

BMC Vision 2000 Update

BMC



NEWS

*Official Journal of the
British Milers' Club*

VOLUME 3 ISSUE 5

SPRING 1998 £6.00

Championship Success!



BMC Member John Mayock winning the 1998 European Indoor 3,000m Gold Medal

Photo by Mark Shearman

The British Milers' Club

sponsored by Nike

Founded 1963

BMC VISION 2000

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

OFFICERS

President	Lt Col Glen Grant
Chairman	Dr Norman Poole
Vice Chairmen	Maureen Smith Matthew Fraser Moat
National Secretary	Ian Chalk, 8 Mary Pond Court, Oaklands, Hertfordshire, AL6 0XG
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Membership Secretary	William Anderson, 49 Paulsgrove Road, North End, Portsmouth, Hampshire PO2 7HP
National Committee	Frank Horwill, BMC Founder 1963, Tim Brennan, Val Brandon, Peter Cox, Mike Down, David Isatt, Steve Mosley, Philip O'Dell, Peter Thompson and all Race Organisers.
Honorary Auditor	Mike Rezn

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BMC NIKE GRAND PRIX		
BMC Director	Ian Chalk	01438 714487
BA ENDURANCE INITIATIVE		
BMC Director	Mike Down	0117 973 3407
GOLD STANDARD MEETINGS		
Stretford	Mike Harris	0161 499 1901
Watford	Tim Brennan (Men) Pat Fitzgerald (Women)	01628 415748 01895 234211
Loughborough	George Gandy	01509 230176
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Scotland	Brian McAvanland	01567 830331
Wales	Steve Mosley	01222 306733
Northern Ireland	Malcolm McCausland	01504 49212
East	Ian Chalk	01438 714487
Midlands	Maurice Millington Steve Edmunds	0121 429 6579 0121 561 4399
North East	Phil Hayes	01207 570161
	Michael Gooch (Humbly Grove)	01472 358809
North West	Mike Harris	0161 499 1901
South West	Mike Down	0117 973 3407
Southern Counties	Ray Thompson (Rosenheim) Ron Allison (Sutcliffe Pk) Dave Parnah (Battersea Pk) John Sullivan (Frisbury Pk)	01747 554450 0181 858 9380 0171 388 8229 0171 790 1961

JOURNAL

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

MEMBERSHIP

Membership is limited to athletes who have achieved the required qualifying times, and to BAF Coaches. Associate membership is granted to those possessing special qualifications likely to benefit the club.

Members receive the *BMC News* twice a year. They are eligible for reduced entry fees to BMC races and courses, preference in BMC race-seeding, travel expenses to certain BMC races and access to FSA funds. Members are eligible to wear the BMC "White" Vest. Members with the BMC "Gold" Standard are eligible to wear the BMC "Gold" Vest. All applications to join the BMC should be sent to the Membership Secretary with a cheque for £20 (£25 overseas) stating vest size and enclosing an A4 SAE. Annual subscriptions of £10 (overseas £15) are due 1st January each year and should be sent to the Treasurer.

MERCHANDISE

BMC vests (gold/white - S/M/L/XL - £10), BMC T Shirts (S/M/L/XL - £10) and BMC ties (£5) are available from the membership secretary, William Anderson. Back issues of *BMC News* (£2 each) and the *BMC Fitness Testing Booklet* (£1) are available from the Treasurer, Pat Fitzgerald. Please make all cheques payable to 'The British Milers' Club' and enclose an A4 SAE.

INTERNET

BMC Web Site: <http://www.britishathletics.co.uk/bmc/>
BMC E-mail: bmc@britishathletics.co.uk

Contents

TRAINING

Physiological Monitoring	Joe Dunbar	8 - 9
On Kenya and the Kenyans	John Manners and James Templeton	18 - 27

SPECIAL FEATURES

World Relay Olympics	Joel Tetreault and Matthew Fraser Moat	6
Vision 2000 Update	Matthew Fraser Moat	7
1997 UK Merit Rankings	Peter Matthews	12 - 13
All Time Men's Lists	Eric Roosendaal and Antonio Carrasco	14
All Time Women's Lists	Peter Larsson	15
The Best Ever BMC Races	Matthew Fraser Moat	16 - 17
Evolution of BMC Records	Matthew Fraser Moat	28 - 29
All-Time Men's Statistics	Eric Roosendaal and Antonio Carrasco	30

REGULAR FEATURES

Chairman's Notes	3
BMC National News	3 - 5
BMC Records	10
Your Letters	10-11
1998 BMC Fixtures	31

BMC QUALIFYING TIMES

(from 1st January 1998)

	MEMBERSHIP Entry Standard			
	800m	1,500m	3,000m	5,000m
Senior Men	1:56.0	3:56.0	8:30.0	14:45.0
Under 17	2:10.0	4:30.0	n/a	n/a
Veterans	2:10.0	4:30.0	n/a	n/a
Senior Women	2:20.0	4:45.0	10:15.0	19:00.0
Under 17	2:25.0	5:00.0	n/a	n/a
Veterans	2:25.0	5:00.0	n/a	n/a
GOLD Standard				
Men	1:52.0	3:49.0	n/a	n/a
Women	2:12.0	4:30.0	n/a	n/a
ELITE Standard				
Men	1:49.0	3:43.0	n/a	n/a
Women	2:05.0	4:20.0	n/a	n/a



BMC News...News...News...

CHAIRMAN'S NOTES

by Dr Norman Poole

These are my first Chairman's notes and in my view we approach the 1998 season with great optimism for BMC Vision 2000 and the UK middle-distance events.

The BMC currently boast the 1997 World Student Games 1,500m Champion in Tony Whiteman - Congratulations to both Tony and his coaches Chris Bowman and Alan Storey. We also boast the European Indoors 3,000m champion in John Mayock. Congratulations also to his coaches Peter Watson and Peter Elliott. These coaches should be honoured, not only for helping to raise the standard of their athletes performance to the highest level, but also for bringing their athletes to a peak when it mattered. The same congratulations are also due to Paula Radcliffe and Kelly Holmes and their coaches, Alex and Rosemary Stanton and Dave Arnold respectively, for their continuing endeavours and achievements on the world middle distance stage.

It is the doers in our sport, like those mentioned, who should be praised and supported. We have a lot of talkers but it is the doers who make it work and push the sport forward.

So congratulations to the doers of the BMC committee, the race organisers and especially to NIKE for making 1997 our best ever year of high standard race meetings. We are all committed to raising these standards even higher during 1998.

In 1997 qualifying times for major games were set in our races. The verification of such times has now become essential and with NIKE's assistance we will now have electronic timing at all of our Grand Prix venues this year. Well done NIKE.

Since the start of the Mobil Grand Prix series in 1985, British and to some extent European athletes have found it increasingly difficult to obtain races in the highest standard European Track Meetings. The UK ranking lists from 800m to 10,000m have suffered as a consequence. In recent years the BMC has helped to correct this trend over 800m and 1,500m by organising appropriate levels of competition for athletes up to international level. During 1997 the BMC also staged a number of 3,000m - 10,000m track races which made a positive impact on the UK ranking lists.

Once again many of our 1998 meetings will include such competitions, and new for this year, 3k steeplechase races. These are part of the British Athletics Endurance Initiative and also reflect the growing relationship between the newly-formed PAS and the BMC. We are all determined that these races will continue to serve as a springboard for all our middle/longer distance athletes in their quest for world class.

I very much hope that your preparations for the forthcoming season are progressing well and I look forward to meeting up with you at our track competitions this season.

BMC NIKE GRAND PRIX

The 1998 BMC NIKE Grand Prix will be run on similar lines to 1997. The Grand Prix meetings are:

Wed 3rd June	Wythenshawe GP
Wed 24th June	Swindon GP
Wed 15th July	Cardiff GP
Wed 5th Aug	Watford GP
Sat 5th Sept	Solihull GP Final

There are three Grand Prix categories, Men, Women and overall, covering 800m, 1,500m and 1 Mile.

There will be four Grand Prix meetings and a Grand Prix Final.

At each GP meeting there will be four events, M800, W800, M1500, W1500. At the Grand Prix Final, the 1,500m will be replaced by a Mile.

The overall prizes in the combined men's and women's Grand Prix are: first £800, second £600, third £400, fourth £200, and fifth £100.

There will be total prize money of £250 for each event at each meeting - first prize being £100, second £75, third £50 and 4th £25. An athlete that wins their events at all five rounds of the Grand Prix could therefore win £1,300.

In addition, a bonus of £100 will be paid to any BMC member who breaks and still holds the BMC members' record at the end of the season, with a winning performance at a BMC NIKE Grand Prix Meeting.

GRAND PRIX SCORING

Points can be scored at any distance in the four BMC NIKE Grand Prix meetings and the final, the best four meeting scores counting towards the overall men's and women's Grand Prix. An athlete may also include one score from a BA Endurance Initiative race that takes place at a BMC NIKE Grand Prix meeting.

The points system will be the same as last year. Equal points will be available for "time" and "position", 21pts being the notional maximum for each category.

First place will count 20 points, 2nd place 19 points, 3rd place 18 points down to 1 point for 20th place. "Positions" will be decided on time, taking all races in account, but the winner of any race, 'A', 'B', 'C' etc., will get a 1 point bonus.

"Time" points will be awarded as follows:

	21pts	step	1pt
M800	1:46.0	½ sec	1:56.0
W800	2:00.0	1 sec	2:20.0
M1500	3:36.0	1 sec	3:56.0
W1500	4:05.0	2 secs	4:45.0
M Mile	3:54.0	1 sec	4:14.0
W Mile	4:25.0	2 secs	5:05.0

The "21 points level" is approx. world Top 50 standard and the "1 point level" is our BMC entry standard. Times will be rounded "down" to the "step" below that time, thus an 800m in 1:47.7 would score 17 points and 1:55.7 would score 1 pt.

GRAND PRIX ENTRIES

All BMC Members are eligible and encouraged to enter the BMC NIKE Grand Prix, and are encouraged to vary their events. Athletes are asked to register with the meeting organiser 8 days before the event. As start-lists and seeding will be done 72 hours before the meeting, Grand Prix entries will not be accepted on the day.

Entry fees for members are £2 per race.

Non-members and members behind with their subscriptions will be allowed to run but their entry fee will be £5 per race. Non-members are not eligible to win a prize in any of the overall Grand Prix categories.

Limited overseas athletes are encouraged to run - care will be exercised to ensure that they "enhance" rather than "distort" the meeting. Overseas athletes are eligible to join the BMC.

GRAND PRIX SEEDING

Race seeding will be done by the meeting organiser in conjunction with the BMC Committee. In case of dispute, current BMC merit rankings will be used.

Promising U23 athletes will be given priority in the seeding and any athlete that wins the 'B' race in a BMC NIKE Grand Prix meeting will be given the option to run in the 'A' race in the next round.

