

The Official Journal of The British Milers' Club



**1996** Spring

## **Race Programme** **Wythenshawe**

Loughborough  
**Stretford**  
WATFORD

*George Gandy Interview*

**Training In Heat**

**BMC NEWS**

VOLUME 8 ISSUE 1

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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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### MEMBERSHIP

Membership is limited to those athletes who have achieved the required qualifying times, and to former A&F Coaches. Associate membership is granted to those possessing special qualifications, who wish 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 for 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 in January each year. All applications for join the BMC should be sent to the Membership Secretary enclosing a large SAE.

### MERCHANDISE

BMC vests (gold/white), SPRINTERS (1/2/3), BMC men (1/2) and BMC (1/2) (1/2) are available from Runnersworld, 333 Brunel Lane, Pinner, Middlesex (Tel: 0181 848 4977). Please make all cheques payable to Runnersworld.

Six issues of BMC News (22 each) and the BMC Times (20p) Booklet (1/2) are available from the Treasurer, Pat Fitzgerald. Please make all cheques payable to The British Milers Club and enclose a large SAE.

## BMC QUALIFYING TIMES

(from 1st January 1995)

	MEMBERSHIP		GOLD STANDARD	
	800m	15,000m	800m	15,000m
<b>SENIOR MEN</b>	1:56.0	3:56.0	1:52.0	3:49.0
<b>MALE UNDER 17</b>	2:10.0	4:30.0	n/a	n/a
<b>MALE VETERANS</b>	2:10.0	4:30.0	n/a	n/a
<b>SENIOR WOMEN</b>	2:20.0	4:45.0	2:12.0	4:30.0
<b>FEMALE UNDER 17</b>	2:25.0	5:00.0	n/a	n/a
<b>FEMALE VETERANS</b>	2:25.0	5:00.0	n/a	n/a

# BMC News

## 1996 RACE PROGRAMME

Our 1996 Race Programme is designed to build on the successes of last year. We will be putting on BMC races from 800m to 3,000m all over the country for the benefit of members seeking fast times in competitive races. Members are charged £1 entry per race - non-members will be allowed to run at £4 per race, but will not be given priority in the seeding. Athletes are advised to register at least 8 days before each race.

### BMC Regional Races

For BMC members, i.e. sub 1.56/3.56/2.20/4.45 (M800/M1500/W800/W1500) athletes, paced BMC races will take place at the following venues once a month, normally alternating between 800m and 1,500m:

Highgate - John Sulvan - 0171 790 1961

Rosenhem Lg. - Ray Thompson - 01717 554450

Loughborough - George Candy - 01509 230176

Midlands - Bud Baldaro - 0121 429 6579

North East - Phil Hayes - 0191 482 2253

Humberdale - Michael Gough - 01472 358809

Wales - Mark Bryant - 01656 880809

Scotland - Brian McAuland - 01380 550680

N Ireland - Malcolm McCausland - 01504 42583

## 1996 Junior Race Programme

As part of our national programme, we have arranged the following races specifically for promising young athletes.

6th May Millfield JM800, JW800

15th May Wythenshawe JM800, JW800

19th May Loughborough JM Mile, JW Mile

25th May Cardiff JM800, JW800

5th June Watford JM3000, JW3000

25th June Stretford JM1500, JW1500

30th July Wythenshawe JM800, JW800

14th Aug King's Lynn JM1500, JW1500

18th Aug Derry JM Mile, JW Mile

1st Sept Bristol Road Miles

The BMC young athletes national race programme will this year be benefiting from sponsorship from The Foundation for Sport and the Arts.

## National Squad Meetings

A full range of events will be available at these specially arranged meetings. Although open to all members, they are designed to provide elite athletes, i.e. sub 1:49/3:42/2:05/4:15, with much needed competition before the AAA's and during the Olympics.

Wed 15th May - Wythenshawe  
0161 945 2221

Sat 25th May - Cardiff  
01656 880809

Wed 5th June - Watford  
01582 769336

Tues 30th July - Wythenshawe  
0161 945 2221

Generous sponsors have provided prize money of £1,000 at Wythenshawe on 15th May, to be split between any paid-up members who break a BMC record. For a list of current records, please see page 6.

The Wythenshawe meeting on 30th July takes place on the rest day of the Olympics.

## BMC Championships

Mon 6th May Millfield M5000, W5000

Sat 18th May Loughborough M800, W800

Sun 19th May Loughborough M Mile W Mile

This year the BMC Championships will take place at the venues above. Prizes of £100, £50 and £25 will be awarded to the three fastest times in each event - and will be increased if we are successful in obtaining sponsorship. As the programmes of our hosts are very tight, we only have limited time slots and to be certain of numbers therefore, we are only accepting postal entries with entry fees in advance, please use the sheet enclosed with this magazine.

## BMC Gold Standard Meetings

Put on in conjunction with the promoting clubs, these meetings take place every two or three weeks to supplement the regional races. These meetings are open to all members, but BMC Gold Standard members, i.e. sub 1:52/3:49/2:12/4:30, will find the 'A' races paced appropriately.

Stretford - Mike Harris - 0161 499 1901

Watford - Pat Fitzgerald - 01895 234211

These meetings will always include high quality 3k races.

## FSA Grant

The Foundation for Sport and the Arts is supporting the young athlete element of our national race programme. Bursaries, to cover travelling expenses to BMC races, will be available to U20 members with the potential to make the GB senior team. To apply, please write to Pat Fitzgerald, 47 Station Road, Cowley, Lxbridge, Middlesex.

## Stretford Relay Meeting 30th April

For high quality early season competition pre-Wythenshawe our annual relay meeting, which has yielded five world best performances in the last three years, will this year be held at Stretford on Tuesday 30th April.

There will be 4x1,500m races featuring attempts on both world junior records (currently 16:03.7 for junior men and 18:52.5 for junior women), the women's world record (currently 17:18.10), the men's allcomers record (currently 15:04.7) and both world veterans records.

Athletes who wish to be considered for composite BMC teams, to break these records, senior, junior and veteran, should contact Matthew Fraser Moad on 01304 379777.

The veteran's races will feature the British 4x1 Mile relay world veteran record holders (Glen Grant, Peter Molloy, Philp O'Dell and John Hancock) who will be taking on any other veteran's team who like to

challenge them. This is a joint promotion with Athletics Weekly's Vets Voice column and Martin Duff will be publishing details in the coming weeks.

There will also be a prize for the best club team. The men's races will be very close, possible contenders for the men's prize being Border AC, Clydesdale, GEC, Sale, Cambridge Harriers, Loughborough Students and Enfield, whereas Sale look strong favourites for the women's prize.

It is hoped to hold a second relay meeting, featuring a 4x800m men's and women's and vets championships, at Watford on July 17th.

## BMC South West Grand Prix

1996 is the tenth year of the South West Grand Prix sponsored by Post Office Counters. Over the years Mike Down has put on over sixty BMC meetings in which 13 four minute miles or equivalent have been set.

This year there will be 11 races. Can Neil Caddy retain his title, or will Ian Gillespie win the Grand Prix for the fourth time, or will there be a new winner? For details please contact Mike Down on 0117 973 3407.

25th May - Cardiff	M1500 W1500
TBA - Salisbury	M1500
19th June - Bath	M Mile W Mile
7th July - Southampton	M1500, W800
4th Aug - Cheltenham	M1500
7th Aug - Cardiff	M1500
14th Aug - Swindon	M1500
25th Aug - Exeter	M Mile
26th Aug - Bath	M 1500
28th Aug - Barry	M 1500
1st Sept - Bristol	Road Miles

## BMC Eastern Region Grand Prix

The third year of the Eastern Region Grand Prix is sponsored by Personal Best Athletic Services of Milton Keynes. Can Matthew Davies defend his title? For details please contact Ian Chalk on 01582 769336.

24th July - Milton Keynes	M800
7th Aug - Bedford	M1500, W1500
14th Aug - King's Lynn	M Mile
26th Aug - Welwyn	M1500

## BMC Training Days

The BAF / BMC Junior Endurance weekend will be held on 27/28th April in Sutton Coldfield, and the BMC National Training Day will be held at Bedford on Sunday 20th October. Watch Athletics Weekly for further details nearer the time.

## SUB-FOUR FOR THE FIRST TIME

For athletes aiming to go sub-four for the first time the following mile races have been highlighted as ideal opportunities:

19th May - Loughborough	- 01304 379777
19th June - Bath	- 0117 973 3407
10th Aug - Derry	- 01504 42583
25th Aug - Exeter	- 0117 973 3407

A sponsor has generously agreed to provide a bonus of £100 for each and every sub-four performance in BMC Races in 1996.

## NEW CHAIRMAN

Lt Col Glen Grant was elected Chairman of the BMC with effect from 1st January. Glen, a sub-four minute miler, was 6th in the 1978 Commonwealth Games 1,500m Final and was British Team Manager at the 1994 European Championships.

David Isatt, Chairman 1992-95, has been appointed Head Coach at Birmingham University and accordingly has decided to stand down as Chairman. The BMC would like to thank David Isatt for his fine work as Chairman and are delighted that he has accepted our invitation to stay on the Committee with special responsibility for Vision 2000.

## NEW EDITOR

Tim Grose has taken over the Editorship of the BMC News from Matthew Fraser Mout. Tim is the compiler of the NUTS men's middle distance lists and ran in more BMC races than anyone else last year, setting a new pb in the very last race of the season. Tim has enlisted the help of Patricia Niland, the well-known graphic designer, to bring about a dramatic transformation to the design of the BMC News.

## Development Officers Award

This was presented to Neil Caddy by Kelly Holmes at the National Endurance Weekend. Neil was the almost unanimous

choice of the BMC Committee for his seven victories in BMC races in 1995 and for his bold aggressive style of running. Placed second in the votes was Lee Cadwallader and third equal were Ian Gillespie, Grant Graham, Tim Grose and Andy Hart.

## NATIONAL ENDURANCE WEEKEND

The 1996 National Endurance Weekend will be held in November. For further details please contact Norman Poole on 0161 945 2221.

## 1996 ANNUAL GENERAL MEETING

This will be held during the BMC National Training Day at Bedford on October 20th.

## 1996 Subscriptions

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

## Sponsors of the BMC

Personal Best Athletic Services Ltd, 11, Radcliffe Street, The Square, Wolverton, Milton Keynes MK12 5DQ. Tel 01908 227303. Asics Gold Medal Dealer and sponsors of the Eastern Region Grand Prix

Sweatshop, 33, Broad Street, Teddington, Middlesex TW11 8QZ. Tel 0181 943 0239 Sponsors of BMC races in the London area

## RECOMMENDED SERVICES

**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

**Athletics International**, for the best coverage of international results. Write for a sample copy to Mel Watzman, 13 Garden Court, Marsh Lane, Stanmore, Middlesex HA7 4TE

**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



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, Gulsfield, Welshpool, Powys, SY21 9LX.

## PETER COE'S New Book

We hear that the untiring Peter Coe, has produced yet another book due out in April. It is about winning. He told Frank Horwill over the phone, "Some people will find some of my observations not to their liking." Sounds a fascinating book.

## AAA'S SEEDINGS

After the comments about AAA's seedings in the last issue, we have seen the AAA's entry forms. Part of the problem would appear to be the entry standards are unrealistically high to get decent fields. We had always assumed that since 'so and so' had run in the AAA's that the entry standards were not being enforced. In fact it appears that 'so and so' actually lied on his or her entry form. Amazing how many athletes whose pbs are 1:52 suddenly claimed to have done 1:49. Now we know who these athletes are and will name names if the athletes re-offend this year!

## An answer to post-viral malaise

A female athlete who finished in the top twenty of the recent National Cross-Country is planning to run the London Marathon on the seemingly very low mileage of forty miles a week. However this female had been plagued for a year with post-viral malaise following a severe attack of glandular fever. She could not put a couple of consecutive training weeks together without having to take a week off. She changed coaches. Her new coach got her training every other day, put her on 1,000mg of vitamin C daily and 50mg of zinc as well. She was also asked to monitor her morning pulse in bed and immediately on rising. When the plateau difference was much higher than normal she was not to train that day. For the first time in a year, this woman was able to put together 12 weeks of consecutive training on an every other day basis which culminated in her getting in the first score of the National.

## Training Day For 5k Runners

National Long Distance Coach, George Gandy, a vice President of the BMC, holder of the 1994 BMC Coach of the Year Award and the Frank Horwill Meritorious Award (1970), has joined forces with Frank Horwill to stage a training day specific for male and female 5,000m specialists. An interview with Jack Buckner is planned, also a lecture from Frank on how Tim Hutchings went to the 1984 Olympics not having broken 13:20 for 5k, but who came away with a 13:11 to place fourth. No other British runner has improved his 5k time by 10 seconds in an Olympic final. The 5k training day will include specific training for the event. The date and venue will be published in Athletics Weekly shortly.

## What's This Award?

The Frank Horwill Meritorious Award is not an annual presentation. It is a personal award from Frank for outstanding services to the BMC. Since 1963 the following have received it: Gordon Surtees, Eddie Powell (Deceased), Martin Wales, Cecil Smith, and Pat Fitzgerald. All the recipients held official positions with the BMC and the award is for their dedication to the tasks in hand and for their ingenuity in promoting new ventures.

## LOSING WEIGHT

It has recently been disclosed that the resting metabolic rate is greatly increased by training in the morning and it remains elevated for 18 hours. However, if we train in the evening and then go to bed it remains greatly depressed. Our metabolic rate contributes to the burning of calories, high rates help weight reduction.

## Race Discipline

Our hardworking man in the South West, that dynamo of man, Mike Downs, the founder of the now prestigious Grand Prix series of races which celebrates its tenth anniversary this year, reports an unpleasant experience with these races which is becoming a little too prevalent. Athletes who accept to run often don't turn up. What's more, they don't even let him know they aren't going to run. What are the practical implications of this? Well,

supposing he closes the field for a mile with sixteen acceptances a week before the event. Usually there are some latecomers and he has to tell them that they will go on a waiting list in case of cancellations. Come the day, five athletes don't appear, thus five others have been deprived of the chance of a good race. This is not the famous BMC Spirit of old. If you accept to run in a BMC race - You must run, unless, of course, you are injured or picked to run for Great Britain on the same day. There are plenty of people who want to run. But, we have bad news for the discourteous non appearers.

The following plan comes into force this year:

1. The name of the non appearer is to be circulated to all other BMC race organisers
2. If he/she applies to run in any BMC race, entry will be barred. This ban will continue for the entire season

## Training Opportunity in Saudi Arabia

Ian Wilson, a BAF senior coach and BMC member based in Saudi Arabia, would like to hear from any members who would be interested in hot weather training this coming November or December. He may be contacted at Saudi Aramco, PO. Box 11838, Dhahran 31311, Saudi Arabia.

## Congratulations!

Anthony Whiteman gained a silver medal in the European Indoor Championships 1500m in March. It was slow to 800m in 2:08 with no one wishing to lead. Then Whiteman took over and ran a 56 lap but was just caught on the line. Following glandular fever he had great difficulty in getting back to fitness and began his rehabilitation in several BMC races last season.

## NEXT ISSUE

The next issue will be published in October 1996. Please send all articles, preferably on disk, to Dr. Tim Grose, 51 Coldershaw Road, West Ealing, London W13 9DX (Tel: 0181 840 6775) by 31st August. ●

## Chairman's Notes

**T**he former UK international and sub-four minute miler Glent Grant has been appointed as the Chairman of the BMC. In the following he outlines his plans and fears for the future of the BMC and British middle-distance running in general.

It was quite a surprise to become the Chairman of BMC. For years I had fought off Frank as he tried to get me to become Secretary and now he managed to manoeuvre me into a position where it was impossible to say no.

At my first meeting as Chairman I highlighted a few principles that I wished the BMC to follow during my time.

First I wanted the BMC to focus its efforts upon supporting the people who are doing the business. It is pointless running a race if it is at the wrong time or if it is over the wrong distance for the athletes. This does mean that athletes must tell us what they want. I also wanted to throw our resources firmly behind the National Coaches. We must provide the races they want against the opposition the athletes need.

Second we must support the second tier of athletes who the National coach has less time for. This is important because if the National coaches spend too much energy on these athletes then the winners suffer. If you have to ask if you are one of the top athletes then you are not!

Third we must support the top group with every resource at our disposal. This includes our time and energy. Typically we can provide pacemakers, change distances and put on races. Again they must ask us because we are not psychic.

Fourth is the need to support the area coaches and age group coaches. We have now got funding for juniors and prospective young winners in 1998 and we intend to throw this squarely towards the National Junior Coach.

Fifth, Matthew Fraser Moat has established a database of over 1500 Middle Distance athletes, coaches and administrators. The better this is the better races and events we will be able to organise. If you have information then drop Matthew a line.

Sixth, we must publish the most up to date knowledge available. Let no one be in any doubt that what we should not be doing is searching for fannies in the back garden. What most athletes require

to do is follow the sound information that Frank, Harry Wilson, Peter Coe, Ron Holman, Owen Anderson, John Humphreys, Cliff Temple, Craig Sharp and others have written down for us. They have taken the best data available and turned it into plain common sense. Most of our best coaches use this data and common threads and themes run through their training plans. If you follow these coaches you have an outside chance of success. If you are doing something different from this you are almost certainly wrong. As a start for BMC, Raph Brandon is pulling together strength training ideas for runners. Hopefully George Gandy will also repeat some of his strength conditioning ideas before next winter. We must not rest on our laurels. We are being beaten by athletes from other nations and we must keep tabs on what they do. We must also be ruthless in learning from other sports. Cross country skiing is light years ahead of us in scientific knowledge and support.

