythenshawe	15 May	1:49.7	Tony Mate	2r1	Watford	28 Aug
1:24.6	* Gareth Ellis	2	Wythenshawe	15 May	1:51.0		5r1	Stretford	25 Jun

8 'gold' performances to 1:22.0 by 7 athletes
12 'membership' performances to 1:25.0 by 11 athletes

Men's 800m

1:47.7	Robin Hooton	1r1	Wythenshawe	30 Jul	1:49.9	Alasdair Donaldson U20	4r1	Battersea	14 Jul
	1:49.0	3r1	Watford	5 Jun	1:51.0		3	Stretford	16 Jul
1:47.9	Rupert Waters	2r1	Wythenshawe	30 Jul	1:51.79		2	Meadowbank	3 Jul
	1:48.7	1r1	Battersea	14 Jul	1:52.1		4r2	Wythenshawe	15 May
	1:49.0	4r1	Watford	5 Jun	1:49.9	Matthew Davies	3r1	Milton Keynes	24 Jul
	1:49.6	1r1	Watford	26 Jun	1:50.9		5r1	Watford	28 Aug
	1:51.8	2r2	Wythenshawe	15 May	1:51.9		4r2	Watford	5 Jun
	1:52.1R	1re3	Watford	17 Jul	1:50.0	Grant Cuddy U20	1r2	Stretford	25 Jun
1:48.0	Andy Hart	1r1	Watford	5 Jun	1:50.3		7r1	Battersea	14 Jul
	1:48.7	1r1	Stretford	25 Jun	1:50.5		1r2	Wythenshawe	30 Jul
	1:49.0	1r1	Loughborough	18 May	1:55.7		3	Stretford	30 Apr
	1:49.3	6r1	Wythenshawe	15 May	1:50.0	* Matthew Yates	3r1	Watford	28 Aug
	1:50.8	1re1	Watford	17 Jul	1:50.0	Philip Tulba-Morrison	2r2	Watford	28 Aug
1:48.2	James Mayo	3r1	Wythenshawe	30 Jul	1:50.4	(30)	2r1	Watford	31 Jul
	1:48.7	1r1	Stretford	3 Sep	1:50.1	Mark Griffin	2r1	Tooting	29 May
	1:50.0R	1re4	Watford	17 Jul	1:51.9		1r1	Battersea	13 Apr
	1:50.3	7r1	Loughborough	18 May	1:50.1	Jason Thompson	5r1	Battersea	14 Jul
	1:51.1	1r4	Wythenshawe	15 May	1:50.1		4r1	Watford	28 Aug
	1:54.6	1	Stretford	30 Apr	1:50.8		5r1	Watford	31 Jul
1:48.3	* Craig Winrow	1r1	Wythenshawe	15 May	1:51.0		2	Sutcliffe Park	10 Aug
1:48.3	* Gary Lough	1r1	Milton Keynes	24 Jul	1:52.0		4r2	Wythenshawe	30 Jul
	1:48.7	7r1	Wythenshawe	30 Jul	1:52.2		5r2	Watford	5 Jun
1:48.4	Tony Johnston	1	Stretford	16 Jul	1:52.7		1	Sutton	22 Sep
	1:49.4	1r1	Tooting	29 May	1:53.1		5r3	Wythenshawe	15 May
	1:50.3	1	Stretford	21 May	1:50.2	Nick Bentham	6r1	Battersea	14 Jul
1:48.4	Bradley Donkin	4r1	Wythenshawe	30 Jul	1:52.1		3r2	Wythenshawe	15 May
1:48.5	Lee Cadwallader	2r1	Wythenshawe	15 May	1:52.2		1	Highgate	1 May
	1:49.1	2r1	Loughborough	18 May	1:50.2	Martin Airey	4r1	Milton Keynes	24 Jul
	1:49.2	2r1	Stretford	25 Jun	1:51.1		8r1	Battersea	14 Jul
1:48.5	* Kevin McKay	2	Stretford	16 Jul	1:51.8		7r1	Watford	31 Jul
	1:49.3	5r1	Wythenshawe	15 May	1:53.1		5r2	Loughborough	18 May
	1:50.7	4r1	Stretford	25 Jun	1:53.5		3r1	Battersea	13 Apr
	(10)				1:50.3	Richard Ashe	6r1	Watford	5 Jun
1:48.5	Eddie King	5r1	Wythenshawe	30 Jul	1:53.9		4r1	Battersea	13 Apr
	1:48.9	4r1	Wythenshawe	15 May	1:50.3	Robert Hough	1r1	Stretford	6 Aug
1:48.7	Andy Knight	6r1	Wythenshawe	30 Jul	1:50.3	Luke Veness	3r2	Watford	28 Aug
	1:49.3	2r1	Battersea	14 Jul	1:51.5		1r2	Watford	5 Jun
	1:49.5	5r1	Watford	5 Jun	1:51.5		6r1	Watford	31 Jul
	1:49.7	8r1	Wythenshawe	15 May	1:52.9		5r1	Watford	26 Jun
	1:49.8	1r2	Watford	28 Aug	1:50.4	Des Roache	8r1	Loughborough	18 May
	1:49.9	2r1	Watford	26 Jun	1:51.77		2	Meadowbank	1 May
	1:50.2R	1re2	Watford	17 Jul	1:50.4	* Darren Spawforth	2r2	Stretford	25 Jun
	1:50.3	1r1	Watford	31 Jul	1:52.3		5r2	Wythenshawe	30 Jul
	1:50.7	1	Sutcliffe Park	10 Aug	1:50.4	Vince Wilson	1	Jarrow	8 Jul
	1:53.4	2r1	Battersea	13 Apr	1:52.7		4r2	Loughborough	18 May
1:48.8	* Jason Lobo	3r1	Wythenshawe	15 May	(40)				
1:48.8	Des English IRE	1r1	Watford	28 Aug	1:50.5	* Eddie Williams	1r2	Battersea	14 Jul
1:48.9	Justin Swift-Smith	2r1	Watford	5 Jun	1:50.6	Dean Clark	5r1	Milton Keynes	24 Jul
	1:49.2	9r1	Wythenshawe	30 Jul	1:50.6		3r1	Watford	31 Jul
	1:49.5	4r1	Loughborough	18 May	1:51.1		6r1	Watford	28 Aug
	1:51.0	1r2	Wythenshawe	15 May	1:51.7		4r1	Watford	26 Jun
1:49.2	Grant Graham	3r1	Loughborough	18 May	1:52.0		4r2	Battersea	13 Jul
1:49.2	Tom Lerwill U20	1r1	Watford	29 May	1:53.9		1r2	Watford	29 May

1996 BMC Rankings

Performances set in BMC races

1:50.9	Andrew Walling	3r2	Stretford	25 Jun	1:52.23	* Ian Campbell	3	Meadowbank	3 Jul
	1:51.5	5	Stretford	16 Jul	1:52.3	Darrell Maynard	2r2	Loughborough	18 May
	1:53.1	6r3	Wythenshawe	15 May	1:55.5		2r1	Millfield	6 May
	1:53.4	5r1	Stretford	6 Aug	1:52.34	James Tonner	4	Meadowbank	3 Jul
1:50.9	Dave Bullock	2r1	Watford	29 May	1:52.4	Jo Mills	2r2	Watford	31 Jul
1:51.0	Noel Edwards	5r2	Watford	28 Aug		1:52.4	3r3	Watford	28 Aug
	1:53.1	6r2	Wythenshawe	30 Jul		1:53.4	8r1	Watford	29 May
	1:53.8	2r1	Cardiff	25 May		1:53.9	2re2	Watford	17 Jul
	1:54.0	1r3	Loughborough	15 May		1:55.3	7r2	Milton Keynes	24 Jul
	1:54.4	7r2	Wythenshawe	15 May	1:52.5	Dave Robertson	3r1	Tooting	29 May
1:51.1	Dave Locker	2r1	Stretford	6 Aug	1:52.5	Matt Morris	7	Stretford	16 Jul
	1:51.8	9r1	Stretford	25 Jun		1:52.7	4r3	Wythenshawe	30 Jul
1:51.2	Shane Daly IRE	1r3	Wythenshawe	15 May		1:53.7	5	Stretford	21 May
	1:54.23	3	Meadowbank	1 May	1:52.6	* Matt Hibberd	3r2	Loughborough	18 May
	1:54.8	4r1	Cardiff	25 May		1:52.6	3r3	Wythenshawe	30 Jul
1:51.2	Dave Pamah	2r2	Battersea	14 Jul		1:53.0	8r1	Milton Keynes	24 Jul
	1:51.7	3r2	Wythenshawe	30 Jul	1:52.6	* John Rodgers	1r1	Antrim	29 May
	1:52.0	3r1	Watford	29 May		(80)			
1:51.3	* Andy Thomas U20	6r1	Stretford	25 Jun	1:52.6	Dale Canning U20	5r1	Watford	29 May
	1:51.6	2	Stretford	21 May	1:52.7	Adam Zawadski	1r1	Cardiff	7 Aug
1:51.4	Martin Forder	3r1	Watford	26 Jun	1:52.7	Steve Sharpe	4r3	Watford	28 Aug
	(50)				1:52.7	Michael Osborne	5r3	Watford	28 Aug
1:51.4	Garth Watson	4	Stretford	16 Jul		1:53.4	1	Jarrow	5 Aug
	1:51.5	8r1	Stretford	25 Jun		1:54.5	5r4	Wythenshawe	30 Jul
	1:52.3	2r3	Wythenshawe	30 Jul	1:52.8	Mark Barrow	5r2	Stretford	25 Jun
1:51.4	Richard Girvan	2r2	Wythenshawe	30 Jul		1:53.6	3r2	Stretford	6 Aug
1:51.4	Rob Scanlon	6r2	Watford	28 Aug		1:54.1	6	Stretford	21 May
	1:51.5	7r1	Stretford	25 Jun		1:55.3	5r4	Wythenshawe	15 May
1:51.45	Grant Purves	1	Meadowbank	3 Jul	1:52.8	Patrick O'Reilly	6r2	Battersea	14 Jul
1:51.5	Alex Rosen	3r2	Battersea	14 Jul		1:53.1	8r2	Watford	28 Aug
	1:51.7	1r2	Watford	31 Jul		1:54.2	5r2	Watford	31 Jul
1:51.6	John Hayes IRE	7r1	Watford	5 Jun		1:54.4	7r1	Watford	26 Jun
	1:54.2	7r2	Loughborough	18 May	1:52.8	Paul Bennett	4r1	Stretford	6 Aug
1:51.6	Jason Dupuy	2r2	Watford	5 Jun		1:53.1	6r1	Watford	29 May
	1:53.2	2re1	Watford	17 Jul	1:52.8	Ben Sutton	4r1	Stretford	3 Sep
1:51.6	Richard Lynch	3r2	Watford	5 Jun	1:52.9	Guy Amos	6r2	Watford	5 Jun
	1:51.8	2r3	Wythenshawe	15 May		1:53.2	9r1	Milton Keynes	24 Jul
	1:52.7	2	Highgate	1 May		1:53.5	3r2	Watford	31 Jul
1:51.6	Steve Mosley	7r1	Watford	28 Aug	1:53.0	Steve Hewes	7r2	Watford	5 Jun
	1:52.5	5r2	Battersea	14 Jul		1:53.4	4r1	Tooting	29 May
1:51.61	Ewan Calvert	1	Meadowbank	1 May		1:54.8	5r2	Milton Keynes	24 Jul
	1:51.9	1r1	Cardiff	25 May	1:53.0	Paul Cooper	6r2	Stretford	25 Jun
	1:52.5	9r1	Loughborough	18 May		1:54.4	1	Grimby	25 May
	(60)				1:53.0	* Werner Botha U20 RSA	7r1	Milton Keynes	24 Jul
1:51.7	* Paul Walker	1r2	Loughborough	18 May	1:53.1	Peter Hackley	6r2	Wythenshawe	15 May
1:51.7	Steffan White	8r1	Watford	28 Aug	1:53.1	Matthew Dixon U20	3	Stretford	21 May
1:51.7	Andrew Renfree	1r3	Watford	28 Aug	1:53.1	Julian Hatcher	2	Jarrow	8 Jul
1:51.8	Brett Mate	1r2	Stretford	4 Jun	1:53.1	Duncan Cole	7r2	Battersea	14 Jul
	1:53.5	2r4	Wythenshawe	15 May		1:56.0	5r5	Wythenshawe	30 Jul
	1:54.3	2r3	Loughborough	18 May		1:56.0	8r1	Cardiff	7 Aug
1:51.8	Brendan Smith U20	4r2	Stretford	25 Jun	1:53.1	Gregg Taylor U20	1r2	Stretford	6 Aug
	1:53.7	7r2	Wythenshawe	30 Jul		1:54.9	1r5	Wythenshawe	15 May
1:51.9	David Thornton	1r3	Wythenshawe	30 Jul	1:53.1	David Stanley U20	2	Sutton	22 Sep
	1:52.2	3r1	Stretford	3 Sep		1:54.8	8r2	Loughborough	18 May
	1:52.6	3r1	Stretford	6 Aug	1:53.2	* Tony Balogun	7r1	Watford	29 May
	1:53.0	4r3	Wythenshawe	15 May	1:53.2	Andrew Prophet	2r4	Wythenshawe	30 Jul
1:52.0	* Sean Price	3r3	Wythenshawe	15 May		(100)			
1:52.0	Pat Davoren	6r1	Milton Keynes	24 Jul	1:53.2	Paul Bristow	6r3	Watford	28 Aug
1:52.1	* S Rintel AUS	6	Stretford	16 Jul		1:53.8	6r3	Wythenshawe	30 Jul
	1:53.8	10r1	Battersea	14 Jul		1:54.0	3r1	Cardiff	7 Aug
1:52.1	Dominic Hall	7r2	Watford	28 Aug		1:54.9	3r4	Wythenshawe	15 May
	1:52.6	8r1	Watford	31 Jul		1:55.2	5r1	Cardiff	25 May
	1:53.5	9r1	Battersea	14 Jul		1:56.0	6r3	Loughborough	18 May
	1:54.4	5r1	Battersea	13 Apr	1:53.30	* Stewart Reid	5	Meadowbank	3 Jul
	(70)				1:53.4	Ivan Hollingsworth	3	Jarrow	8 Jul
1:52.1	Toby Gosnall	2r3	Watford	28 Aug		1:53.6	4r2	Stretford	6 Aug
	1:52.8	1r4	Wythenshawe	30 Jul	1:53.4	Dave Povall	8r2	Battersea	14 Jul
	1:53.4	2r2	Stretford	6 Aug		1:53.8	2r1	Cardiff	7 Aug
	1:54.8	3r3	Loughborough	18 May	1:53.5	* Stuart Bailey U20	1r4	Stretford	25 Jun
1:52.2	Chas McCaw	4r1	Watford	29 May		1:54.8	6r1	Stretford	3 Sep
	1:53.7	5r3	Wythenshawe	30 Jul					