Members who are behind with their subscriptions are unlikely to get priority in the seeding!



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BA ENDURANCE INITIATIVE

Norman Brook has asked Mike Down, representing the BMC, to co-ordinate the race programme for the BA Endurance Initiative (BAEI), working mainly within our BMC race programme.

The BAEI Grand Prix will therefore be held during the following meetings:

Sat 2nd May	Bath
Mon 4th May	Millfield
Sun 17th May	Loughborough (v AAA's)
Sun 24th May	Bedford (Inter-Counties)
Wed 3rd June	Wythenshawe GP
Sat 6th June	Birmingham (Alexander)
Sun 14th June	Battersea Park
Wed 24th June	Swindon GP
Wed 15th July	Cardiff GP
Wed 5th Aug	Watford GP
Sat 5th Sept	GP Final at Solihull

Points will be scored on the same basis as the BMC National Grand Prix.

	21pts	step	1pt
M3000	7:40.0	2½ secs	8:30.0
W3000	8:50.0	5 secs	10:30.0
M5000	13:20.0	5 secs	15:00.0
W5000	15:00.0	10 secs	18:20.0
M10000	27:40.0	10 secs	31:00.0
W10000	31:40.0	20 secs	38:20.0

There will also be a BAEI regional "team" race per BMC Region - for further details please contact your Regional Secretary or Mike Down on 0117 973 3407.

GRAND PRIX FINAL

The BMC NIKE Grand Prix Final will be held at Solihull on Saturday 5th September. Events will be 800m and one Mile and points can be scored towards the overall BMC NIKE Grand Prix in the same way as other rounds. To qualify for the 'A' race in your chosen event, you should be:

- in the Top 10 of the overall Grand Prix standings after the 4th meeting,
- or have won an 'A' race at any of the previous Grand Prix meetings.
- or have run a BMC "Elite" (see page 2) standard in that event at any of the previous Grand Prix meetings

Remaining places in the "A" races will be decided on the current national rankings. It is highly likely that, like last year, the Grand Prix Final will incorporate the BMC Championships.

OVERALL RACE PROGRAMME

Our 1998 Race Programme is designed to build on the successes of last year and will be once again in three tiers:

- BMC NIKE Grand Prix
- BMC Gold Standard Meetings
- BMC Regional Races

Following on from their successful launch in 1997, in addition to the above the BMC are continuing their two series of invitation races:

- BMC "Mile of Miles"
- BMC "Record Breakers"

For further details see below.

GOLD STANDARD MEETINGS

Put on in conjunction with the promoting clubs, these meetings take place every two or three weeks to provide high class races in preparation for championships and the BMC NIKE Grand Prix. 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	Tim Brennan	01628 415748
	Pat Fitzgerald	01895 234211
Loughborough	George Gandy	01509 230176

These meetings will always include high quality 3k races. The Stretford races will also include 1500m and 2,000m steeplechases.

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:

Rosenham Lg.	Ray Thompson	01737 554450
Frisbury Park	John Sullivan	0171 790 1961
Battersea Park	Dave Pamah	0171 388 8229

Sutcliffe Park	Ron Allison	0181 858 9380
Midlands	Steve Edmunds	0121 561 4399
North East	Phil Hayes	01207 570161
Humber-side	Michael Gooch	01472 358809
Wales	Steve Mosley	01222 306733
Scotland	Brian McAusland	01567 830331
N Ireland	Malcolm McCausland	01504 49212

BMC MILE OF MILES

Local sponsors have provided prize money for Mile races in the "Mile of Miles" including bonuses for performances under 4:00 (men) and 4:40 (women).

17th May	Mile	Jarrow
20th May	Mile	Bath
16th June	Mile	Exeter
5th July	Mile	Yate

The BMC will put up further prize money of £100 for U23s and juniors, male and female, for the most wins (in their own age group) throughout the summer.

BMC RECORD BREAKERS

The "Record Breakers" series will attempt to set new BMC Records at mainly "non-standard" distances as follows:

Mon 20th Apr	2,000m	Jarrow
Mon 4th May	4,000m	Millfield
Sun 17th May	1,000m	Loughborough
Sun 14th June	800m	Battersea Park

Prize money of £100 will be awarded for each race where a new BMC "members" record is set, provided that the record still stands at the end of the season. Men's records are currently:

M600	1:18.5	Steve Overt 1976
	1:18.5	Andy Knight 1996
M1000	2:19.4	Andrew Hart 1997
M1200	2:57.0	Paul Williams 1978
M2000	5:11.0	Walter Wilkinson 1972
M4000	no decent mark	under 11:00

Women's records are:

W600	1:29.4	Linda Staines 1997
W1000	2:44.9	Jo White 1980
W1200	3:23.4	Christine Ward 1977
W2000	6:22.2	Paula Yeoman 1971

It is recognised that some of these records are "soft" and therefore the £100 will be split

NEW MEMBERS

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

3064	Jonathan Earnshaw	3073	Alex Hutchinson	Gold	3082	J Jenkins	Sen Coach	3091	Jason Henderson	
3065	Simon Curwen	3074	Caroline Adward		3083	Rob McHarg		3092	David Gow	Gold
3066	Mark Goodger	3075	Angus MacLean U20		3084	Tom Bolton U15		3093	James Parker U20	
3067	Tony Roper	3076	Louise Walker		3085	Ava Hutchison U17		3094	Rob Jeffries U20	
3068	John Shaw	3077	Andrew Wright		3086	Gillian Morgan W35		3095	Jill Christie U17	
3069	Paul Yarham	3078	Joanna Knapman		3087	Paul Burnett		3096	Jenny Short U17	
3070	Miranda Heathcote	3079	Eddie Baisrow	Sen Coach	3088	Ketan Desai U17		3097	Rebecca Heathcote U17	
3071	C. "Zac" Zacharides	3080	Alan Old U20		3089	Greg Moon	Sen Coach	3098	Thomas Carter U17	
3072	Walker Short	3081	Donna Sterling		3090	Simon Eyre U20		3099	Alexandra Carter U20	Gold



BMC News...News...News...

between all athletes that record a time inside the mark listed above. To enter, please register with Matthew Fraser Moat on 01304 379777 or the local race organiser.

BMC CHAMPIONSHIPS

As in 1997 it has regrettably not yet proved possible to find a suitable weekend date to hold the BMC Championships in a heats and finals format in 1998. If a suitable date emerges, members will be informed by letter, but at the moment BMC Champions for 1998 will be the athletes who set the fastest times in the 800m and Mile races at the Grand Prix Final at "Solihull".

MEMBERSHIP ELITE STANDARD

We have formally included the "elite" standards as defined in the Vision 2000 document issued September 1996. A motion to give enhanced privileges to elite members will be proposed at the AGM.

We have tightened our 800m elite time to 1:49.0 as the old standard of 1:49.5 was noticeably soft at an international level.

1998 NATIONAL TRAINING DAY

It is intended to hold this in October 1998. For further details please contact Ian Chalk on 01438 714487.

NATIONAL ENDURANCE WEEKEND

The seventh National Endurance Weekend will take place in November, venue TBA. For further details please contact Norman Poole on 0161 980 8358.

1998 ANNUAL GENERAL MEETING

This will be held in the autumn, probably in conjunction with one of the above events. For further details please contact Ian Chalk on 01438 714487.

1998 SUBSCRIPTIONS

Your 1998 subscriptions were due on January 1st 1998. 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 at the address on page 2. If you are in arrears with subscriptions you may have difficulty in being accepted into BMC races.

800m CHALLENGE

BMC members are invited to compete in the 800m challenge, an event organised by BMC member C Zacharides, at Barnet

Copthall on Sunday 19th April, commencing at 10am with six rounds and lasting the whole day.

For further details, please e-mail Zac at 800m@british-athletics.co.uk or ring 0181 441 6908.

BMC E-MAILING LIST

To receive news of BMC events and full BMC results as they happen throughout the summer, BMC members on E-mail can join the BMC Mailing List. To subscribe to this free of charge service please send an e-mail to Matthew Fraser Moat at mfm@fmconsultants.telme.com.

RECOMMENDED INTERNET SITES

- i <http://www.british-athletics.co.uk/bmc/> - our own BMC site which gets about 1,000 hits a month.
- ii <http://www.british-athletics.co.uk/> - the unofficial web site for British Athletics, hosted by C Zacharides
- iii <http://tilastopaja.vsnervers.com/> - Mirko Jalava's site - the best site for ranking lists as the season progresses.
- iv <http://www.hkkk.fi/~ninnen/athl.html> - Petri Niininen's site lists world junior records and national records.
- v <http://personal.computrain.nl/eric/m800/> - Eric Roosendaal's site which lists men's 800m statistics.
- vi <http://www.iponet.es/~acarras/athletics/1500.html> - Antonio Carrasco's site which lists men's 1,500m statistics
- vii <http://www.algonet.se/~pela2/index.html> - Peter Larsson's site which lists all time track and field performances.
- viii <http://members.aol.com/trackceof/index.html> - Ken Stone's Masters Track & Field site.
- ix <http://wso.williams.edu/listserv/tfselect/> - holds the archives from the track & field mailing list.
- x <http://easyweb.easynet.co.uk/~rsparks/> - Bob Spark's Web Site contains all British Records and houses the ATFS home-page.

RAISING THE PROFILE OF BMC

The revised Vision 2000 document in this issue urges the BMC to raise its international profile in order to attract quality overseas athletes to BMC races.

Every member can assist in this by adding a "BMC signature" to their outgoing athletics e-mail. This might take the form of "Joe Bloggs - BMC member no. xxxx" and then quoting our BMC Web Site address.

This means that whenever you make posting to a discussion group or mailing list then the recipients know that you are a BMC member and can then go to our web site.

Please note - e-mail is a very powerful tool so be careful what you post!

RECOMMENDED SERVICES

- i *Aesthetes*, a nation-wide network of podiatrists and suppliers of orthotics. For further details please call 01332 202232.
- ii *Peak Performance*, a technical athletics journal. Write to Peak Performance, 1st Floor, 5 Charterhouse Buildings, Goswell Road, London EC1B 1HL.
- iii *Ultrafit Magazine*, a bi-monthly journal on all aspects of fitness. Write to Simone Kiburn, Ultrafit Magazine, Champions House, 5 Princes Street, Penzance TR18 2NL, phone 01736 50204.
- iv *Athletics International*, for the best coverage of international results. Write to Mel Watman, 13 Garden Court, Marsh Lane, Stanmore, Middlesex HA7 4TE.
- v *Sports Tours International*, for warm-weather training trips. Write to Vince Regan, Sports Tours International, 91 Walkden Road, Walkden, Worsley, M28 5DQ or phone 0161 703 8161.
- vi *Len Lewis*, for an excellent second-hand, no-obligation, book search service. Please ring any evening 01938 552023 or write to Len Lewis, 3 Aubet Drive, Guilsfield, Welshpool, Powys, SY21 9LX.
- vii *Body Language II*, custom competition and training apparel for clubs and individuals. Contact Lesley Graysmark on 01452 619486.