Seventh, we must encourage athletes and provide support. Everyone likes to be told well done and repeated criticism, especially from the "I know better brigade" will only harm runners. BMC must seek out those who fall by the wayside and bring them back.

Finally we need to think about providing a scientific and medical backup for Middle Distance in future year. This will cost us real money and we will need serious sponsorship to achieve this.

My last thoughts were not raised at the meeting but I still feel need saying. Too many athletes are trying to bypass the conditioning period. You cannot. You need physical strength and endurance. Without these you cannot progress. In the summer you need raw blistering speed. Without this you cannot win.

When you race you must test yourself in some way or another. If you do not do this you will not learn anything about yourself. You must use your BMC races to get the best out of yourself. Someone said to me recently that the BMC was good for producing second class runners. In his book "Sebastian Coe Coming Back" there is a list of his races during his career. I list his BMC races:

Aged 15	4:05.9, 6th PB	1:59.9, 5th PB, 1st sub 2
Aged 16	1:56.6, 3rd	1:56.0, 2nd PB
Aged 18	3:54.0, 1st	
Aged 19	3:47.4, 1st	4:07.6, 1st
	4:05.7, 1st PB	1:47.7, 1st PB

*He was a bit busy after this!*

## British Milers' Club Records

MEN	BY A PAID-UP BMC MEMBER IN A BMC RACE	BY ANYONE IN A BMC RACE	BY A PAID-UP BMC MEMBER IN ANY RACE
M800	1:47.7 Seb Coe 1976	1:46.4 Paul McMullen USA 1995	1:41.73 Seb Coe 1981
M1500	3:40.35 Ian Grime 1994	3:39.0 David Lewis 1983	3:29.77 Seb Coe 1986
M Mile	3:56.6 Tim Hutchings 1982	3:56.6 Tim Hutchings 1982	3:47.33 Seb Coe 1981
M3000	7:56.24 Bobby Farren 1994	7:54.10 Barry Smith 1981	7:32.79 David Moorcroft 1982
M5000	14:07.00 Tom Buckner 1994	13:46.4 John Sherban 1994	13:00.41 David Moorcroft 1982
WOMEN			
W800	2:03.0 Kirsty Wade 1982	2:00.7 Shreen Bailey 1985	1:57.42 Kirsty Wade 1985
W1500	4:12.8 Angela Davies 1995	4:12.8 Angela Davies 1995	4:00.73 Kirsty Wade 1987
W Mile	4:37.7 Kim Lusk 1982	4:36.8 Mia Gommers HCL 1969	4:19.41 Kirsty Wade 1985
W3000	9:10.9 Sarah Bentley	1995 9:06.2 Sinéad Delahunty IRE 1995	8:37.06 Wendy Sly 1983
W5000	16:05.6 Laura Adam 1990	15:47.9 Andrea Wallace 1990	15:21.45 Wendy Sly 1987

# HAVE YOU THE RIGHT EQUIPMENT?

Frank Horwill

**T**he reasons why a person takes to running as a major recreation are sometimes simple and often complicated. They include: "My parents were always arguing, it gave me a chance to slip out of the house and get as far away as possible." A more practical reason is: "I was hopeless at football and cricket, the teacher told me to go for a run instead. I soon found it enjoyable, especially when I won the mile in the annual school sports." Hero worship or a role model claims a few adherents: "From a very early age I became aware of a large silver trophy in pride of place in a glass cabinet in the lounge. My father won it in the Royal Navy for what was called 'The Fleet Cross-Country Championship', and I felt obliged to follow in his footsteps."

What motivates a person in one continent may be totally different in another. A major factor in Kenya is poverty where the average wage is £27 a month and there is no unemployment benefit. The choice is simple, work, beg, starve or run in the hope of winning some prize-money to buy a farm. But the man who set the ball rolling thirty years ago was not stired by money (the sport was still staunchly amateur) but by national pride. His country had been a colony and had waged a nasty war against the British occupiers. Opportunities to run were limited to those employed by the colonial administration, mostly white. Kip Keino was in the colonial police one day and found himself in the republican police the following day. It was time to let the world know that Kenya was a new country. He did the job well - gold medal in the Mexico Olympic 1500 metres (1968), and another in the Munich Olympic 3000 metres steeplechase (1972). Others, as we know, were to follow.

There is another minority category who find running an outlet for their stifled ambitions. They are to be found among some

coaches as well. They have mundane jobs. They are run-of-the-mill employees. No one takes much notice of them. But, success in athletics makes them a little more acceptable, it might even make them richer in pocket and mind. A nobody becomes a somebody. In complete contrast we have a medical student, public school educated, at one of Britain's premier universities where athletics is a great tradition. In fact up to 1939 the GB team was largely selected from the winners of the Oxford v Cambridge match held early each year at the old White City Stadium in West London. Surrounded by others of his ilk, Roger Bannister was not short of motivation. His best friends were runners, and those friends broke world records and gained Olympic success. He was to play his part in due course.

Sheldon (USA) was to discover that of several hundred students he measured, those whom he described as ectomorphic (lean) were suited to running. He also found that they were of a particular psychological type: introverted, loners, the early years at school were stressful, they made few friends outside their sport, authoritative figures were disliked, they possessed bird-like movements of the head taking in everything around them. The dislike of authoritative figures is interesting because coaches may fall into that category. The ectomorph will tolerate only so much guidance, then it becomes irksome if it is too dictatorial. By nature a loner, he wants to resume that status as soon as possible. The coach has to know when it is time to let the pony have a free rein and when to use the metaphoric whip.

One BMC founder member has said, "If after four years of coaching an athlete still has to ask a coach what training to do, the coach has failed." A good exercise to test this point is for the coach to ask an athlete at the beginning of a season, whether in winter or summer, to write down what sort of training he should be doing over a 14-day period. The coach also writes down his views. When compared they should be practically the same.

Authoritative figures don't take kindly to suggestions from those they guide. There is a feeling that the questioner is an upstart, a know-all, a trouble maker, etc. If a coach denies an athlete's approaches in this light, the athlete will ever remain resentful. "I need more speed training." This is the often request of the two-lapper. The request must be analysed. "What makes you think that?" Back comes the reply, "I've got to get my 400 metres time down if I'm going to

run a good 800." This is true. A world class two-lapper needs a 400 metres time of under 47 seconds. The female requires a time under 53 seconds. But, it must be pointed out that the ability to run two laps consecutively only four seconds each lap slower than for one's best 400 metres, ie.  $(47 + 4) \times 2 = 1:42$ , requires great endurance which does not come from pure sprinting, it arrives by maximising the VO2 Max. A compromise can be sought. All track sessions will start and finish with some sprinting but the bit in the middle will be for speed endurance. The sprinting after this will educate the body to sprint while tired - at the end of a race.

Winston Churchill told the Americans early in the Second World War: "Give us the tools and we will finish the job." The athlete has to ask the same question. "Do I possess the equipment to make world-class?" Very few athletes drop from the sky ready to break a world record. There is no mystery about obtaining fitness. Harry Wilson once said to the writer: "What we ask athletes to do is really quite simple." There are no fences around Mount Everest, we can climb it if we want to. But there is a difference with that task - we can die if we aren't very careful. We are unlikely to drop dead trying to run faster than ever before. So, what is our Everest? Have we the right equipment to make the ascent? We know that to run world class in middle-distance running we require a VO2 Max of 80 ml/kg/min. If we are only 70 ml/kg/min we are way above average but still not good enough. If we have been doing XYZ training for the last four years and we are nowhere near 80 ml/kg/min it may be time to start doing ABC in training. We do not improve by training the same. If we always race cautiously well outside our personal best times to the half-way mark, we will always get the same results. If we do the opposite and fail, there is success in that failure - we have displayed a facet of the world-record breaker - COURAGE. What's more, we have vaccinated ourselves with it - it won't be so hard next time.

The time for acquiring the right equipment is the first four years of running. Unfortunately for many during this time they become implements of the club system, obliged to run hither and thither for club glory. Never mind tomorrow, we require results now! The apprenticed craftsman is not expected to build a bridge when aged sixteen. We expect him to learn his trade first. Are you learning your trade step by step? Or are you just jogging along with no real equipment target? ●

# INTERVIEW

With

# George Gandy

**F**or many years now student middle and long distance running in the UK has been dominated by athletes from Loughborough. With an alumni that includes Seb Coe, Dave Moorcroft, Jack Buckner, Tim Hutchings, Dave Lewis, Ikem Billy, Chris McGeorge, Kirsty Wade, Wendy Sly and Christina Boxer and a current crop that includes Paula Radcliffe and Gary Lough who could argue, George Gandy, the current National Coach for the 5 and 10K and a new BMC race organiser, has put them all through their paces.

The BMC News sent Tim Grose along to interview him.

- ◆ **When did you come to Loughborough and how did you get involved with coaching there?**

I was appointed in 1971 to lecture in Athletics and Biomechanics in the then College of Education. Coaching was not officially part of the job, but those days it was more or less 'expected'. My status became Chief Coach after a few years and then Director of Coaching and continues alongside my full-time lecturing commitment to the amalgamated (since 1977) University.

- ◆ **What athletes were around when you first started?**

Only a handful of middle distance runners. Dave Moorcroft arrived in my second year and we won the National Junior Cross-Country title a year later. Seb Coe, Malcolm Prince, Wendy Sly (then Smith) and others emerged in the late 1970s but it was not until the 1980s that I felt our numerical strength and overall system had really developed more or less to my satisfaction.

- ◆ **What did you think of Seb Coe when he first arrived and to what extent did he help to enhance Loughborough's reputation?**

Seb had class written all over him (pb's 1:53 and 3:45) and I could see plenty of room for progress mainly via appropriate conditioning work. By 1977 I knew we had a potential world-beater on our hands.

Seb represented Loughborough magnificently on and off the track and with his expressed commitment to our set-up ("if you can't make it at Loughborough, you won't make it anywhere") made an immense contribution.

- ◆ **A lot of students must come up to Loughborough with a coach and a successful training schedule already in place. What do you see role as being in this case?**

I offer a general support system, available to the extent our athletes (and/or their home coaches if they have them) wish to use it. Almost all athletes here join in some or all of the overall training programme. I have very demanding responsibilities to my 'personal' athletes (which include Gary Lough, John Nuttal, Jon Brown, Bruno Witchalls, Ian Grime, Rob Scanton, Dave Lee, Andy Blackmore, Sonia McGeorge, Sonya Bowyer, Louise Watson, Angela Davies and Clare Raven) and am delighted to stay well in the background if relationships with outside coaches to flourish!

- ◆ **How many athletes do you currently coach/advise (e.g. how many people would turn up at a typical session?). How many men, for instance, are capable of sub 2 for 800?**

I currently coach 15 athletes and personally advise another 10. However many others come to me for occasional help and I have had 78 in a single winter track session and 165 (not all middle distance runners) at a gymnasium conditioning session. About 75



percent of the runners involved are sub 2:00/4:00 for 800/1500 (men) and sub 2:20/4:50 (women) and most of the rest will progress to that standard over a year or two.

◆ **How do you cope with organising a typical session?**

Prior to Christmas I operate with everyone in the same workout, but not everyone will do the same distances or the same number of repetitions. Also, I often base sessions on time rather than on distances. Thus while Tim Dickinson, Spencer Newport and Louise Watson run 6 x 5 mins (1 min recoveries), Bruno Witchalls, Philip Tubas Morrison and Angela Davies might be on 5 x 1200 m (2 - 2.25 mins), with Andrew Blackmore and Claire Raven on 5 x 1000 m (2.5 - 3 mins).

Separate event orientated sessions are increasingly used from January onwards - but with a fair amount of intermingling. There is always flexibility for switching workouts and/or adjusting requirements to suit individuals. Ultimately, it is the individual who matters - and I feel that the numbers I deal with help me to produce a system offering more scope for individual development (not less!).

◆ **Some say the only way to train for running is to run. Do you feel there is any value in cross training? If so what do you advocate?**

Nobody worth listening to in sport believes that there is 'only one way' to achieve anything. Running is obviously the most important aspect of training, but other forms of activity (cycling, running in water, swimming, nordic-ski, weights, circuits etc.) can enhance the overall balance of training, for example in facilitating recovery. Cross training really comes into its own of course when a runner needs to avoid or reduce the amount of impact-related activity. The extent of use needs adjusting to suit specific individual needs, opportunities and preferences.

◆ **What do you feel Loughborough has to offer an 18 year old male or female junior international who is capable of becoming an Olympic finalist in a few years?**

- a very stimulating and supportive training environment, fitting in well with working for a degree;
- the chance to benefit from a 'system' which has been repeatedly productive in student sport and often right through to the highest levels;
- very good winter and early summer competition opportunities.

◆ **The same question but for someone of only reasonable club standard (e.g. 2:00 (male) or 2:20 (female) for 800)?**

The same as above because there will be many others around your standard and many chances to learn especially from very experienced, very successful training companions.

◆ **Moving on now to more general questions. A lot of people seem to think that there are now two classes of distance runners: Africans and non Africans. Do you think that our current internationals have the talent or even the desire to be world beaters?**

I take it you are referring to men's distance running. My view is that our top athletes are in no way lacking in desire! If there is a serious shortcoming it is among those just below the top in Britain, who tend to be too easily motivated for 'micky

mouse competitions' and plan their year-round programmes very badly. I believe that our very best are capable of challenging the world's best and that sooner or later we will taste world level success again.

◆ **Our most successful athletes (e.g. Coe, Ovett, Cram) came to prominence in an age when there was little prospect of making a decent living out of the sport. Do you believe that today's athletes are more concerned about making money than winning medals?**

No doubt some are, but these tend to be the 'also-rans'. Most of our top runners give up a lot of earning potential each year in trying to peak for major championship performance.

◆ **Do you believe that it is still possible for an international athlete to hold down even a part-time job?**

Yes, but part-time only (!) if potential is to be fully realised. To be a full-time athlete is probably best - but not for everyone.

◆ **Rob Denmark was on record as saying that he was physically sick when he watched the 5K world record being reduced to 12:44. What would you say to him and others of his standard?**

Rob Denmark is a great talent and however he may have reacted at the time, I'm sure he will have long since put Mr. Gebreselasse out of his mind and that he will be concentrating on his own personal development - with Atlanta 1996 in mind. To do exactly that is, in fact, the best advice I could give. If Rob is at his best ever by then, he might well make the rest of the world feel sick!

◆ **If you could choose say ten highly-talented athletes and be given an unlimited source of finance and facilities to support them what would you do? Could this make the difference between them being say average internationals and Olympic champions?**

If my own time were 'freed up' also, I would bring these athletes together in a progressive series of camps (e.g. Loughborough, a warm-weather sea level venue, a couple of altitude venues, a pre Championship venue, etc.) with short breaks between rather like those between college terms/half terms. At each camp I would include personal coaches (as available), wives/husbands etc. (discretionary), physiotherapy and massage support, medical back-up, associated physiologists and other selected services (nutritionist, psychologist) as required. My model really would be based on what I do now at Loughborough / Albuquerque, but without being restricted so much as to the location and with enhanced back-up services geared specifically to the needs of the individuals involved. Yes, it could make the difference we are looking for!

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

Close, because there have been many, but it is still Jack Buckner's win in the European 5000 metres Championship in 1986, with a sub 3 minutes last 1200 metres, a winning time of 13:10 in heat and humidity, an outcome of four years of coaching and well 'against the odds'. Ten years will have been too long a wait, but it would be great to feel like that again in Atlanta!

# FORTIFY

by Frank J. Horwill

A friend of mine was a patient in a cancer ward and his treatment involved going without food and water for eight weeks. He survived on a drip. During that time he lost three stones in weight. Around him other patients frequently died. It was a depressing scenario. Asked how he managed with tubes into and out of his stomach and down his throat, he replied, "I start each day by saying, 'I'm going to enjoy this day and, whom can I help today'?"

***This is a good philosophy for all sportspeople to adopt.***

**R**ON CLARKE (AUSTRALIA) thirty years ago broke world records for 2 miles, 3 miles and 6 miles, also 3000 and 5000 metres, as well as the distance run in one hour. The 10000 metres world record had evaded him

many times and on one of his training runs by the sea he was pondering why this was so, when, in the distance in a rocky cove he heard much squealing and splashing in the water. Out of interest he

ran towards the scene and discovered a group of children lying on their backs in the shallow water throwing a ball to each other. Then he noticed a row of collapsible invalid wheel-chairs. The children were all paralysed. He turned away from the scene and muttered to himself, "What am I bothering about the 10000 metres world record for?" Sporting performance should always be put into perspective. If an

Ethiopian athlete during the height of his country's terrible famine were to run in to a Red Cross relief camp and exclaim, "I have broken the 5000 metres world record" there would be little interest unless he was carrying a bag of flour. The word -

**‘No matter what distance a race is that distance assumes major, and often exaggerated, proportions in our minds.’**

RECREATION - literally means recreating our mind and body. Because we can, we should. If we enjoy sport we will enjoy it more if we get better at it. Improving involves

the allocation of time. Our lives revolve around the three eights - 8 hours work, 8 hour sleep, 8 hours free time. Some of the free time will be required for taking meals and some for travelling to and from work. At the very least we can find one hour a day to practise our sport. When we choose that hour is our prerogative. Roger Bannister as a medical student at St. Mary's Hospital, Paddington, chose to use his

lunch hour for a 10 minute jog to Paddington track, where he ran 10 x 440 yards in about 60 seconds with 2 minutes rest, then he ran back to work. The whole procedure took 48 minutes, leaving him time to eat his lunch. If you want to train for sport you can always fit it in somehow. Time is precious. Our lease of life is seventy years. We know little of the first and last five years. We are at our physical peak in sport for about five years, although we may compete in one way or another for twenty-five years. This means that every training session is a precious piece of our time. It is an investment which will pay dividends in the future. The more we invest the better the return.