1996 BMC Rankings

Performances set in BMC races

1:53.5	* Michael Openshaw	4	Jarrow	8 Jul	1:55.2	Andrew Blackmore	9r2	Watford	28 Aug
1:53.5	Ryan Walker	7r3	Watford	28 Aug	1:55.3	* Joseph Rainer	6r4	Wythenshawe	30 Jul
	1:53.8	1r2	Milton Keynes	24 Jul		(150)			
	1:54.4	8r1	Watford	26 Jun	1:55.3	* Paul Burgess	2	Stretford	30 Apr
1:53.5	Paul Hamilton	5r1	Stretford	3 Sep	1:55.3	* Kairn Stone	1r1	Millfield	6 May
	1:53.6	4	Stretford	21 May	1:55.3	Kris Haggetty	3r2	Watford	29 May
	1:55.1	4r3	Loughborough	18 May	1:55.3	* Peter Saints	8	Jarrow	8 Jul
	1:56.0	6r5	Wythenshawe	15 May	1:55.3	* John Weybourne	7r1	Cardiff	7 Aug
1:53.7	Simon Stebbings	6r1	Watford	26 Jun	1:55.4	Chris Coleman	1r2	Cardiff	25 May
	1:53.9	4r2	Watford	31 Jul	1:55.4	Alan McDougall	2r5	Wythenshawe	30 Jul
	1:55.0	6r1	Battersea	13 Apr	1:56.0	5r3	Watford	31 Jul	
1:53.7	* John Rogan IRE	3r4	Wythenshawe	30 Jul	1:55.5	Steve Blake	4r2	Watford	29 May
	(110)				1:55.8	2r2	Cardiff	25 May	
1:53.8	Matt Kloiber	7r2	Stretford	25 Jun	1:55.5	Ed Matthews U20	5r2	Watford	29 May
1:54.0	John Lister	2r1	Antrim	29 May	1:55.6	3r3	Watford	5 Jun	
1:54.2	Mark Wiscombe	7r3	Wythenshawe	15 May	1:55.5	Steve Body	8r3	Watford	28 Aug
1:54.2	Ken Harker	5	Jarrow	8 Jul		(160)			
	1:55.6	4r5	Wythenshawe	15 May	1:55.5	Marcus Bridges	1r4	Watford	28 Aug
	1:55.7	3r5	Wythenshawe	30 Jul	1:55.5	Michael Green	7r1	Stretford	3 Sep
	1:55.9	1	Jarrow	10 Jun	1:55.6	Richard Simms	3r1	Antrim	29 May
1:54.2	* Danny McCormack	2r2	Milton Keynes	24 Jul	1:55.6	Stephen Briffett U20	2r3	Watford	5 Jun
	1:55.0	2r3	Watford	17 Jul	1:55.61	* Ian McFarlane	4	Meadowbank	1 May
1:54.2	Nathan Laud	3r2	Milton Keynes	24 Jul	1:55.7	Richard Dawson	6r1	Cardiff	25 May
	1:54.9	2r3	Watford	31 Jul	1:55.7	* Matt Raw	7r3	Wythenshawe	30 Jul
	1:55.6	1r2	Watford	26 Jun	1:55.7	Michael Gooch	4r5	Wythenshawe	30 Jul
1:54.2	Andrew Jordan	4r4	Wythenshawe	30 Jul	1:55.8	Daryl Griffin U20	6r2	Watford	29 May
	1:54.5	6	Jarrow	8 Jul	1:55.8	Sion Owen U20	3r1	Stretford	4 Jun
	1:55.3	4r4	Wythenshawe	15 May	1:55.9	10r4	Wythenshawe	30 Jul	
1:54.3	Kojo Kyereke	2r2	Watford	29 May		(170)			
1:54.3	* Phil Cook	4r1	Cardiff	7 Aug	1:55.8	* Mike Hatch	2r8	Wythenshawe	30 Jul
1:54.3	* Paul Darkins	6r1	Stretford	6 Aug	1:55.8	John Moore	2	Jarrow	5 Aug
	1:54.4	8r2	Wythenshawe	30 Jul	1:55.9	* Paul Douglas U20	8r4	Wythenshawe	30 Jul
	1:54.5	1r3	Stretford	25 Jun	1:55.9	* Yacin Yusuf U20	6r2	Watford	31 Jul
	(120)				1:56.0	* Gavin Mason U20	1r2	Battersea	13 Apr
1:54.4	Russell Cartwright U20	3r1	Cardiff	25 May	1:56.0	Chris Beswick	5r5	Wythenshawe	15 May
1:54.5	Mark Harris NZ	4r2	Milton Keynes	24 Jul	1:56.0	Peter McDonald	8	Wythenshawe	30 Jul
	1:55.2	3r3	Watford	31 Jul	1:56.0	David Reader	1r7	Wythenshawe	30 Jul
1:54.5	* John McCallum	1r3	Watford	31 Jul	1:56.0	Chris Simmons	4r3	Watford	31 Jul
1:54.5	Jason Beeraje U20	3	Sutton	22 Sep	1:56.0	Lee Garrett U20	3r3	Stretford	6 Aug
1:54.6	* Simon Brock	2r4	Stretford	25 Jun		136 gold performances to 1:52.0 by 68 athletes			
1:54.6	Paul Mullany	3r4	Stretford	25 Jun		360 membership performances to 1:56.0 by 180 athletes			
1:54.6	Peter Steele	4r4	Stretford	25 Jun		Additional Age Group			
	1:54.8	7	Stretford	21 May	1:56.1	* Dave Baxter U20	2r7	Wythenshawe	15 May
1:54.6	* R Sinclair	5r3	Stretford	6 Aug		1:56.2	7r5	Wythenshawe	30 Jul
1:54.7	Bryce Gibson	8r2	Watford	5 Jun	1:56.1	Neil Speaight U20	1r5	Watford	5 Jun
	1:55.8	1r2	Tooting	29 May	1:56.2	Tom Ranger U20	1r6	Wythenshawe	15 May
	1:55.9	9r4	Wythenshawe	30 Jul	1:56.3	* G Parsons U20	2r5	Watford	5 Jun
1:54.7	Clayton Bannon U20	7	Jarrow	8 Jul	1:56.3	Sam Boden U20	3r4	Watford	28 Aug
	(130)				1:56.6	* Richard Sinclair U20	3r6	Wythenshawe	15 May
1:54.8	* Paul Dunlop	8	Stretford	21 May	1:56.7	Tom Payn U17	1r3	Watford	29 May
1:54.8	* Paul Nation	9r2	Watford	5 Jun	1:56.7R	1r4	Watford	17 Jul	
	1:56.0	2r2	Watford	26 Jun	1:58.4	10r6	Wythenshawe	30 Jul	
1:54.8	Ian Wetherall	1r5	Wythenshawe	30 Jul	1:58.7	8r4	Watford	28 Aug	
	1:54.9	9	Stretford	21 May	1:59.5	2r2	Millfield	6 May	
1:54.9	Huw Evans	5r1	Cardiff	7 Aug	1:57.0	Brian Stopher U17	2r3	Watford	29 May
1:55.0	Andy Stuckey	2r5	Wythenshawe	15 May	1:57.9R	2r2	Watford	17 Jul	
1:55.0	* Kevin Corr U20	1r7	Wythenshawe	15 May	1:57.0	* Gavin McPherson U20	6r6	Wythenshawe	30 Jul
1:55.0	Jonathan Guiney	1r3	Watford	5 Jun	1:57.1	* Will Barry U17	7r6	Wythenshawe	30 Jul
	1:55.8	9r2	Battersea	14 Jul	1:57.3	6r3	Stretford	6 Aug	
1:55.0	Stuart Maxwell	6r2	Milton Keynes	24 Jul	1:58.5	2r2	Stretford	4 Jun	
1:55.1	Ian Mansfield	3r5	Wythenshawe	15 May	1:57.3	* Mark Kuklinski U20	5r4	Watford	28 Aug
	1:55.7	5r3	Loughborough	18 May	1:57.60	* Jamie Hendry U20	5	Meadowbank	1 May
1:55.1	* Rob Turner	7r1	Battersea	13 Apr	1:57.8	* Dave Wilcocks V40	1r2	Watford	17 Jul
	(140)				1:57.9	Gareth Beard U20	6r2	Cardiff	25 May
1:55.1	* Ali Aden	1	Highgate	5 Jun	1:59.3	1r2	Millfield	6 May	
1:55.1	Paul Laslett U17	1r4	Watford	17 Jul	1:57.9	* Chris Parkin U20	4r7	Wythenshawe	30 Jul
1:55.1	* Hugh Jenkins	6r1	Cardiff	7 Aug	1:58.1	* Richard Flint U20	4	Sutton	22 Sep
1:55.1	* Scott Hughes U20	1r2	Stretford	3 Sep	1:58.3	* Darren Talbot U20	8r1	Stretford	4 Jun
1:55.2	Ian Mitchell	2r3	Stretford	25 Jun	1:59.0	6r6	Wythenshawe	15 May	
1:55.2	* George Skafidas GRE	7r3	Wythenshawe	30 Jul	1:58.5	* R Turner U20	5r5	Watford	5 Jun
1:55.2	Tony Thompson U20	1r8	Wythenshawe	30 Jul	1:58.7	Mark Curson U17	3r4	Watford	5 Jun
1:55.2	Larry Mangleshot	3	Sutcliffe Park	10 Aug	1:58.7	* Daniel Hewitt U20	3r2	Stretford	4 Jun
					1:59.4	2r8	Wythenshawe	15 May	

1996 BMC Rankings

Performances set in BMC races

1:59.8	* Nashad Moghal U20	3r8	Wythenshawe	15 May	3:42.4	Stuart Margiotta	4r1	Wythenshawe	30 Jul
1:59.3	* Louis Jones U17	6	Sutton	22 Sep	3:43.7		3r1	Stretford	16 Jul
1:59.9	* Dafydd Solomon U17	2r2	Cardiff	7 Aug	3:42.5	Adam Duke	6r1	Swindon	14 Aug
1:59.9	Nicholas Mapp U20	10r4	Watford	28 Aug	3:42.8	Cormack Finnerty IRE	7r1	Swindon	14 Aug
					3:43.0	Matt Skelton	6r1	Wythenshawe	30 Jul
					3:46.4		4	Southampton	7 Jul
					3:43.0	Stuart Poore	8r1	Swindon	14 Aug
					3:44.9		11r1	Wythenshawe	30 Jul
					3:47.6		6	Southampton	7 Jul
					3:48.2		2r1	Watford	5 Jun
					3:43.5	Mark Griffin	2r1	Watford	10 Jul
					3:43.8	Spencer Barden	8r1	Wythenshawe	30 Jul
					3:44.0	James Mayo	3r1	Watford	10 Jul
					3:44.2	Matthew Davies	9r1	Wythenshawe	30 Jul
					3:44.9		5r1	Watford	10 Jul
					3:46.6		1r1	Bedford	7 Aug
					3:46.9		1r1	Watford	11 Sep
					3:47.0		3r1	Stretford	20 Aug
					3:48.9		2r1	Welwyn	26 Aug
					3:44.7	Glen Stewart	1r1	Wythenshawe	15 May
					3:48.52		1	Meadowbank	5 Jun
									(20)
					3:44.9	* Paul Gardner	9r1	Swindon	14 Aug
					3:48.2		7	Southampton	7 Jul
					3:50.4		1	Jarrow	24 Jul
					3:45.1	Tony Mate	2r2	Wythenshawe	30 Jul
					3:46.9		2r1	Stretford	20 Aug
					3:45.2	Des Roache	2r1	Wythenshawe	15 May
					3:45.4	Phil Healy	1	Southampton	7 Jul
					3:45.4	Julian Moorhouse	6r1	Watford	10 Jul
					3:48.5		4r1	Watford	5 Jun
					3:49.2		1	Highgate	7 Aug
					3:45.6	Tony Johnston	2	Southampton	7 Jul
					3:47.4		13r1	Swindon	14 Aug
					3:45.6	Brendan Smith U20	4r1	Stretford	16 Jul
					3:47.3		4r1	Stretford	20 Aug
					3:48.2		3	Stretford	4 Jun
					3:49.2		6r2	Wythenshawe	15 May
					3:45.7	Phil Mowbray	3r2	Wythenshawe	30 Jul
					3:46.3		1r1	Stretford	20 Aug
					3:45.7	Adam Zawadski	10r1	Swindon	14 Aug
					3:50.8		10	Southampton	7 Jul
					3:45.9	* Paul Larkins	1r2	Wythenshawe	15 May
									(30)
					3:45.9	Dave Robertson	2r2	Wythenshawe	15 May
					3:53.6		14r1	Wythenshawe	30 Jul
					3:46.0	Philip Tulba-Morrison	11r1	Swindon	14 Aug
					3:47.7		2r1	Bedford	7 Aug
					3:48.9		2r1	Watford	11 Sep
					3:51.2		11	Southampton	7 Jul
					3:46.1	Jo Mills	4r2	Wythenshawe	30 Jul
					3:49.6		3r1	Welwyn	26 Aug
					3:49.8		4r1	Bedford	7 Aug
					3:46.1	* Darius Burrows	5r2	Wythenshawe	30 Jul
					3:46.2	Steffan White	3	Southampton	7 Jul
					3:48.7		16r1	Swindon	14 Aug
					3:46.3	* Steve Green	3r1	Wythenshawe	15 May
					3:46.3	Andrew Renfree	12r1	Swindon	14 Aug
					3:49.6		4r3	Wythenshawe	15 May
					3:50.2		5	Cardiff	7 Aug
					3:46.4	Luc Michard BEL	3r2	Wythenshawe	15 May
					3:46.5	* Kristen Bowditch	1r2	Stretford	16 Jul
					3:46.5	Nick Comerford	12r1	Wythenshawe	30 Jul
									(40)
					3:46.6	Luke Veness	7r1	Watford	10 Jul
					3:50.2		5r1	Bedford	7 Aug
					3:51.5		4r1	Watford	11 Sep
					3:46.7	Paul Freary	5r1	Stretford	16 Jul
					3:51.3		2r4	Wythenshawe	30 Jul
					3:46.8	Rupert Waters	8r1	Watford	10 Jul
					3:47.1	* G Turnbull U20 IRE	6r1	Stretford	16 Jul
					3:50.3		9	Southampton	7 Jul

Men's 4 x 800m Relay

7:23.1	BMC National Squad	1r1	Watford	17 Jul
	<i>(UK Club Record)</i>			
7:41.3	Ron Allison's Squad	2r1	Watford	17 Jul
7:51.5	BMC National U17s	1r2	Watford	17 Jul
7:52.2	Ken Leader's Squad	3r1	Watford	17 Jul
8:01.0	BMC East	4r1	Watford	17 Jul
8:01.0	Winchester College U20	2r2	Watford	17 Jul
8:07.1	Vets AC	3r2	Watford	17 Jul
	<i>(National Veterans Record)</i>			
8:08.1	Old Gaytonians	4r2	Watford	17 Jul
8:20.8	BMC Veterans Squad	5r2	Watford	17 Jul

9 performances by 9 teams

Men's 1,000m

2:21.7	* Kevin McKay	1	Stretford	30 Apr
2:22.6	* Craig Winrow	2	Stretford	30 Apr
2:23.3	* Matt Hibberd	3	Stretford	30 Apr
2:23.4	Robert Hough	4	Stretford	30 Apr
2:23.5	Luc Michard BEL	5	Stretford	30 Apr
2:23.7	* Steve Green	6	Stretford	30 Apr
2:25.3	Garth Watson	7	Stretford	30 Apr
2:25.4	Brendan Smith U20	8	Stretford	30 Apr
2:26.7	Rupert Waters	9	Stretford	30 Apr
2:27.3	Ian Mitchell	10	Stretford	30 Apr

6 'gold' performances to 2:30.0 by 6 athletes
10 'membership' performances to 2:30.0 by 10 athletes