CONGRATULATIONS to

- i *John Mayoek*, for his stirring performance at the European Indoor Championships, winning the 3,000m gold medal from three Spaniards.
- ii *Spencer and Lynne Duval (nee Robinson)*, who got married last September. It is believed that this is the first BMC couple to get married since Marc and Laura Adam in the late 1980s.

NEXT ISSUE

The next issue will be published in November 1998. Please send all articles to Matthew Fraser Moat, Ripple Court, Ripple, Deal, Kent CT14 8HX by 31st August.

An editorial team is being formed for future editions of the *BMC News*. For details of how to join the editorial team, please contact the Editor.



World Relay Olympics

compiled by Joel Tetreault and Matthew Fraser Moat

What if the Olympic Games and the World Championships had middle-distance relay events? Would this be a good way of establishing the depth of middle-distance talent in a particular country?

The tables below shows idealised results for the men's 4x800m, 4x1,500m and 4x5,000m based on 1997 season bests. Not surprisingly, Kenya would win in all events with some quite staggering times but somewhat surprisingly only two other countries, Great Britain and the USA would have made all three finals.

Drawing conclusions from these statistics is obviously dangerous but it certainly does imply that British Middle Distance running is not nearly in such a bad state as people say. In many cases our 4th runner is faster than the 4th runner of teams higher up.

All the British athletes listed are either BMC members or ran in BMC races in 1997. Particularly pleasing from the BMC point of view is the statistic that only three countries in the world can put together a faster quartet than the BMC can!

4 x 800m

1) KEN 6:53.62

1:42.62 Patrick Ndururi
1:42.98 Patrick Konchellah
1:43.64 Japheth Kimutai
1:44.39 Frederic Onyancha

2) USA 6:55.92

1:43.20 Mark Everrett
1:43.38 Rich Kenah
1:44.56 Johnny Gray
1:44.79 Brandon Rock

3) RSA 6:59.75

1:43.19 Hezekiel Sepeng
1:44.62 Hendrix Moganyetsi
1:45.63 Marius van Heerden
1:46.32A Gideon van Oudtshoorn

4) ITA 7:02.13

1:44.40 Andrea Longo
1:45.24 Andrea Giocondi
1:45.35 Giuseppe D'Urso
1:47.15 Andrea Ceccarelli

5) GER 7:04.59

1:45.33 Nico Motchebon
1:46.04 Oliver Daum
1:46.61i Mark Eplinius
1:46.61 Nils Schumann

6) GBR 7:05.68

1:46.05 Mark Sesay
1:46.36 Andy Hart
1:46.4h Paul Walker
1:46.87 Kevin McKay

7) NED 7:05.82

1:44.01 Marko Koers
1:45.66 Gert-Jan Liefers
1:47.22 Dennis van Tongeren
1:48.94 Robert Spook

8) NOR 7:05.98

1:44.24 Vebjørn Rodal
1:45.42 Tor Odegaard
1:47.74 Atle Douglas
1:48.58 Bjorn Bohleng

4 x 1,500m

1) KEN 14:00.60

3:29.46 Daniel Komen
3:30.13 Laban Rotich
3:30.44 John Kibowen
3:30.58 William Tanui

2) ESP 14:10.35

3:28.95 Fermin Cacho
3:33.40 Reyes Estevez
3:33.97 Isaac Vicosia
3:34.03 Manuel Pancorbo

3) MAR 14:13.77

3:28.91 Hicham El Guerrouj
3:33.21 Salah El Ghazi
3:35.26 Driss Maazouzi
3:36.40 Azzedine Sediki

4) GBR 14:15.15 (All BMC)

3:31.86 John Mayoock
3:32.34 Anthony Whiteman
3:34.59 Kevin McKay
3:36.36 Matthew Yates

5) FRA 14:20.32

3:32.41 Nadir Bosch
3:34.52 Abdelkader Chekhemani
3:35.88 Said Chebili
3:37.52 Michael Damian

6) ALG 14:21.75

3:30.23 Noureddine Morceli
3:35.56 Ahmed Krama
3:37.47 Ali Saidi-Sief
3:38.49 Miloud Abaoub

7) USA 14:23.53

3:31.52 Steve Holman
3:36.92 Marc Davis
3:37.46 Richie Boulet
3:37.63 Rich Kenah

8) ITA 14:26.46

3:36.10 Gennaro di Napoli
3:36.25 Andrea Abelli
3:36.61 Massimo Pegoretti
3:37.5hi Giuseppe D'Urso

4 x 5,000m

1) KEN 51:21.84

12:39.74 Daniel Komen
12:49.87 Paul Tergat
12:55.94 Thomas Nyariki
12:56.29 Paul Koech

2) MAR 51:56.89

12:52.39 Salah Hissou
12:53.41 Khalid Boulami
13:00.62 Smail Sghir
13:10.47 El Hassan Lahssini

3) ETH 52:07.36

12:41.86 Haile Gebrselassie
13:05.48 Assefa Mezegebu
13:07.20 Fita Bayissa
13:12.88 Habte Jifar

4) ESP 52:49.01

13:07.32 Enrique Molina
13:08.30 Anacleto Jiménez
13:12.95 Manuel Pancorbo
13:20.44 Alberto García

5) GBR 53:16.22

13:17.21 Keith Cullen
13:18.06 Ian Gillespie
13:20.09 Adrian Passey
13:20.86 Rob Denmark

6) USA 53:27.16

13:06.62 Bob Kennedy
13:20.39 Todd Williams
13:28.64 Alan Culpepper
13:31.51 Brian Baker

7) FRA 53:54.02

13:17.18 Abdellah Béhar
13:18.41 Mustapha Eissaïd
13:37.04 Mohamed Ezzher
13:41.39 Antonio Martins

8) POR 53:55.63

13:20.46 Domingos Castro
13:24.51 Dionisio Castro
13:32.65 Helder Ornelas
13:38.01 José Ramos



Vision 2000 Update

by Matthew Fraser Moat, Vice Chairman

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

We stated our Vision 2000 in September 1996. Some 18 months further on, how have we done?

Strategy

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

The collapse of BAF and the emergence of Performance Athlete Services (PAS) does not invalidate this strategy, but clearly in the current climate the BMC must concentrate on providing a service right through to world class. Obviously we will continue to consult very closely with PAS, as to precisely where the dividing line is.

We also identified a new third principle method to achieve the BMC's purpose of raising the standard of British Middle Distance Running:

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

We proposed details for a Grand Prix series - and shortly afterwards we were approached by two sports shoe manufacturers with two good offers with a view to sponsoring such a Grand Prix series organised by the BMC.

The decision between the two was difficult but we accepted NIKE's offer. Thus in March 1997 the BMC NIKE Grand Prix was launched in London by David Moorcroft for the BMC (in his pre-BAF days) and John Gladwin for Nike.

Review of 1997

When we review the history of the BMC, 1997 will be regarded as the year that we started to "make a difference" at an international level.

We make this statement advisedly and with a full review of all the statistics

available to us. Performances set in our races penetrated the world top 100 several times (six men ran 1:46 or faster!) and in total we set about 5% of the worlds top 500 over the men's events.

This last statistic needs clarifying. According to Mirko Jalava, 503 male athletes broke 1:50 for 800m and 456 broke 3:45 for 1,500m in 1997. In BMC races the number of athletes hitting the same marks were 25 and 26 respectively, hence we can deduce that we contribute just over 5% of the world's top 500 maleathletes.

[In the women's events global statistics are not available down to 500th place. However, BMC races supplied 18 of the 420 females who broke 2:08 for 800m and 13 of the 370 females who broke 4:23 for 1,500m]

These are amazing statistics and ones we can justifiably be proud of. There are over 200 member nations of the IAAF. There are two dozen IAAF Grand Prix meetings. How can one "little" club from one nation contribute 5% of the worlds top 500? We are clearly doing something right indeed!

Interestingly our depth of performances reduced slightly in 1997, at both our "elite" and "gold" levels. Athletes focused on the Grand Prix events and therefore did not race quite so often at our traditional venues such as Stretford and Watford. This is probably no bad thing. It is better to race less often as athletes then arrive fresher at the championships.

Forward for 1998

Statistics elsewhere in this issue show that Britain is still a first division country when it comes to middle-distance. We are moving forward - it is just that the Kenyans have moved forward faster. Therefore the BMC must therefore raise the standards of their races still further in 1998.

We must stop being parochial and expand the activities of the British Milers' Club to include overseas athletes.

Patrick Ndururi and Bernard Kisilu both won £100 from us last year - it was

Table 1

	BMC Race Programmes 91-97						
	Number of performances inside our BMC Elite 'All Time' Standards						
	91	92	93	94*	95	96	97
M800 (1:49.0)+	0	2	3	3	10	23	21
M1500 (3:43.0)	2	1	0	9	6	19	10
W800 (2:05.0)	0	1	1	5	4	7	8
W1500 (4:20.0)	0	0	0	11	2	12	9
Yearly Totals	2	4	4	28	22	61	48

+ Historic figures adjusted for new M800 elite standard

Table 2

	BMC Race Programmes 91-97						
	Number of performances inside our BMC Gold Standards						
	91	92	93	94*	95	96	97
M800 (1:52.0)	22	20	49	63	119	136	158
M1500 (3:49.0)	40	24	53	94	71	102	99
W800 (2:12.0)	20	26	23	60	48	103	76
W1500 (4:30.0)	13	7	14	46	19	60	47
Yearly Totals	95	77	139	263	257	401	380

* 1994 in conjunction with 3 Reebok Challenges

worth it. Ask the athletes behind them, such as Andy Hart, Kevin McKay and Anthony Whiteman, who were supplied with ready-made pacemakers, and were able to set fast times in the UK without having to travel overseas.

We must take advantage of opportunities available to us and "use" the stock of Kenyans in London to our advantage. There are plenty of "second division" Kenyans, and indeed other good Europeans, who can't make the IAAF Grand Prix but who are still very good and who will enhance BMC races for the benefit of BMC members. So how do we encourage overseas athletes to race in BMC races?

- Firstly we must choose our race dates intelligently, with an eye on the international calendar as well as the domestic one,
- Secondly we must increase our international profile, using the power of the media and the Internet etc. so that their agents think of us when planning their athletes' races,
- Finally we must ensure that we always welcome our visitors with open arms and make them feel special so that they tell their friends and keep on coming back!

We have two more years to achieve our breakthrough - we can only do it with the full support and commitment of all our members.



Physiological Monitoring

by Joe Dunbar

Physiological Monitoring is becoming more accessible to athletes in the UK. Sports Physiologist Joe Dunbar explains a little

Physiological monitoring in athletics is not new. For decades scientists have been trying to understand how the body works and why individuals are different. However, what has changed over the years is the way that athletes are tested and the type of feedback that can be gained by athlete and coach.