Training must have a point. It is a journey towards a destination, a fixed one in our minds. The terminus must be reachable and challenging. It may be to run a mile in sub 4 minutes. What will it take to do this? First of all we have to become familiar with the pace, 59 seconds per 400 m, not 60 seconds which is only 403 per mile. We can achieve this by taking segments of the distance and running them at the appropriate speed. We may have to start with very small sections such as 200 m until we can do twice the actual distance, i.e. 16 x 200 in 29.5 seconds. We want to get them all done on time but with some difficulty, a recovery time of double the time of the run will suffice (59 seconds). When we can handle that we can extend the segment a further 100 m to 300 m at the same speed with the same rest as we had before (59 seconds). We are getting used to sustained running. Eventually we can reach the point where we can run

1200 m non stop in 2:57, we are on the way. This is progressive training, we have started small and grown. In order to aid the body's acceptance of 59 seconds per 400 m we need to train faster than that, say 55 seconds per 400 m. For this we will have to do less and with more recovery, e.g. 4 x 400 in 55 seconds with 3-4 minutes rest. When we handle that comfortably we can consider reducing the

broke the world record within a year. There are many 800 metre runners who shun the 1500 metres event and many 1500 metres runners who avoid 3000 and 5000 metres races. Likewise, they do not entertain racing under distance. Like Cunningham, they stick to one distance and stagnate. They are virtually afraid, scared of not looking so good as in their main event. We come to a very

# THE MIND

## for **better** performance

recovery time in blocks of 15 seconds until we may eventually repeat the session with only half of the original rest time. This may

take several weeks, months or even years. We are still traveling towards our destination, it may be long and difficult, but we must stick to the route.

Start with a very minor challenge and build on it!

No matter what distance a race is that distance assumes major, and often exaggerated, proportions in our minds. The 800 metres event to a predominantly 400 metre runner takes on the appearance of a marathon! We have to conquer that fear of the distance. Roger Bannister did it by running 3 x 1.5 miles ?? slower per lap than his intended sub 4 minute mile. If the mile seems formidable it will be less so if we regularly run 2 miles. We can start cautiously by running eight consecutive laps of the track 10 seconds per lap slower than in our target mile (i.e. 69 seconds per 400 m). We should keep practising this until we get major reductions.

Glen Cunningham (USA) former holder of the world mile record, as a novice was ignorant of training methods. He repeatedly ran the mile distance in training and racing and tried to reduce the time for each race. He got used to the distance all right, but he reached a plateau of performance. Then, he met a coach who encouraged him to race 800 yards and 2 miles and then the mile, he also told him to train at these different speeds. He

important facet of fortifying the mind.

**WHATEVER IS DISLIKED MOST IN TRAINING AND RACING - DO MORE OF IT.** Derek Ibbotson disliked sprinting, consequently he was outsprinted in many races. He decided to spend a winter with his club's sprint group on top of his normal cross-country training. He became one of the fastest finishers ever in mile races. He also broke the world mile record.

Professor McDougall, a famous writer on psychology some forty years ago, stated that the seemingly useless practice of getting a box of matches each day and taking them out one by one and arranging them in line on a table was an exercise which would strengthen the will-power. We do not hear much of will-power training in sport. We may often hear of, "The will to win." But where does this will come from? No specific food or drug will provide it. Are we born with it or can we acquire it? Oscar Wilde sums up the weak-willed aptly when he said, "I can resist everything except temptation." The athlete has to resist certain excessive social behavioural patterns which are accepted as the norm. This is defensive use of the will. Can we go on the offensive? We can - and in doing so improve our performance. A middle-aged female took up running for the marathon. She had not participated in sport of any kind for twenty-five years. She was told to run for one minute and each successive day to add a minute. Because she had such a short stride her leg-strength was tested by making her hop 25 metres. She took 22 hops to cover the distance (world

### To sum

## FORTIFYING THE MIND:

1. Start each day with a declaration of intent, "I am going to enjoy this day."
2. You can run, many cannot and will not run. Some have never known what it is like to run. Make the most of it while you can.
3. You can train every day for at least one hour. There is no excuse not to.
4. Train with a goal in mind.
5. The method of achieving that goal must involve rehearsing the activity and aids to that activity.
6. Competition must not only include the specific event but other events which will test endurance and speed.
7. Exercise your will specifically by devoting time daily to the task you dislike most in training or a known weakness. Start small and progress.
8. A competition is a competition, if you have trained diligently and intelligently and done your best, you have succeeded. You are only a failure if you have not done these things.

class middle-distance runners can cover the distance in 9 hops). She was told to do hopping exercises every other day. After 100 days this female was running for 100 minutes and had reduced her total hops to fifteen. The secret of her success was to start with a very minor challenge and to build on it. Many start too ambitiously and break down, the will takes a severe dent.

Editor's note: This article originally appeared in Peak Performance.

# 12 TWELVE THINGS YOU SHOULD KNOW ABOUT TRAINING AND COMPETING IN HEAT

Frank Horwill

1. The heat in Atlanta, U.S.A., venue of the 1996 Olympic Games, will be no greater than the heat experienced in the 1984 Los Angeles Olympics. In the 5000 metres, Tim Hutchings went to the Games not having run under 13:20. In the final he ran 13:11, to place fourth. However, Steve Overt, dropped out of the 1500 metres with 350 metres to go. He collapsed shortly after. The paramedics described his conditions as "serious". He was rushed to hospital and later found to have an acute potassium deficiency.  
  
The heart muscle is packed with this mineral. Deviations show up clearly on a cardiogram. This mineral is lost in the sweat. Normally we can make this up if the diet includes dried apricot, all-bran, pure orange juice, coffee, tea, meat and fish. But, at Atlanta the sweat rate may be trebled for the same amount of effort in temperate conditions. Drinking pure orange juice at meal times and between meals is a safe precaution, it will also top up your vitamin C intake and help make iron more assimilated.
2. Emil Zatopek, triple gold medallist from the 1952 Olympics (5K, 10K, marathon), never had problems competing in hot climates. He always wore his track-suit during training.
3. Get in the habit of weighing yourself first thing in the morning and last thing at night. Consecutive days losing weight is a sure sign that you are dehydrating.
4. Thirst is not a good indicator of your body's needs. In fact, if you drink only when you feel thirsty you will already be on the way to dehydration. Make a point of drinking half a pint of water and half a pint of orange juice first thing in the morning and last thing at night. Keep the total fluid intake at around one pint per two hours.
5. When training have available a four-pint plastic container of water. This is not just for drinking. Heat loss occurs mainly via the head. Have water poured over your head every 10 minutes while in the stooped position. Similarly, have water poured over your legs, one at a time held in the horizontal position so that the water does not fill up the shoes. Once your core temperature rises more than two degrees C, in training you will become inefficient.
6. The decision to wear a hat is controversial. As stated, some ninety percent of the body's cooling takes place via the head. If a cap is worn this will restrict the process. This particularly applies to long distance running. But, if the sun's rays are at their zenith and you are not competing, a wide brimmed is preferable to a cap. If a cap is worn during competition this should be of the net-type with open-mesh fabric, NOT the normal American base-ball cap, unless at least four ventilation holes exist - you can always make your own holes!
7. Research has clearly shown that eating every four hours on the dot results in a greater physical output, improved acclimatisation to extremes of heat and cold, and better adaptation to altitude. In the last named venue, eating every three hours small meals has proved to be even more efficient.
8. Heat stroke occurs when the rectal temperature reaches 41 degrees C marked by irritability, aggression, convulsions, stupor and finally collapse with unconsciousness. These symptoms coincide with hypoglycaemia, but the rectal temperature is usually lower than 41 degrees C. Glucose given intravenously will cause a rapid recovery, but not to a heat-stroke victim. Races in excess of 10K should not be conducted when the Wet Bulb Globe Temperature Index exceeds 28 degrees C, or the dry bulb exceeds 27 degrees C. Runners in the marathon should drink 100 ml of fluid every 15 minutes and consume 450 ml of cold water beforehand. Sponge the head and limbs with water regularly. Research has shown conclusively that heat stroke sufferers did not sponge themselves as much as the non afflicted.
9. Research has shown that doing 250 step-ups onto a chair 18 inches high every day for 14 days where the temperature of the room has been raised to 30 degrees C will acclimatise an athlete more readily to temperatures in excess of this at the end of the two-week period. There is also good evidence that gentle exercise in a sauna or Turkish bath for one hour every other day for 14 days also leads to better acclimatisation.
10. There is a problem over salt loss and intake. When salt is taken as a supplement increased amounts are sweated out. In extreme cases sudden cramps will occur and one of the many runner's drinks should be consumed. However, an extra shake of the salt cruet at meal times will usually suffice. A simple test to discover whether you are in need of salt is to place one level teaspoonful of salt into a pint of luke-warm water, well shaken. If it makes you feel bilious you are not short of salt, if it is refreshing, your body needs it.
11. You can make up your own drink for hot weather training. Use a sterilised four-pint empty milk carton from a supermarket. Pour in 1 pint of pure orange juice, 2 pints of drinking water, 1 level desert spoonful of salt (some runners prefer less), 1 level teaspoonful of bicarbonate of soda, 5 grains of soluble aspirin and 1 level tablespoonful of powdered glucose. This solution provides a readily assimilable and palatable form of fluid, the mineral and energy requirements of the athlete engaged in strenuous physical activity are fully met, and has the great advantage that all the erstwhile solids are present in the solution and are therefore more rapidly absorbed. It is of proven benefit during races of more than 10K.
12. It need not be said that the increased sweat rate will lead to heavier deposits of salt around the body's protuberances which can lead to painful chaffing. All kit should be changed and/or washed daily. It is wise to have a tin of Vaseline to administer to tender areas so caused. Training in dark kit will absorb the heat and lead to greater heat gain. White training gear decreases the sun's penetration. ●



# Lest We Forget

HARRY WILSON

One of the aims of the BMC was to raise British miling to world supremacy. We hoped that, in years to come, our runners would meet and beat the best in the world at 1,500m and the mile, and that the world ranking lists each year would contain a good proportion of British names.

We are not in this position and we are still treating "inside 4" as being of prime importance, instead of thinking of times that will approach and surpass the present world records. So it seems to me that if the BMC are going to the trouble of arranging paced races we must aim for 3:55 and not inside 4:00. Athletes will have to aim higher in their fitness levels!

In my view we are letting down the sponsors of races unless we have such targets in mind. It is obvious that if people are going to provide fairly large sums of money for invitation races they are going to expect some return for their money.

If the race results in a fast time their return is two-fold - local and national publicity, and the satisfaction that their money has gone towards the general improvement of the event. But, if the race is poor their reactions are quite different and often run along the lines of "is it worth sponsoring another event next year?".

I spoke to the representative of a firm who sponsored a big race (non BMC) recently and he was bitterly disappointed that his firm's money had been spent on a performance that could be found in most open meetings. It is no good athletes saying "we will please ourselves how we run" - surely if we accept sponsorship we accept the responsibility that goes with it - to attempt to produce an exciting race in a fast time.

I mentioned earlier the practice of having paced races to provide fast times but I now feel that this practice is reaching the point where many runners are saying "unless we have pace-makers we can't run fast times". If this is the case the BMC has failed because I'm sure our aim was never to produce a crop of milers

whose ability to run a fast time depended on assistance from other runners.

I accept that pace-making is valuable on occasions and that some runners find following much easier than leading, but part of an athlete's training plan must be to put himself in a position where he can go out and race up to his level of fitness at any particular time.

I'd like to think that there are times when an athlete will say "I'm going out today to run as fast as I can - if anyone beats me they will have to run faster". I know that the main object is to win, but there are ways of winning a mile race other than running three laps slowly and one lap fast.

In so many cases this sort of race results in satisfaction for only one runner in the race - the winner. The other runners are usually frustrated by not winning and by finishing with times well outside their capabilities. It is of no value to go on about last laps of 54 or 55 secs - we can always expect fast last laps if the first three are slow.

A coach's job is to help an athlete achieve a high level of fitness, and it must be the athlete's job to attempt to race up to this level. If an athlete knows from his training that he can run inside 4:10 for a mile, let's have him go out and try to race up to that level. If he runs a personal best but gets beaten, he will have been beaten by a man who is just that bit fitter on the day, not by the man who is not so fit but happens to be able to run a faster last lap after three slow laps.

I have seen paced races now taking place in club matches in order to get people to run fast times - what happens to these people when they run in Championship Finals, when they have no friends to whom they can turn for help? Then each runner has to rely on his own resources to find a way of winning and the set tactics of waiting until the last lap is not the best then you must make the pace hard early on.

If you decide that you can't afford to wait for the last lap it's no good going into the lead and setting a slow pace. You must run fast and attempt to take the sting out of the fast finishes. This point appeared in books on running 50 years ago, but seems to have been overlooked recently.

It wasn't overlooked by Keino in the 1,500m in Mexico. He didn't just lead, he broke away! If you lead you must try to break away either by a hard sustained pace or by lung bursting spurts. It seems strange to be 'plugging' these two elementary tactical rules but they are just as relevant today. After all, what's the point of doing prodigious amounts of training to produce a high level of fitness if you then go out and race slowly!

## NEW MEMBERS

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

2638	Maria Carville	Gold	2641	Clare McCarthy U17	2650	Brendan Smith U20 Gold
2639	Stephen Sharp		2642	Tom Ranger U20	2651	Simon Plummer U20
2640	Chris Curtis U20		2643	Joanna Anthony	2652	Ken Harker
			2644	Scott Williams U17	2653	Stephen Briffett U17
			2645	Tony Thompson U20	2654	Noel Stoddart U20
			2646	Matthew Clarke	2655	Gerard Cagney
			2647	Karen Thorp	2656	Kerry Smithson Gold
			2648	Caroline Thomas	2657	Neil Heppel U20
			2649	Eddie King Gold	2658	Andy Stuckey Gold

# RUNNING AROUND THE WORLD

## SYDNEY, AUSTRALIA

IN THE FIRST OF A NEW SERIES LOOKING  
AT MIDDLE AND LONG DISTANCE  
AROUND THE WORLD TIM GROSE  
REPORTS FROM SYDNEY,  
AUSTRALIA, HOME OF THE  
2000 OLYMPICS.



After a 24 hour flight from London, four hours of which you actually spend flying over Australia, the view from the plane of Sydney with the Harbour Bridge and the Opera House is nothing less than spectacular and more than makes up for the turmoil that the body has to endure with the 11 hour time difference. Sydney, the largest city in the state of New South Wales, is situated in the south-east corner and like virtually all the big cities in Australia lies on the coast. Many people mistake Sydney for the capital of Australia (that is Canberra home of the Australian Institute of Sport) but most Sydneysiders like to think that it is and with the Olympics coming to the city in the year 2000 it is certainly the sporting capital of Australia if not the political one.

It doesn't take long in Oz to realise that Aussies are fanatical about sport but when you consider that even a winter's day isn't much cooler than one of our typical summer's days then it is not hard to see why. However, with the warm climate and the fact that most Australians don't live more than an hour from the beach, water-based sports are much more popular than athletics. It is an interesting theory that if an activity is in-bred into the culture of a nation then success at the highest level often follows. Australians won four gold medals at the last swimming world championships but have no current world champions in track and field. The same premise can be applied to Africans running to school at an early age and then seemingly winning everything in later life.

I was fortunate enough to staying less than 200 yards from Manly Beach, the home of surfers and Linford Christie during his winter training trips. A run along the beach quickly dispels the notion that the jogging boom is dead. They seem to be everywhere and those not wishing to jog are into fitness walking and rollerblading. For the more serious athlete a visit to Homebush key site of the Olympics is a must. This is about ten miles from the centre of Sydney and by 2000 you will be able to get there by either road, rail or water. The complex is quite splendid and they haven't even started building the 80,000 seat Olympic Stadium yet. There are already two athletics tracks on the site - the 15,000 seat Sydney International Athletics Centre and an adjacent full size warm-up track. During the Olympics these will be used as warm-up and training tracks respectively. It is envisaged that the track in the Olympic Stadium will be dug up after the Olympics to increase the capacity to 120,000 for the more lucrative rugby league scene. However, should a major event such as the Commonwealth Games come to Sydney, the track could be reinstalled.

The beauty of the Homebush site is that most of the sports and the Olympic Village will all be within walking distance of each other. The swimming pool, general sports centre, hockey pitches and a golf driving range are already in place and the Olympic Stadium, Village, velodrome, multi-use arena, baseball and tennis centres will be completed by 1999. Events like the triathlon will take place in Sydney Harbour in the heart of the city. The action will take place

during September when the average temperature should be less than 20 degrees C, which should be ideal for the Poms.

The numbers in competitive running in Australia although by all accounts still reasonably healthy are, just as in the UK, not what they were. Sydney's most famous race, the City to Surf, attracts over 40,000 but the general feeling is that sports like triathlon now offer the average fun runner more of a challenge and the Australian marathon living legends Rob de Castella, Lisa Ondieki and Steve Moneghetti are now having to share the limelight with the likes of Emma Carney, Michelle Jones and Brad Beven. One very good idea is that small clubs join forces to compete in track and field leagues,

although they still run in their own club's kit and often have no idea who their team mates are.