Men's 1,200m

3:07.9	* J Bowler	1	Sutcliffe Park	20 Apr
	<i>1 'membership' performance to 3:10.0 by 1 athlete</i>			
<i>Additional Age Group</i>				
3:13.3	Tom Payn U17	3	Sutcliffe Park	20 Apr

Men's 1,500m

3:39.1	Neil Caddy	1r1	Swindon	14 Aug
3:42.3		1	Cardiff	7 Aug
3:44.5		10r1	Wythenshawe	30 Jul
3:53.6R		1re4	Stretford	30 Apr
3:40.1	Ian Grime	2r1	Swindon	14 Aug
3:40.7	Rob Whalley	3r1	Swindon	14 Aug
3:44.7		3	Cardiff	7 Aug
3:46.8		5	Southampton	7 Jul
3:51.3		13r1	Wythenshawe	30 Jul
3:52.3		7r2	Wythenshawe	15 May
3:41.1	Ian Gillespie	4r1	Swindon	14 Aug
3:42.4		2r1	Stretford	16 Jul
3:42.7		5r1	Wythenshawe	30 Jul
3:43.8		2	Cardiff	7 Aug
3:48.01		1	Cardiff	2 May
3:41.2	Richard Ashe	1r1	Wythenshawe	30 Jul
3:42.5		1r1	Watford	10 Jul
3:48.8		5r1	Wythenshawe	15 May
3:50.2		1	Watford	24 Apr
3:41.3	Rob Scanlon	5r1	Swindon	14 Aug
3:43.7		7r1	Wythenshawe	30 Jul
3:41.5	Robert Hough	1r2	Wythenshawe	30 Jul
3:42.0	Andy Hart	1r1	Stretford	16 Jul
3:50.3		1re1	Stretford	30 Apr
3:42.0	Rod Finch	2r1	Wythenshawe	30 Jul
3:42.1	Martin Forder	3r1	Wythenshawe	30 Jul
3:44.3		4r1	Watford	10 Jul
				(10)

1996 BMC Rankings

Performances set in BMC races

3:47.2	Cieran Murphy	4r1	Wythenshawe	15 May	3:50.4	* Danny McCormack	6r1	Bedford	7 Aug
	3:54.9R	1re2	Stretford	30 Apr		3:51.7	8r1	Watford	5 Jun
3:47.4	Grant Cuddy U20	7r1	Stretford	16 Jul		3:53.8	4r1	Welwyn	26 Aug
	3:47.6	1	Stretford	4 Jun	3:50.5	Paul Morby U20	1r4	Wythenshawe	15 May
	3:53.1	6r4	Wythenshawe	15 May	3:50.6	* Steve Beardswell	4	Highgate	7 Aug
3:47.4	Steve Mosley	14r1	Swindon	14 Aug	3:50.7	Ian Mitchell	6r2	Stretford	16 Jul
	3:47.6	6r2	Wythenshawe	30 Jul		3:55.9	13r3	Wythenshawe	30 Jul
	3:47.6	5r1	Stretford	20 Aug	3:51.0	* Mark Steinle	5	Highgate	7 Aug
	3:48.6	5r1	Watford	5 Jun		(80)			
	3:49.2	4	Cardiff	7 Aug	3:51.1	* Paul Darkins	7r2	Stretford	16 Jul
3:47.6	Martin Yelling	9r1	Watford	10 Jul	3:51.3	* Paul Green	3e4	Wythenshawe	30 Jul
	3:49.1	8r1	Stretford	20 Aug	3:51.3	Richard Taylor	1r2	Swindon	14 Aug
	3:49.4	2r3	Wythenshawe	15 May	3:51.4	Richard Findlow	8r2	Stretford	16 Jul
3:47.6	Matthew O'Dowd	6r1	Stretford	20 Aug		3:53.3	7r3	Wythenshawe	30 Jul
	3:50.1	5r3	Wythenshawe	15 May	3:51.4	Dick Barton	1r3	Wythenshawe	30 Jul
3:47.7	Justin Swift-Smith	13r1	Swindon	14 Aug		3:54.5	3r2	Swindon	14 Aug
	3:49.98	2	Cardiff	25 May	3:51.5	Jonathan McCallum	11r1	Watford	10 Jul
	(50)				3:51.6	* Andy Lyons	6r3	Wythenshawe	15 May
3:47.8	Dave Locker	2r2	Stretford	16 Jul	3:51.6	* Andrew Barbour	2r4	Wythenshawe	15 May
	3:48.3	1r4	Wythenshawe	30 Jul		3:53.4	10r2	Wythenshawe	30 Jul
3:48.0	* Carl Warren	4e2	Wythenshawe	15 May	3:51.7	Nigel Stirk	9r1	Bedford	7 Aug
3:48.0	Pat Davoren	1r1	Watford	5 Jun		3:52.2	3r2	Watford	10 Jul
	3:48.6	1r1	Welwyn	26 Aug		3:54.6	2	Watford	24 Apr
3:48.0	Martin Airey	3r1	Bedford	7 Aug	3:51.7	* Ray Plant	10r1	Stretford	20 Aug
3:48.1	Mike Proudlove	2	Stretford	4 Jun		3:51.8	4r4	Wythenshawe	30 Jul
	3:52.5	9r2	Stretford	16 Jul		3:53.7	2r2	Stretford	16 Jul
3:48.1	Steve O'Gara	3r2	Stretford	16 Jul		(90)			
	3:49.0	7r1	Stretford	20 Aug	3:51.8	Garth Watson	5	Stretford	4 Jun
	3:49.1	5r2	Wythenshawe	15 May	3:51.8	Nick Bentham	12r1	Watford	10 Jul
	3:49.3	3r1	Watford	11 Sep	3:51.9	* Eric Crowther	6	Stretford	4 Jun
	3:49.7	7r2	Wythenshawe	30 Jul		3:52.9	7r3	Wythenshawe	15 May
3:48.3	Mark Miles U20	8r1	Stretford	16 Jul	3:52.0	Daren Daniels	3r4	Wythenshawe	15 May
	3:54.1	1r1	Cannock	29 May	3:52.0	* Chris Old U20	3	Jarrow	24 Jul
3:48.4	Russell Cartwright U20	8	Southampton	7 Jul	3:52.1	Bryce Gibson	2r2	Watford	10 Jul
	3:52.1	10r1	Stretford	16 Jul	3:52.1	Andy Knight	2	Tooting	21 Aug
	3:52.6	4r4	Wythenshawe	15 May	3:52.2	Ed Bowen	4r2	Watford	10 Jul
3:48.5	* Nick Herremans BEL	3r1	Watford	5 Jun	3:52.2	Michael Green	1r2	Stretford	20 Aug
	3:50.5	7r1	Wythenshawe	15 May	3:52.3	Simon Wilson	5r2	Watford	10 Jul
3:48.7	Steve Sharpe	6r1	Watford	5 Jun		(100)			
	3:49.0	10r1	Watford	10 Jul	3:52.4	Andy Prohett	2r2	Stretford	20 Aug
	3:51.0	8r1	Bedford	7 Aug	3:52.5	* Christian Nicholson	12	Southampton	7 Jul
	3:55.6	4	Watford	24 Apr	3:52.5	Julian Hatcher	4	Jarrow	24 Jul
	(60)					3:52.5	3r3	Wythenshawe	30 Jul
3:48.9	* Mike Wassell	4r2	Stretford	16 Jul		3:53.5	1r5	Wythenshawe	15 May
	3:53.3	6r3	Wythenshawe	30 Jul	3:52.5	David Rankin	4r3	Wythenshawe	30 Jul
3:49.1	Tom Mayo U20	1r3	Wythenshawe	15 May		3:53.5	10r2	Stretford	16 Jul
	3:52.8	2re1	Stretford	30 Apr	3:52.5	3:55.0	6r2	Stretford	20 Aug
3:49.2	Matthew Smith	17r1	Swindon	14 Aug		* Rob Berry	3r2	Stretford	20 Aug
	3:49.9	9r2	Wythenshawe	30 Jul		3:52.9	5r3	Wythenshawe	30 Jul
	3:50.2	9r1	Stretford	16 Jul		3:53.2	1r3	Stretford	16 Jul
	3:51.0	7r1	Bedford	7 Aug		3:53.4	8	Stretford	4 Jun
3:49.2	* Jason Lobo	9r1	Stretford	20 Aug	3:52.8	Matt Morris	7	Stretford	4 Jun
3:49.3	Grant Graham	6r1	Wythenshawe	15 May	3:52.8	* Jeff Pyrah	5r4	Wythenshawe	30 Jul
	3:51.87	2	Meadowbank	5 Jun		3:55.1	7r3	Stretford	16 Jul
3:49.3	Cor Datema HOL	7r1	Watford	5 Jun	3:52.9	Matthew Dixon U20	5r4	Wythenshawe	15 May
	3:53.9	2r2	Swindon	14 Aug	3:52.9	* Michael Openshaw	5	Jarrow	24 Jul
3:49.3	Peter Steele	5r2	Stretford	16 Jul	3:53.4	* Tony Bologun	9r1	Watford	5 Jun
	3:51.8	1r2	Watford	10 Jul		(110)			
3:49.5	* Paul Burgess	3r3	Wythenshawe	15 May	3:53.5	* Phil Cook	1r1	Millfield	6 May
3:49.5	Larry Mangleshot	2	Highgate	7 Aug	3:53.5	* Paul Dickie	7r4	Wythenshawe	15 May
3:49.8	Alex Rosen	3	Highgate	7 Aug	3:53.5	* Jason Boothroyd	12r1	Stretford	20 Aug
	(70)				3:53.7	Adrian Green	8r3	Wythenshawe	30 Jul
3:49.9	Ivan Hollingsworth	8r2	Wythenshawe	30 Jul	3:53.8R	Lee Cadwallader	1re3	Stretford	30 Apr
	3:50.9	2	Jarrow	24 Jul	3:53.8	* Ian Campbell	8r1	Wythenshawe	15 May
	3:53.5	8r2	Wythenshawe	15 May	3:53.8	David Rowbotham	13r1	Stretford	20 Aug
	3:54.2	14r1	Stretford	20 Aug		3:55.3	9r3	Wythenshawe	30 Jul
3:50.0	* Andrew Graffin	1	Tooting	21 Aug	3:54.2	Paul Bennett	6r4	Wythenshawe	30 Jul
3:50.0	* Davy Wilson	1	Antrim	25 Jun	3:54.3	Peter McDonald	11r2	Stretford	16 Jul
3:50.38	* Kairn Stone	3	Cardiff	25 May		3:55.0	5r2	Stretford	20 Aug
3:50.4	Andrew Walling	4	Stretford	4 Jun	3:54.3	Lee Garrett U20	4r2	Stretford	20 Aug
	3:51.5	2r3	Wythenshawe	30 Jul		(120)			
	3:51.8	11r1	Stretford	20 Aug					

1996 BMC Rankings

Performances set in BMC races

3:54.5	Jason Thompson	1r3	Watford	10 Jul	4:01.2	Phil Healy	1	Antrim	25 Jun
3:55.3		5r1	Watford	11 Sep	4:01.53	Steffan White	5r1	Barnet Copthall	31 Aug
3:54.5	* Chris Davies	3r3	Stretford	16 Jul	4:02.4		2	Bath	19 Jun
3:54.6	* Simon Everington	4r3	Stretford	16 Jul	4:04.5		6	Cheltenham	4 Aug
3:54.6	Michael Morris	6	Jarrow	24 Jul	4:11.3Rd		3	Bristol	3 Sep
3:54.7	Steve Hewes	2r3	Watford	10 Jul	4:02.1	Spencer Barden	4	Cheltenham	4 Aug
3:54.8	Simon Stebbings	3r3	Watford	10 Jul	4:02.3	Andy Hart	1	Bath	19 Jun
3:54.9	Jason Dupuy	3	Watford	24 Apr	4:22.4		15	Cheltenham	4 Aug
3:54.9	Mark Wiscombe	4r2	Swindon	14 Aug	(10)				
3:55.0	* Daniel Gibbons	5r3	Stretford	16 Jul	4:03.12	Stuart Poore	6r1	Barnet Copthall	31 Aug
3:55.3		4r3	Watford	10 Jul	4:05.5		9	Bath	19 Jun
3:55.1	* Andy Ward	6r3	Stretford	16 Jul	4:12.1Rd		5	Bristol	3 Sep
	3:55.1	7r4	Wythenshawe	30 Jul	4:03.2	Stuart Margiotta	5	Cheltenham	4 Aug
	(130)				4:03.3	Lee Cadwallader	4	Bath	19 Jun
3:55.1	* P Pagel	7	Jarrow	24 Jul	4:09.23		6r1	Loughborough	19 May
3:55.2	Chris Quine	7r2	Stretford	20 Aug	4:03.6	Tony Johnston	5	Bath	19 Jun
3:55.2	Steve Body	5r1	Welwyn	26 Aug	4:03.70		7r1	Barnet Copthall	31 Aug
3:55.4	Chris Symonds	5r3	Watford	10 Jul	4:04.5	Vince Wilson	6	Bath	19 Jun
3:55.4	Ken Harker	8	Jarrow	24 Jul	4:04.50	Adam Zawadski	1r2	Barnet Copthall	31 Aug
3:55.5	James Greenhough	1	Jarrow	29 May	4:11.8Rd		4	Bristol	3 Sep
3:55.5	* Charlie Low	1r2	Watford	5 Jun	4:04.67	Cormack Finnerty IRE	8r1	Barnet Copthall	31 Aug
3:55.6	Gregg Taylor U20	1r5	Wythenshawe	30 Jul	4:04.9	* Christian Stephenson	7	Bath	19 Jun
3:55.6	David Stanley U20	1r2	Watford	11 Sep	4:05.0	Matt Skelton	7	Cheltenham	4 Aug
3:55.7	Bobby Farren	9r1	Wythenshawe	15 May	4:05.13	Glen Stewart	1r1	Loughborough	19 May
	(140)					(20)			
3:55.7	Steve Edmonds	2r1	Cannock	29 May	4:05.18	Elijah Wanderi KEN	2r2	Barnet Copthall	31 Aug
3:55.8	David Pamah	5	Watford	24 Apr	4:05.87	Des Roache	2r1	Loughborough	19 May
3:55.8	* George Skafidas GRE	11	Stretford	16 Jul	4:05.9	Andrew Renfree	10	Bath	19 Jun
3:55.8	Rob Simon	10r3	Wythenshawe	30 Jul	4:12.75		10r1	Loughborough	19 May
3:55.8	Stuart Maxwell	11r3	Wythenshawe	30 Jul	4:25.49		8r2	Barnet Copthall	31 Aug
3:55.84	* Per Synnerman SWE	1	Loughborough	19 May	4:06.0	* Paul Gardner	8	Cheltenham	4 Aug
3:55.9	* John Lawson	6r3	Watford	10 Jul	4:06.9	Rob Whalley	9	Cheltenham	4 Aug
3:55.9	Peter Steele	12r3	Wythenshawe	30 Jul	4:07.4		11	Bath	19 Jun
3:55.9	* Ian Harpur	8r4	Wythenshawe	30 Jul	4:15.4Rd		7	Bristol	3 Sep
	102 gold performances to 3:49.0 by 61 athletes				4:07.48	Nick Comerford	3r1	Loughborough	19 May
	263 membership performances to 3:56.0 by 149 athletes				4:08.4	* Christian Nicholson	12	Bath	19 Jun
	Additional Age Group				4:08.51	Robin Hooton	9r1	Barnet Copthall	31 Aug
3:56.5	David Davey U20	2r1	Millfield	6 May	4:08.56	* Darius Burrows	4r1	Loughborough	19 May
	4:02.8	9	Cardiff	25 May	4:08.59	Pat Davoren	3r2	Barnet Copthall	31 Aug
3:56.9	Jason Beerage U20	2r2	Watford	11 Sep	4:10.1		1	Kings Lynn	14 Aug
3:57.0	Daniel Hyde U20	8r4	Wythenshawe	15 May	4:12.4		17	Bath	19 Jun
3:58.6	* Colm McLean U20	15	Southampton	7 Jul	(30)				
4:00.4	* Dave Bedwell V40	11r2	Swindon	14 Aug	4:08.7	Steve Mosley	13	Bath	19 Jun
4:00.8	* Jamie Muir U20	5r5	Wythenshawe	15 May	4:13.2		2	Scunthorpe	26 Aug
4:02.8	* Rob Payne V40	9r2	Watford	11 Sep	4:14.95		7r2	Barnet Copthall	31 Aug
4:03.3	Noel Stoddart U20	9r2	Watford	5 Jun	4:17.5Rd		8	Bristol	3 Sep
4:03.8	* Mark Kuklinski U20	13r2	Swindon	14 Aug	4:08.74	Cieran Murphy	5r1	Loughborough	19 May
4:03.9	Paul Douglas U20	9r5	Wythenshawe	15 May	4:08.9	Steve O'Gara	1	Jarrow	22 Jun
					4:10.14		8r1	Loughborough	19 May
					4:09.4	* Phil Cook	14	Bath	19 Jun
					4:09.5Rd	Ian Grime	2	Bristol	3 Sep
15:32.6	BMC National Squad	1	Stretford	30 Apr	4:09.65	Grant Graham	7r1	Loughborough	19 May
16:03.2	BMC Junior Squad	2	Stretford	30 Apr	4:09.8	Justin Swift-Smith	15	Bath	19 Jun
	(World Junior Record)				4:10.2	Rob Scanlon	10	Cheltenham	4 Aug
17:21.0	BMC Veteran Squad	3	Stretford	30 Apr	4:10.3	Dick Barton	11	Cheltenham	4 Aug
	(World Veteran Record)				4:12.7		1	Scunthorpe	26 Aug
	3 performances by 3 teams				4:10.6	Julian Moorhouse	2	Kings Lynn	14 Aug
						(40)			
					4:10.7	Martin Forder	12	Cheltenham	4 Aug
					4:10.86	Jo Mills	4r2	Barnet Copthall	31 Aug
					4:10.9	Martin Airey	3	Kings Lynn	14 Aug
3:56.35	Anthony Whiteman	1r1	Barnet Copthall	31 Aug	4:11.10	Steve Sharpe	5r2	Barnet Copthall	31 Aug
	(BMC Record)				4:11.15	Brendan Smith U20	6r2	Barnet Copthall	31 Aug
3:58.59	Neil Caddy	2r1	Barnet Copthall	31 Aug	4:11.3	Mike Morris	2	Jarrow	22 Jun
	3:59.3	1	Cheltenham	4 Aug	4:11.68	Tony Mate	9r1	Loughborough	19 May
	4:05.3	8	Bath	19 Jun	4:12.0	Cor Datema HOL	16	Bath	19 Jun
	4:08.8Rd	1	Bristol	3 Sep	4:12.2	Julian Hatcher	3	Jarrow	22 Jun
3:59.98	Richard Ashe	3r1	Barnet Copthall	31 Aug	4:13.2	* Michael Openshaw	4	Jarrow	22 Jun
4:00.0	* Gary Lough	2	Cheltenham	4 Aug	(50)				
4:00.42	Robert Hough	4r1	Barnet Copthall	31 Aug	4:14.1	* Chris Old U20	5	Jarrow	22 Jun
4:01.1	Ian Gillespie	3	Cheltenham	4 Aug	4:14.40	Shane Daly IRE	1r2	Loughborough	19 May
	4:03.3	3	Bath	19 Jun	4:14.5	Bobby Farren	2	Antrim	25 Jun
	4:14.3Rd	6	Bristol	3 Sep					