History

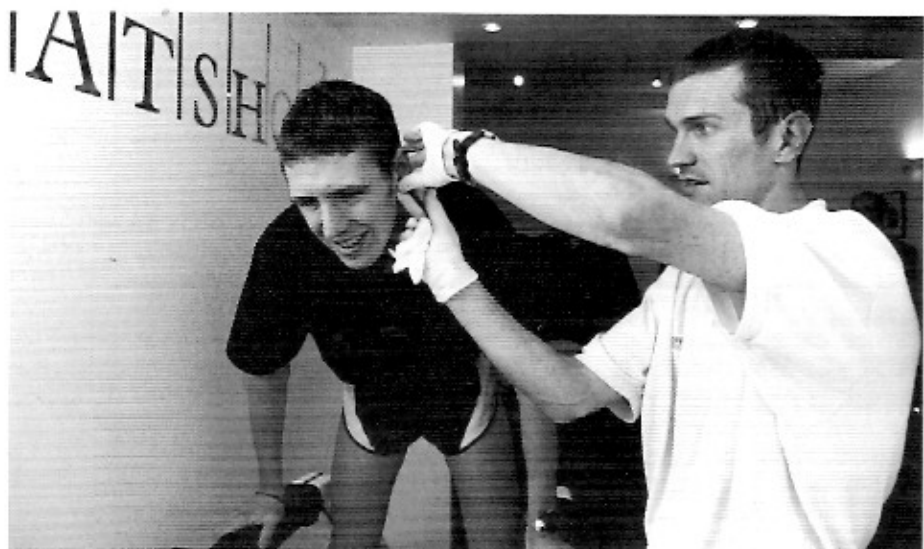
Thankfully, long gone are the days where runners may go to a Human Performance Laboratory and be put on a cycle ergometer and made to work to exhaustion, with little or no feedback as to what the results actually mean. Of course, at the time these early modes of assessment were vital to build understanding of the basic physiology of the elite athlete; unfortunately in the short term it was the scientist that gained most useful feedback, while the willing guinea pig may have learned a little about his or her own body, but would not necessarily be able to use the information to enhance their own training and performances.

Benefits and Pitfalls

Before going into the nitty gritty of what tests are available to athletes and the information that can be gleaned, it is pertinent to lay down a few ground rules, as to what the process should and should not be aiming to achieve.

Firstly, physiological testing should not be used by coaches, or indeed athletes, to try and pick out future Olympic Champions. The process is not supposed to be predictive in nature, so do not expect to receive pinpoint predictions on how fast you are going to run this summer. Your coach should have a good idea of this anyway from training times, particularly on the track.

Secondly, it is important to remember that many other factors exist, other than pure physiology, that will dictate how well you are going to perform. Other classic areas are from the sciences of psychology and bio-mechanics, but do not forget factors such as lifestyle, genetic endowment and health status, all of which can be inter-related.



Joe Dunbar assisting Anthony Whiteman at Sweatshop².

Photo by Shearman

On the positive side, if testing is performed properly and the results interpreted correctly with both athlete and coach present, you can reap many benefits. One of the most important is the providing of baseline data for the monitoring of performance.

It is true to say that a first test will give you immediate benefit, but the more you are tested, the more reward you are likely to enjoy. It is because of this, that I prefer the term physiological monitoring, as opposed to assessment or testing. Once you have your first test completed, future tests can provide immediate feedback as to how you are progressing.

Monitoring

Obviously you will hope to improve every time, but if you have been ill or injured, you will expect a decline in fitness.

Knowing the degree to which your fitness has changed, be it in either direction, is vital not only for the planning of your next phase of training, but also to check how well your programme has been working. Although there are few things more frustrating than to find out that you have not improved - especially after a period of hard training - it is better to know than not know.

In my experience, when this has been the case, it is often because the athlete and coach have been pushing too hard due to sheer desire for improvements and success. However, if this is found early enough, adjustments can be made well before the

season starts and bad performance really matters.

Health Status

Physiological monitoring can also provide useful information on the health status of the athlete. Routine measurements may be for red blood cell count, haemoglobin or hydration status.

One of the common problems I have is when an athlete, who I have never seen before, calls because they are having some sort of problem. It is very difficult to detect what is going wrong with no baseline data from that athlete. Sure, I can compare resting blood samples with normal ranges, but athletes do not always lie in normal ranges anyway.

For example, an athlete may come to me complaining of feeling tired. I could take a red blood cell count which might be low. On the face of it I may think I have the answer, but the athlete may normally have a low red blood cell count even when they are healthy. If I know what the healthy resting levels are first, it can make diagnosis a little easier.

With the elite, I often examine markers of over-training, which can be very useful during hard phases of training particularly just before racing. For example, with the British Junior Rowing Team, we take baseline measurements throughout the year during routine physiological monitoring. Then during training camps, particularly before the World Championships, we measure these variables more frequently to check that athletes are not overcooking it.



Physiological Monitoring

Hydration status is important and in my experience very few athletes have in place a robust fluid strategy. Of course on race day you see athletes with a water bottle, gulping down a few minutes before warming up, but this is probably too late. A proper fluid strategy involves keeping hydrated all of the time, by sipping little and often every day. This is not always easy at school or at work, but is so important to get the best out of training. On race day, why would you give an opponent a head start by starting a race dehydrated?

Strengths & Weaknesses

Physiological monitoring can also indicate relative strengths and weaknesses in a fitness profile, depending upon what tests have been selected. This is useful feedback for the coach who can apply this information to the planning of future training.

Another benefit of regular monitoring is that it forms part of the educational process for both coach and athlete. The athlete learns more about their own body and their responses to different types of training, whilst on a more general level a coach can check how effective the training programme is and perhaps how different people respond to the same schedule.

Because we are all different it is not normal for two athletes on the same programme to adapt in exactly the same way. It is widely documented that the training of Coe and Ovett differed enormously, one with relatively more quality and the other with more quantity. Despite this they ran extremely similar times in racing; however, if they swapped schedules it is questionable as to whether they would have been able to perform as well.

Training Prescription

One of the most vital aspects of physiological monitoring in the current era, is the assistance to training prescription.

Firstly the strengths and weaknesses idea mentioned above can fit here, but more importantly the prescription of different intensities is possible. This means that the athlete is working at the right intensity for the different type of training that they are performing. There are a great many athletes who perform all their steady running at one pace and that is normally bloody fast!

The key is to grade the type of work that you are doing so that your long run is not at the same pace as your shorter workouts. Control of your workouts in this manner can also help enormously when trying to control peaking.

I have seen athletes who train very hard all year round, indoors, on the road and country as well as the track. These athletes often have difficulty in raising their game when it comes to the big races and may decline in performance as the season progresses. There are few things more frustrating than starting the track season with a PR and getting no faster over the next three months.

Physiological monitoring can control training intensity either by speed or heart rate. The latter is far more accessible once you get used to the concept. The problem with using speed is that the terrain and conditions can vary, so even if your pace judgement is good, the actual intensity of work can vary at the same speed.

With heart rate, you have a better grasp on how hard your body is working, with the added benefit in that if you are tired, the heart rate will slow you down a little (as training heart rates can be elevated when you are tired) making sure that you do not work too hard on what may be a supposed recovery workout.

The Right Test

Choosing the most appropriate test is usually the job of the physiologist, but this may well be done in association with the athlete and coach.

It is important that the physiologist does not fall into the trap of collecting data for the sake of collecting data. Although research activity is useful to enhance understanding of the demands of the events in question, most athletes now require a service rather than to serve as guinea pigs.

Monitoring can also be of predominantly aerobic parameters, whilst new tests can now examine the anaerobic component of performance. As a practitioner who has been a serious athlete, as well as still an active coach, I find few tests of anaerobic performance capability satisfactory. After trying a few tests on myself and athletes (from a variety of sports) I am still left with assessing the anaerobic component at the track with a stopwatch!

The aerobic aspects are better catered for. The collection of expired air at either

sub-maximal or maximal intensities can be a good way of monitoring performance in the lab, but these have little to offer in terms of prescription of training. Because of this, I tend to favour the use of lactate profiles, which can give appropriate training heart rates for each individual, as well as providing the most sensitive means of monitoring your performance. These testing procedures will be discussed in great detail in the Autumn issue of the *BMC News*.

As regards as to how regularly you should be monitored, the recommendation is for three or four tests per year, which would link in to your various training phases. The British Junior Rowers have testing in October, December / January and March, which would be ideal times for track athletes. However, if an athlete has problems they may well have an additional session in the interim period, for the purposes of diagnosis.

There are laboratories throughout the UK, with most regions well catered for, but check that the staff are familiar with the demands of track running and have experience of working with serious athletes.

BMC members may wish to visit the NIKE Lab in Teddington (Sweatshop²) for physiological monitoring by calling 0181 943 0239, or clinics at Birchfield (Alexander Stadium) by appointment (01634 712876)

Joe Dunbar is a Sports Physiologist who has worked with Olympic or World Title holders in seven different sports.

He is a sub 4 minute miler and a consultant for NIKE UK. This article appears courtesy of NIKE.

NEEDED FOR RESEARCH

Women runners are invited to participate in a study investigating the cause of stress fractures.

Testing includes bone mineral density, sex hormone status, daily calcium intake, muscle mass, strength & balance in lower limbs

Contact Pirkko Korkia (Ms),
Senior Lecturer in Sports & Exercise
Science at University of Luton,
Park Square, Luton LU2 3JU.
Tel 01582 734111 x2636

pirkko.korkia@luton.ac.uk



Your Letters

From Peter Matthews

SIR - It has been a pleasure to be involved with the BMC NIKE Grand Prix this year.

Firstly congratulations to all concerned for what I think was a successful series of races. It enabled many athletes to have good competition and to have the opportunity of running personal best times, thus gaining in confidence.

Like any enterprise, it can get better. It occurs to me, without checking, that there was some fall off in standards and numbers from the first races at Wythenshawe through the year. Maybe that is inevitable, but I am sure that you will be checking with the athletes about how they found the series fitting into their competitive schedule.

I would like to see more crowd support. I believe that the standard of races deserves this and that the public could be enthused. That will entail marketing effort in drumming up local support and interest. I think it might be worth investigating incorporating other events into your meeting - perhaps in particular with Grand Prix series that could be inaugurated for other events. A couple of field events

would provide an improved spectacle for the public.

Your GP races provide an important element in the domestic athletics calendar. Therefore, although I appreciate that fixture congestion is a major problem, clashes with important domestic meetings must be avoided. Even though I appreciate the problems caused by the change of the AAA's date, on reflection, I think it particularly unfortunate that your final clashed with the BAL Cup Finals. One or the other should have been held two weeks later. If that was not possible, then a midweek date for the final should have been chosen.