The dilemma for the top runners like Moneghetti, Shaun Creighton, Julian Paynter and up and coming stars like Paul Bryne and Brendan Hangan is whether to compete in the domestic grand prix series which runs from December to March and still be sharp for the European summer. It doesn't seem to be hampering the pole vaulter Emma George but distance runners are often not so lucky.

The Australian athletics press comprises two highly-entertaining and readable bi-monthly magazines, 'Australian Runner and Athlete' which is best for track running and 'Fun Runner' which concentrates on the road-running scene. The latter was until recently edited by the 1990 Commonwealth 5K champion and ex-Belgrave Harrier Andy Lloyd. He is now flogging Reeboks and is

obviously good at it as he managed to sell me a pair at a rendezvous near the Harbour Bridge! Both magazines contain some excellent coaching and training articles and I conclude this report with some observations about VO<sub>2</sub> Max and tapering made by Dr Glenn McConnell, an exercise physiologist at Monash University.

VO<sub>2</sub> Max starts to reduce after 12 to 15 days of non-activity by endurance athletes but can be maintained for as long as ten weeks despite substantially reduced training loads. However, VO<sub>2</sub> Max is not a sensitive indicator of performance. Athletes who only trained easily three days a week for four weeks did not lose their VO<sub>2</sub> Max levels but 9 out of 10 were slower over 5K. A similar result was found for athletes who just did one very intense run a week and nothing else in the four-week period.

Why is this? Reduced training can supply a sufficient stimulus to maintain cardiovascular adaptations such as blood volume and stroke volume. However, muscle adaptations appear to be lost at a

faster rate and therefore blood lactate levels become more elevated during exercise and performance is compromised.

Tapering has been shown to improve performance. One study claimed that trained endurance athletes who cut back their weekly training load for one week from about 75 km to just 10 km, but of high quality improved by up to 30 seconds over 5K. Tapering of the form of a few easy jogs and/or no running at all is not very effective. The best way is to reduce training volume greatly while increasing intensity over 5 to 10 days. One suggestion for a tapering week is to run 5 x 500 at 1:50 pace with 6 minute walk recovery on day 1 then do the same session on the next four days but reduce the number of reps by one each day so that on day 5 you just do one 500. Day 6 should be a complete rest day and day 7 the race.

One reason for the success of tapering is that muscle glycogen, which can be chronically depleted during heavy training loads, can be restored to optimum levels. Surprisingly, VO<sub>2</sub> Max is not increased by tapering. A better indication of fitness is the aerobic enzymes in the leg muscles and the anaerobic threshold which are

both increased. Running efficiency is also improved so you can run faster for the same amount of oxygen. VO<sub>2</sub> Max can be increased with training but after a few years of solid work very little improvement will be seen. However, it is possible to

**‘Tapering of the form of a few easy jogs and/or no running at all is not very effective’**

continue to increase the anaerobic threshold or the percentage of your VO<sub>2</sub> Max that you can maintain. This should be done by the tried and tested mixture of long, relatively easy running, interval sessions and continuous, sustained runs at or near the anaerobic threshold. VO<sub>2</sub> Max does not naturally change much as we grow up but the percentage of VO<sub>2</sub> Max that we can hold does. One study suggests that 17 year olds could nearly maintain 100% VO<sub>2</sub> Max for 9 minutes but as 10-year olds they could only manage 86%.

The anaerobic threshold is particularly important in races over 3K as you will be running slower than the pace equivalent to your VO<sub>2</sub> Max and so performance will dependant on how efficient you are and what percentage of VO<sub>2</sub> Max that you can maintain. A high VO<sub>2</sub> Max in the first place is of course a good start! Different athletes can achieve higher tolerances than others which means that their running efficiency is better. The classic case is of Frank Shorter, the 1972 Olympic Marathon champion, who had a VO<sub>2</sub> Max of 72 whereas world-class male runners usually have values in the mid 80s.

Ron Clarke, the great Australian distance runner of the 1960s, has also been expressing his views. He points out that his VO<sub>2</sub> Max was better than world record milers Jim Ryun, Herb Elliott and Peter Snell but lower than marathoner Derek Clayton. However, the highest recorded VO<sub>2</sub> Max in Australia was by Geoff Hunt, the squash player and worldwide Scandinavian cross-country skiers were highest of all. He states that much of his training was based on runs of 12 to 15 miles, the latter stages of which were "on the edge" of the anaerobic threshold, and included little of what would be called speedwork. He does however make the valid point that the mixture of aerobic and anaerobic training should be tailored to the athlete's chosen event and his/her strengths and weaknesses.

The morale of the story is that a high VO<sub>2</sub> Max value is highly desirable but a high anaerobic threshold and excellent running efficiency are other factors that define a world-class runner. Another would be the opportunity to spend the British winter down under!



**‘The beauty of the Homebush site is that most of the sports and the Olympic Village will all be within walking distance.’**





**T**his is the 28th successive year that I have compiled annual merit rankings of British athletes. As usual they are based on an assessment of form during the outdoor season. The major factors by which the rankings are determined are win-loss record, performances in the major meetings, and sequence of marks.

I endeavour to be as objective as possible, but form can often provide conflicting evidence, or perhaps an athlete may not have shown good enough results against leading rivals, or in very important competition, to justify a ranking which his or her ability might otherwise warrant. I can only rank athletes on what they have actually achieved. Much depends on having appropriate opportunities. It is obviously harder for an athlete living in a remote part of the UK than one who is close to the major centres of competition, and it may be hard to break into the elite who get

the invitations for the prestige meetings. Difficulties also arise when athletes reach peak form at different parts of the season or through injury miss significant competitions.

Once again it should be pointed out that the rankings are by no means necessarily the order in which I think the athletes would have finished in an idealised contest, but simply my attempt to assess what has actually happened in 1995.

I hope that I have not missed many performances, but I would be very pleased to receive any missing results at 10 Madgeways Close, Great Arnwell, Herts SG12 9RU. A full listing for all events (12 pages) is available for £2 including postage.

For each event the top 12 are ranked. On the first line is shown the athlete's name, then their date of birth followed, in brackets, by the number of years ranked in the top 12 (including 1995) and their ranking last year (1994), and finally, their best mark prior to 1995. The following lines include their best six performances of the year (followed, for completeness, by significant indoor marks indicated by 'i', although indoor form, the subject of a separate assessment, is not considered in the rankings). Then follow placings at major meetings, providing a summary of the athlete's year at the event.

#### Abbreviations include

AAA v LC	AAA v Loughborough Students
BL	British League
BUFA	BUFA International at Sheffield
CAU	Inter-Counties at Bedford
Cork	Cork City Sports
Cup	Guardian Cup Final at Stoke-on-Trent
E.Clubs	European Clubs Cup
[Cup	European Cup
EJ	European Junior Championships
ESch	English Schools
GhG	BUFA Gateshead Games
GPF	Grand Prix Final at Monaco
HCI	Home Countries International
IR	Inter-regional at Birmingham
IS	Inter-Services
KP	KP Games at Crystal Palace
McD	McDonald Games at Crystal Palace
NvS	North v South of Thames v West at Enfield
TSB-CP	TSB Grand Prix at Crystal Palace
TSB-Ed	TSB Challenge at Edinburgh
U23 Int	Under 23 international at Narbonne
v Fra J	Junior International v France at Belfort
v USA	At Gateshead
S.Nat	Small Nations International - Wales v Scotland, Israel, Turkey at Istanbul
WCh	World Championships
WG	Welsh Games at Cwmbran
WSG	World Student Games

## MEN

### 800 METRES

- Curtis Robb** 7.6.72 (5y 9) 1:44.92 '93  
1:46.34, 1:46.35, 1:46.78, 1:47.14, 1:47.7, 1:48.72;  
1 BL2 (1), 6KP, 1 AAA, 1 BUFA, 8i WCh
- David Strang** 13.12.68 (3y 7) 1:45.85 '92  
1:46.02, 1:46.68, 1:47.0, 1:47.06, 1:48.11, 1:48.76;  
2 AAA, 2B Osh, 3 BUFA, 4h3 WCh, 1 BL1 (4), 2 v USA,  
8 McD
- Craig Winrow** 22.12.71 (4y 1) 1:46.54 '94  
1:46.68, 1:47.6, 1:47.67, 1:48.11, 1:48.14, 1:48.25;  
6 Rome, 8 ECp, 2 WG, 6 AAA, 4 BUFA, 2 Stretford 1/8,  
3 v USA, 9 McD, 1 BLQ
- Lee Cadwallader** 17.1.69 (1y -) 1:47.53 '93  
1:47.8, 1:48.28, 1:48.45, 1:48.62, 1:49.0, 1:49.01;  
1r2 Wyth, 2 IR, 1 BMC Lough, 1 Stretford 2/16, 2 KP Dev,  
4 WG, 4 AAA, 6 BUFA, 1 Stretford 22/8, BL2: -1B, -2
- Gary Lough** 6.7.70 (1y -) 1:49.01 '91  
1:48.03, 1:48.88, 1:49.03, 1:49.30, 1:49.5;  
3 La Celle, 9 GhG, 3 AAA
- Tom McKean** 27.10.63 (11y 3) 1:43.88 '89  
1:47.46, 1:48.07, 1:49.9, 1:50.17, 1:50.38, 1:50.70, 1:48.72i,  
1:49.85i, 1:50.04i;  
dnf Scot, 1 BL1 (3), 7 GhG, 10 KP, 7 AAA
- Clive Gilby** 24.2.66 (2y -) 1:47.90 '92  
1:47.33, 1:48.15, 1:49.07, 1:49.7, 1:49.79, 1:50.67;  
3 Wyth, 1 AAA v LC, 1 BL2 (2), 5 GhG, 11 KP 4h5 AAA,  
10 BUFA
- Matthew Yates** 4.2.69 (6y -) 1:45.05 '92  
1:47.98, 1:48.11, 1:49.24, 1:49.9, 1:51.10, 1:49.82+;  
8 GhG, 3 WG, 5 v USA, 1 Cup
- Jason Lobo** 18.9.69 (1y -) 1:47.7 '89  
1:48.14, 1:48.5, 1:48.66, 1:48.73, 1:49.02, 1:49.36;  
5 Wyth, 2 North, 3 Cork, 2h1 AAA, 2 Stretford 22/8, 13 Berlin
- Andy Hart** 13.9.69 (1y -) 1:48.06 '92  
1:48.2, 1:49.2, 1:49.3, 1:49.5, 1:50.0, 1:50.9, 1:51.80;  
1 IR, 2 Stretford 27/6, 1 Cup sf Derby, 2 BLQ



- 11 **Martin Steele** 30.9.62 (9y, 2) 1:43.84 '93  
1:49.15, 1:49.4, 1:49.7, 1:50.28, 1:51.47, 1:48.95L, 1:49.17L;  
1 Wyth, 1 North, 3 Stretford 27/6, 8 AAA
- 12 **Kevin McKay** 9.2.69 (6y, -) 1:45.35 '92  
1:48.0, 1:49.59, 1:50.5, 1:52.1, 1:52.14;  
2 Cup of Derby, 3 Stretford 1/8, BL4 -1,1
- 12 **Tony Morrell** 3.5.62 (8y, -) 1:44.59 '88  
1:48.7, 1:49.01, 1:49.41, 1:49.8, 1:50.32, 1:50.4;  
3 Scot, 3h5 AAA, 8 BUPA, 3 Stretford 22/8, BLS. -,1,1
- **Andy Keith** 25.12.71 (0y, -) 1:47.56 '92  
1:47.59; 5B Stockholm

Robb was back as AAA champion and at the top of the rankings, and Strang joined him in Gothenburg, but Winrow was not as good as in 1994 and it was, as in 1994, a very poor year by the usually excellent British 800m standards. Lobo made a fine comeback, but did not run as fast as in 1989 when with 1:47.7 he was 20th fastest in Britain. Morrell just makes the top 12, for the first time since 1991. In 1988 he was ranked 5th with a best of 1:44.59 - anyone who had run such a time in 1995 would be way ahead of the list. In 1988 the 10th best was 1:46.13, this year's standard of 1:48.14 is a little better than in 1994.

## 1500 METRES - 1 MILE

- 1 **John Mayock** 26.10.70 (5y, 2) 3:36.45 '93, 3:56.90M '91  
3:34.05, 3:34.58, 3:34.63, 3:51.89M/3:36.54, 3:37.32,  
3:55.36M, 3:55.42M,  
6 Moscow, 1 GhG, 4 KP, 1 AAA, 9s1 WCh, 7 Zurich, 5  
Cologne, 2 v USA, 6 Brussels, 1 E.Carr, 6 Berlin, 6 GPF
- 2 **Gary Lough** 6.7.70 (3y, 4) 3:35.83/3:59.48M '94  
3:34.76, 3:34.82, 3:36.01, 3:36.39, 3:37.59, 3:37.73, 3:37.78,  
3:55.91M,  
1 AAA v LC, 4 [Cp, 5= KP, 9 Oslo, 9 WCh, 11 Cologne, 3  
v USA, 7 Brussels, 5 E.Carr, 7 Berlin, 7 GPF
- 3 **Kevin McKay** 9.2.69 (7y, 3) 3:35.94 '92, 3:53.64M '94  
3:37.27, 3:38.13, 3:40.83, 3:41.81, 3:42.13, 3:43.87;  
1 BL2 (2), 2 AAA v LC, 1 Lucerne, 8 GhG, 14 KP, 2 AAA, 6  
Oslo, 6h2 WCh, 4 v USA
- 4 **Bruno Witchalls** 22.3.75 (1y, -) 3:45.11 '94, 4:10.5M '93  
3:41.51, 3:42.37, 3:42.81, 3:43.26, 3:43.88, 3:47.79,  
2 B.Univ, 5 AAA v LC, 2 GhG Dev, 3 AAA, 1 U23 Int, 4  
WSG
- 5 **Brian Treacy** 29.7.71 (2y, 6) 3:38.93 '94, 4:00.67M '90  
3:39.87, 3:40.91, 3:41.69, 3:41.73, 3:42.15, 3:43.23;  
4 Granada, 4 AAA, 3 Maia, 9 WSG
- 6 **Andrew Keith** 25.12.71 (2y, 7) 3:39.06/3:57.7M '93, 3:58.97M '94  
3:39.17, 3:57.96M, 3:41.32, 3:41.96, 3:42.82, 3:43.33;  
3:59.52M, 4:00.15M;  
2 Cork, 5 St Petersburg, 5 AAA
- 7 **David Strang** 13.12.68 (3y, 5) 3:36.53/3:54.30M '94  
3:56.05M, 3:39.94, 3:41.39, 4:02.6M,  
8 Eugene, 5 GhG, 11 KP
- 8 **Neil Caddy** 18.3.75 (1y, -) 3:46.16 '94, 4:04.9M '94  
3:39.67, 3:59.6M, 3:42.1, 3:42.15, 3:42.2, 3:43.12; 1 Wyth, 1  
Bath, 7 AAA, 1 Chham, 2 U23 Int, 5 Copenhagen, 1 McD  
Dev, 1 Se'ton
- 9 **Rob Denmark** 23.11.68 (5y, -) 3:38.34 '92, 3:55.38M '90  
3:37.99, 3:40.82,  
4 Hengelo, 13 KP
- 10 **Simon Fairbrother** 28.3.68 (5y, -) 3:38.64 '92, 3:59.5M '89  
3:41.92, 3:42.54, 3:43.37, 3:44.72, 4:04.13M, 3:47.25;  
3 AAA v LC, 4 Geneva, 11 AAA, 13 Copenhagen, 11 E.Carr,  
3 Kilkenny, 1 Cup, BL1 -1,1,1
- 11 **Steve Green** 18.2.71 (1y, nr) 3:39.19/3:59.6M '94, 4:06.5M '90  
3:42.4, 3:42.49, 3:42.95, 3:43.02, 3:43.54, 3:43.85; 2 Wyth, 1  
Nurmi, 4 AAA v LC, 12 GhG, 3h3 AAA, 3 McD Dev

- 12 **Andy Hart** 13.9.69 (1y, -) 3:44.9 '94, 4:02.7M '91  
3:42.03, 3:42.41, 3:42.7, 3:43.42, 3:43.47, 4:01.8M,  
3 B.Univ, 3 Wyth, 2 Bath, 2 Nurmi, 8 AAA v LC, 1 Salisbury,  
6 AAA, 2B Oslo, 3 Chham, 12 McD Dev
- **Jon Wild** 30.8.73 (0y, -) 3:42.50 '94  
3:41.40, 3:59.79M, 3:42.12, 3:42.43, 3:42.7, 3:42.73;  
8 NCAA, 1 GhG Dev, 1 WG, 4h3 AAA
- **Matthew Yates** 4.2.69 (5y, 1) 3:34.00 '9, 3:52.75M '93  
3:40.69, 4:01.66M, 3:46.05, 4:08.1M, 4:09.53M;  
dnf Nice, 6B Oslo, 12 Brussels, 10 E.Carr, 15 Berlin
- **Tony Whiteman** 13.11.71 (1y, -) 3:41.92/4:03.87M '94  
3:59.44M, 3:43.4, 3:45.50, 3:45.9, 3:47.54, 3:41.28, 3:44.21;  
2 Salisbury, 3h2 AAA, 1 Birmingham, 11 McD Dev, 1 Hong  
Kong

### M = 1 mile time. Equivalents:

3:35.0m = 3:52.0M, 3:38.0m = 3:55.3M, 3:41.0m = 3:58.6M,  
3:44.0m = 4:01.8M

Times in brackets are 1500m times en route to 1 mile.