1996 BMC Rankings

Performances set in BMC races

4:14.6	Andy Knight	18	Bath	19	Jun	8:13.6	* Clive Bonelle	2r1	Stretford	21	May
4:14.7	Ed Bowen	13	Cheltenham	4	Aug	8:14.4	* Dave Lee	12r1	Stretford	16	Jul
4:14.77	Brett Mate	2r2	Loughborough	19	May	8:14.7	Stuart Margiotta	2	Loughborough	27	Apr
4:14.90	Ken Harker	3r2	Loughborough	19	May	8:15.2	* Dave Miles	13r1	Stretford	16	Jul
	4:16.4	6	Jarrow	22	Jun		(20)				
4:15.29	Spencer Duval	4r2	Loughborough	19	May	8:15.7	* Ian Harpur	3r1	Watford	5	Jun
4:15.3	Kevin Farrow	19	Bath	19	Jun	8:17.5	* Mark Steinle	3r1	Watford	31	Jul
4:15.4	Paul Cooper	3	Scunthorpe	26	Aug	8:19.7	Brendan Smith U20	1	Stretford	3	Sep
	(60)					8:20.3	Steffan White	1	Rugby	26	Jun
4:16.95	James Mayo	10r1	Barnet Copthall	31	Aug	8:20.6	* Darren Spawforth	1	Stretford	6	Aug
4:17.2	* Des Fieldman	7	Jarrow	22	Jun	8:22.2	Aidan Walpole	2r1	Stretford	25	Jun
4:17.7	Michael Gooch	4	Scunthorpe	26	Aug	8:28.1	2	Stretford	4	Jun	
4:17.9	* Gary Nagle	8	Jarrow	22	Jun	8:22.7	* Rob Berry	3r1	Stretford	25	Jun
4:18.2	Peter Steele	14	Cheltenham	4	Aug	* 8:25.5	4r1	Stretford	21	May	
4:18.5	Adam Duke	20	Bath	19	Jun	8:23.4	* Rob Plant	4r1	Stretford	25	Jun
4:18.7	* Paul Kipchoge	9	Jarrow	22	Jun	8:23.5	* Danny McCormack	5r1	Watford	31	Jul
4:19.20	Mark Fallows	5r2	Loughborough	19	May	8:23.6	* Keith Chapman	5r1	Stretford	25	Jun
4:19.3	John Moore	10	Jarrow	22	Jun		(30)				
4:20.8Rd	* Kairn Stone	9	Bristol	3	Sep	8:23.8	Tim Hyde	6r1	Watford	31	Jul
	(70)					8:23.9	* Simon Cotton	7r1	Watford	31	Jul
4:20.9	Steve Body	4	Kings Lynn	14	Aug	8:24.5	* D O'Donovan	2r1	Watford	28	Aug
4:21.1	Mick Jagger	5	Scunthorpe	26	Aug	8:24.7	* Neil Wilkinson	6	Stretford	25	Jun
4:21.6	Ian Robertson	5	Kings Lynn	14	Aug	8:24.7	8:24.7	14r1	Stretford	16	Jul
4:22.61	Scott Mitchell	6r2	Loughborough	19	May	8:25.4	1	Stretford	30	Apr	
4:22.8Rd	* Simon Everington	10	Bristol	3	Sep	8:26.9	2	Stretford	6	Aug	
4:23.4	Pat Chance	21	Bath	19	Jun	8:25.3	* H Lobb	8r1	Watford	31	Jul
4:23.79	Bradley Donkin	11r1	Barnet Copthall	31	Aug	8:26.1	Larry Mangleshot	3r1	Watford	28	Aug
4:24.9	Martin Yelling	16	Cheltenham	4	Aug	8:26.8	* Steve Green (Bing)	1	Stretford	4	Jun
4:27.29	Rob Simon	11r1	Loughborough	19	May	8:27.4	* Daniel Gibbons	5r1	Stretford	21	May
4:26.9Rd	Gavin Pavey	1r2	Bristol	3	Sep	8:28.5	2	Stretford	30	Apr	
	(80)					8:27.6	* Mohammed Arran	1	Watford	26	Jun
4:27.6Rd	Paul Bristow	11	Bristol	3	Sep	8:27.8	* C Addison	9r1	Watford	31	Jul
4:29.2Rd	* John Sharpe USA	2r2	Bristol	3	Sep		(40)				
4:29.6	* Martin Armstrong	12	Jarrow	22	Jun	8:28.0	* Lee Hurst	7r1	Stretford	25	Jun
	47 'gold' performances to 4:10.0 by 37 athletes					8:28.5	* Jeff Hornby	8r1	Stretford	25	Jun
	109 'membership' performances to 4:30.0 by 83 athletes					8:28.9	* D Mason	9r1	Stretford	25	Jun
	Additional Age Group					8:29.5	* A Trossan	10r1	Watford	31	Jul
4:32.5Rd	Ross Pittall U17	3r2	Bristol	3	Sep	8:29.7	* Chris Davies	6r1	Stretford	21	May
4:33.9Rd	* Jamie Fionda U20	5r2	Bristol	3	Sep	8:29.7	* Sam Haughian U20	1r2	Watford	31	Jul
4:35.3Rd	* Dave Bedwell V40	7r2	Bristol	3	Sep		14 'gold' performances to 8:10.0 by 13 athletes				
4:35.5Rd	* Andrew Coles U20	8r2	Bristol	3	Sep		57 'membership' performances to 8:30.0 by 46 athletes				

Men's 4 x 1 Mile Relay

0 performances by 0 teams

Men's 3,000m

7:52.6	Rob Whalley	1r1	Stretford	16	Jul
	(BMC Record)				
8:04.0	1r1	Watford	5	Jun	
7:52.9	Robert Hough	2r1	Stretford	16	Jul
7:55.4	Ian Grime	3r1	Stretford	16	Jul
	8:10.2	1	Loughborough	27	Apr
7:58.4	Spencer Barden	4r1	Stretford	16	Jul
7:58.7	* Darius Burrows	5r1	Stretford	16	Jul
8:00.3	Spencer Newport	6r1	Stretford	16	Jul
8:06.9	* Steve Green (Sale)	7r1	Stretford	16	Jul
8:07.0	Martin Yelling	2r1	Watford	5	Jun
	8:22.4	4r1	Watford	31	Jul
8:07.4	* Jon Wild	8r1	Stretford	16	Jul
8:08.4	Ian Robinson	1r1	Stretford	25	Jun
	(10)				
8:08.6	Rob Scanlon	9r1	Stretford	16	Jul
8:09.0	* Martin Jones	10r1	Stretford	16	Jul
8:10.0	* Paul Green	11r1	Stretford	16	Jul
	8:14.1	3r1	Stretford	21	May
8:10.1	Julian Moorhouse	1r1	Watford	31	Jul
	8:20.5	1r1	Watford	28	Aug
8:12.8	Paul Roden	1r1	Stretford	21	May
8:13.5	* Darrell Smith	2r1	Watford	31	Jul

8:30.4	* Mike Girvan M40	10r1	Stretford	25	Jun
	8:43.5	4	Stretford	30	Apr
8:36.9	James Thie U20	7r1	Watford	5	Jun
8:37.0	Nicholas Mapp U20	2r2	Watford	31	Jul
8:37.1	* Simon Wurr U20	4	Stretford	4	Jun
8:37.2	* P Howarth U20	6	Stretford	3	Sep
	8:39.3	9	Stretford	6	Aug
8:39.1	* Matthew Dixon U20	14r1	Stretford	25	Jun
8:39.3	* C Lindsey U20	3r2	Stretford	16	Jul
	8:44.0	12r1	Stretford	21	May
8:40.1	* Oliver Laws U17	8r1	Stretford	21	May
8:40.3	* Paul Douglas U20	13	Stretford	3	Sep
8:41.0	* S Simpson U20	10r1	Stretford	21	May
8:42.4	* Graham Ferguson U17	14	Stretford	3	Sep

Men's 5,000m

13:56.6	Ian Gillespie	1	Millfield	6	May
14:00.3	* Ian Hudspith	1	Loughborough	1	Jun
14:05.2	Dave Robertson	2	Loughborough	1	Jun
14:07.8	Julian Moorhouse	3	Loughborough	1	Jun
14:19.8	* Dave Lee	4	Loughborough	1	Jun
14:27.2	Matthew O'Dowd	2	Millfield	6	May
14:31.1	Andres Jones U20	3	Millfield	6	May
14:33.8	* Chris Buckley	4	Millfield	6	May

4 'gold' performances to 14:15.0 by 4 athletes
8 'membership' performances to 14:45.0 by 8 athletes

1996 BMC Rankings

Performances set in BMC races

Women's 600m

1:31.1	* Gowry Retchakan	1	Highgate	7 Aug
1:31.3	Rachel Jordan	2	Highgate	7 Aug
1:31.6	Cathy Dawson	3	Highgate	7 Aug
1:31.8+	Michelle Faherty	1+	Wythenshawe	30 Jul
1:33.7	Dorothea Lee U20	4	Highgate	7 Aug
1:41.6	Nicola Everett	5	Highgate	7 Aug

5 'gold' performances to 1:37.0 by 5 athletes

6 'membership' performances to 1:42.0 by 6 athletes

Women's 800m

2:04.1mx	Sonya Bowyer	1mx	Stretford	6 Aug
2:07.3		1r1	Wythenshawe	15 May
2:04.3mx	Lynn Gibson	1mx	Watford	5 Jun
2:04.3R	Michelle Faherty	1re4	Watford	17 Jul
2:04.4mx		1mx	Stretford	20 Aug
2:06.9		2r1	Wythenshawe	30 Jul
2:08.4		4r1	Wythenshawe	15 May
2:04.8mx	* Vicky Lawrence	2mx	Stretford	20 Aug
2:04.9mx		1mx	Stretford	4 Jun
2:07.0		2	Stretford	30 Apr
2:07.8		3r1	Wythenshawe	15 May
2:04.9mx	Sue Parker	2mx	Stretford	4 Jun
2:06.5		1r1	Wythenshawe	30 Jul
2:07.2		3	Stretford	30 Apr
2:09.0		5r1	Wythenshawe	15 May
2:05.5	Ann Griffiths	1	Stretford	30 Apr
2:06.7mx	Natalie Tait	2mx	Watford	5 Jun
2:07.1		1	Loughborough	18 May
2:07.1	Diane Henaghan	3r1	Wythenshawe	30 Jul
2:08.1		2	Jarrow	8 Jul
2:07.1mx	Vicky Sterne	2mx	Stretford	6 Aug
2:07.1mx	Sharon King	3mx	Stretford	20 Aug
2:07.8mx		1mx	Watford	28 Aug
2:08.2mx		2mx	Stretford	16 Jul
(10)				
2:07.3	* Shirley Griffiths	1	Jarrow	8 Jul
2:07.4mx	* Joanna Latimer	3mx	Stretford	4 Jun
2:09.5		6r1	Wythenshawe	15 May
2:07.5	Dawn Gandy	2	Loughborough	18 May
2:07.5	Michelle Wilkinson	4r1	Wythenshawe	30 Jul
2:08.7mx		3mx	Stretford	16 Jul
2:09.3		1	Stretford	25 Jun
2:09.6		2r2	Wythenshawe	15 May
2:10.6		8	Stretford	30 Apr
2:07.5mx	Angela Davies	3mx	Stretford	6 Aug
2:07.6		2r1	Wythenshawe	15 May
2:07.5	Paula Fryer	1	Stretford	3 Sep
2:07.5mx		4mx	Stretford	6 Aug
2:08.0mx		1mx	Stretford	16 Jul
2:08.0mx		4mx	Stretford	20 Aug
2:08.8		7r1	Wythenshawe	30 Jul
2:10.6mx		5mx	Stretford	4 Jun
2:07.7	Tracy Asheroft	5r1	Wythenshawe	30 Jul
2:08.8		3	Jarrow	8 Jul
2:11.5		1	Jarrow	10 Jun
2:08.2	Rachel Jordan	1re1	Watford	17 Jul
2:08.2		6r1	Wythenshawe	30 Jul
2:09.2		1x	Watford	26 Jun
2:09.4		1r2	Wythenshawe	15 May
2:09.1R	Ellen O'Hare U20	1re3	Watford	17 Jul
2:10.4		2	Southampton	7 Jul
2:09.2	Alice Beecroft	2	Stretford	3 Sep
2:10.2		5	Stretford	30 Apr
2:11.4		4	Loughborough	18 May
2:12.8		9r2	Wythenshawe	15 May
2:12.8		7	Stretford	25 Jun
(20)				
2:09.4	Karen McPherson	3	Stretford	3 Sep
2:10.5		7	Stretford	30 Apr
2:12.8		8r2	Wythenshawe	15 May