Some improvement can be made in checking-in procedures and in presentation. Although the entry lists were always close, I did not always know for sure who was or was not running in each race. There needs to be a better system to ensure that the announcer gets a confirmed list of runners a few minutes before each race.

Peter Thompson introduced some pizzazz into the Bristol meeting with music prior to introductions of runners and prize presentations. We can go a little further with marshalling of athletes to step forward

on introduction for their races - the A series at least. Hope this helps for next year.

From Frank Horwill

SIR - John Goodridge, coach to North Carolina University, reports that recently they invited Said Aouita to give a lecture about his training methods. Aouita ran 1:43.86 (88) / 3:29.46 (85) / 3:46.32 (87) / 7:29.45 (89) / 12:58.39 (87) and 27:26.11 (86). He won the 5,000m gold medal at the 1984 Olympics and his 1,500m, 3,000m and 5,000m times were world records.

Aouita announced to his audience that he trained at five different speeds over a period of 10 days in the track season. Starting on a Sunday the session was at 5k pace - 4 x 1 mile in 4:10. On the Tuesday it was at 1,500m speed - 4 x 800m in 1:52. On Saturday it was 800m - 4 x 400 in 52 secs and on the Monday it was pure sprinting. The day after each track session was a "recovery run of 4 miles at 6:30 per mile".

Someone in the audience suggest that his training was the same as Seb Coe's. Aouita said it was an exact copy with one difference - "Coe's recovery times after those different pace sessions was too severe, for instance he only had 90 seconds rest

British Milers' Club Records (as at 31st March 1998)

	BMC Members' Record <i>by a paid-up BMC member in a BMC race</i>	"BMC Record" <i>by anyone in a BMC race</i>	BMC Club Record <i>by a paid-up BMC member in any race world-wide</i>
Men			
M600	1:18.5 Steven Ovett 1976 1:18.5 Andrew Knight 1996	1:18.5 Steven Ovett 1976 1:18.5 Andrew Knight 1996	1:15.0+ Seb Coe 1981
M800	1:46.8 Andrew Hart 1997	1:45.2 *Patrick Ndururi KEN 1997	1:41.73 Seb Coe 1981
M1000	2:19.4 Andrew Hart 1997	2:19.4 Andrew Hart 1997	2:12.18 Seb Coe 1981
M1500	3:37.5 Anthony Whiteman 1997	3:37.5 Anthony Whiteman 1997	3:29.77 Seb Coe 1986
M Mile	3:56.35 Anthony Whiteman 1996	3:56.35 Anthony Whiteman 1996	3:47.33 Seb Coe 1981
M2000	5:11.0 Walter Wilkinson 1972	5:11.0 Walter Wilkinson 1972	4:53.06 Jack Buckner 1987
M3000	7:51.4 Rob Whalley 1997	7:51.4 Rob Whalley 1997	7:32.79 David Moorcroft 1982
M 2Mile	8:34.5 Ian Gillespie 1997	8:34.5 Ian Gillespie 1997	8:13.51 Steve Ovett 1978
M5000	13:41.08 Rob Whalley 1997	13:40.5 *Seamus Power IRE 1997	13:00.41 David Moorcroft 1982
M10000	29:49.2 John Lisiewicz 1994	29:32.8 *David Taylor 1997	27:30.3 Brendan Foster 1978
Women			
W600	1:29.4 Linda Staines 1997	1:29.4 Linda Staines 1997	1:26.5 Kirsty Wade 1985
W800	2:03.0 Kirsty Wade 1982	2:00.7 *Shireen Bailey 1985	1:57.14 Kelly Holmes 1997
W1000	2:44.9 Jo White 1980	2:44.9 Jo White 1980	2:32.55 Kelly Holmes 1997
W1500	4:10.7mx Sonya Bowyer 1996	4:10.7mx Sonya Bowyer 1996	3:58.07 Kelly Holmes 1997
W Mile	4:30.77 Joanne Pavey 1997	4:30.77 Joanne Pavey 1997	4:19.41 Kirsty Wade 1985
W2000	6:22.2 Paula Yeoman 1971	6:22.2 Paula Yeoman 1971	5:37.00 Christine Benning 1984
W3000	9:08.8mx Sarah Bentley 1997	9:06.2mx *Sinead Delahunty IRE 1995	8:37.06 Wendy Sly 1983
W5000	15:56.8mx Vicky McPherson 1997	15:47.9 *Andrea Wallace 1990	15:21.45 Wendy Sly 1987
W10000	34:44.9 Heather Heasman 1997	33:33.7 *Theresa Duffy IRE 1997	31:53.36 Wendy Sly 1988

* denotes non-member



Your Letters

after the 4 x 1 mile session at 5k pace. I doubled the rest".

Aouita claimed that he never exceeded 50 miles a week even in the winter and maintained sprint training throughout the year. Every other day, in the winter, he did a 10k fartlek on the track which consisted of 5 laps fast, 1 lap slow, 4 laps fast, 1 lap slow, 3 laps fast, 1 lap slow, 2 laps fast, 1 lap slow, 1 lap fast.

He was a great believer in leg strength and did plenty of one-legged and two-legged hops. No upper body strength training was done. For two months of the winter, once a week he did 50 x 100m fast uphill.

Aouita is not the only disciple of Coe's training methods. Kim McDonald, agent and adviser to Daniel Komen, Sonia O'Sullivan and Moses Kiptanui, reported in June 1997, "I use Coe's 5-pace system of training with all my athletes".

Strangely enough, Coe's 5-pace system is not published in any BAF coaching material. It can be read in "Training Distance Runners" by Martin and Coe. A second edition, "Better Training for Distance Runners" was published last year.

Aouita, Komen and O'Sullivan demonstrate that someone takes notice of British Coaches - even if the British don't!

From David Martin

SIR - Peter Coe has asked me to clarify certain issues regarding EPO.

The number "50" often referred to relates to hematocrit, which is defined as

the percentage of blood that is red cells. Normally you can estimate a person's hematocrit by multiplying haemoglobin by 3. Thus, if the normal range of male haemoglobin for men is 14 to 16 grams / decilitre, the normal range of hematocrit for men is 42% to 48%. Similarly, for women, if the normal haemoglobin range is 12 to 14 gm / dl, their normal hematocrit range is 36% to 42%.

As a runner warms up before a race, and actually breaks a sweat, there will be a loss of plasma volume as sweat. This causes hemo-concentration, which increases hematocrit.

Also, as one does things like strides and pickups and pre-race sprints, there is a fluid shift from plasma into muscles to help dilute the lactic acid being formed in the muscles from the anaerobic work. This also causes hemo-concentration, which also increases hematocrit.

So, the bottom line is that it isn't that unusual to expect that elite male athletes, when they are toeing the starting line, to have hematocrit values of 50 or greater - if they are healthy, with normally high haemoglobins, with these fluid shifts.

For that reason, I hesitate to set a cut-off value of 50 for men, as it may result in certain athletes - optimally healthy and non-doped - being removed for no good reason. How high should the hematocrit be as "unequivocally" too high for being achieved through normal health?

I would suggest that for 99.9% of the cases of men, a hematocrit of 54% (haemoglobin of 18) or less would be considered as "possible" through normal

physiology. The problem is, we must have cut-off values that are 100% guaranteed not to "do in" an innocent athlete.

So if we go to a cut-off of 19 haemoglobin (57 hematocrit), then we are in an environment where 99.9% of the cases would probably be doped (by blood boosting or by EPO). It's that same old 'grey zone' that's the enigma and the anathema. Do you put the screws to an innocent athlete in favour of catching lots of cheats, or let the cheats get away so as to protect all the innocents? Not an easy decision.

I doubt that a hematocrit of 50 to 57 would cause serious heart valve damage - unless of course the heart is not the strongest of hearts - another area of variability. It is the ever higher hematocrit, which occurs when EPO is administered - it continues to stimulate the bone marrow - and value can go into the 60s! Then you have the sludge moving through the vessels!

But an even worse problem, even with hematocrit in the mid-50s - is the so-called "DIC" that occurs when blood tends to clot as it is flowing! DIC stands for Disseminating Intra-vascular Coagulation - the blood tends to clot as it is flowing! Some people's blood is more susceptible to DIC than others - depending upon its chemical composition - still another area of variability. DIC was present in the autopsies of all the Dutch / Belgian / Scandinavian cyclists who died using EPO.

It is not an easy topic to discuss simply and that makes 'simple blood tests' not so simple!

PERFORMANCE ATHLETE SERVICES

It was all-change in British Athletics last autumn with birth of PAS and the demise of BAF. At the National Endurance conference in Cardiff last December, the BMC were re-introduced to two old friends, Norman Brook and Peter Elliott, in their new roles in PAS.

Both Norman and Peter have expressed their support for the BMC on a number of occasions - in particular the vital contribution over several years made by the BMC races to the current "success" of British middle distance, and for beginning last year to tackle the longer events.

NORMAN BROOK

Norman Brook attended our Fixtures Congress and Committee Meeting in January 1998 where he outlined the role of PAS and his role within the organisation as the Technical Director for the Endurance Events. He also expressed his hope that both PAS and the BMC would work more closely in partnership in the future.

This he believed was vital for the continuing health and progress in the standards of the UK 800m and 1,500m events. He also recognised the BMC's vital role in the competitive element of the BA Endurance Initiative.

PETER ELLIOTT

Peter Elliott, the newly appointed UK National Event Coach for 800m and 1500m, appeared at the BMC Training Weekend at Uxbridge in March 1998 where he related to the audience of athletes and coaches many of his personal experiences whilst at the peak of international success.

Just by turning up at our events, they have demonstrated the way forward in the best possible way. With BMC members Dave Moorcroft as their "boss", 1998 promises to be a year of even more co-operation with the governing body.



1997 UK Merit Rankings

by Peter Matthews

This is the 30th 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 and perhaps getting invitations for the prestige meetings. Difficulties also arise when athletes reach peak form at different parts of the season or through injury miss significant competition. Increasingly, also, many of our top athletes are competing overseas instead of in domestic meetings, which makes comparisons of form difficult.

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 1997.

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.

For each event the top 12 are ranked. On the first line is shown the athletes name, then their date of birth followed, in brackets, by the number of years ranked in the top 12 (including 1997) and their ranking last year (1996), and finally, their best mark prior to 1997. The following lines include their best six performances of the year (followed, for completeness, by significant indoor marks indicated by 'I' (although indoor performances are not considered for the rankings)). Then follow placings at major meetings, providing a summary of the athlete's year at the event.