Sadly Yates, top in 1994, dropped out of the rankings, and again missed most important British races. Mayock and Lough made progress and ran consistently well in Grand Prix races. Mayock made his first no.1 ranking and won the Emsley Carr Mile. McKay is a clear 3rd and Witchalls, although yet to run very fast times, is the highest newcomer; his 4th place ensured by his AAA 3rd and WSG 4th. The next best newcomer was Caddy, who had a splendid series of wins in BMC races. After him there was little to choose between a large group.

## 3000 METRES (Not ranked this year)

- John Mayock** 26.10.70 7:48.47 '92, 8:03.75/8:32.54M '91  
7:47.28, 7:52.99; 7:46.80L, 7:49.85L, 7:51.57L, 7:51.86L  
1 Cork, 1 Sheffield
- Rob Denmark** 23.11.68 7:39.55 '93, 8:26.05M '92  
7:47.80, 7:56.22, 7:59.8+, 8:02.16;  
2 BUPA, 1 v USA, 8 McD
- John Nuttall** 11.1.67 7:51.58 '93  
7:48.59, 7:53.59, 7:59+, 8:02.51;  
4 BUPA, 2 v USA, 5 McD
- Gary Lough** 6.7.70  
7:49.45, 7:59.9;  
1 Lough, 3 Bratislava
- Andrew Keith** 25.12.71 8:02.81/7:49.83 '94  
7:54.37, 7:57.38; 7:59.19L, 8:10.75L  
6 New York, 10 BUPA
- Jon Wild** 30.8.73  
7:55.16; 8:03.87, 8:07.07, 8:08.62;  
5 Cork

## 5000 METRES

- 1 **Rob Denmark** 23.11.68 (5y, 1) 13:10.24 '92  
13:13.77, 13:15.83, 13:37.14, 13:37.57, 13:37.88,  
1 Nuremberg, 3 GhG, 1 AAA, 13 Oslo, 6h1 WCh
- 2 **John Nuttall** 11.1.67 (7y, 2) 13:23.54 '94  
13:16.70, 13:20.91, 13:25.18, 13:46.82, 13:49.25;  
5 Rome, 2 ECp, 12 Stockholm, 14 WCh
- 3 **Adrian Passey** 2.9.64 (1y, -) 13:30.99 '89  
13:22.73, 13:28.83, 13:32.88, 13:35.69, 14:08.06, 14:15;  
8 Nuremberg, 8 Helsinki, 8 GhG, dnf AAA, 9 Hechtel, 12h3  
WCh
- 4 **Jon Brown** 27.2.71 (5y, 3) 13:19.78 '93  
13:37.83, 13:39.68, 13:49.77, 14:03.4;  
13 Lausanne, 2 AAA, 1 Nivelles

- 5 **Paul Evans** 13.461 (5y, 11) 13:30.83 '92  
13:25.38; 4 Helsinki
- 6 **John Sherban** 30.764 (2y, -) 13:39.43 '91  
13:46.76, 14:01.24, 14:08.21, 14:20.9,  
6 AAA, BL1, -, 2, 1, 1
- 7 **Gary Staines** 37.63 (8y, 7) 13:14.28 '90  
13:38.42, 14:03.74;  
9 Helsinki, 10 AAA
- 8 **Ian Robinson** 21.469 (1y, -) 14:03.93 '92  
13:42.85, 14:07.88; 13:59.38, 13:59.96, 14:09.56;  
4 Madison
- 9 **Justin Chaston** 411.68 (1y, -) 13:59.59 '94  
13:51.86,  
7 AAA
- 10 **Jon Sully** 28.663 (4y, -) 13:22.39 '86  
13:56.96, 13:58.43, 14:17.5,  
18 GbC, 8 AAA
- 11 **Glyn Tromans** 17.369 (1y, -) 0  
13:55.23, 14:00.27, 14:06.29,  
1 CAL, 16 Helsinki, 11 AAA
- 12 **Andrew Keith** 25.12.71 (1y, -) 0  
13:48.13;  
12 Philadelphia
- **Jon Wild** 30.873 (0y, -) 0  
13:49.15, 14:19.8;  
10 Walnut, 6 U23 Int

Denmark made it five years at the top of the UK 5000m rankings, but he got stuck at 13:37s after two fast times. Nuttall, 2nd again, improved his best time and made the world final, and Passey ranks for the first time at 5000m, six years after his last ranking at 1500m - a triumph for perseverance, but unfortunately he got injured in Gothenburg. Only the top four showed consistent form, and the overall standard was far below what it used to be in Britain, so that some athletes who just had one or two moderate runs made the rankings. The 10th best of 13:49.15 is the worst since 1970 (record 13:28.44 in 1984).

## WOMEN 800 METRES

- 1 **Kelly Holmes** 19.470 (4y, 1) 1:58.64 '91  
1:56.21, 1:56.95, 1:57.56, 1:58.27, 1:58.77, 2:00.23,  
1 Helsinki, 1 IS, 1 KP, 1 AAA, 3 WCh, 1 McD, 3 Berlin, 2 GPF
- 2- **Ann Griffiths** 20.865 (5y, 2) 1:59.81 '94  
2:01.94, 2:02.12, 2:03.3mx, 2:04.03, 2:04.9mx, 2:06.4mx;  
3 v USA, 6 Copenhagen, 6 McD
- 2- **Sonya Bowyer** 18.972 (2y, 3) 2:02.30 '94  
2:01.67, 2:02.60, 2:04.43, 2:04.53, 2:05.9, 2:07.66; 2:04.83r  
8 Moscow, 1 AAA v LC, 4 ECp, 10 KP, dnf AAA
- 4 **Natalie Tait** 24.872 (1y, -) 2:05.1 '89  
2:02.69, 2:03.2, 2:03.32, 2:03.79, 2:04.31, 2:04.50;  
3 AAA v LC, 1 South, 6 Helsinki, 1 Tallinn, 4 AAA, 3 WSG,  
1 Cup
- 5 **Abigail Hunte** 12.571 (1y, -) 2:04.50 '94  
2:02.47, 2:04.25, 2:04.26, 2:06.22, 2:07.29, 2:09.72; 2:04.97i,  
2:06.31i  
1 WG, 3 AAA, 5 v USA, 9 McD
- 6 **Vicki Lawrence** 9.673 (2y, 11) 2:04.69 '94  
2:04.42, 2:04.77, 2:04.8mx, 2:05.93, 2:06.57, 2:06.67,  
3 Basel, 1 Scot, 6 AAA, 2 SNat, 1 U23 Int, 6 v USA, 1 McD  
Dev, 4 Rieti
- 7 **Paula Radcliffe** 17.12.73 (1y, -) 2:05.97 '93  
2:05.22, 2:06.55,  
5 AAA
- 8 **Helen Daniel** 24.10.63 (9y, 9) 2:01.86 '87  
2:05.96, 2:06.77, 2:06.80, 2:07.87, 2:08.18, 2:08.28,  
1 NvSI, 1 CAL, 5 Crawley, 2 AAA v LC, 3 WG, 2h3 AAA, 6  
McD Dev
- 9 **Mary Kitson** 2.463 (3y, -) 2:02.83 '91  
2:03.8mx, 2:06.36, 2:06.8mx, 2:07.25, 2:07.78, 2:08.93,  
2 South, 5 GbC Dev, 7 AAA, 8 Stockholm
- 10 **Alison Layzell** 16.12.66 (1y, -) 2:04.84 '94  
2:07.06, 2:07.17, 2:07.38, 2:07.38, 2:07.5, 2:08.3,  
1 Wyth, 1 IR, 3 Crawley, 1 Welsh, 4 WG, 2h2 AAA, 1 SNat
- 11 **Michelle Faherty** 10.868 (1y, -) 2:05.38 '94  
2:05.3, 2:07.06, 2:07.53, 2:09.0, 2:10.11, 2:10.13;  
2 IR, 7 Crawley, 1 North, 1 Nth IC, 2 McD Dev,  
1 Stretford 5/9
- 12 **Vicky Sterne** 12.10.68 (1y, -) 2:18.72 '82  
2:06.1, 2:07.09, 2:08.0, 2:08.60;  
1 Mid, 5h4 AAA, 3 McD Dev, 2 Stretford 5/9
- **Jacqui Parker** 15.10.66 (0y, -) 2:03.78 '93, 2:08.9 '94  
2:04.8 mx, 2:06.44
- **Angela Davies** 21.10.70 (1y, 7) 2:03.67 '94  
2:05.11, 2:06.1mx, 2:07.3, 2:08.2; 2:09.51r;  
3 Lough 2005

Holmes's marvellous season included the English record for 800m to win the AAA title and then new British marks for World 3rd and Grand Prix 2nd. The first three are the same as in 1994; injuries meant that Griffiths did not start competitive running until July, while Bowyer's season ended then. There are six newcomers to the rankings at this event. They are headed in 4th and 5th places by Tait, who began to fulfil her youthful promise, especially with her World Student Games bronze, and Abigail Hunte, who returned from the US to run for Britain internationally. The 10th best of 2:05.3 is the worst since 1976 (record 2:02.75 in 1984).

## 1500 METRES

- 1 **Kelly Holmes** 19.470 (2y, 1) 4:01.41 '94  
4:03.04, 4:04.20, 4:07.02, 4:09.15, 4:10.98, 4:11.87,  
1 V d'Ascq, 1 ECp, 1 GbC, 2 WCh
- 2 **Yvonne Murray** 4.10.64 (13y, 2) 4:01.20 '87, 4:22.64M '94  
4:05.61, 4:11.47, 4:17.92;  
3 GbC, 1 AAA
- 3 **Paula Radcliffe** 17.12.73 (2y, -) 4:11.6/4 36.46M '93  
4:06.84, 4:28.91M, 4:11.91;  
1 Dijon, 4 GbC, 9 Cologne
- 4 **Alison Wyeth** 26.564 (7y, 3) 4:03.17 '93, 4:24.87M '91  
4:06.58, 4:08.56, 4:12.67, 4:16.1, 4:27.07,  
1 IR, 3 V d'Ascq, 5 GbC, 6 Monaco
- 5 **Debbie Gunning** 31.865 (5y, 10) 4:12.69 '90, 4:32.32M '91  
4:14.42, 4:14.55, 4:16.89, 4:18.16, 4:20.36, 4:20.61;  
1 KP Dev, 2 WG, 2 AAA, 3 Kvarnsveden, 4 v USA, 2 Pune
- 6 **Bev Harrigan** 10.6.67 (7y, 5) 4:05.66 '90, 4:26.52M '92  
4:11.96, 4:17.05;  
3 Waldschut, 5 Nuremberg
- 7 **Una English** 14.8.70 (2y, -) 4:11.82/4-33.01M '92  
4:13.26, 4:16.37, 4:17.31, 4:17.34, 4:19.10, 4:19.37,  
4 Waldschut, 7 Nuremberg, 3 AAA, 8 Lnz
- 8 **Susan Parker** 24.3.70 (3y, 11) 4:12.3 '93, 4:37.82M '94  
4:13.36, 4:37.52M, 4:17.11, 4:18.3, 4:19.12, 4:19.8;  
5 AAA v LC, 1 BL1 (2), 5 Cork, 4 AAA, 2 Cup of WL,  
3 v USA, 1 Cup
- 9 **Angela Davies** 21.10.70 (3y, 6) 4:09.29/4-31.81M '94  
4:12.8mx, 4:15.05, 4:35.89M, 4:16.75, 4:17.99, 4:21.80,  
2 AAA v LC, 2 Cork, 9 AAA, 7 WSG
- 10 **Karen Hargrave** 23.9.65 (6y, -) 4:09.46/4-28.8M '89  
4:15.83, 4:18.36, 4:21.03, 4:22.78, 4:24.43, 6 French

- 11 **Sonia McGeorge** 2:11.64 (6y, 9) 4:10.75 '90, 4:33.12M '94  
4:17.22, 4:18.1;  
1 Lough 20/5, 1 AAA v LC
- 12 **Michelle Faherty** 108.68 (3y, 12) 4:15.37/44:1.69M '93  
4:38.64M, 4:18.30, 4:18.44, 4:19.56, 4:20.5, 4:18.65i, 4:19.19;  
3 AAA v LC, 6 Cork, 1 WG, 5 AAA
- **Lynn Gibson** 6:7.69 (2y, 6) 4:05.75/4:31.17M '94  
4:16.2, 4:19.29, 4:19.94, 4:21.73, 4:22.64, 4:25.41; 4:18.41i,  
4:20.85i, 2 Nurmg, 10 GhG, 7 AAA
- **Ann Griffiths** 208.65 (3y, 7) 4:07.59/4:33.12M '92  
4:14.74i

**M = 1 mile time. Equivalents:**

4:05.0m = 4:24.6M, 4:10.0m = 4:30.1M, 4:15.0m = 4:35.5M,  
4:20.0m = 4:41.0M

Holmes was clearly Britain's top woman athlete of 1995, and she again ranks first at both 800m and 1500m. There were no newcomers to the rankings at this event, and the depth was weak. 2nd to 4th places went to the 5000m specialists, all of course, world-class athletes. Hartigan made 5th ranking despite racing only twice, but she beat the AAA 3rd placer English on both occasions.

### 3000 METRES

- 1 **Paula Radcliffe** 17.12.73 (3y, -) 8:40.40 '93  
8:40.82, 8:42.55, 8:49.31, 8:56.6+, 8:58.19+, 8:58.3+;  
4 Zurich, 4 McD, 4 GPF
- 2 **Yvonne Murray** 4:10.64 (14y, 1) 8:29.02 '88  
8:42.82, 8:50.2+, 8:51.57, 8:58.1+, 8:59.80, 9:00.2+;  
13 Zurich, 1 v USA, 2 McD
- 3 **Alison Wyeth** 26.5.64 (7y, 3) 8:38.42 '93  
8:48.94, 8:58.6+;  
6 Rome
- 4 **Liz McColgan** 24.5.64 (9y, -) 8:38.23 '91, 8:34.80 '89  
8:50.52, 8:57.2+, 9:01.7+;  
2 Linc.
- 5 **Jill Hunter** 14.10.66 (6y, -) 8:47.36 '88  
9:02.30, 9:29.77, 9:29.95, 9:31.4+;  
3 BMC Lough, 1 North, 6 Lappeenranta
- 6 **Andrea Whitcombe** 8.6.71 (2y, -) 8:58.59 '91  
9:10.29, 9:16.9mx, 9:18.6, 9:18.9;  
5 v USA
- 7 **Sarah Bentley** 21.5.67 (2y, 9) 9:18.09 '94  
9:10.9mx, 9:12.72, 9:24.8, 9:27.12; 9:28.94i, 9:39.01i; 1 Yorks, 1  
AAA, 6 v USA
- 8 **Kelly Holmes** 19.4.70 (1y, -) 0  
9:08.7;  
1 IS
- 9 **Una English** 14.8.70 (1y, -) 9:10.0 '92  
9:12.7, 9:23.24; 9:10.6;  
1 St Gallen, dnf McD, 2 Swiss Clubs
- 10 **Bev Hartigan** 10.6.67 (2y, -) 9:03.88 '90, 9:10.4 '92  
9:17.19;  
1 BMC Lough
- 11 **Debbie Gunning** 31.8.65 (2y, 5) 9:12.12 '94  
9:22.43, 9:31.7; 9:23.68i, 9:29.92i;  
1 Cheltenham, 2 Kilkenny
- 12 **Susan Parker** 24.3.70 (2y, 7) 9:06.2 '92  
9:18.92, 9:24.94;  
12 McD, 3 Kilkenny
- n.r. **Kate McCandless (USA)** 22.6.70 8:56.00 '93  
9:07.29;  
8 Lappeenranta
- **Louise Watson** 13.12.71 (0y, -) 9:16.45 '92  
9:18.1mx, 9:25.90;  
2 AAA v LC

Radcliffe, who was 3rd in 1993, returned to head the list at this event, which although replaced by 5000m as a championships event continues to be run enough to justify a ranking. Also returning in their cases, for the first time since 1992, are McColgan and Hunter: Whitcombe previously ranked in 1991 and Hartigan in 1987. Murray's 14 years in the rankings is a record for 3000m, and she has completed ten successive years in the top two.