2:09.5mx	Kerry Smithson	4mx	Stretford	4 Jun
2:09.8		4	Stretford	30 Apr
2:11.4		4r2	Wythenshawe	15 May
2:16.5		8	Stretford	25 Jun
2:09.5mx	Helen Pattinson	4mx	Stretford	16 Jul
2:10.3		6	Stretford	30 Apr
2:10.8		6mx	Stretford	4 Jun
2:09.6R	* Emma Davies U20	1re2	Watford	17 Jul
2:11.5		5r2	Wythenshawe	15 May
2:09.9x	Jenny Harnett	2x	Watford	26 Jun
2:15.5x		2x	Watford	31 Jul
2:09.9	Jillian Jones	1	Southampton	7 Jul
2:13.4		5	Loughborough	18 May
2:09.9	Rachael Ogden U20	4	Jarrow	8 Jul
2:09.9		2re1	Watford	17 Jul
2:10.0	Dorothea Lee U20	8r1	Wythenshawe	30 Jul
2:10.1		1	Battersea	14 Jul
2:11.0R		2re4	Watford	17 Jul
2:10.1	Amanda Parkinson	3	Loughborough	18 May
2:10.2		2	Stretford	25 Jun
2:10.6		1	Stretford	21 May
2:10.3	Sarah Bouchard	4	Stretford	3 Sep
2:10.9mx		6mx	Stretford	6 Aug
2:11.0		5	Stretford	25 Jun
2:11.6mx		8mx	Stretford	4 Jun
2:11.7mx		5mx	Stretford	20 Aug
2:12.1		2r2	Wythenshawe	30 Jul
2:14.2		2r3	Wythenshawe	15 May
2:16.5mx		9mx	Stretford	16 Jul
(30)				
2:10.5	* Rachel Newcombe	3	Stretford	25 Jun
2:11.2mx		5mx	Stretford	16 Jul
2:11.4mx		7mx	Stretford	4 Jun
2:11.9		1r3	Wythenshawe	15 May
2:12.5		10r1	Wythenshawe	30 Jul
2:10.6	* Mary McClung	3r2	Wythenshawe	15 May
2:10.6	* Debbie France	9	Wythenshawe	30 Jul
2:10.9mx		7mx	Stretford	6 Aug
2:10.6	Zoe Peatfield U20	5	Stretford	3 Sep
2:13.1		10r2	Wythenshawe	15 May
2:15.8		11	Stretford	30 Apr
2:10.8	* Una English	7r1	Wythenshawe	15 May
2:10.8	Sarah Salmon	4	Stretford	25 Jun
2:11.7		7r2	Wythenshawe	15 May
2:12.5		1r1	Cheltenham	4 Aug
2:10.8	* Christina Bourne	3	Southampton	7 Jul
2:10.9mx	Vicky Andrews	5mx	Stretford	6 Aug
2:11.2		6	Stretford	3 Sep
2:11.2R	Sarah Bull	6	Stretford	25 Jun
(40)				
2:11.3	* Jane Groves U20	2	Stretford	21 May
2:18.8		9	Stretford	25 Jun
2:11.3	Joanne Colleran	3	Stretford	21 May
2:11.4	* Rebecca Wise	4	Southampton	7 Jul
2:11.4	* Kelly Brownhill U17	1r2	Wythenshawe	30 Jul
2:11.6	Amanda Pritchard U17	1r1	Battersea	13 Apr
2:12.0		1	Millfield	6 May
2:11.6	Rhonda McPhee	5	Southampton	7 Jul
2:13.6		2	Battersea	13 Apr
2:11.7	* Wendy Steele	6r2	Wythenshawe	15 May
2:11.9	Kathryn Bright	1	Cardiff	7 Aug
2:12.0	Claire Entwistle	7	Stretford	3 Sep
2:13.3mx		6mx	Stretford	20 Aug
2:15.2mx		1mx	Stretford	25 Jun
2:12.4	Ceri Thomas	2	Cardiff	7 Aug
2:15.1		6	Loughborough	18 May
(50)				
2:12.6	Janet Holt W35	9	Stretford	30 Apr
2:13.1	Penny Thackray	10	Stretford	30 Apr
2:13.4	Sarah Mead U17	6	Southampton	7 Jul
2:14.7		3	Cardiff	25 May

1996 BMC Rankings

Performances set in BMC races

2:13.4	* Alexandra Carter U17	6mx	Stretford	16 Jul	2:19.9x	* Karen Black	3x	Watford	26 Jun
2:13.6	Christine Amede	3	Battersea	13 Apr	2:20.0	Katie Doherty U17	7r1	Millfield	6 May
2:13.6	Caroline Slimin	7	Southampton	7 Jul	103 gold performances to 2:12.0 by 49 athletes 198 membership performances to 2:20.0 by 102 athletes				
2:15.8x		3x	Watford	31 Jul	<i>Additional Age Group</i>				
2:13.6	Lucy Field	8	Southampton	7 Jul	2:20.4	* E Carney U17	7	Stretford	21 May
2:13.6	* Jo Kilminster	9	Southampton	7 Jul	2:20.7	Jane Glossop U17	8r1	Millfield	6 May
2:16.0		4	Cardiff	25 May	2:21.4	* Amanda Janes U17	5r2	Watford	5 Jun
2:17.3		3r1	Cheltenham	4 Aug	2:21.9	* S Palmer U17	6r3	Watford	5 Jun
2:13.8	* Amber Gascoigne U17	2r1	Millfield	6 May	2:22.1	* Nicola Knapp U20	2r2	Cheltenham	4 Aug
2:13.8mx	* Laura McCabe	7mx	Stretford	20 Aug	2:22.4	* J Leonard U20	8	Stretford	21 May
	(60)				2:22.5	* Andrea Kershaw U20	9	Stretford	21 May
2:13.9	* Simone Hardy U17	4	Battersea	13 Apr	2:22.6	Victoria Rolfe U17	1r2	Millfield	6 May
2:14.1	Georgie Salmon U17	3	Cardiff	7 Aug	2:23.0	Paula Gowing U20	3r2	Cheltenham	4 Aug
2:15.1		2r1	Cheltenham	4 Aug	2:23.6	* Lisa Broderick U17	1r3	Watford	5 Jun
2:17.1		5	Cardiff	25 May	2:23.8	Maureen Wooldridge V40	4r2	Cheltenham	4 Aug
2:18.6		9	Loughborough	18 May	2:25.0	* A Russell U20	2r3	Watford	5 Jun
2:14.3	* Rebecca Evans U17	1	Cardiff	25 May	<i>'mx' denotes mixed race, 'x' denotes male pacemaker</i>				
2:14.5x	Tanya Brazier U17	1x	Watford	31 Jul					
2:14.5mx	* Daisy Vrijens HOL	7mx	Stretford	16 Jul					
2:15.3mx		3mx	Watford	5 Jun					
2:16.3		11	Southampton	7 Jul					
2:17.2		6	Cardiff	25 May					
2:17.5		3r3	Wythenshawe	15 May					
2:14.6	Caroline Wilkins	2	Cardiff	25 May					
2:14.6	* Lynne Gallagher	4	Cardiff	7 Aug					
2:14.9		4r2	Wythenshawe	30 Jul					
2:19.5		8	Cardiff	25 May					
2:15.6	Kirsty Baird	5r2	Wythenshawe	30 Jul					
2:15.2	Jessica Woolley U17	10	Southampton	7 Jul					
2:15.2mx		8mx	Stretford	16 Jul					
2:15.4		7	Loughborough	18 May					
2:15.5		3r3	Wythenshawe	15 May					
2:16.7		3r1	Millfield	6 May					
2:15.9R	* Rachel Felton U20	3re2	Watford	17 Jul					
	(70)								
2:15.9	Julie McDevitt	6r1	Wythenshawe	30 Jul					
2:16.1	Charlotte Goff U20	2	Battersea	14 Jul					
2:17.0mx		2mx	Watford	28 Aug					
2:17.4R		2re3	Watford	17 Jul					
2:18.5		6	Battersea	13 Apr					
2:16.2	* Tracey Caines U20	4r3	Wythenshawe	15 May					
2:16.3	Suzy Creamer U20	5r3	Wythenshawe	15 May					
2:16.3	Ann O'Kearney Flynn	4	Stretford	21 May					
2:16.5	Angela Bretherick	11r2	Wythenshawe	15 May					
2:16.6	Val Bothams	6r3	Wythenshawe	15 May					
2:16.8		1	Watford	29 May					
2:17.2	Emma Alberts U17	7r3	Wythenshawe	15 May					
2:17.2	Lindsey Kehoe	5	Stretford	21 May					
2:17.6	Julie Swann	8	Loughborough	18 May					
	(80)								
2:17.7	* Julia Sykes	9r3	Wythenshawe	15 May					
2:17.7mx	* Jennifer Meadows U17	10mx	Stretford	16 Jul					
2:19.7		7r1	Wythenshawe	30 Jul					
2:18.0	Suzanne Hasler U15	4r1	Millfield	6 May					
2:18.1	Maria Carville	5	Battersea	13 Apr					
2:18.3	Wendy Farrow	10r3	Wythenshawe	15 May					
2:18.4	D M Porazinski U17	7	Cardiff	25 May					
2:18.5mx	Emma Deakin U17	2mx	Stretford	25 Jun					
2:18.8	Hayley Griffin U17	1r2	Watford	5 Jun					
2:19.3		5r1	Millfield	6 May					
2:18.9	Lisa Webb	3re1	Watford	17 Jul					
2:19.2R	* Julie McKay	3re3	Watford	17 Jul					
	(90)								
2:19.3mx	* Amy Waterlow	3mx	Stretford	25 Jun					
2:19.4	Emily Hathaway U17	6r1	Millfield	6 May					
2:19.4	* Caroline Buckner	5r1	Cheltenham	4 Aug					
2:19.5	* L Carney	6	Stretford	21 May					
2:19.6	* D Glover U15	2r2	Watford	5 Jun					
2:19.8mx	* C Kenyon U20	4mx	Stretford	25 Jun					
2:19.8	Hayley Mittleberger	1r2	Cheltenham	4 Aug					
2:19.8	Karen Johns U17	1	Jarrow	5 Aug					
2:19.8mx	Clare Duncan U17	8mx	Stretford	6 Aug					
2:19.8mx	* Nicole Arkaah U17	8mx	Stretford	20 Aug					
	(100)								
Women's 3 x 800m Relay									
6:28.6+	BMC Junior Squad	1	Watford	17 Jul					
6:36.8+	BMC National Squad	2	Watford	17 Jul					
6:53.8+	Shaftesbury Barnet	3	Watford	17 Jul					
3 performances by 3 teams									
Women's 4 x 800m Relay									
8:39.6	BMC Junior Squad	1	Watford	17 Jul					
<i>(World Junior Record)</i>									
8:41.1	BMC National Squad	2	Watford	17 Jul					
9:21.7	BMC East	3	Watford	17 Jul					
3 performances by 3 teams									
Women's 1,500m									
4:10.7mx	Sonya Bowyer	1mx	Stretford	16 Jul					
<i>(BMC Record)</i>									
4:17.4		3r1	Wythenshawe	30 Jul					
4:21.0mx		1mx	Stretford	6 Aug					
4:15.3	* Nnenna Lynch USA	1r1	Wythenshawe	15 May					
4:15.8	Lynn Gibson	1r1	Wythenshawe	30 Jul					
4:16.4		2r1	Wythenshawe	15 May					
4:16.9	* Hayley Parry	3r1	Wythenshawe	15 May					
4:17.9		5r1	Wythenshawe	30 Jul					
4:22.0mx		1mx	Cardiff	7 Aug					
4:17.1	Angela Davies	2r1	Wythenshawe	30 Jul					
4:17.4mx	Sue Parker	2mx	Stretford	16 Jul					
4:17.4	Debbie Gunning	4r1	Wythenshawe	30 Jul					
4:19.0	Amanda Parkinson	4r1	Wythenshawe	15 May					
4:20.3		7r1	Wythenshawe	30 Jul					
4:21.6mx		1mx	Stretford	20 Aug					
4:23.0		2	Stretford	16 Jul					
4:37.0R		1re3	Stretford	30 Apr					
4:19.8	* Jeina Mitchell	6r1	Wythenshawe	30 Jul					
4:20.6	* Ann Terek	8r1	Wythenshawe	30 Jul					
	(10)								
4:20.6	Sharon King	9r1	Wythenshawe	30 Jul					
4:22.8		9r1	Wythenshawe	15 May					
4:20.8	* Rebecca Spies USA	5r1	Wythenshawe	15 May					
4:21.5x		1x	Watford	5 Jun					
4:21.3	Caroline Pimblett	1	Stretford	16 Jul					
4:25.7		14r1	Wythenshawe	30 Jul					
4:29.4		4r2	Wythenshawe	15 May					
4:30.8R		1re2	Stretford	30 Apr					
4:21.4	Wendy Farrow	10r1	Wythenshawe	30 Jul					
4:24.7		1	Bath	19 Jun					
4:26.6		4	Stretford	16 Jul					
4:21.7	* Geraldine Nolan IRE	6r1	Wythenshawe	15 May					
4:21.9	Helen Pattinson	7r1	Wythenshawe	15 May					
4:26.4		15r1	Wythenshawe	30 Jul					
4:22.1x	Jillian Jones	1x	Swindon	14 Aug					
4:23.0		12r1	Wythenshawe	30 Jul					