Men 800m

- Andy Hart** 13.9.69 (3y, 4) 1:46.57 '96
1:46.36, 1:46.61, 1:46.8, 1:46.81, 1:47.4, 1:47.74,
1 BMCWyth, 4 BMCBatPk, 5 Cork, 4 ShGP,
1 UK, 1 BMCTooting, 8q3 WCh, 4st WSG
- Mark Sesay** 13.12.72 (1y, -) 1:48.30 '90
1:46.05, 1:47.36, 1:48.11, 1:48.92, 1:49.00,
1:49.57, 1:48.9H;
1 AAA v LC, 3 ECp, 10 ShGP, 2 UK, 7h1 WCh,
5s3 WSG
- Paul Walker** 2.12.73 (3y, -) 1:47.53 '93
1:46.4, 1:46.95, 1:47.81, 1:47.82, 1:48.75,
1:49.00; 1 B.Univ, 5 AAA v LC, 1 Scot, 3 UK,
1 BMCStret, dnf h6 WCh, dns sf AAA,
5 Malaysian
- Kevin McKay** 9.2.69 (7y, -) 1:45.35 '92
1:46.87, 1:47.2, 1:48.2, 1:48.22, 1:48.7, 1:49.2;
2 BMCWyth, 1 BMC Lough, 5 BMCBatPk,
1 BMCWatford, 2 BMCBristol, BL1: -1B, -1B
- Anthony Whiteman** 13.11.71 (2y, -) 1:47.8 '96
1:47.16, 1:47.36, 1:47.7, 1:51.3
5 Granada, 6 BMCBatPk, 1 BL3 (3), 1 sf H'ggy
- Craig Winrow** 22.12.71 (6y, 2) 1:45.69 '96
1:47.44, 1:47.72, 1:48.05, 1:48.50, 1:48.54,
1:51.2, 1:48.52; 2 AAA v LC, 8 Bratislava,
7 Lausanne, dns s2 UK
- Eddie King** 26.11.75 (1y, -) 1:48.5 '96
1:48.22, 1:49.15, 1:49.5, 1:49.5, 1:49.99, 1:50.66;
1:49.66;
3 BMCWyth, 1 WG, 3 U231, 3 BMCWatford,
4 UK, 1 NL, 3 Portuguese, BL1: 1B, 1, -
- Justin Swift-Smith** 28.8.74 (1y, -) 1:48.9 '96
1:47.9, 1:48.4, 1:49.19, 1:49.3, 1:49.76, 1:50.08
7 BMCBatPk, 5 UK, 1 BMCSwindon,
BL1: 2, -1, 1
- Grant Cuddy** 6.1.77 (1y, -) 1:50.0 '96
1:47.2, 1:48.2, 1:48.7, 1:49.8, 1:50.01, 1:50.10;
4 BMCWyth, 8 BMCBatPk, 1 North, 6 UK, 3 IR,
2 BMCStret, 2 BMCSwindon
- Tom Lerwill** 17.5.77 (2y, 5) 1:47.27 '96
1:48.3, 1:48.52, 1:48.57, 1:49.1, 1:49.19, 1:50.0;
4 BMC Lough, 9 BMCBatPk, dnf s1 UK, 2 Jona,
3 BMCSwindon, 7s2 AAA, 1 Cup, BL1: -, 2, 2
- Jason Lobo** 18.9.69 (2y, -) 1:47.7 '89
1:47.29, 1:48.9, 1:49.41, 1:49.49, 1:49.66, 1:50.1
5 BMCWyth, 5 BMC Lough, 4 Cotbus, 8 Cork,
5s2 UK
- Andy Knight** 26.10.68 (2y, -) 1:48.38 '94
1:48.9, 1:49.08, 1:49.3, 1:49.9, 1:50.0, 1:50.17;
4 South, 6 BMCWatford, 6h2 UK, 2 BMCToot,
4 BMCSwindon, 3 AAA, 3 BMCBristol

Bradley Donkin 6.12.71 (1y, -) 1:48.25 '96
1:48.75, 1:49.3, 1:50.1, 1:50.37, 1:50.86, 1:51.17;
6 BMCWyth, 3 AAA v LC, 5h4 UK, 1 IR,
3 BMCStret, 6 AAA, 1 Nth IC

No return to the glory days, but some solid progress by many of those ranked. Hart continued his rise (1995 - 10th, 1996 - 4th) to take top ranking ahead of the resurgent Sesay, with the determined front-runner Walker 3rd. Remarkably only three of the 12 ranked in 1996 are in this year's lists. Many of the best performances were made in races organised by the BMC, who are to be commended for providing racing opportunities in Britain.

Men 1,500m - 1 Mile

- John Mayock** 26.10.70 (7y, 1)
3:31.48/3:50.32M '96
3:31.86, 3:33.21, 3:33.82, 3:51.46M (3:35.7),
3:52.65M (3:37.06), 3:35.94, 3:36.31, 3:54.07M;
1 Yorks, 6 St Denis, 2 Moscow, 3 Nuremberg,
4 ECp, 2 E.Carr, 6 Oslo, 1 UK, 7 Nice, 9 WCh,
10 Zurich, 8 Brussels, 12 Berlin, 13 Rieti, 6 GhG,
10 GPF
- Anthony Whiteman** 13.11.71 (3y, 2)
3:34.47/3:54.87M '96
3:32.34, 3:33.37, 3:34.52, 3:35.38, 3:35.39,
3:36.79, 3:54.59M, 3:37.5;
1 Stellenbosch, 5 Doha, 4 Rome, 7 St Denis,
10 Paris, 3 E.Carr, 9 Stockholm, 1 BMCSwindon,
6 Monaco, 4 Cologne, 1 WSG, 8 GhG, 6 GPF
- Kevin McKay** 9.2.69 (9y, 4)
3:35.94 '92/3:53.64M '94
3:34.59, 3:36.20, 3:37.87, 3:56.36M (3:38.57),
3:39.58, 3:39.93; 1 Cork, 2 UK, 1 Hechtel,
11s2 WCh, 3 Spar, 1 Malmo, 10 Cologne,
15 Berlin, 12 GhG, BL1: 1, 1, -
- Matthew Yates** 4.2.69 (6y, -)
3:34.00 '91/3:52.75M '93;
3:36.36, 3:38.34, 3:39.15, 3:40.66, 3:40.7,
3:43.50; dnf Cork, dnf E.Carr, 3 UK, 2 Hechtel,
7h4 WCh, 3 Malmo, 1 Cup, 11 GhG,
BL1: -, 1B, 1, -
- Ian Gillespie** 18.5.70 (2y, -) 3:40.72/3:58.64M '93
3:39.8, 3:58.4M, 3:41.2, 3:41.5, 4:01.37M,
4:01.7M; 3 BMCWyth, 2 BMCBat, 2 BL1 (3),
1 BMCExeter, 2 BMCSwindon, 2 BMCBristol
- Michael Openshaw** 8.4.72 (1y, -) 3:52.9 '96
3:41.38, 4:03.7M, 3:46.0, 3:46.70, 3:48.94,
3:49.58; 1 CAU, 1B BMC Lough, 1 Leeds,
1 North, 4 UK, 1 IR
- Andrew Pearson** 14.9.71 (1y, -)
3:42.2 '91 / 4:05.8M '91; 3:40.2, 3:40.3, 3:43.6,
3:50.94, 4:10.42M; 2 BMCWyth, 2 Yorks,
2 CAU, 1 BMC Lough, 1 Lough 11/6
- Neil Cuddy** 18.3.75 (3y, 5) 3:39.1 / 3:55.84M '96
3:40.34, 3:41.6, 4:00.9M, 4:01.1M, 3:44.02,
3:47.64; 4 BMCWyth, 1 BMCBat, 1 U23 1,
17 E.Carr (dnl), 2 Jona, 2 BMCExeter, 4 Spar,
9s2 WSG
- Spencer Barden** 31.3.75 (1y, -) 3:43.8/4:02.1M '96
3:40.10, 3:40.7, 3:43.11, 3:45.2, 3:48.6
8 BMC Lough, 2 Lough 11/6, 1 Jona, BL3: 1, -1, 1
- Ian Grime** 29.9.70 (2y, -) 3:40.1 '96, 4:03.7M '90
3:41.0, 3:42.40, 3:43.21, 3:45.8, 3:46.9; 3:45.54;
1 AAA v LC, 3 Lough 11/6, 7 Cork, BL1: -, 2, 3, -
- Ben Reese** 29.3.76 (1y, -) 3:47.4/4:04.83M '96
3:41.87, 3:41.93, 3:42.32, 3:46.75, 3:47.15,
3:47.92; 3:59.82M, 4:02.86M
3 NCAA, 3 North, 8h2 Eur U23, 5 Spar
- Robert Hough** 3.6.72 (1y, -) 3:41.3 / 4:00.42M '96
3:39.1, 4:05.76M, 3:48.8;
1 BMCWyth, 15 E.Carr, BL4: 2, 1, -
- Steve Green** 18.2.71 (2y, 11)
3:39.19 / 3:59.6M '94, 4:06.5M '90
3:42.1, 3:43.4, 3:43.70, 3:44.0, 3:44.1, 3:45.1,
4:03.21M; 5 BMCWyth, 2 AAA v LC,
2 BMC Lough, 3 BMCWatford, 8 UK,
5 BMCSwindon, 7 AAA, 4 BMCBristol

- Richard Ashe** 5.10.74 (0y, -) 3:41.2/3:59.98M '96
3:42.8, 3:44.25, 3:45.7, 3:47.74, 3:48.86
5 AAA v LC, 12 BMC Lough, 6h1 UK,
4 BMC Swindon, 1 AAA
- Jon Wild** 30.8.73 (1y, -) 3:41.40/3:59.79M '95
3:40.02, 3:44.27, 3:45.72, 3:46.04, 3:48.7
14 BMCWatford, 8 BL1 (3)

M = 1 mile time (1500m times in brackets).

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

The 1-2-3 for 1996 remained unchanged in 1997. Mayock, who ran the fastest 1500m by Briton since Steve Cram's 3:30.95 at Brussels in 1988, is top for the third successive year, with Whiteman, amazingly overlooked for the World Championships but gaining a World Students gold, 2nd, and McKay 3rd. Although very fortunate to go to Athens, Yates did well to return to international class after two years out of the rankings. Top newcomer is Openshaw who won many top domestic races with a fast finish off a dawdling pace, but also smashed his pb with 4th at the UKs. This was a very difficult event to rank, with dawdles in such finals as the CAU and AAA no help!