### 5000 METRES

(Previously ranked 1982-90 and 1992)

- 1 **Paula Radcliffe** 17.12.73 (1y, -) 16:16.77i '92  
14:49.27, 14:57.02, 15:00.83, 15:02.87, 15:14.32, 15:14.77;  
1 Hengelo, 2 KP, 5 WCh, 4 Brussels, 8 Berlin
- 2 **Yvonne Murray** 4:10.64 (3y, -) 15:50.54 '84  
14:56.94, 14:57.98, 16:06.1+, 16:18.0+;  
4 KP, dnf Brussels, 4 Berlin
- 3 **Liz McColgan** 24.5.64 (6y, -) 15:01.08 '87  
14:59.56, 15:04.88, 15:14.67, 15:54.7+, 15:59.6+, c 16:21.4+;  
3 Hechtel, 6 Cologne, 6 Brussels
- 4 **Alison Wyeth** 26.5.64 (3y, -) 15:10.38 '94  
15:00.37, 15:19.44, 15:39.14;  
2 ECp, 5 KP, 1 AAA, dnf ht WCh
- 5 **Jill Hunter** 14.10.66 (4y, -) 15:09.98 '92  
15:28.46, 15:39.85, 15:48.16, 15:59.8+, 16:02+, 16:17.9+;  
3 Cork, 11 KP, 7 Oslo
- 6 **Louise Watson** 13.12.71 (1y, -) 16:23.85i '94, 16:25.4 '92  
15:57.06, 16:07.09, 16:11.23, 16:16.23, 16:07.32;  
7 Cork, 3 AAA, 9= WSG
- 7 **Sarah Bentley** 21.5.67 (1y, -) 16:16.82 '94  
15:53.86, 16:22.80, 16:22.93, 16:27;  
3 Hexham, 5 AAA, 15 Hechtel, 1 Knigs W
- 8 **Jane Shields** 23.8.60 (3y, -) 15:32.34 '88  
15:54.80;  
6 Cork, dnf AAA
- 9 **Andrea Whitcombe** 8.6.71 (1y, -) 0  
16:12.96; 4 AAA
- 10 **Sonia McGeorge** 2.11.64 (1y, -) 16:23.52 '91  
16:17.32; 1 CAU, dnf AAA
- 11 **Heather Heasman** 27.9.63 (1y, -) 16:19.4 '93  
16:14;  
1 Hexham
- 12= **Shirley Griffiths** 23.6.72 (1y, -) 0  
16:23.0;  
1 NEast
- 12= **Liz Talbot** 5.12.74 (1y, -) 0  
16:24.86, 16:42.8,  
2 Tessenderlo
- n.r. **Katy McCandless (USA)** 22.6.70 15:34.93 '93  
15:34.11, 15:45.87;  
5 Moscow, 7 US Ch
- n.r. **Nnenna Lynch (USA)** 3.7.71  
16:10.69, 16:11.81, 16:28.0mx, 16:36.92;  
16 Hengelo, 26 US Ch, 2 AAA

Radcliffe excelled on her return from injury to take her first UK no.1 ranking: she had been 3rd at 3000m in 1993. McColgan and Hunter also returned in good style. Three women made 15 minutes and one, Wyeth, just outside represented world-class strength at the top, but after Hunter there was then a very big gap to the rest, with a lack of quality races.

**T**HE MAIN QUALITY OF THE CLASS MIDDLE-DISTANCE (MD) ATHLETE IS A LARGE AEROBIC CAPACITY. THIS ENABLES THE ATHLETE TO RUN AT A HIGH INTENSITY FOR A PROLONGED PERIOD. THE MORE ENERGY SUPPLIED AEROBICALLY, THE LESS LACTATE BUILDS UP, AND THE LONGER FATIGUE IS AVOIDED. THIS SAID, NO CLASS MD ATHLETE CAN AFFORD TO BE SHORT ON SPEED. WITH SUMMER APPROACHING THIS ARTICLE ATTEMPTS TO CLARIFY THE MD ATHLETE'S NEED FOR SPEED, PLUS EXPLAIN THE BEST WAYS TO IMPROVE IT.

Raph Brandon

# Put the speed in your legs

People often interpret sprint speed with the ability to kick at the end of the race. While good sprint speed will help, those who have a kick are those who have got something left to give at the end. An athlete with good speed but poor endurance will improve their kicking ability by improving endurance not speed. Simply put, it is the best MD athlete that has the best kick not the best sprinter.

The other major benefit of possessing fast sprinting ability is that it makes your race pace more economical, thus avoiding early fatigue. The faster your maximum speed the better your economy. All runners need a good economy, but MD athletes need it the most.

As running speed increases - oxygen cost increases with it. At moderate speeds oxygen cost increases in proportion with running speed. However, as you get near your maximum speed, e.g. 800m pace, the oxygen cost increases disproportionately high. This means that differences in running economy are more significant for the MD

athlete than, say, for the marathon runner.

It will be much easier for the 22 secs 200m runner than the 24 secs runner to "cruise" at 54 secs pace during an 800m race. This may seem obvious, but as the pace gets faster your maximum speed becomes more and more significant. The faster your maximum speed the more economical you are and the lower oxygen cost is required to run at the same pace.

It is estimated that an athlete with a 22.5 secs 200m time would require a  $\text{VO}_2$  max in excess of 75 ml/min/kg to run a 1:45 800m. This shows that, even if you are exceptionally fit, you still must be very fast to run a good 800m. The slower your

maximum speed, the fitter you have to be to make up for it. If you are at the limit of your aerobic fitness, i.e. you cannot get any fitter, the only way to improve will be to raise your maximum speed.

The above describes how your potential as an MD athlete is governed by your maximum speed as well as your aerobic fitness. So the logical question is, how do you develop your maximum speed?

There are two components to sprinting ability: sprinting skill and anaerobic capacity. Sprinting skill is typified by the 100m specialist. Linford Christie is able to run relaxed with perfect posture, his legs trained to move as fast as possible. Anaerobic capacity is typified by the 400m athlete. Michael Johnson can sustain a very high speed for 44 secs, the main energy supply being anaerobic.

Sprinting skill is trained by performing Sprint Drills and Short Sprints. This should involve the range of sprint drills that all athletes are familiar with. Athletes often make the mistake of only including them in the warm up and/or performing them half-heartedly. This is wrong. They are essential to your training and will help your technique and strengthen the specific running muscles, therefore improving your running economy. If you do not know how to perform them, join a sprints group once a week.

#### A SESSION SHOULD INCLUDE -

- (1) Knees Up - do 3-6 x 40-60m, with a slow walk back recovery.
- (2) Skips (Andy Pandies) - these should be performed with distance not height in mind. Running is about horizontal travel, not vertical! Again 3-6 x 40-60m, walk back. You should be able to cover the ground quite rapidly with this drill.
- (3) Goose Stepping - an exaggerated knees up movement with a cycling motion of the leg. These are especially difficult and work the hip muscles very hard. Concentrate on fast knee lift, then bringing the foot back under you very fast. Do 3-6 x 40-60m with walk back recovery.
- (4) Short sprints over 40-60m. These will train your legs to move fast - improving what is called "cadence". You need to



be able to co-ordinate your legs to move as fast as possible and only by practising these fast motor patterns will any improvement occur. Short sprints will also improve your leg strength. This improved leg strength and fast co-ordination will enhance your running economy. Try 6-10 x 40-60m with at least 2 mins rest between each one to ensure good quality. Concentrate on relaxed upper body low shoulders and fast legs. Try and improve your 60m personal best.

**‘Sprint drills, short sprints and hill sprints should all be included regularly in your training.’**

Another great way to improve leg speed and strength is by performing Hill Sprints. Here you are adding the natural load of the slope to your fast running. Make sure each sprint is performed well - a fast and full stride with relaxed, low shoulders. This means that the hill cannot be too steep. Try 10-20 x 60-100m uphill sprinting. Take a slow walk back recovery of at least 2 mins.

Sprint drills, short sprints and hill sprints should all be included regularly in your training. Sprint work is not just reserved for summer time, you must work on it all year round. This does not have to be to the detriment of your endurance work. A sprint drills/sprints session can be done before or after a steady run. Or you can run out to a hill, say 20 mins, perform a drills and hills session for 20 mins and then run home. In a two-week cycle sprint drills and hill sprints should be included at least once throughout the year. It has been well documented that athletes who have added this form of training have seen improvements. Steve Overt performed a sprint drills/sprints session every week of the year and Seb Coe performed hill sprints (30 x 100m, 10% gradient) once a week from January to May.

It is essential that the MD runner has a high "anaerobic capacity". Not all the energy for the race can be produced aerobically - the more anaerobic work supplementing aerobic work the faster you can run. To improve your Anaerobic Capacity you must perform fast repetitions sessions. These are typically sessions which are 400m pace or faster with high lactate build up. These sessions train the body to produce more energy anaerobically and to "buffer" the acid which causes fatigue. Both

production and buffering are essential as production without buffering will lead to fatigue.

Anaerobic repetitions are 20-40 secs at fast speeds with 40 secs - 3 mins recovery. Volume will be relatively low to ensure quality is high. Two examples are 6 x 150m, flat out with walk round recovery (3 mins) and 2/3 sets of 3-4 x 200m at 400m pace with 40 secs recovery and 10-15 mins between sets.

These kinds of sessions are obviously summer track sessions - starting in what is called the pre-competition phase. If you are following the multiple-pace training method then these sessions are the 400m pace ones. In last autumn's issue (vol. 2, no. 10, article Preparing for the AAAs) two 800m pace, two 1500m pace sessions, one 400m pace, one 3K pace and one 5K pace session were suggested in a two-week cycle for April/May. This makes 7 sessions of high intensity in total for the fortnight and that still does not include our sprint drills/sprints/hills sessions!

However, the balance of the sessions depends on your strengths as an athlete. If your 400m personal best is not that great, but your 3K personal best is good then, for 800/1500m, you should try doing two 400m pace sessions per fortnight and either drop the 5K pace session or half it

and do 400m pace work after. Conversely, if your 400m personal best is very good but it is endurance that lets you down it is the 1500m, 3K and 5K pace sessions that you need to concentrate on. In this case, one 400m pace session every fortnight will probably be enough to maintain your natural strength.

A good way of including 400m pace work without letting endurance work go is with variable pace track sessions. These sessions will also teach you to run fast when you are tired - the essence of MD running. For example, try 4 x 300m at 1500m pace with 45 secs recovery + 2 x 150m fast with 50m walk recovery. Do 3/4 sets of these with 5/6 mins rest between sets. This session is essentially 3/4 x 1500m, with the last 300m run very fast. What could be more specific?

The main message of this article is that speed is very important. If you do not perform a drills/sprints/hills session make sure you add them in to your training now before it's too late. As you plan your pre-competition training with your coach make sure your programme in the 400m pace sessions at least once a fortnight, more if you are short on pace but confident about your endurance. Make sure fast sessions follow the 20-40 secs hard with 40 secs to 3 mins recovery criteria.

☛ Here is an example fortnight similar to that in vol. 2, issue 10 for April/May as a guide for your training plans. If you have been training more than once a day remember that at this time of year intensity is the key not volume. Do not swap the 5K session for a long run for example and do not worry if you leave out morning running.

<b>SUN</b>	Long run - 60 mins plus - easy
<b>MON</b>	45 mins steady
<b>TUE</b>	1500m pace - e.g. 15 x 200m with 30 secs recovery
<b>WED</b>	45 mins steady + drills/sprints
<b>THUR</b>	800m pace - e.g. 6-8 x 300m, 2-3 mins recovery
<b>FRI</b>	5K pace - 6 x 800m on grass, 1 min recovery
<b>SAT</b>	rest
<b>SUN</b>	1500m/400m pace - e.g. 3 x (4 x 300 + 2 x 150) as above
<b>MON</b>	45 mins steady
<b>TUE</b>	3k pace - 10 x 400m, 60 secs recovery
<b>WED</b>	45 mins steady + drills/sprints
<b>THUR</b>	800m pace - 10 x 200m - 60-90 secs recovery
<b>FRI</b>	rest
<b>SAT</b>	30 mins steady + 400m pace e.g. 6 x 150m, 3 mins recovery

(To be taken to illustrate the points above - illustrative not gospel)

Raph Brandon is a member of Bouremouth AC and a qualified BAF Club Coach. ●



**FROM  
MAURICE MORRELL**

20th September 1995

SIR - I refer to a report in *Athletics Weekly* (September 6) claiming a new 'world record' of 18:11.9 for the veterans' 4 x 1 Mile relay. There is no official record.

Surely it is stretching record attempts a little to bring together four runners from different clubs, give them a title of 'BMC National Veterans' and claim a record.

As long ago as 1980 my club recorded 18:42 with a team of long-serving members in a vain attempt to beat the best of 18:33.4 by West Valley Track Club (California) in 1979.

I'm sure there are genuine clubs in Britain - Swansea, Brighton, Warrington - which can mount a proper challenge to the figures set by the 'bogs' squad.

How about it chaps?

**FROM MATTHEW FRASER MOAT**

4th October 1995

SIR - As organiser of the BMC Relay Meeting at Oxford, let me reassure Mr Morrell (*Athletics Weekly*, September 20) about the validity of the world veterans 4 x 1 mile record of 18:11.9.

The IAAF do not recognise veterans records as such, but NUTS keep the lists and we claim the world record on the basis that NUTS are not aware of a superior mark by a team of four veterans anywhere in the world. It was a fine performance by Messrs Grant, Malloy, O'Dell and Hancock, 4.33 per man, and together with our world junior 4 x 800m mark of 7:26.2, was one of the highlights of the domestic season.

Let me also reassure Mr Morrell that the British Milers' Club is a 'genuine' club. We do not compete in the leagues as we are a second-claim club, but we do have a constitution, we do hold our meetings under BAF rules and we are affiliated to the SEAA. I would point out, however, that there is no condition that all members must be of the same club for a world relay record to be set. Think of the 4x100m and 4x400m events where world records are held by national teams.

In just three years the BMC relay meeting has established quite a tradition, setting no less than five world records. We always get a good turnout from BMC members despite being late in the season, this year having over 100 athletes. Only four clubs, however, sent a team despite quite a lot of advance publicity in this magazine.

We do want more club teams to take part, and if Mr Morrell can get the three clubs he mentions to the start line it would be most appreciated. I hope he will contact us and join our organising team for next year.

**FROM MAURICE MORRELL**

25th October 1995

SIR - I thank Matthew Fraser Moat for making it clear that the 'world record' for a 4x1 mile veteran team was set by a properly constituted BMC club team. I hope they were all wearing club kit! I had no intention of denigrating the worthy efforts of the members concerned. I have been an active veteran for 22 years and my initial exhortation to some of the well known top class veteran clubs still stands. In fact, it can be extended to the constituent clubs of the BVAf on a second claim basis if we are to follow Mr Fraser Moat's reasoning.

An average of just under 4.33 must be a soft record with the likes of Moorcroft, Gates, Rose and Grant still around. I agree the lack of recognition for the IAAF world records, particularly relays, clouds the issue, but the initial claim the old world best had been beaten by 'over 40 seconds' was incorrect, as stated in my first letter. It is a case of 'unless you know better' and in this case it wasn't quite correct.

Anyone know of four old Kenyans who would like to join my club?

Editors note: The letters above appeared in *Athletics Weekly*.

## FROM FRANK HORWILL

8th November 1995

SIR - I'm not quite sure what all the fuss is about with regard to BMC veteran members running a world's best time for 4x1 mile.

Someone might consider congratulating Matthew Fraser Moot for putting on the event. He did not have to include a vets' relay.

The meeting was primarily for young runners getting used to possibly having to run 800m or mile in a fast time in isolation. That is why the Drake Relays in America are popular. It is a challenge to run alone and record a good time if the team becomes detached.

No one else has thought of such an event in Britain for 20 years. I find it sad that a correspondent should query the rules of the event when Grade 1 BAF judges and timekeepers were officiating. Perhaps the vet's team will be asked to produce birth certificates! Why weren't they all drug tested!

Yes I'm sure any number of vets teams in the world are capable of running an average 4.20 per man. But it hasn't been done. The BMC has done it and, if it aroused world interest, that's not a bad thing.

## FROM BRIAN BOULTON

SIR - On page 22 of BMC News: Vol. 2 No 10, Achilles makes mention that the club does not hold copies of every BMC News issued before 1980. I may be able to help as, as a founder member, I am about 99.9% certain that I hold a copy of every BMC News since the club was founded.

I have in my possession numbers 14-47 inclusive, together with volume 2 issues 1-10. Prior to number 14 I have eleven magazines rather than the thirteen you would expect! The numbering of the early issues was spasmodic, however, I think there is sufficient evidence within the content of those copies I hold to confirm that there were no others produced.

For example, I have three magazines prior to number 4, and three more between 4 and 7, one of which is number 6 which should have been number 7! Number 7 should have been 8 and was issued in 1969 entitled 'Summer'. It is followed by number 11 dated 'November' (but no year) which contains the result of the famous City Charity Mile of 1969 won by John Kirkbride in 3:58.0. I have two more dated May 1970 and January 1971 respectively prior to number 14.

Given that we were issuing one or two magazines a year, I feel it is inconceivable that any further magazine were issued between the summer of 69 and November 1969, and in my opinion numbers 9 and 10 were never issued.

If the club would like to check their copies with mine they would be most welcome.

Letter to the President

## FROM BRIAN MCAUSLAND

SIR - Since we are unable - for reasons determined by the fates - to travel to Oxford for the BMC Relays, we had to concede the 'UK Squad of the Year' title to your boys [Ed. - Sole Harriers, who placed second to the world junior record breaking squad of Tatham, Stanley, Donaldson and Blackmore]. However, we would like to issue a challenge to a 4 x 800m relay sometime in April 1996, such a match would of course be restricted to athletes who are squad members of the appropriate squads at the end of

September 1995 - in other words no beefing up of squads would be allowed! Not that either of us would..

I might get a local newspaper to put up a challenge trophy for such an event. We could draw lots as to whether we had the race at Manchester or Glasgow - or we could agree to hold it at Carlisle or Dumfries or somewhere intermediate.

Were you so inclined I could attempt to get a supporting team of a ladies 4 x 800m team and I or a junior team for a secondary race.

Editor's Note: Brian wrote this in

## FROM DAVID COCKSEGE

SIR - Greetings from the Surrey enclave of the BMC! The detailed pages of statistics in BMC News: Vol. 2 No 10, made very interesting reading so congratulations on some exhaustive research there.

However, I am moved to write on noting Phil Banning's claim on page 3. The items tells us that he 'still claims to have beaten Steve Ovett when Ovett went sub-four for the first time' - I'm afraid that Phil's racing is better than his memory!

The race in question in question was the BMC City Charities Mile at Mottspur Park on 25th July 1973. It was won by Nick Rose in 3:58.4 with Ovett second in 4:00.0 (European Junior Record), Banning third in 4:00.4 and John Cadman fourth in 4:00.6. Some idea of Ovett's finishing speed (26.2 last 220y) can be gauged by the fact that he was 2.1 secs behind Banning (3:42.7) at 1,500m where Bob Sparks timed Ovett at 3:44.8. Steve blew past Banning and Cadman some 25y from the finish to take second place.