1996 BMC Rankings

Performances set in BMC races

4:22.3x	Jo Pavey	2x	Swindon	14 Aug	4:36.7x	Catherine Dugdale	5x	Watford	10 Jul
4:23.3x		2x	Watford	5 Jun	4:36.9mx	* Rachel Felton U20	1mx	Watford	5 Jun
4:27.3		1r2	Wythenshawe	15 May	4:37.3	Tina Brown	1	Cannock	29 May
4:32.5		10	Stretford	16 Jul	(50)				
4:39.7		6	Cardiff	25 May	4:37.7	* Liz Talbot	12r1	Wythenshawe	15 May
4:22.4	Lynne Robinson	8r1	Wythenshawe	15 May	4:38.1x	Caroline Slimin	5x	Watford	5 Jun
4:23.0	Penny Thackray	11r1	Wythenshawe	30 Jul	4:38.5	Rachael Ogden U20	1	Millfield	6 May
4:28.5		8	Stretford	16 Jul	4:38.5	Ann Taswell	4	Cardiff	25 May
4:32.7		11r1	Wythenshawe	15 May	4:39.5		5r2	Wythenshawe	30 Jul
(20)					4:38.6	* Sharon Orridge	2	Cannock	29 May
4:23.4R	Michelle Faherty	1re4	Stretford	30 Apr	4:38.6x	* Lynne Gallagher	7x	Swindon	14 Aug
4:23.8mx	Liz Francis-Thomas	2mx	Stretford	20 Aug	4:38.9	* Amber Gascoigne U17	5	Cardiff	25 May
4:26.7		5	Stretford	16 Jul	4:39.3	Ann McPhail	1r3	Wythenshawe	15 May
4:28.1x		1x	Watford	10 Jul	4:39.8	* Margaret Boleman	6r2	Wythenshawe	30 Jul
4:28.9x		4x	Swindon	14 Aug	(60)				
4:32.0		5	Bath	19 Jun	4:40.9	Julie Swann	2re1	Stretford	30 Apr
4:24.2x	Sarah Salmon	3x	Swindon	14 Aug	4:41.2	* Kim Dyer	4	Millfield	6 May
4:25.1		13r1	Wythenshawe	30 Jul	4:41.4	Jessica Woolley U17	7r2	Wythenshawe	30 Jul
4:25.3	* Michelle Mann U20	3	Stretford	16 Jul	4:41.7mx	* Karen Black	2mx	Watford	5 Jun
4:27.7		16r1	Wythenshawe	30 Jul	4:41.8mx	Helen Pearson U17	1mx	Stretford	25 Jun
4:30.3		6r2	Wythenshawe	15 May	4:44.4		12	Bath	19 Jun
4:40.4		1re1	Stretford	30 Apr	4:41.8	Tanya Brazier U17	5	Bedford	7 Aug
4:26.7	Lucy Field	2	Bath	19 Jun	4:42.1	Lindsey Kehoe	8r1	Wythenshawe	30 Jul
4:28.3		7	Stretford	16 Jul	4:42.2	Susan Scott U20	2r3	Wythenshawe	15 May
4:30.0		5r2	Wythenshawe	15 May	4:42.4	* Clare Thomas	2	Cardiff	7 Aug
4:32.5		1	Cardiff	25 May	4:43.5		9	Bath	19 Jun
4:27.1	Karen McPherson	1	Stretford	4 Jun	4:43.1	Claire Entwistle	9r1	Wythenshawe	30 Jul
4:29.8		1r2	Wythenshawe	30 Jul	(70)				
4:27.2	Sarah Bentley	10r1	Wythenshawe	15 May	4:43.6	Sarah Mead U17	10	Bath	19 Jun
4:27.6	Elinor Doubell	1	Bedford	7 Aug	4:44.4	Ann O'Kearney-Flynn	4	Stretford	4 Jun
4:27.7	Juliette Oldfield U20	6	Stretford	16 Jul	4:44.4	Paula Gowing U20	11	Bath	19 Jun
4:40.8R		2re2	Stretford	30 Apr	4:44.7	* Pauline Atkinson	10r2	Wythenshawe	30 Jul
4:28.1	Ellen O'Hare U20	3	Bath	19 Jun	4:44.7	* Nicole Arkaah U17	11r2	Wythenshawe	30 Jul
4:32.8		2	Cardiff	25 May	60 gold performances to 4:30.0 by 33 athletes				
(30)					134 membership performances to 4:45.0 by 75 athletes				
4:28.1	Maria Carville	2	Bedford	7 Aug	Additional Age Group				
4:31.2x		3x	Watford	5 Jun	4:46.2mx	* Alexandra Carter U17	2mx	Stretford	30 Apr
4:39.9		1	Watford	24 Apr	4:46.2	Michelle Harris U17	5	Millfield	6 May
4:28.3	* Beatrice Roh GER	2r2	Wythenshawe	15 May	4:46.3	Kath Boyle W35	13	Bath	19 Jun
4:32.9x		4x	Watford	5 Jun	4:46.8x	Sarah Fensome U17	6x	Watford	10 Jul
4:28.6	Jenny Harnett	3r2	Wythenshawe	15 May	4:48.6	Lisa Moody U20	6r3	Wythenshawe	15 May
4:30.2	Joanne Collieran	2	Stretford	5 Jun	4:48.2x	Debbie Howard W35	9x	Swindon	14 Aug
4:30.9mx		1mx	Stretford	30 Apr	4:49.0		9	Cardiff	25 May
4:30.3	* Esther Evans	9	Stretford	16 Jul	4:49.3		4	Cardiff	7 Aug
4:30.5	Camilla Waite U17	4	Bath	19 Jun	4:50.7	* Kristy Doyle U17	5	Cardiff	7 Aug
4:34.3		1	Cardiff	7 Aug	4:52.4x	Charlie Coffey U17	10x	Swindon	14 Aug
4:41.2		3	Millfield	6 May	4:55.6		6	Cardiff	7 Aug
4:31.1	Pauline Quinn IRE	2r2	Wythenshawe	30 Jul	4:53.2	Jane Moss U20	9r4	Wythenshawe	15 May
4:31.5		7r2	Wythenshawe	15 May	4:54.4x	Pat Gallagher W50	11x	Swindon	14 Aug
4:32.1x	* Julie McKay	2x	Watford	10 Jul	4:56.3mx	* C Riley U15	3mx	Stretford	30 Apr
4:32.5	Ann Connolly U20	11	Stretford	16 Jul	4:57.9	Charlotte Goff U20	2re4	Stretford	30 Apr
4:32.8		8r2	Wythenshawe	15 May					
4:36.1		3	Stretford	4 Jun					
4:36.5mx		4mx	Stretford	20 Aug					
4:38.9		4r2	Wythenshawe	30 Jul					
4:33.0x	Cathy Dawson	3x	Watford	10 Jul	18:12.1	BMC National Squad	1	Stretford	30 Apr
(40)									
4:33.8mx	Vicky Andrews	3mx	Stretford	20 Aug	19:06.7	BMC Junior Squad	2	Stretford	30 Apr
4:39.2mx		1mx	Cannock	29 May					
4:34.6x	Lisa Webb	4x	Watford	10 Jul					
4:40.7		4	Bedford	7 Aug					
4:41.3		2	Watford	24 Apr					
4:35.3x	Georgie Salmon U17	5x	Swindon	14 Aug	4:38.93	Lynn Gibson	1	Barnet Copthall	31 Aug
4:37.2mx		3mx	Stretford	16 Jul	4:39.44	Michelle Faherty	2	Barnet Copthall	31 Aug
4:42.0		8	Bath	19 Jun	4:39.90	Sonya Bowyer	3	Barnet Copthall	31 Aug
4:35.5	Caroline Thomas	3	Bedford	7 Aug	4:40.74	* M Aboulahcen BEL	4	Barnet Copthall	31 Aug
4:35.6	Alice Beecroft	12	Stretford	16 Jul	4:40.93	Liz Francis-Thomas	5	Barnet Copthall	31 Aug
4:35.6	Ceri Thomas	3r2	Wythenshawe	30 Jul	4:59.8Rd		2	Bristol	3 Sep
4:36.1x		6x	Swindon	14 Aug	4:41.20	Jo Pavey	6	Barnet Copthall	31 Aug
4:35.7	* Tommy Kemp U17	6	Bath	19 Jun	4:56.20x		2x	Loughborough	19 May
4:37.4		3	Cardiff	25 May	4:58.3Rd		1	Bristol	3 Sep
4:41.2		2	Millfield	6 May	4:42.43	* Beatrice Roh GER	7	Barnet Copthall	31 Aug
4:36.0	Amanda Pritchard U17	7	Bath	19 Jun	4:44.79	Sarah Salmon	8	Barnet Copthall	31 Aug

Women's 4 x 1,500m Relay

18:12.1	BMC National Squad	1	Stretford	30 Apr
	(Commonwealth, National and All-Comers Record)			
19:06.7	BMC Junior Squad	2	Stretford	30 Apr
	(European Junior Record)			

Women's Mile

4:38.93	Lynn Gibson	1	Barnet Copthall	31 Aug
4:39.44	Michelle Faherty	2	Barnet Copthall	31 Aug
4:39.90	Sonya Bowyer	3	Barnet Copthall	31 Aug
4:40.74	* M Aboulahcen BEL	4	Barnet Copthall	31 Aug
4:40.93	Liz Francis-Thomas	5	Barnet Copthall	31 Aug
4:59.8Rd		2	Bristol	3 Sep
4:41.20	Jo Pavey	6	Barnet Copthall	31 Aug
4:56.20x		2x	Loughborough	19 May
4:58.3Rd		1	Bristol	3 Sep
4:42.43	* Beatrice Roh GER	7	Barnet Copthall	31 Aug
4:44.79	Sarah Salmon	8	Barnet Copthall	31 Aug

1996 BMC Rankings

Performances set in BMC races

4:46.71	Sarah Bull	9	Barnet Copthall	31 Aug
4:54.71x	Wendy Farrow	1x	Loughborough	19 May
<i>(10)</i>				
4:57.88x	Caroline Slimin	3x	Loughborough	19 May
4:58.85x	Lucy Field	4x	Loughborough	19 May
4:59.63	Maria Carville	10	Barnet Copthall	31 Aug
5:06.0mx	* Meryl Dodd	1mx	Jarrow	22 Jun
5:07.1Rd	* Clare Martin	3	Bristol	3 Sep
5:10.10	Rachel Ogden U20	11	Barnet Copthall	31 Aug
5:10.8Rd	Catherine Dugdale	4	Bristol	3 Sep
5:12.01x	Alice Beecroft	5x	Loughborough	19 May

9 'gold' performances to 4:50.0 by 9 athletes

21 'membership' performances to 5:15.0 by 18 athletes

Additional Age Group

5:20.2Rd	Debbie Howard W40	6	Bristol	3 Sep
5:21.2Rd	Paula Gowing U20	7	Bristol	3 Sep
5:24.3Rd	Pat Gallagher W50	8	Bristol	3 Sep
5:29.6Rd	Stella Harrod U20	9	Bristol	3 Sep
5:34.9Rd	Charlie Coffee U17	10	Bristol	3 Sep

'mx' denotes mixed race, 'x' denotes male pacemaker

Women's 3,000m

9:11.2mx	* Rhona Makepeace	1mx	Watford	31 Jul
9:19.0mx	* Alison Wyeth	1mx	Watford	5 Jun
9:19.8mx	* Edwige Pitel FRA	1mx	Watford	10 Jul
9:21.0mx	Sarah Bentley	1mx	Stretford	30 Apr
9:23.4mx		1mx	Stretford	25 Jun
9:29.5mx	* Louise Watson	2mx	Watford	5 Jun
9:30.5mx	* Michelle Mann U20	2mx	Stretford	25 Jun
9:40.7mx		1mx	Stretford	4 Jun
9:33.9mx	Wendy Farrow	3mx	Watford	5 Jun
9:37.9mx	Helen Pattinson	3mx	Stretford	25 Jun
9:39.8mx	* Astrid Wingler	1mx	Stretford	6 Aug
9:41.8mx	Sharon King	1mx	Loughborough	27 Apr
<i>(10)</i>				
9:42.2mx	Liz Francis-Thomas	1mx	Watford	28 Aug
9:47.9		1	Cheltenham	4 Aug
9:45.5x	Jo Pavey	1x	Millfield	6 May
9:46.1x	Julie Swann	2x	Millfield	6 May
9:47.9x	* Anna Kostilek	3x	Millfield	6 May
9:47.9	Jillian Jones	2	Cheltenham	4 Aug
9:51.6mx	Sharon Dixon	2mx	Loughborough	27 Apr
9:52.1mx	Catherine Dugdale	1mx	Watford	26 Jun
9:58.4mx		3mx	Loughborough	27 Apr
9:54.2x	Ann Taswell	4x	Millfield	6 May
9:55.4x	Ceri Thomas	5x	Millfield	6 May
9:55.6mx	Penny Thackray	4mx	Stretford	25 Jun
<i>(20)</i>				
9:55.8mx	Ann Connelly U20	2mx	Stretford	30 Apr
9:56.7mx	* Amy Waterlow	1mx	Stretford	16 Jul
10:05.1	Camilla Waite U17	3	Cheltenham	4 Aug
10:06.0mx	* Mandy Ayling	4mx	Watford	5 Jun
10:08.0	* Amber Gascoigne U17	4	Cheltenham	4 Aug
10:12.5mx	* R Quill	2mx	Watford	10 Jul
10:14.6mx	* Joanne Holden	5mx	Watford	5 Jun
10:14.9mx	* Andrea Kershaw U20	3mx	Stretford	30 Apr

18 'gold' performances to 9:50.0 by 15 athletes

32 'membership' performances to 10:15.0 by 28 athletes

Additional Age Group

10:16.1x	Viv McConnell W35	6x	Millfield	6 May
10:17.0x	Paula Gowing U20	7x	Millfield	6 May
10:21.9mx	* J Gibson U20	4mx	Stretford	30 Apr
10:25.3mx	Jane Moss U17	6mx	Watford	5 Jun
10:25.6x	Debbie Howard V35	9x	Millfield	6 May

'mx' denotes mixed race, 'x' denotes male pacemaker

Women's 5,000m

16:06.2mx	* Vicky McPherson	1mx	Loughborough	1 Jun
16:59.3mx	* Elaine Fee	1mx	Millfield	6 May
18:47.2mx	Helen Ruffell	2mx	Loughborough	1 Jun

2 'gold' performances to 17:00.0 by 2 athletes

3 'membership' performances to 19:00.0 by 3 athletes

BMC Athletes

Most Races: (incl. pace-making) 16 Andy Knight (2), 15 Steve Mosley (1), 14 Rupert Waters (4), 12 Rob Whalley (1), 11 Jason Thompson, 10 Neil Caddy, James Mayo (2), Jo Mills and Dave Parnah (2).

Most Membership Times: 14 Andy Knight, 11 Steve Mosley and Jason Thompson, 10 Neil Caddy and Rob Whalley, 9 Matthew Davies, Liz Francis-Thomas, Ian Gillespie, Andy Hart, Jo Mills, Jo Pavey and Brendan Smith U20, 8 Martin Airey, Sarah Bouchard, James Mayo, Amanda Parkinson, Rupert Waters and Steffan White.

Most Gold Standard Times: 11 Andy Knight, 9 Neil Caddy and Matthew Davies, 8 Ian Gillespie, 7 Liz Francis-Thomas, Andy Hart, Tony Johnston, Michelle Faherty, Amanda Parkinson and Hob Whalley, 6 Sonya Bowyer, Paula Fryer, Ian Grime, Sharon King, James Mayo, Steve Mosley, Helen Pattinson, Stuart Poore, Justin Swift-Smith, Jason Thompson, Rupert Waters and Steffan White.

Most Victories: 7 Andy Hart, 6 Andy Knight, 5 Neil Caddy, 4 James Mayo and Sonya Bowyer, 3 Richard Ashe, Patrick Davoren, Michelle Faherty, Liz Francis-Thomas, Lynn Gibson, Tony Johnston, Rachel Jordan, Julian Moorhouse, Amanda Parkinson, Joanne Pavey, Glen Stewart and Rupert Waters.