Men 3,000m (not ranked)

- John Mayock** 26.10.70 7:46.86, 7:47.28 '95
7:50.46; 7:45.31, 7:44.31, 7:51.69; 1 Spar
- Ian Gillespie** 18.5.70 7:55.49 '96
7:48.28, 7:55.96, 8:34.5M; 7:49.86, 7:55.66,
7:59.21, 1 BMCStret, 4 Eugene, 3 GhG
- Robert Whalley** 11.2.68 7:52.6 '96;
7:51.4, 7:57.1, 7:57.63, 8:06.98, 8:10.3, 8:11.70
1 BMCWyth, 1 IR, 1 BMC Swindon, 5 Spar,
11 GhG
- Keith Cullen** 13.6.72 7:53.97 '96
8:27.86M (7:53.31), 8:05.21; 5 Hengelo, 7 GhG
- Adrian Passey** 2.9.64 7:48.09 '89
7:53.0e, 7:54.12, 8:07.5e; 3 Spar
- Spencer Barden** 31.3.73 7:58.08 '93
7:53.2, 8:01.26, 8:07.51, 8:12.1
2 BMC Swindon, 5 GhG, 5 New Delhi
- Christian Stephenson** 22.7.74 8:17.20 '94
7:54.5, 3 BMC Swindon

Men 5,000m

- Keith Cullen** 13.6.72 (2y, 4) 13:27.00 '96
13:17.21, 13:29.72, 13:40.01, 13:42.40, 13:45.47,
13:45.7, 13:46.14; 6 Bratislava, 13 Lausanne,
4 UK, 4 Hechtel, 10h1 WCh
- Ian Gillespie** 18.5.70 (2y, 6) 13:40.68 '96
13:18.06, 13:28.89, 13:32.09, 13:39.72, 13:46.08
10 Nuremberg, 3 UK, 6 Hechtel, 6 Brussels
- Adrian Passey** 2.9.64 (2y, -) 13:22.73 '95
13:20.09, 13:38.0, 13:38.21, 13:43.30, 13:51.37,
14:07.49; 2 Cork, 1 UK, 7 Hechtel, 14h2 WCh,
11 Brussels
- Rob Denmark** 23.11.68 (7y, 3) 13:10.24 '92
13:20.86, 13:24.39, 13:39.29, 13:50.25, 13:58.08;
3 Bratislava, 13 Stockholm, 2 UK, 15h1 WCh
- Andrew Pearson** 14.9.71 (1y, -) 13:44.3 '93
13:40.16, 13:42.2, 13:46.48, 13:56.15, 14:07.5;
1 AAA v LC (BMC), 4 ECp, 7 UK
- Kris Bowditch** 14.1.75 (2y, 8) 13:55.32 '96
13:42.00, 13:44.5, 13:47.7, 13:52.10, 13:53.12,
14:04.6; 2 BL2 (1), 2 AAA v LC (BMC),
3 Palafrugell, 8 Eur U23, 1 BMCStret,



1997 UK Merit Rankings

- 1 AAA, 2 BMC Bristol
- 7 **Spencer Barden** 31.3.73 (2y, 8) 13:52.34 '96
13:43.84, 13:51.5, 13:52.00, 13:53.24, 13:55.29
4 AAA v LC (BMC), 2 Palafugell, 6 UK,
2 AAA, 4 BMC Bristol
- 8 **Rob Whalley** 31.2.68 (1y, -) 13:51.99 '96
13:41.08, 13:50.74, 13:51.83, 13:54.2, 14:08.15
12 Helsinki, 10 UK, 2 BMC Stret, 1 BMC Bristol
- 9 **Matt Barnes** 12.1.68 (1y, -) 15:13.9 '85
13:46.63, 13:49.33, 13:56.6
6 AAA v LC (BMC), 5 UK
- 10 **Karl Keska** 7.5.72 (1y, -) 13:56.06 '96
13:37.54, 13:42.99, 13:51.40, 13:51.62, 14:09.40,
14:12.60; 6 Walnut, 13 UK, 7 BL1 (4), 8 WSG
- 11 **Neil Caddy** 18.3.75 (1y, -) 0
13:48.91, 13:58.31, 13:58.84, 14:17.6
5 Rehlingen, 2 Barcelona, 5 Eur U23
- 12 **Dermot Donnelly** 23.9.70 (2y, -) 13:47.0 '94
13:45.97, 13:58.01, 14:01.1, 14:03.51, 14:28.34;
8 UK, 1 NI, 5 Portuguese, 6 AAA
- Ian Grime** 29.9.70 (0y, -) 14:08.31 '94
13:37.00, 14:26.4
1 B.Univis, 10 Helsinki, dnf h1 UK, 15h WSG
- Matt O'Dowd** 13.4.76 (0y, -) 14:16.24 '96
13:44.83; 3 BMC Bristol
- Paul Evans** 13.4.61 (6y, 5) 13:25.38 '95
13:45.64, 13:47.54, 13:55.6; BL1: -, -, 1, 1

The top four ran best times within three seconds of each other and had conflicting form. I ranked the top three as they finished at their best - in the Hechtel race, with Denmark 4th. Cullen is thus top and indeed he ran much faster than Denmark or Passey in the World Championships heats. Passey beat the others to win the AAA title and ran determinedly but then faded from 6th at 3km to 11th in Brussels, where he was overtaken by Gillespie. Pearson was ranked for the first time and Bowditch and Barden each advanced two places. The two World Student Games competitors Grime and Keska each ran 13:37s and then, suffered alarming losses of form, although Keska made the final in Catania. The 1996 no.1, John Nuttall, missed the whole season through injury. The 10th best standard of 13:43.84 is a lot better than the 13:50.04 of 1996, but still well short of 13:30.83 in 1992 or the record 13:28.44 in 1984.

Women 800m

- 1 **Kelly Holmes** 19.4.70 (6y, 1) 1:56.21 '95
1:57.14, 1:58.65, 1:58.65, 2:01.11, 2:02.14
1 Pretoria, 1 Bratislava, 1 Stockholm, 1 UK
- 2 **Hayley Parry** 17.2.73 (2y, 5) 2:03.77 '96
2:02.18, 2:02.20, 2:02.47, 2:02.47, 2:02.82,
2:02.92; 2:02.36; 3 Cottbus, 7 ECp, 5 ShGP,
2 UK, 3 Ingolstadt, 5 WSG
- 3 **Diane Modahl** 17.6.66 (13y, 2) 1:58.65 '90
2:01.62, 2:02.75, 2:02.79, 2:03.16, 2:03.4,
2:03.55; 2:02.63i
5 Pretoria, 1 Osaka, 1g Mid, 1 BMC Swindon,
4 Malmo, 8 Cologne, 10 Berlin, 1 Cup
- 4 **Claire Raven** 15.6.72 (1y, -) 2:06.02 '96
2:03.15, 2:03.30, 2:03.7, 2:05.43, 2:05.87, 2:06.1;
6 BMC Wyth, 3 BMC Watford, 3 UK,
6 Ingolstadt, 2 BMC Swindon, 2 AAA,
1 BMC Bristol
- 5 **Jeina Mitchell** 21.1.75 (2y, 8) 2:04.87 '96
2:03.36, 2:03.61, 2:04.92, 2:05.80, 2:05.94,
2:06.04; 1 AAA v LC, 3 Riga, 1 BL1 (1), 3 U23,
3 Stockholm, 6 ShGP, 4b1 Eur U23, 1 Jona,
4 Budapest, 3h3 WSG
- 6 **Amanda Crowe** 21.10.73 (1y, -) 2:06.35 '93
2:04.2, 2:04.66, 2:05.1, 2:05.77, 2:07.46, 2:07.74;
8 CAU, 2 WG, 4 Cork, 1 Irish, 1 Portuguese,
3 BMC Swindon, 1 AAA
- 7 **Lynn Gibson** 6.7.69 (5y, 4) 2:02.34 '92
2:05.5, 2:05.6, 2:05.68, 2:06.0, 2:09.56
3 CAU, 2 BMC Watford, 4 BMC Swindon,
2 BMC Bristol
- 8 **Joanne Mersh** 19.10.74 (1y, -) 2:11.3 '96
2:05.63, 2:06.22, 2:06.38, 2:07.49, 2:07.6,
2:09.38; 5 CAU, 1b BMC Lough, 1 South, 4 UK,

- 1 IR, BL1: 3.1.-
- 9 **Vicky Sterne** 12.10.68 (3y, 12) 2:04.63 '96
2:05.08, 2:06.61, 2:06.68, 2:06.7, 2:07.48,
2:08.10; 1 WG, 2 BL1 (1), 7 Cottbus, 5 UK
- 10 **Michelle Faherty** 10.8.68 (3y, 9)
2:04.40x '96, 2:05.3 '95
2:05.6, 2:05.67, 2:05.90, 2:06.91, 2:07.03,
2:07.06; 2:03.73i, 2:05.01i, 2:06.08i
2 BMC Wyth, 1 CAU, 2 Riga, 1 Tallinn,
7 Stockholm, 7 ShGP, 6 UK, 6 AAA
- 11 **Vicki Lawrence** 9.6.73 (4y, 7) 2:03.52 '96
2:04.1mx, 2:04.1mx, 2:05.0mx, 2:05.65, 2:06.5,
2:06.51; 2 Padua, 7 UK, 1 Malaysian
- 12 **Linda Staines** 26.12.63 (3y, -) 2:01.82 '93
2:05.7, 2:05.9, 2:06.3, 2:06.82; 2:05.12i
3 BMC Wyth, 1 BMC Lough, 1 BMC Watford,
1 South
- Diane Henaghan** 6.8.65 (0y, -) 2:05.91 '96
2:03.1mx, 2:05.4, 2:11.20, 1 NF
- ? **Tanya Blake** 16.1.71 UK/USA? 2:03.78 '94
2:01.9, 2:03.73, 2:04.0, 2:04.55, 2:05.20, 2:07.00;
6 US Champs

Until injury Holmes was brilliant, her undefeated season gives her top ranking for the fourth successive year. Parry improved to 2:02 consistency and Modahl, who missed a World Champs opportunity through injury, came back well to rank third. Raven, Mitchell and Crowe improved to high rankings; the first two did not meet and Crowe did not have quite such good times, but won three national titles. The next six are very closely matched, with the Trial race sorting out 7-11. I was not sure what to do with Tanya Blake, who may have taken up US citizenship; if included she would probably rank 4th.