I'm not entirely sure, but this may in fact have been the last sub-four minute mile run on cinders in the UK. Rose, by the way, was timed at 3:41.6 at the 1,500m point, almost certainly a BMC record at the time.

Ovett actually broke 4 minutes for the first time in the BMC Brigg Mile at Horridge on 17th July 1974 which he won in 3:59.4 at age 18, and that too was a European Junior Record. He had missed most of the previous winter (1973/74) through glandular fever. By the way, Ovett's first name is Steven, not Stephen, as listed previously in the BMC News.

Finally, re the list of best times in BMC races (page 22), I organised a BMC women's 5,000m at Crystal Palace on 25th April 1990, won by Andrea Wallace in 15:17.9 which is significantly faster than the listed 15:58.7 by Suzanne Rigg in 1994. I think you have set yourselves a very difficult task to compile the all-time BMC lists, but good luck in your research!

September 1995. Since then a sponsor has been found for a trophy for 'BMC Squad of the Year', and it has been awarded retrospectively for 1995 to Border Harriers & AC, being the only club to field a 4x1 Mile Squad and a 4 x 800m squad.

It is hoped that all squads throughout the country will accept the challenge and enter combat at the Stretford Relay Meeting on Tuesday 30th April 1996, where the main event will be a 4 x 1,500m, but there will be a 4 x 800m if there is demand.

## All-Time BMC Rankings

**L**ast issue we undertook to research the all time BMC rankings, and in this issue we present our efforts so far. We cannot yet say that these lists are completely accurate but we do not believe that there can not be many marks that we have missed.

We must first of all apologise to Angela Davies and Ann Griffiths for leading them to believe that they had set BMC women's 800m records during 1994 and 1995. It had been believed within the National Committee that the best ever performance had only been about 2:04, but it now transpires that there had been several performances inside 2:03, albeit by non-members, in the early eighties.

There are certain venues such as Stretford and West London which have become known for BMC races over the years. Where it is known that a fast race took place at one of these venues on a certain date, but the AW result has either not been found or makes no mention of BMC, those performances have been listed in italics as unconfirmed. A \* against an athletes name indicates a non member

We would welcome independent confirmation as to whether these were BMC races or not. We would also appreciate details of any other performances we may have missed

## Men's 600m

1:18.5	Steve Overt	1	Crystal Palace	10 May 76
1:18.6	Gary Brown	1	Grangemouth	3 Aug 94
1:18.7	* Phil Lewis	2	Crystal Palace	10 May 76
1:19.5	* Peter McDevitt	2	Grangemouth	3 Aug 94
1:19.6	* Peter Crampton	1	Wythenshawe	17 May 95

5 performances to 1:20.0 by 5 athletes

## Men's 800m

1:46.4	* Paul McMullen USA	1	Stretford	1 Aug 95
1:48.1		1-2	Stretford	18 Jul 95
1:46.83	* Benson Koech KEN	1	Crawley	28 May 94
1:47.3	* Gary Cook	1	Stretford	3 Jun 80
1:47.52	* Andrew Lill	2	Crawley	28 May 94
1:47.6	* Neil Horsfield	1	Cwmbran	16 Aug 89
1:47.6	* Craig Winrow	2	Stretford	1 Aug 95
1:47.7	Sebastian Coe	1	Stretford	8 Aug 76
1:47.8	Lee Cadwallader	1	Stretford	22 Aug 95
1:49.0		1	Stretford	27 Jun 95
1:49.2		1	Stretford	20 Jul 93
1:49.23		1	Loughborough	11 Jun 95
1:48.0	* Colin Campbell	1-2	Crystal Palace	12 Jun 72
1:48.0	* Kevin McKay	3	Stretford	1 Aug 95
1:48.9		2	Wythenshawe	17 May 93
			(10)	
1:48.2	Andy Hart	1	Birmingham	20 Aug 95
1:48.5		1	Solihull	29 Jul 92
1:48.8		1	Cheltenham	21 Jul 93
1:49.2		1	Stretford	5 Sep 95
1:49.3		2	Stretford	27 Jun 95
1:49.5		1	Solihull	26 Jul 95
1:48.5	* Jason Lobo	2	Stretford	22 Aug 95

1:49.3		1	Stretford	23 Aug 94
1:48.7	Andrew Carter	1	Blackburn	9 May 70
1:48.7	Des English IRE	1	Wythenshawe	17 May 93
1:48.7	Tony Morrell	3	Stretford	22 Aug 95
1:48.8J	* Adam Duke	2	Solihull	29 Jul 92
1:48.9	* Steve Green JAM	4	Stretford	22 Aug 95
1:48.95	* Mike Guegan	3	Crawley	28 May 94
1:49.0	* Hamish McInnes	1	Stretford	17 May 83
1:49.0	* Martin Steele	1	Leeds	1 Jul 86
1:49.4		1	Wythenshawe	17 May 95
			(20)	
1:49.2	Richard White	2	Cwmbran	16 Aug 89
1:49.2	* Matt Hibberd	1	Stretford	21 Jul 92
1:49.5		1	Stretford	7 Sep 93
1:49.2	Mark Russell	3	Solihull	29 Jul 92
1:49.2	Peter Hackley	1	Stretford	27 Apr 93
1:49.2	Ewan Calvert	2	Birmingham	20 Aug 95
1:49.3		2	Stretford	23 Aug 94
1:49.21	Andy Knight	1	Solihull	21 Aug 94
1:49.3	* John Evans	1	Stretford	16 Jul 91
1:49.42	Justin Swift Smith	2	Solihull	21 Aug 94
1:49.5		2	Cheltenham	21 Jul 93
1:49.47	Eddie King U20	3	Solihull	21 Aug 94
1:49.5	Ian Hamer	3	Cwmbran	16 Aug 89
			(30)	
1:49.5	Paul Roberts	3	Wythenshawe	17 May 93

45 performances to 1:49.5 by 31 athletes

## Men's 1,000m

2:22.0	* Steve Green JAM	1	Stretford	18 Jul 95
2:22.1	Walter Wilkinson	1	Cleckheaton	30 Jun 76
2:22.2	* Neil Horsfield	1	Cheltenham	2 Aug 89
2:22.7	* Matthew Hibberd	2	Stretford	18 Jul 95
2:23.2	Stuart Margjotta	3	Stretford	18 Jul 95
2:23.4	Steve Overt	1	Crystal Palace	8 Jul 79
2:23.4J	Justin Swift Smith	1	Yate	3 May 93
2:23.8	Ian Gillespie	2	Yate	3 May 93

8 performances to 2:24.0 by 8 athletes

## Men's 1,500m

3:39.0	* David Lewis	1	Stretford	9 Aug 83
3:42.7		2	Stretford	20 May 86
3:42.8		2	Stretford	30 Aug 86
3:40.35	Ian Grime	1	Solihull	21 Aug 94
3:41.02	Steffan White	2	Solihull	21 Aug 94
3:41.28	* Davy Wilson	1	Belfast	4 Jun 94
3:41.5	* Ken Newton	2	Stretford	9 Aug 83
3:41.6+	* Nick Rose	1+	Motspur Park	25 Jul 73
3:41.63	Phil Mowbray	3	Solihull	21 Aug 94
3:41.65	Ian Gillespie	4	Solihull	21 Aug 94
3:41.73	* Matt Hibberd	5	Solihull	21 Aug 94
3:42.5		1	Loughborough	7 Sep 94
3:42.1	Neil Caddy	1	Southampton	3 Sep 95
3:42.2		1	Wythenshawe	17 May 95
			(10)	



3:42.2	* Tim Redman	3	Stretford	9 Aug 83
3:42.2j	* Paul Wynn	4	Stretford	9 Aug 83
3:42.3		1	Stretford	24 Jun 86
3:42.3	* Geoff Turnbull	1	Stretford	20 May 86
3:42.4	* Steve Green JAM	2	Wythenshawe	17 May 95
3:42.4	* Neil Horsfield	1	Swindon	4 Sep 91
3:42.8		2	Stretford	10 Jun 86
3:42.5	* Colin Restz	1	Crystal Palace	8 Aug 79
3:42.6+	* John Cadman	2+	Motspur Park	25 Jul 73
3:42.6	* Adrian Passey	1	Stretford	10 Jun 86
3:42.6	* Andrew Green II	2	Stretford	24 Jun 86
3:42.6	Paul Taylor	3	Stretford	24 Jun 86
(20)				
3:42.7+	Phil Banning	3+	Motspur Park	25 Jul 73
3:42.7	Matt Barker	2	Swindon	4 Sep 91
3:42.7	Matt de Freitas	1	Swindon	9 Sep 92
3:42.7	* Gary Lough	1	Wythenshawe	18 May 94
3:42.7	Andy Hart	3	Wythenshawe	17 May 95
3:42.8	* Lloyd Tredell	5	Stretford	9 Aug 83
3:42.8	Alan Mottershead	1	Stretford	30 Aug 86
3:42.8	Steve Cram	2	Wythenshawe	18 May 94
3:42.9	* Neil Rimmer	3	Stretford	30 Aug 86
3:42.9	Richard Ashe	1	Watford	9 Aug 95
(30)				
3:43.0	Dave Moorcroft	1	Loughborough	5 Jun 75
3:43.0	Gary Brown	4	Wythenshawe	17 May 95

38 performances to 3:43.0 by 32 athletes

## Men's Mile

3:56.6	Tim Hutchings	1	Aldershot	19 Jul 82
3:58.6		1	Derby	6 Sep 83
3:59.1		1	Bristol	14 Sep 88
3:57.0	* Dick Quax NZ	1	Southgate	18 Jul 73
3:57.4	* Tony Polhill NZ	2	Southgate	18 Jul 73
3:58.0	John Kirkbride	1	Motspur Park	23 Jul 69
3:58.4	Alan Simpson	1	Hartlepool	17 Jun 67
3:58.4	* Nick Rose	1	Motspur Park	25 Jul 73
4:00.0		1	West London	16 Jul 75
3:58.5	Jim Douglas	2	Motspur Park	23 Jul 69
3:58.6	John Boulter	1	Motspur Park	24 Jul 68
3:59.2		3	Motspur Park	23 Jul 69
3:58.8q	Dave Moorcroft	1	Stretford	30 Aug 75
3:58.9q	* Frank Clement	2	Stretford	30 Aug 75
(10)				
3:58.9	* Steve Ersson	1	Stretford	31 Jul 79
3:59.1	Ian Harner	1	Cheltenham	8 Sep 89
3:59.9		1	Swindon	16 Jul 88
3:59.2	Walter Wilkinson	1	Stretford	28 May 68
3:59.4		1	Middlesborough	11 Sep 67
3:59.6		1	Hartlepool	7 Jun 69
3:58.2q	Jim McGuinness	1	Stretford	30 Aug 75
3:59.3	* Pat Scammell AUS	2	Cheltenham	8 Sep 89
3:59.3	Ian Gillespie	1	Salisbury	4 Sep 93
3:59.4	* Roy Young	1	Motspur Park	14 Jul 71
3:59.4j	Steve Ovett	1	Haringey	17 Jul 74

(European Junior Record)

4:00.0j 2 Motspur Park 25 Jul 73

(European Junior Record)

3:59.4q	* Tony Settle	4	Stretford	30 Aug 75
3:59.4	John Gladwin	1	Carlisle	4 May 87
(20)				
3:59.5	John Whetton	2	Motspur Park	24 Jul 68
3:59.6	* David Lewis	1	Stretford	27 Jul 82
3:59.6	Neil Caddy	1	Cheltenham	6 Aug 95
3:59.7q	* David McMeekin	5	Stretford	30 Aug 75
3:59.7q	* Ron McDonald	6	Stretford	30 Aug 75
3:59.7	Matt de Freitas	2	Salisbury	4 Sep 93
3:59.8	Ray Roseman	4	Motspur Park	23 Jul 69
3:59.8	* Steve James	1	Nottingham	9 Jun 84
3:59.9	* Joe Dunbar	1	Laing	18 Sep 91
4:00.0	* Neil Horsfield	2	Bristol	14 Sep 88
(30)				
4:00.0	* Rod Finch	1	Exeter	22 Aug 93

39 performances to 4:00.0 by 31 athletes

## Men's 3,000m

7:54.10	* Barry Smith	1	Cwmbran	17 May 81
7:55.6	* Geoff Turnbull	1	Stretford	15 May 84
7:56.24	Bobby Farren	1	Solihull	21 Aug 94
7:58.6	* Chris Robison	1	Swindon	10 Jul 86
7:58.9	* Chris Buckley	2	Swindon	10 Jul 86
7:59.22	* Jim Espir	2	Cwmbran	17 May 81
7:59.3	* Geoff Wightman	3	Swindon	10 Jul 86
7:59.5	* Paul Wagner	4	Swindon	10 Jul 86
7:59.56	* David Clarke	3	Cwmbran	17 May 81
8:00.29	Spencer Barden	2	Solihull	21 Aug 94
(10)				
8:00.3	* Steve Anders	2	Stretford	15 May 84
8:00.31	* Tony Blackwell	4	Cwmbran	17 May 81
8:00.9	Kim McDonald	1	Stretford	19 Jun 79
8:01.4		1	Stretford	19 Jul 83
8:00.9	* John Doherty	1	Stretford	5 Jun 84
8:00.9	Ian Gillespie	1	Watford	9 Aug 95
8:03.1		1	Cheltenham	20 Jul 94
8:01.26j	* Darius Burrows	3	Solihull	21 Aug 94
8:01.8	* Steve Binns	2	Stretford	19 Jun 79
8:02.0	* Karl Hamison	3	Stretford	15 May 84
8:02.4	* Laurie Reilly	1	Stretford	22 Jun 76
8:03.38	* Sammy Brook KEN	4	Solihull	21 Aug 94
(20)				
8:03.5	Darren Daniels	2	Cheltenham	20 Jul 94
8:03.9	* Ian Hudspith	2	Watford	9 Aug 95
8:04.1	* Richard May	2	Stretford	19 Jul 83
8:04.5	* Michael Quinn	3	Stretford	19 Jul 83
8:04.5	* Darryl Smith	3	Watford	9 Aug 95
8:04.9	* Julian Moorhouse	4	Watford	9 Aug 95
8:05.0	Brendan Foster	1	Wembley	4 May 74

29 performances to 8:05.0 by 27 athletes

## Men's 5,000m

13.16.1	*	John Sherban	1	Crawley	28 May 94
13.47.0	*	Dermot Donnelly	2	Crawley	28 May 94
13:48.9	*	Jim Campbell	3	Crawley	28 May 94
13:55.7	*	Chris Robison	1	Grangemouth	3 Aug 94
14:04.86	*	Spencer Newport	1	Crawley	27 May 95
14:07.00		Tom Buckner	1	Loughborough	7 Sep 94
14:08.31		Ian Grime	2	Loughborough	7 Sep 94
14:09.20		John Lasewicz AUS	3	Loughborough	7 Sep 94

8 performances to 14.10.0 by 8 athletes

## Men's 4 x 800m

7:26.2	BMC Junior Squad	1	Oxford	2 Sep 95
	(World Junior Record)			
7:26.2	Sale Harriers	2	Oxford	2 Sep 95
7:32.0	BMC Wales	3	Oxford	2 Sep 95
	(Welsh Record)			
7:37.1	BMC North	4	Oxford	2 Sep 95
7:37.5	BMC England	1	Oxford	17 Sep 94
7:37.7	BMC Junior Squad	2	Oxford	17 Sep 94
7:39.6	BMC South West	5	Oxford	2 Sep 95
7:44.7	BMC Wales	3	Oxford	17 Sep 94
	(Welsh Record)			

8 performances to 7.45.0

## Men's 4 x 1,500m Relay

15:23.6	British Milers' Club	1	Crystal Palace	12 Aug 73
	(UK All-Comers Record)			
7	West Germany	2	Crystal Palace	12 Aug 73
15:37.4	SCAAA	3	Crystal Palace	12 Aug 73

3 performances to 16.00.0

## Men's 4 x 1 Mile Relay

16:21.1	BMC National Squad	1	Oxford	10 Jul 93
	(UK All-Comers Record)			
16:27.8	BMC International	2	Oxford	10 Jul 93
16:28.9	BMC National Squad	1	Oxford	2 Sep 95
16:37.1	BMC National Squad	1	Oxford	17 Sep 94
16:40.0	BMC International	2	Oxford	2 Sep 95
16:44.2	BMC 'A'	1	Billingham	12 Jul 65
16:49.3	BMC South West	3	Oxford	10 Jul 93
16:51.8	BMC 'B'	2	Billingham	12 Jul 65
16:53.7	BMC North	4	Oxford	10 Jul 93
16:56.6	BMC Junior Squad	5	Oxford	10 Jul 93
	(World Junior Record)			

10 performances to 17.00.0

## Women's 800m

2:00.7	*	Shreen Bailey	1	Ipswich	19 Jun 85
2:01.7			2	Stretford	24 Jul 83
2:02.0			1	Aldershot	19 Jul 82
2:01.3	*	Ann Purvis	1	Stretford	24 Jul 83
2:03.2			2	Ipswich	19 Jun 85
2:01.5	*	Janet Bell	1	Stretford	23 Jun 85
2:03.0			1	Carlisle	4 May 87
2:05.0			3	Blackpool	2 May 88