BMC Meetings

Most Membership Times: 135 Wythenshawe 30/7, 119 Wythenshawe 15/5, 76 Stretford 16/7, 54 Loughborough Champs, 50 Watford 5/6, 49 Stretford 25/6, 41 Stretford Relays 30/4, 34 Watford 31/7, 33 Bath and Stretford 20/8, 32 Watford 28/8, 30 Watford 10/7 and Barnet Copthall, 28 Swindon, 25 Stretford 4/6 and Cheltenham, 24 Millfield, Cardiff 25/5 and Stretford 6/8, 23 Southampton and Stretford 21/5, 20 Battersea 14/7 and Cardiff 7/8.

Most Gold Standard Times: 63 Wythenshawe 30/7, 54 Wythenshawe 15/5, 43 Stretford 16/7, 33 Loughborough Champs, 26 Watford 5/6, 23 Stretford 25/6, 21 Barnet Copthall, 20 Swindon, 18 Bath, 17 Watford 28/8, 16 Stretford Relays 30/4, 14 Stretford 4/6 and 20/8, 13 Southampton, 12 Watford 10/7 and Battersea 14/7, 11 Cheltenham and Stretford 6/8.

BMC Venues

Most Membership Times: 285 Stretford, 254 Wythenshawe, 208 Watford, 66 Loughborough, 45 Cardiff, 38 Jarrow, 35 Battersea, 33 Bath, 30 Barnet Copthall, 28 Swindon, 25 Cheltenham, 24 Millfield, 23 Southampton, 17 Bristol, 16 Milton Keynes, 14 Bedford and Highgate, 11 Meadowbank, 7 Tooting, 6 Antrim, Kings Lynn, Scunthorpe and Welwyn, 4 Cannock, 3 Sutton, 1 Grimsby and Rugby.

Most Gold Standard Times: 134 Stretford, 117 Wythenshawe, 85 Watford, 25 Loughborough, 21 Barnet Copthall, 20 Swindon, 18 Bath, 15 Battersea, 13 Southampton, 11 Cheltenham, 7 Cardiff and Jarrow, 6 Millfield and Milton Keynes, 5 Bedford, Highgate and Meadowbank, 2 Bristol, Tooting and Welwyn, 1 Antrim.

BMC Events

Most Membership Times: 360 Men's 800m, 263 Men's 1,500m, 198 Women's 800m, 134 Women's 1,500m, 109 Men's Mile, 57 Men's 3,000m, 32 Women's 3,000m, 21 Women's Mile, 12 Men's 600m, 10 Men's 1,000m, 8 Men's 5,000m, 6 Women's 600m, 3 Women's 5,000m, 1 Men's 1,200m. (Total 1214, Men 820, Women 394)

Most Gold Standard Times: 136 Men's 800m, 103 Women's 800m, 102 Men's 1,500m, 60 Women's 1,500m, 47 Men's Mile, 18 Women's 3,000m, 14 Men's 3,000m, 9 Women's Mile, 8 Men's 600m, 6 Men's 1,000m, 5 Women's 600m, 4 Men's 5,000m, 2 Women's 5,000m.

(Total 514 - Men 317, Women 197)

Distance Running Injuries

by *Raph Brandon*

The aim of this article is to describe how distance running injuries are caused and to explain how you can take steps to avoid these injuries. An understanding of injury cause and prevention should help you train more consistently. Ultimately, the less training you miss, the more you will achieve.

When we run loads are placed on the body by just striking the ground thousands of times. Injuries are caused when the loads are too great for the strength of the body. Unfortunately it is impossible to say what loads are excessive.

This is due to individual differences in size, strength, geometry, age, and the individual response to training. For example, one athlete may be able to successfully train at 70 miles a week whereas another will have to limit mileage to 40 per week to avoid injury. Therefore, injury is caused from excessive loads for each individual.

Injuries can be acute or chronic. Acute injuries such as a hamstring pull occur from one single big load. Chronic injuries occur from repetitive loads which in accumulation can become excessive over a whole training session or series of sessions.

Training errors

The major cause of distance running injuries are training errors. These account for about two-thirds of all running injuries. A training error is when you have attempted a training session that your body was unable to cope with. If your body is not strong enough for the session, then the loads are excessive and injury often results.

For this reason, most training errors are due to prolonged periods of very hard training and/or, any rapid change in training. These changes can be in any aspect of training, shoes, surface, type, intensity, or mileage.

The link between rapid changes and injury is obvious when you think about it carefully. Imagine you are accustomed to training at a certain mileage and pace. Now imagine suddenly boosting up your mileage. At the point in time when the change is applied your body is trained to a certain level but you have immediately placed it under significantly more stress. Your body would probably not be strong enough, and injury would most likely

occur. Likewise, suddenly switching from running 50 miles a week on road in trainers, to running 50 miles a week in spikes on the country, would be a training error. Your body would find it difficult to cope with the extra loads brought about by the new shoes and surface.

When you train, you stress the body thus causing slight damage. As you rest between sessions, the damage is repairing. If your training level allows the rate of repair to be greater than your rate of damage, then you will get a positive training effect. Conversely, if the rate of repair is slower than the rate of damage then you will become injured. With rapid changes in training, or continued periods of high mileage, you put the body in a position where the rate of damage will be greater than the rate of repair and injury will probably result. However, if you slowly progress your training, and gradually make any changes in mileage, surface, shoes etc., your body has time to adapt and grow stronger and you will be unlikely to get injured.

An obvious training error would be starting winter training at 70 miles a week. However, if you slowly progress up to 70 miles a week, you would significantly reduce your injury risk. Another training error would be spending all winter running slowly in trainers and then starting fast training, in spikes, in March.

By including speed training on the track, in spikes, throughout the winter, you will drastically increase your chances of staying injury free.

Remember, these are just examples. Any kind of rapid change, in any aspect of training, should be seen as a training error. It is vital that you understand how important it is to avoid training errors.

The first major step in avoiding training errors is correct planning and progression of your training. In particular, you need to avoid any major increases in mileage. As a rule, do not increase more than 5% per week. You also need to avoid any major increases in intensity.

Therefore, you should be including some form of sprint work regularly throughout the winter along with 5 km pace and race pace sessions. This means that when your high intensity training becomes the priority, your body is already used to the loads required.

Likewise, you should try to run in spikes at least once a week. The difference

in forces between spikes and trainers is large. By putting your spikes away for the winter, you are asking for trouble in the spring. You should also be accustomed to the surfaces you train on.

Avoid doing very hard sessions first time back on the country in the autumn, or first time back on the track in the spring. Plan any required change in surface and shoes carefully. If you are used to a variety of surfaces or shoes, that is fine. Remember, it is rapid changes we are looking to eliminate, not necessarily variety. With the correct approach to your training, careful planning and slow progressions, you should be able to avoid the kinds of training errors we have discussed. If you can, your risk of injury will decrease dramatically.

However, because middle distance running requires very high mileage and high intensity training, you are still at risk simply from hard training. Some athletes may be able to withstand hard training, but others may need to reduce training to remain injury free. This also depends upon the injury you suffer from.

Again, you must bear in mind that the body needs time to repair fully, allowing for a positive training effect. I recommend you do not train excessively for the sake of it as it has been proven that to maximise your VO_{2max} , 60-70 miles a week is the optimum level. Any more and no significant improvement occurs.

Common sense says that come spring, the athlete who does 80 miles a week from October to January, but is injured in February and March, will not be as fit as the athlete who does 50 miles a week throughout the whole winter. I also recommend complete rest days and easy weeks. By resting you are effectively reducing the loads on the body, allowing it to heal and strengthen.

Abnormal pronation and supination

I began by saying that training errors are the major cause of injury. While this is true, there are two other causes, poor gait mechanics and poor shoes, which distance runners need to know about.

It has been shown that some anatomical and biomechanical problems are associated with some injuries. One major problem is abnormal pronation and supination of the foot. Over-pronation is associated with injuries on the inside of the leg and foot such as knee pain, medial tibial syndrome

Distance Running Injuries

(shin splints), achilles tendinitis, and plantar fasciitis (heel spur).

Over-supination is associated with injuries on the outside of the leg such as calf strain, IT band friction syndrome, stress fractures and trochanteric bursa.

Normal pronation and supination are essential parts of the running action. The foot contacts the ground on the outside, in a supinated position. Then, the foot pronates (rolls-inwards), so the whole foot contacts the ground.

This is a flexible movement that is part of the shock absorbing process. Then, the foot re-supinates (rolls-outwards) as we push off. This movement places the foot into a rigid position for push off. The over-pronator spends too long in a pronated position or does not re-supinate.

This means the foot is not placed in rigid position for push off and the muscles have to work harder to compensate. Thus placing extra loads on the inside of the leg. The over-supinator does not pronate as the foot contacts the ground. Thus the shock absorbing mechanism is lost, placing extra loads on the outside of the leg.

If you suffer from regular knee pain or medial tibial pain (shin splints), then there is a strong possibility you over-pronate. If you suffer from calf strains, stress fractures or IT band syndrome, then it is also likely you over supinate.

If you think this is the case you may want to consider getting corrective orthotics, as these have been shown to be successful in reducing injury incidence. However, do not think orthotics are a great idea for all runners. Only those with a specific rearfoot problem should consider using them.

Getting orthotics is not like buying a pair of shoes. It must be done carefully, otherwise they can cause more problems than they will solve. First, you should only use a state registered podiatrist or biomechanist with the correct experience and testing equipment. The practitioner should be able to give you an individualised orthotic prescription. This is very important. If you think you are getting a standard orthotic, then it may be less than ideal.

The orthotic may take various forms. Both soft and hard orthotics have been shown to be effective. However, in my opinion it is how the orthotic fits into your

running shoe that is most important. The orthotic must be comfortable, although at first may feel odd. The shoe should also hold your foot firmly in the orthotic.

The orthotic will be designed to guide your foot correctly, however, it will be unable to do so if it does not fit into the shoe. When the orthotic is in the shoe, essentially, the design of the shoe has been changed. This change must be a positive one, otherwise you would be better off with the shoe alone. The practitioner should therefore be prepared to make adjustments and changes to the orthotic after it has been made, to help you achieve the correct foot control.

Shoes

The other important cause of injury is poor shoes. It is essential that you have the correct footwear for training otherwise you are seriously increasing your injury risk. This is demonstrated by the fact that as running shoes have improved there is less incidence of Achilles tendinitis, foot and heel injuries.

However, the design of running shoes is still far from ideal. In fact it would be impossible to design a shoe that was good for all runners, on all surfaces.

Predicting the effectiveness of a running shoe is very difficult. Most designs include features that are based on research into injury prevention, and some shoes claim to be better for certain types of runners. Try not to be fooled by the gimmicks.

In general, a comfortable, well cushioned shoe that has a relatively hard midsole, firm heel compartment and forefoot support will be best for nearly every runner. However, over supinators may benefit from a soft shoe with a rearfoot heel flare to encourage pronation. Over pronators may benefit from a slightly harder, thicker midsole with a firm heel counter to help with rearfoot control.

The best test of a shoe, in my opinion, is whether you find it comfortable and you spend a period of time consistently training in them without getting injured.

If you find a pair of shoes like this I recommend you buy about twenty pairs and never change running shoes again! Obviously this is slightly extreme. However, once you find a make of shoes you do not get injured in it may well be worth sticking with one particular brand you have had success with.

It is important that you do not underestimate the role shoes play in preventing excessive loads. If you develop any injury the first question you should be asking is "are my shoes okay?"

If developing an injury occurs after buying a new pair of shoes the chances are that, assuming you have not made any training errors, the shoes are no good for you. You must also be prepared to renew shoes regularly. If you have done more than 400 miles in a shoe and you develop an injury, the shoe will probably be the cause.

Most shoes are useless beyond about 500 miles. Do not be misled by the fact that old shoes seem comfortable. This is because you have worn them out, and they start to resemble a pair of old slippers. For this reason, it may be an idea to only run in your training shoes. Have another pair of shoes for walking around, gym work etc., as this will prolong the life of the running shoe.

To summarise....

Injuries are caused by excessive loads. The main cause of excessive loads is training errors. In general, these are prolonged, hard training periods or any rapid changes in training.

You can eliminate training errors by correct planning and correct assessment of your training ability.

Other causes of injury are bad foot mechanics and bad shoes. Over pronation and supination can be corrected with orthotics, successfully reducing injury. The correct shoes are also essential for prevention of excessive loads. Make sure you use good shoes all the time.

If you have eliminated training errors, are using good shoes, and have corrected any rearfoot problems, but are still getting injured then you are probably training too hard. It makes much more sense to find a level of training that you can consistently maintain, rather than one which is very tough but is constantly interrupted by injury.

I will finish with this quote from Derek Clayton, world class marathon runner - "If I had my competitive career to run over again, I would change some of my attitudes to injuries. I would show them more respect because, after all, injuries weren't some unknown barrier that I was trying to break through. Injuries were simply my body telling me that something wrong was happening."

Anthony Whiteman

by Alastair Aitken

When did you start running? I started running when I was 10 and won all the events, including the shot, at my school's Sports Day. In those days, I used to do some sort of sport virtually every day and so developed a love for it from a very early age. One day the mother of one of the kids at school, who was the treasurer of the local club Elliotts AC (now GEC Avionics), asked me to come along and so I did. I was given my first pair of spikes by an old coach and started to do all the local events.

Was the club a help to you at the time with advice? My first coach was Terry Morris who trained a lot of good athletes and looked after the youngsters at the club. After about a year I swapped to my current coach, Chris Bowman, and I have been with him now for 12 years. It has been very important for me to have had the same coach for so long as my training has always been consistent and so I have not tempted to flirt around with different coaches.

Not to keep on changing coaches or clubs is good advice for young runners? Yes, to make the best of what you have got, there is no need to keep changing every five minutes with the weather. Athletes are not going to change just by changing clubs. I do like to support my club and do things like the Southern '12' and '6' Stage. I would consider changing if GEC dropped out of the British League as I would miss those races.

Digressing how tall are you and what is your weight? I am 6 ft 2 ins (1.88 m) and 11.5 stones (73 kg).

You have got strength and power so are there any runners you look at that resemble you in that way? Steve Cram was quite similar to me although I am a bit more up on my toes than him. I think I have got a very good build for my event. Having long legs means that I can cruise at a pretty good speed without working that hard which is an advantage.

Going back to when you were 12 to 14 do you remember certain races? The thing I remember most is the Inter-Counties Cross Country in Shrewsbury having qualified by finishing in the top six in the Kent

Championships. The experience of going such a long way and coming back the same day was new to me - usually it was half an hour down the road for a local event. At the time, it was such a big race because at that age you do not have a 'National' or the English Schools. I finished 39th as a first year colt and 15th the next which was one of my best performances as a colt. We won the team that year which was really something at the time.

You appear to be a 1500/800 runner rather than an 800/1500 one. Would you add the 5000 to that? A good runner 1500 runner has to be a 'Jack of all Trades' who must be capable of 22 for 200, 48 for 400 yet be strong enough to run 29 for 10K. One of my aims is to be ranked in the top 50 in Britain in every event from 400 to 5000 in one year just to show that one needs the quality and ability over the ranges! (*Ed: 1996 on times: 7th 800, 2nd 1500, 2nd Mile, 11th 3K*) I am not too far away at 400 and I think I could run a good 5000. A good example was Steve Ovett who won the Dartford half-marathon in the middle of the summer. I would like to think I could do that.