2:02.0	*	Jane Finch	3	Stretford	24 Jul 83
2:02.6			1	Loughborough	1 Jun 78
2:04.4			1	Loughborough	31 May 79
2:03.0		Kirsty Wade	2	Aldershot	19 Jul 82
2:03.2			1	Aldershot	25 Jul 83
2:03.0	*	Christina Cahill	4	Stretford	24 Jul 83
2:03.3		Ann Griffiths	Imx	Stretford	1 Aug 95
2:04.3			2	Blackpool	2 May 88
2:04.9			Imx	Stretford	18 Jul 95
2:03.6	*	Debra Russell	3	Ipswich	19 Jun 85
2:03.67		Angela Davies	1	Solihull	21 Aug 94
2:01.7	*	Diane Modahl	1	Wythenshawe	18 May 94
2:03.9			1	Wythenshawe	17 May 93
		(10)			
2:03.8	*	Lorraine Baker	4	Ipswich	19 Jun 85
2:03.8		Bev Hartigan	1	Blackpool	2 May 88
2:03.9	*	Janet Marlow	1	Stretford	19 Jun 79
2:04.6			1	Stretford	26 Jul 77
2:03.9	*	Paula Newnham	1	West London	3 May 78
2:04.0	*	Teena Colebrook	5	Stretford	24 Jul 83
2:04.23	*	C. Wustenhagen GER	1	Crawley	27 May 95
2:04.3	*	Angela Creamer	2	Stretford	19 Jun 79
2:04.4	*	Suzanne Morley	3	Aldershot	19 Jul 82
2:05.0			7	Stretford	24 Jul 83
2:04.6	*	M Corcoran AUS	6	Stretford	24 Jul 83
2:04.6		Cathy Dawson	Imx	Ealing	13 Jul 94
		(20)			
2:04.7		Lynne Robinson	Imx	Solihull	6 Jul 94
2:04.75	*	Sonya Bowyer	1	Crawley	28 May 94
2:04.8	*	Penny Yule	2	West London	3 May 78
2:04.8		Lynn Gibson	1	Swindon	5 Aug 92
2:04.8	*	Vicki Lawrence	2mx	Stretford	1 Aug 95

38 performances to 2:05.0 by 25 athletes

## Women's 1,500m

4:12.8		Angela Davies	Imx	Watford	9 Aug 95
4:15.1			3	Wythenshawe	18 May 94
4:13.6		Lynne Robinson	1	Cheltenham	20 Jul 94
4:13.8	*	Carole Bradford	1	Ipswich	19 Jun 85
4:18.7			4	Stretford	15 May 84
4:14.1		Julie-Ann Loughton	1	Stretford	25 Jun 85
4:19.3q			7	Stretford	18 Aug 87
4:14.3	*	Angela Tooby	2	Ipswich	19 Jun 85
4:14.6		Bev Hartigan	1	Wythenshawe	18 May 94
4:20.0			1	Stretford	5 Aug 86
4:14.62	*	Alison Wyeth	1	Crawley	28 May 94
4:14.80		Sonia McGeorge	2	Crawley	28 May 94
4:14.9		Lynn Gibson	2	Wythenshawe	18 May 94
4:15.2q	*	Janet Marlow	7	Stretford	14 Jul 79
		(10)			
4:15.4	*	Wendy Wright	2	Stretford	25 Jun 85
4:15.7		Nicky Morris	1	West London	7 Sep 88
4:16.3		Susan Tooby	1	Stretford	15 May 84
4:18.6			3	Ipswich	19 Jun 85
4:16.4	*	Jule Holland	2	Stretford	15 May 84
4:16.50		Debbie Gunning	3	Crawley	28 May 94
4:17.3			4	Wythenshawe	18 May 94
4:16.90		Michelle Faherty	4	Crawley	28 May 94
4:17.0q		Kathryn Carter	7	Stretford	19 Jul 87
4:17.6			1	Stretford	9 Aug 83
4:18.0q			7	Stretford	4 Aug 81

4:17.0	Louise McGrillen	IRE	3	Stretford	15 May 84
4:17.4q	* Diane Modahl	1	Stretford	19 Apr 86	
4:18.7q	1	Stretford	11 Apr 87		
4:18.3+	* Mia Gommers	HOL	1+	Leicester	14 Jun 69
(20)					
4:18.5	* Maxine Newman	5	Wythershawe	18 May 94	
4:18.61	Caroline Slimin	1	Soihul	21 Aug 94	
4:18.7	Wendy Sly	1	West London	2 Aug 78	
4:19.0	Janet Holt	5	Stretford	15 May 84	
4:19.2	* A. Wright	NZL	1	West London	1 Aug 79
4:19.3	* Wendy Lodge	4	Ipswich	19 Jun 85	
4:19.3	* Nienna Lynch	USA	1mx	Ealing	23 Aug 95
4:19.6	Laura Adam	1	West London	6 Sep 89	

37 performances to 4:20.0 by 28 athletes

## Women's Mile

4:36.8	* Mia Gommers	HOL	1	Leicester	14 Jun 69
(World Record)					
4:37.7	Kim Lock	1	Hendon	11 Aug 82	
(Welsh Record)					
4:38.0	* Marcella Robertson	1	Scotland	14 Jul 85	
4:38.1	* R. Odem	1	Stretford	6 Aug 85	
4:38.3	* Christine Price	2	Scotland	14 Jul 85	
4:39.0	* Jackie Beasley	2	Stretford	6 Aug 85	
4:41.2	* Alison Jenkins	3	Stretford	6 Aug 85	
4:41.4	Karen Hargrave	1	Swindon	16 Jul 88	
4:41.8	Carole Bradford	2	Hendon	11 Aug 82	
4:42.1	Melissa Watson	2	Swindon	16 Jul 88	
4:44.1	1	Bristol	10 Sep 86		
4:46.3	1	Bristol	16 Sep 87		
(10)					
4:42.5	* Jo Dering	1	Bristol	13 Sep 89	
4:42.6	Lynne Harvey	3	Hendon	11 Aug 82	
4:46.8	2	West London	7 Jul 76		
4:43.2	* Andrea Everett	3	Scotland	14 Jul 85	
4:44.5	* Susan Tooby	2	Bristol	10 Sep 86	
4:44.6R	Michelle Faherty	1re	3	Oxford	10 Jul 93
4:45.1	* Angela Mason	1	West London	5 Jul 78	
4:45.1	Julie-Ann Laughton	1	Stretford	7 Aug 84	
4:45.5	* Carol Gould	2	West London	5 Jul 78	
4:45.8	* Betty Green	3	West London	5 Jul 78	
4:45.9	* Susan Crawford	3	Scotland	14 Jul 85	
(20)					
4:46.0	Rita Ridley	1	Hendon	4 May 69	
4:47.0	1	Welwyn	7 Jul 68		
4:46.2	* Helen Fison	4	West London	5 Jul 78	
4:46.4	Glynis Penny	1	West London	7 Jul 76	
4:46.6	* Hayley Nash	3	Swindon	16 Jul 88	
4:46.7	* Sue Crehan	2	Stretford	7 Aug 84	
4:47.0	4	Stretford	6 Aug 85		
4:46.7	* Jo Davis	1	Bristol	12 Sep 90	
4:47.3	* Iris Lincoln	2	Welwyn	7 Jul 68	
4:47.4R	Debbie Cuning	1re	4	Oxford	10 Jul 93
4:47.5	Laura Adam	4	Swindon	16 Jul 88	
4:48.1	* Karen McLeod	5	Swindon	16 Jul 88	
(30)					
4:48.7	Lisa Webb	1	West London	2 Sep 87	
4:48.5	* Elaine Foster	2	Bristol	12 Sep 90	
4:48.6	* Rhona McKay	6	Swindon	16 Jul 88	
4:48.8R	Wendy Williams	1re	2	Oxford	10 Jul 93
4:49.1	Thelwyn Bateman	2	Leicester	14 Jun 69	

39 performances to 4:50.0 by 35 athletes

## Women's 3,000m

8:57.2	* Kathryn Carter	1	Stretford	7 Apr 84	
9:14.8	2	Stretford	28 Aug 82		
9:05.2	* Susan Tooby	2	Stretford	7 Apr 84	
9:06.2	* S. Delahunty	IRE	1mx	Stretford	1 Aug 95
9:08.6	* Paula Fudge	1	Stretford	28 Aug 82	
9:09.0	Kim Lock	3	Stretford	7 Apr 84	
9:10.9	* Julie Holland	4	Stretford	7 Apr 84	
9:10.9	Sarah Bentley	1mx	Stretford	27 Jun 95	
9:25.93	1	Soihul	21 Aug 94		
9:14.7	* Sharon Harvey	1	West London	1 Sep 82	
9:29.0q	2	West London	3 Sep 80		
9:15.2	* Cherry v der Zande	3	Stretford	28 Aug 82	
9:16.9	* Andrea Whitcombe	1mx	Watford	9 Aug 95	
(10)					
9:17.19	Bev Hartigan	1	Loughborough	11 Jun 95	
9:18.1	* Louise Watson	2mx	Watford	9 Aug 95	
9:25.90	2	Loughborough	11 Jun 95		
9:18.5	* Nienna Lynch	USA	1	Millfield	8 May 95
9:19.1	Melissa Watson	1	Swindon	14 Sep 86	
9:21.9	* Deanne Philips	7	West London	3 Sep 80	
9:22.3	* Alison Barnes	1	Cheltenham	21 Jul 93	
9:26.4	Jo White	1	West London	7 Dec 77	
9:26.4	Sarah Ing	2	Swindon	14 Sep 86	
9:26.6	* Lynne Harvey	1	West London	6 Sep 78	
9:27.2	* Angela Mason	1	West London	7 Jun 78	
9:29.8	1	West London	6 Mar 79		
(20)					
9:29.6	* Penny Yule	2	West London	7 Dec 77	
9:29.95	* Jill Hunter	3	Loughborough	11 Jun 95	

27 performances to 9:30.0 by 22 athletes

## Women's 5,000m

15:47.9	* Andrea Wallace	1	Crystal Palace	25 Apr 90	
15:49.6	* Kathryn Binns	1	Stretford	5 Apr 80	
15:52.4	* Lesley Morton	NZ	1	Cheltenham	21 Jul 93
15:58.7	* Suzanne Rigg	1	Stretford	14 Aug 94	
16:05.6	Laura Adam	2	Crystal Palace	25 Apr 90	
16:12.1	Jayne Spark	2	Stretford	14 Aug 94	
16:13.43	* Jo Thompson	1	Crawley	28 May 94	
16:25.4	Ceri Pritchard	1	Tooting	10 Sep 89	
16:25.7	* Angie Huley	1	Stretford	29 May 94	
16:28.0	* Nienna Lynch	USA	1mx	Stretford	16 May 95

9 performances to 16:30.0 by 9 athletes

## Women's 4 x 1 Mile Relay

19:17.3	BMC National Squad	1	Oxford	10 Jul 93	
(World Record)					

1 performance to 20:00.0

These rankings are compiled by Mathew Fraser-Moat with assistance from Brian Baulton, David Cockledge and Tim Grose.

## British Milers' Club - 1996 Fixtures

## BMC Championships

Matthew Fraser Moat 01304 379777

Postal Entries only - must be received

8 days before each meeting

6th May	Millfield	M5000, W5000
18th May	Loughborough	M800, W800
19th May	Loughborough	M Mile, W Mile

## BMC National Squad Races

Norman Poole 0161 945 2221

Mark Bryant 01656 880809

Ian Chalk 01582 769336

Please register 8 days before each meeting

15th May	Wythenshawe	M800, W800
	Norman Poole	M1500, W1500
25th May	Cardiff	M800, W800
	Mark Bryant	M1500, W1500
5th Jun	Watford	M800, W800
	Ian Chalk	M1500, W1500
		M3000, W3000
30th July	Wythenshawe	M800, W800
	Norman Poole	M1500, W1500

## BMC National Junior Races

Pat Fitzgerald 01895 234211

Travelling expenses for certain selected athletes will be met by the Foundation for Sport and the Arts

6th May	Millfield	(M800, W800) (M1500, W1500)
15th May	Wythenshawe	(M800, W800)
19th May	Loughborough	(M Mile, W Mile)
25th May	Cardiff	(M800, W800)
5th June	Watford	(M3000, W3000)
25th June	Stratford	(M1500, W1500)
30th July	Wythenshawe	(M800, W800)
14th Aug	King's Lynn	(M1500, W1500)
18th Aug	Derry	(M Mile, W Mile)
1st Sept	Bristol	Road Miles

## BMC Gold Standard Meetings

NORTH OF ENGLAND

Mike Harris 0161 499 1901

These meetings will always include 3k races

30th Apr	Stretford	M800, W800 M4x1500 W4x1500
21st May	Stretford	M800, W800
4th June	Stretford	M1500, W1500
25th June	Stretford	M800, W800
16th July	Stretford	M1500, W1500
6th Aug	Stretford	M800, W800
20th Aug	Stretford	M1500, W1500
3rd Sept	Stretford	M800, W800

SOUTH OF ENGLAND

Tim Brennan 01753 535073

Pat Fitzgerald 01895 234211

These meetings will include open 3k races

24th Apr	Watford	M1500, W1500
29th May	Watford	M800, W800
26th June	Watford	M800, W800
10th July	Watford	M1500, W1500
17th July	Watford	M4x800, W4x800
31st July	Watford	M800, W800
28th Aug	Watford	M800, W800
11th Sept	Watford	M1500, W1500

## BMC Regional Events

BMC SOUTH WEST

Mike Down 0117 973 3407

6th May	Millfield	M1000, W800
	(U15/U17 races)	(M800, W800)
	(U15/U17 races)	(M1500, W1500)
26th Aug	Bath	M800, W800 M3000, W3000

Post Office Counters SW Grand Prix

25th May	Cardiff	M1500, W1500
TBA	Salisbury	M1500
19th Jun	Bath	M Mile, W1500
7th July	Southampton	M1500, W800
4th Aug	Cheltenham	M1500
7th Aug	Cardiff	M1500
14th Aug	Swindon	M1500
25th Aug	Exeter	M Mile
26th Aug	Bath	M1500
28th Aug	Barry	M1500
1st Sept	Bristol	Road Miles

## BMC East

Ian Chalk 01582 769336

28th June	Luton	MW Road Mile
Eastern Region Grand Prix sponsored by Personal Best of Milton Keynes		
24th July	Milton Keynes	M800
7th Aug	Bedford	M1500, W1500
14th Aug	King's Lynn	M Mile
26th Aug	Widely	M1500

## BMC Loughborough

George Gandy 01509 230176

27th Apr	Loughborough	M3000, W3000
1st Jun	Loughborough	M5000, W5000

## BMC Midlands

Bud Baldaro 0121 429 6579

24th Apr	Birmingham	M800, W800
29th May	Cannock	M1500, W1500
4th June	Cannon Hill	MW Road Mile
26th June	Rugby	M3000, W3000
31st July	Solihull	M3000, W3000
21st Aug	Coventry	M1500, W1500

## BMC London

Ray Thompson 01737 554450

Sponsored by Sweatshop

13th Apr	Battersea	M800, W800
29th May	Tooting Bec	M800, W800
3rd July	Croydon	M1500, W1500
31st July	Tooting Bec	M800, W800
21st Aug	Tooting Bec	M1500, W1500
Ron Allison 0181 858 9380		
20th Apr	Sutton Park	M600, W600 M1200, W1200

John Sullivan 0171 790 1961

1st May	Highgate	M800, W800
5th June	Highgate	M Mile, W Mile
3rd July	Highgate	M800, W800
7th Aug	Highgate	M1500, W1500
4th Sept	Highgate	M800, W800

Tim Brennan 01753 535073

15th Sept	Sutton Arena	M800, W800
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## BMC North East

Phil Hayes 0191 482 2253

29th May	Jarrow	M1500, W1500
10th June	Jarrow	M800, W800
22nd June	Jarrow	M Mile, W Mile
8th July	Jarrow	M800, W800
24th July	Jarrow	M1500, W1500
5th Aug	Jarrow	M800, W800

## BMC Humberside

Michael Good 01472 358809

25th May	Grimsby	M800, W800
26th Aug	Southorpe	M Mile, W Mile

## BMC Devon &amp; Cornwall

Roger &amp; Barbara Lock 01503 250673

## BMC Wales

Mark Bryant 01656 880809

24th July	Barry	M800, W800
7th Aug	Cardiff	M1500, W1500
28th Aug	Barry	M800, W800

## BMC Scotland

Brian McAuland 01360 550680

## BMC Northern Ireland

Malcolm McCausland 01504 42583

29th May	Antrim	M800, W800
12th Jun	Derry	M1500, W1500
17th July	Antrim	M3000, W3000
10th Aug	Derry	M Mile, W Mile
18th Aug	Derry	M5000, W800 (M1500, W1500)

## BMC Training Days

Ian Chalk 01582 769336

27th Apr	Sutton Coldfield	Junior Weekend
20th Oct	Bedford	National Day

For members only - all races will be paced and there will be separate races for Men and Women.

The dates and venues of the races must be regarded as provisional, so you are advised to check with the Regional Secretary at least seven days before.

BMC qualifying times for seniors are  
M800 1:56.0, M1500 3:56.0,  
W800 2:20.0, W1500 4:45.0.

BMC qualifying times for U17 athletes are M800  
2:10.0, M1500 4:30.0,  
W800 2:25.0, W1500 5:00.0.

BMC Membership is limited to those athletes who have achieved the required qualifying times, and to Senior BAF Coaches. All applications to join the BMC should be sent to the Membership Secretary, Andy Anderson, 75 Chichester Road, North End, Portsmouth, Hampshire PO2 0AB, enclosing a large SAE.

Annual subscriptions are £10, and there is a £10 joining fee to cover the cost of a BMC vest.