Back now to when you were 15/16 were there specific events you were doing? I was doing 800/1500 and the occasional 3000 and was not doing too bad. I won my first County 1500 title at 14/15 but at that point felt I was not any good nationally as I had not been to the English Schools. I now know that anyone who is still running at 15/16 and does make it to the 'Schools' should not worry. As long as you are still interested and still training it does not matter. I used to think how can I compete with guys of my age who are running twenty seconds faster than me but now many of them are still running virtually the same times!

People progress in an entirely different way and mature at entirely different times? Although I was quite tall for 13, I seemed to stop growing and I just stayed where I was. It was only when I began to grow again about at about 18 that I started to progress. As a junior my best time was 4:14 (for 1500) but the next year as a first-year senior I improved to 3:53. Even then I had no desire to be a really good runner and was just content to enjoy.

You got then to a stage where you must have realised you had potential. That was before you had glandular fever? I gradually got my times down to 3:47.6 which was not too bad. By then I had been working with Alan Storey for quite a bit of time and regular sessions with Gary Staines and Jon Solly at Kingston had started to give me lots of confidence. I then suddenly made a big breakthrough by running 3:41 indoors chasing El Guerrouj. On the strength of that I was selected for my first major meet - the World Indoors and I suddenly thought 'I want to do more of this!' Unfortunately that was where the problem started because I went away to New Mexico for training, over did it and got ill because I did not give my body enough respect. I got to the point where I was training at the level of being able to run 3:37 but unfortunately never got the chance to do it.

What did you do to keep some sort of fitness? For six weeks I had to do nothing. I went to the British Olympic medical centre and they said that the best way to recover was not to do nothing but to do very, very light exercises. I had a plan given to me of very light exercise and the occasional light session. Once I had done that for a few weeks, rather than going back and training at Kingston which I felt was too far away for me at that time, I came back at my own speed and so ran with a few lads that I knew from the local club. Most of them could not break 4 minutes for 1500 but I ran my first 10 or 12 sessions with them until I started to go off the front of the pack and then I felt I was ready to go back to Kingston. From then on it was fine.

You like racing on the road as well as the track? Yes, I enjoy those. I enjoyed the travelling and have been to so many really nice places. I have done a track mile in Hong Kong and road miles in Hawaii, Bermuda and New York.

New York was where you made a big breakthrough? Yes, it was Nigel Gates who asked me if I was interested in doing the race. I said 'of course I would' and Nigel said that John Bicourt would ring me. I waited a week and nothing happened. At the time (last autumn) I was getting desperate because I knew I had no more races to do so I rang John and virtually begged him to give me a chance. He agreed and, although I got minimal expenses, I

Anthony Whiteman

ended up coming fifth in 3:53 and in the process beat the two top UK runners at the time John Mayock and Gary Lough. After that I carried on at the same level and with the same attitude.

How did you feel before doing your personal best 1500 in Paris? In the week after the Olympic trials I had been down in Torquay for a break. I had wanted to do the 800 at Gateshead but they would not let me and as I thought that the 1500 was not very strong I decided the run a 1500 in Paris. I flew there on the day of the race which is not something you should really do because it makes you very tired and I had picked up a cold just because I had been training quite hard. I got on the line thinking 'I'll just run to pay the rent' and not draw too many conclusions from it.

I ran the race conservatively and despite having to come round the outside with 200 to go I was strong down the home straight and thought that was OK. Morcelli ran 3:29.5 and I did not seem to be that far behind. My time was 3:34.47 and I had taken nearly two seconds off my pb. I could not understand how I had done it as the circumstances up to the race were not ideal. Maybe it was because my attitude on the line was that more *laissez faire* and so I was able to relax more.

Which milers can you identify most with? To be honest, although I am more like Steve Cram physically, I did take more of an interest in Steve Ovett because of his personality. He appeared much happier when he was on peak form because then he could be swashbuckling, such as waving to the crowd. However when he was not quite on his best form he would look serious and did not appear to enjoy it, like in the 1983 World Champs when he was fourth and Cram first.

I cannot compare my past with other peoples because they have come through a different way. Most were brilliant as kids and being top class was just a natural progression for them whereas I have come up to my current level gradually. In fact, I am surprised that I have got this far and I keep surprising myself every time I get a pb, thinking maybe this is the fastest I am going to go.

Whereas I think that most guys who are going well expect to go further I am a bit more realistic about my talent. However, it does not mean that I won't try

harder than anyone else. To some extent if you have too much talent you are often overconfident and can expect too much. I expect less than what I should do and I would be stupid not to because of the way I have come through. If I start thinking I am going to break 3:30 next year and then if I don't I would start feeling down. I would carry on the way I have been and if I do end up breaking 3:30 then it will come without me expecting it.

What is your training regime? It says pretty similar throughout the year as I like to look back at my training diary for consistent weeks of training. All that changes is the emphasis. I don't usually run amazing sessions but, maybe once a month, I will rip into one and really go for it, and then I can look back and say that was good and I feel that I am improving.

On a Sunday I'll just do a typical long steady run. Monday morning, depending on what is happening, I will do some sort of paced run just a bit quicker than I would normally run. In the evening I will do some circuits and another run.

On Tuesday I will run in the morning and have a session where I will go over to Kingston and work out with Alan Storey and the other guys. On Wednesday I will have a long run. I might do some drills in the evening depending on how the week has gone.

On a Thursday if it is in the winter or I have not got a race that week, I would go and do hills. I use the same ones as Seb Coe ran up. In winter I will run the full length of it which is about 45 seconds whereas in summer I would only run for about 25 seconds. That is a very good session because it is 4.5 miles from my house.

I run there, do the session flat out and run back. It is a real endurance building session. It is psychologically very, very hard and a question of 'How hard do you want this?', 'Are you prepared to do this?'. I generally run it on my own so I could cop out and walk or get the bus home but I don't. It's a very tiring session.

On Friday I have a recovery run or a rest day. Saturday I might race.

It says the same throughout the year pretty much. It is not excessive mileage, the maximum I get up to is 80 a week. Most of the time it is 60 to 70. It's just consistent, not going mad and it gives me scope to improve next year. Having done a

winter averaging about 70, then maybe I will go and start to do 75 next year so that I am gradually improving.

There is no point in me putting everything into one year. I want to be an athlete who stays around for the next 10 years. I want to be introducing things throughout that time for a perfect training schedule. I might only get to it in three or four years. I think that if I jumped into it that this is the way I would get injured.

What other things do you like doing? Being a sports science student I am into every sport at Brunel University College (formerly Borough Road). Unfortunately I miss out on being able to play other sports, especially football which I enjoyed playing as a kid. If I started playing for a Sunday league team in the winter I could really come a cropper if, say, I was tackled really badly.

Are you parents keen on running? I used to be kicked out in the morning before school to do a run. I would go round the corner and wait five minutes and sprint the last 200 metres. Unfortunately, as it was supposed to be around the block, my Mum noticed that I came in the same way that I went out and so realised that I had not been running. After that she came with me and eventually went along to a local club. She (Anne) helped start up the Maidstone Harriers, became British veteran marathon champion, was 2nd in the world vets marathon and ran 2:59:54. Obviously that is where my natural endurance comes from. In fact, until recently, she was more famous than I was!

Do you think that people's attitude in this country to today's UK 1500 runners is clouded by the 'Golden Years' of Coe, Ovett, Cram and Elliott? 1500 metre running all came home to me when I saw the programme 'Clash of the Titans' recently in which Seb and Steve were both seen winning races in about 3:34 by 20 yards, the latter running down the straight waving. You can't do that now, you have got to be running 3:29/3:30 every day to win Grand Prix races. If you are running 3:33 or 3:34 you are only ever going to come third or fourth. The event has moved on so much but it has not moved on in Britain yet. We need to have two or three people running 3:31/3:32 consistently otherwise we are not going to make any impression at all.

Guardian BMC Miles

by Matthew Fraser Moat

Thanks to some exceedingly generous sponsorship from Guardian, the British Milers' Club put on three invitation miles during the Cup Final and the sponsors were rewarded with the best display of domestic miling for many years.

Anthony Whiteman stunned the stadium with a brilliant display, taking on the pace from 600m out. Urged on by BMC Founder Frank Horwill and National Event Coach Norman Poole, Whiteman created a lead of some 10m at the bell and kept going to record 3:56.35. This was a new BMC record, breaking Tim Hutchings' mark of 3:56.6 from 1982, and was the second fastest mile in the UK this year.

Neil Caddy was feeling unwell and never really challenged Whiteman, but came through for second in 3:58.59, whilst Richard Ashe went sub-four for the first time with 3:59.98. Long time leader of the chasing pack Robert Hough was unlucky to be just outside four minutes. A number of prominent 800m runners found the pace that little too hot and faded on the final lap, but full credit to them for being prepared to lay themselves on the line.

Outside of a Grand Prix meeting, you have to look back more than six years in the UK to find another mile with three under four minutes.

In the 'B' race Adam Zawadski had a major breakthrough beating Elijah Wanderi from Kenya in the home straight. Zawadski's time of 4:04.50 was the fastest ever time set in a BMC 'B' mile race.

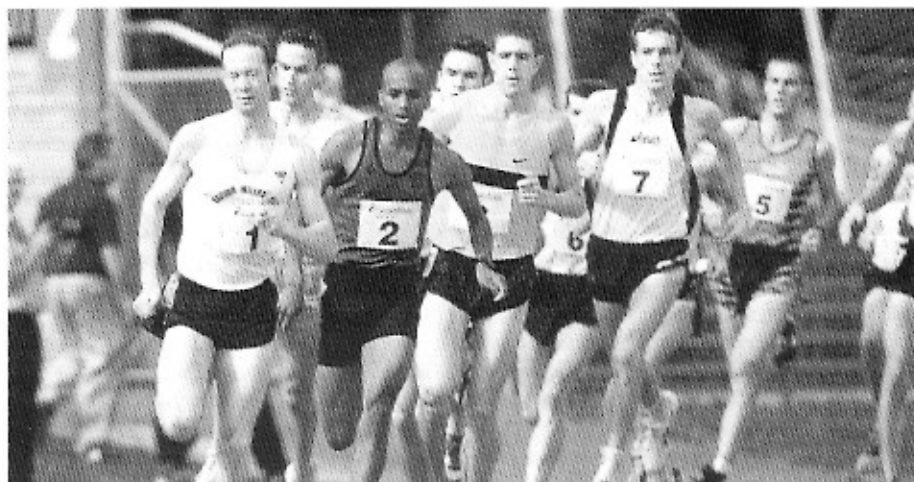


Photo by Shearman
Michael Gooch (1) and Andy Knight (2) set the pace in the Guardian BMC Mile. Visible just behind are (l-r) Robin Hooton, Brad Donkin, Anthony Whiteman, Des English (7) and Neil Caddy (5).

In the ladies race Lynn Gibson ran a 64 second last lap to set the fastest time in the UK this year, narrowly beating Michelle Faherty and Sonya Bowyer. Eight under 4:45 was the best ever depth in a womens' BMC mile race, and possibly superior to the six under 4:20 in the Wythenshawe 1,500m last July.

Many thanks to Guardian, and the BMC hope to continue their relationship with the Cup Final next year, possibly as the BMC Grand Prix Final.

31st August, Guardian BMC Miles, Barnet Copthall.

M Mile: 1, A Whiteman (GEC) 3:56.35 BMC Record, 2, N Caddy (Newquay) 3:58.59, 3, R Ashe

(Hill) 3:59.98, 4, R Hough (Sheff) 4:00.42, 5, S White (Coventry) 4:01.53, 6, S Poore (Team Solent) 4:03.12, 7, T Johnston (Irvine) 4:03.70, 8, C Finnerty (IRE) 4:04.67, 9, R Hooton (City of Edin) 4:08.51, 10, J Mayo (Cannock) 4:16.95, 11, B Donkin (Barton) 4:23.79, R Finch (So'ton) dnf, D English (IRE) dnf.

B Mile: 1, A Zawadski (Newquay) 4:04.50, 2, E Wanderi (KEN) 4:05.18, 3, P Davoren (Brighton) 4:08.59, 4, J Mills (Chelms) 4:10.86, 5, S Sharp (Hill) 4:11.10, 6, B Smith U20 (Leigh) 4:11.15, 7, S Mosley (Cardiff) 4:14.95, 8, A Renfree (Newquay) 4:25.49.

W Mile: 1, L Gibson (Oxford City) 4:38.93, 2, M Faherty (Skyrac) 4:39.44, 3, S Bowyer (Sale) 4:39.90, 4, M Aboulahecn (BEL) 4:40.74, 5, L Francis-Thomas (Cardiff) 4:40.93, 6, J Pavey (Bristol) 4:41.20, 7, B Rob (GER) 4:42.43, 8, S Salmon (Newquay) 4:44.79, 9, S Bull (Derby) 4:46.71, 10, M Carville (Hillingdon) 4:59.63, 11, R Ogden U20 (Rowntree) 5:10.10; G Salmon U17 (Bristol) dnf

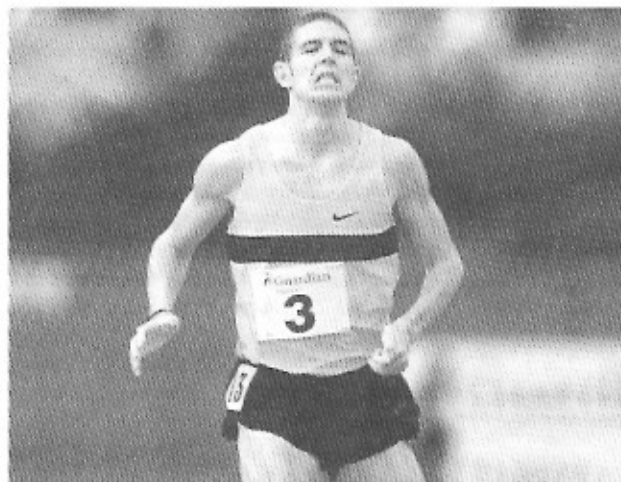


Photo by Shearman

Anthony Whiteman smashes Tim Hutchings BMC mile record which had stood for 14 years.

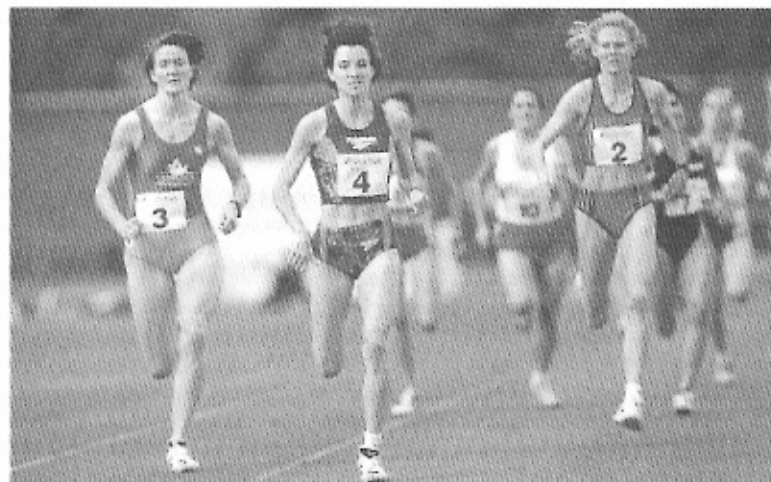


Photo by Shearman

Lynn Gibson (4) wins the fastest womens' mile in Britain in 1996. Michelle Faherty (3) is second and Sonya Bowyer (2) third.