Women 1,500m

- 1 **Kelly Holmes** 19.4.70 (4y, 1) 4:01.13 '96
3:58.07, 4:03.41, 4:04.79
1 Cape Town, 1 ECp, 1 ShGP, dnf h1 WCh
- 2 **Paula Radcliffe** 17.12.73 (4y, 2)
4:06.84 '95 / 4:24.94M '96
4:06.93, 4:07.50, 4:08.15
5 Hengelo, 3 Nuremberg, 1 Spar
- 3 **Joanne Pavey** 20.9.73 (1y, -) 4:21.14/4:41.20M '96
4:07.28, 4:07.74, 4:08.23, 4:30.77M, 4:11.22,
4:11.81; 1 BMC Wyth, 1 WG, 1 BMC Lough,
3 Cottbus, 3 ShGP, 1 UK, 11s1 WCh, 2 Spar,
1 BMC Bristol, 7 Rieti
- 4 **Hayley Parry** 17.2.73 (2y, 12)
4:16.9 '96 / 4:48.88M '95
4:08.98, 4:13.26, 4:16.82, 4:19.56
2 WG, 4 Spar, 4 WSG
- 5 **Angela Davies** 21.10.70 (5y, 7) 4:09.29 '94
4:14.01, 4:17.19, 4:18.5, 4:19.98, 4:20.86,
4:23.93, 2 AAA v LC, 6 Cottbus, 2 UK,
9 Hechtel
- 6 **Lynn Gibson** 6.7.69 (4y, 5) 4:05.75/4:31.17M '94
4:15.92, 4:17.7, 4:19.5, 4:20.08, 4:21.29, 4:21.49;
1 Bath, 3 UK, 1 IR, 4 AAA
- 7 **Diane Henaghan** 6.8.65 (1y, -) 4:29.9/4:48.7M '96
4:16.17, 4:16.19, 4:18.01, 4:40.07M, 4:20.09,
4:20.3; 2 BMC Wyth, 1 North, 6 UK, 2 IR,
Nth IC, 1 AAA, 9 GhG
- 8 **Lynne MacDongall** 18.2.65 (8y, 10)
4:05.96/4:30.08M '84
4:12.4, 4:16.6, 4:20.1, 4:22.8, 4:23.7
1 sf Sheffield, 1 Malaysian, BL1: 1.1.-
- 9 **Yvonne Murray** 4.10.64 (13y, -)
4:01.20 '87/4:22.64M '94
4:12.04; 1 Scot
- 10 **Michelle Faherty** 10.8.68 (5y, 6)
4:14.19 '96 / 4:38.64M '95
4:15.8, 4:20.96, 4:22.54, 4:25.23
1 AAA v LC, 2 BMC Lough, 8 UK
- 11 **Joanne Collier** 1.9.72 (1y, -) 4:28.42 '96
4:20.03, 4:21.48, 4:21.54, 4:24.0, 4:24.24,
4:24.29; 2 North, 4 UK, 6 IR, 3 AAA,
3 BMC Bristol
- 12 **Amanda Parkinson** 21.7.71 (1y, -) 4:18.94 '96
4:18.6, 4:20.6, 4:21.71, 4:22.1, 4:22.52, 4:23.38;

- 3 BMC Wyth, 3 AAA v LC, 3 BMC Lough,
4 North, 5 UK, BL1: 2.1B, 5

Helen Pattinson 2.1.74 (0y, -) 4:16.84 '96
4:19.43, 4:20.3, 4:20.4, 4:41.65M, 4:21.07,
4:21.43; 4 BMC Wyth, 1 CAU, 3 North,
1 BMC Watford, 1 UK, 4 IR, 1 USA Sturtevant,
2 Nth IC, 2 BMC Bristol

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

Oh! how sad for British athletics was her injury; for Holmes had shown how far above the rest of the world (bar the injured Masterkova and until the Chinese showed their prowess) she was and she would have won the World title readily. But it was not to be. Nonetheless she was top for the fourth successive year and took the British and Commonwealth record. One of the most encouraging features of the year in British athletics was the emergence of Joanne Pavey, straight in at no.3. Henaghan who returned to competition in 1996, 15 years after she had last appeared in UK lists as a teenager, came through to take the AAA title. The 10th best (including indoors) declined from 4:15.8 in 1996 to 4:15.92; the worst since 1980 (record 4:10.77 in 1990).

Women 3,000m (not ranked)

Paula Radcliffe 17.12.73 (4y, 1) 8:37.07 '96
8:35.28, 8:48.6+, 8:52.1, 8:52.79, 9:02.3+,
9:03.93; 3 ECp, 2 Zurich, 1 GhG

Joanne Pavey 20.9.73 (0y, -) 9:37.62 '96
9:05.87, 9:16.3; 1 BMC Street, 4 GhG

Sarah Bentley 21.5.67 (3y, 2) 9:04.4 '96
9:08.8, 9:22.2, 9:23.1, 9:23.1, 9:29.1; 2 BL1 (1),

Sonia McGeorge 2.11.64 (8y, 4) 8:51.33 '90
9:10.64

Lucy Wright 17.11.69 (0y, -) 9:50.9mx (9:42?) '93
9:17.3, 9:28.1; 2 BL1 (3)

Lucy Elliott 9.3.66 (1y, 7) 9:19.4 '96
9:19.2, 9:24.0, 9:39.3+; 2 BMC Street, 1 BL1 (3)

No longer a championship event.

Women 5,000m

(Previously ranked 1982-90, 1992, 1995-6)

- 1 **Paula Radcliffe** 17.12.73 (3y, 1) 14:46.76 '96
14:45.51, 14:50.32, 14:54.63, 15:01.74, 15:17.02,
15:27.25, 15:30.36;
3 ShGP, 1 UK, 4 WCh, 2 Brussels, 3 Berlin, 3 GPF
- 2 **Lucy Elliott** 9.3.66 (2y, 7) 15:56.15 '96
15:34.40, 15:55.83, 16:07.22, 16:53.41
1 BMC Lough 17/5, 8 St Denis, 7 ECp, 1 Cup
- 3 **Yvonne Murray** 4.10.64 (4y, -) 14:56.94 '95
15:39.08, 2 UK
- 4 **Lynne MacDongall** 18.2.65 (1y, -) 0
15:45.03, 15:51.7, 16:04.01;
1 Glasgow, 10 ShGP, 3 UK
- 5 **Vicki McPherson** 1.6.71 (2y, 9) 16:06.2mx '96
15:56.8mx, 16:09.23, 16:34.64+,
2 BMC Lough 17/5
- 6 **Andrea Whitcombe** 8.6.71 (3y, 5) 16:00.0 '96
16:07.26, 16:09.57; 4 UK, 1 AAA
- 7 **Sarah Young** 2.1.70 (1y, -) -
16:10.15, 16:14.69, 16:28.5mx, 16:29.33
2 North, 5 UK, 2 AAA
- 8 **Sarah Bentley** 21.5.67 (3y, 10) 15:53.86 '95
16:14.55, 16:29.44
3 BMC Lough 17/5, 7 B.Clubs, dnf UK
- 9 **Penny Thackray** 18.8.74 (1y, -) 16:26.22 '96
16:16.01, 16:29.00, 16:45.4, 16:54.81
1 B.Univis, 7 BMC Lough 17/5, 1 North, 3 AAA
- 10 **Heather Heasman** 27.9.63 (3y, 6) 15:53.84 '96
16:20.58, 16:37.00; 4 BMC Lough 17/5, 1 CAU
- 11 **Angharad Mair** 30.3.61 (1y, -) 16:43.7 '96
16:32.89, 16:40.22, 16:45.9;
1 WG, 2 Cwmbran, 1 Welsh
- 12 **Lucy Wright** 17.11.69 (1y, -) 16:58.5 '93
16:25.72, 16:46.42+; 6 UK
Angela Joiner 14.2.69 (0y, -) 16:43.9 '96
16:25.22, 16:36.33, 16:53.50, 16:59.06
5 BMC Lough 17/5, 3 WG, 8 UK

Three years at the top and a British record for the splendid Radcliffe, but a huge gulf after her.



All-Time Men's Lists

compiled by Eric Roosendaal (800m) and Antonio Carrasco (1,500m)

Men's 800m (as at 31.3.98)

1	Wilson Kipketer	DEN	1.41.11	1	Köln	24/08/97
2	Sebastian Coe	GBR	1.41.73	1	Firenze	10/06/81
3	Joaquim Cruz	BRA	1.41.77	1	Köln	26/08/84
4	Sam Koskei	KEN	1.42.28	2	Köln	26/08/84
5	Vebjan Rodal	NOR	1.42.58	1	Atlanta	31/07/96
6	Johnny Gray	USA	1.42.60	2	Koblenz	28/08/85
7	Patrick Ndururi	KEN	1.42.82	2/A	Zürich	13/08/97
8	Hezekiel Sepeng	RSA	1.42.74	2	Atlanta	31/07/96
9	Frederic Onyancha	KEN	1.42.79	3	Atlanta	31/07/96
10	Norberto Tellez	CUB	1.42.85	4	Atlanta	31/07/96
11	Steve Cram	GBR	1.42.88	1	Zürich	21/08/85
12	Peter Elliott	GBR	1.42.97	1	Sevilla	30/05/90
13	Patrick Konchellah	KEN	1.42.98	2	Köln	24/08/97
14	Billy Konchellah	KEN	1.43.06	1	Roma	01/09/87
15	Jose-Luis Barbosa	BRA	1.43.08	1	Rieti	06/09/91
16	Paul Ereng	KEN	1.43.16	1/A	Zürich	16/08/89
17	Benson Koech	KEN	1.43.17	1	Ries	28/08/94
18	Mark Everett	USA	1.43.20	1/A	Linz	09/07/97
19	Sammy Lingat	KEN	1.43.26	1/B	Zürich	14/08/96
20	William Tanui	KEN	1.43.30	2	Ries	06/09/91
21	Nixon Kiprotich	KEN	1.43.31	1	Rieti	06/09/92
22	David Mack	USA	1.43.35	3	Koblenz	28/08/85
23	Rich Kenah	USA	1.43.38	3/A	Zürich	13/08/97
24	David Kiptoo	KEN	1.43.38	2	Monaco	10/08/96
25	Alberto Juantorena	CUB	1.43.44	1	Sofia	21/08/77
26	Arthemon Halungimana	BUR	1.43.46	2/B	Zürich	14/08/96
27	Rick Wohlhuter	USA	1.43.5y	1	Eugene	08/06/74
28	William Wuyke	VEN	1.43.54	2	Ries	07/09/86
29	Philip Kibitok	KEN	1.43.55	3	Ries	01/09/96
30	Rob Druppers	NED	1.43.56	4	Köln	25/08/85
31	Mahjoub Hada	MOR	1.43.57	3/B	Zürich	16/08/95
32	Joseph Tengelei	KEN	1.43.57	4/B	Zürich	16/08/95
33	Mike Boit	KEN	1.43.57	1	Berlin	20/08/76
34	Abdi Bile	SOM	1.43.60	3/A	Zürich	16/08/89
35	Earl Jones	USA	1.43.62	2	Zürich	13/08/86
36	Agbertus Guimaraes	BRA	1.43.63	3	Koblenz	29/08/84
37	Japheth Kimutai	KEN	1.43.64	3/B	Zürich	13/08/97
38	Wili Wulfbek	GER	1.43.65	1	Helsinki	09/08/83
39	Robert Kibet	KEN	1.43.66	4	Rieti	01/09/96
40	Alle Douglas	NOR	1.43.69	1	Rieti	05/09/95
41	Marcello Fiasconaro	ITA	1.43.7m	1	Milano	27/06/73
42	Benyounes Lahlou	MOR	1.43.76	2	Nice	10/07/96
43	Olaf Beyer	DDR	1.43.84	1	Praha	31/08/78
44	Martin Steele	GBR	1.43.84	1	Oslo	10/07/93
45	Said Aouita	MOR	1.43.86	1	Köln	21/08/88
46	Ivo Van Damme	BEL	1.43.86	2	Montreal	25/07/77
47	Donato Sabva	ITA	1.43.88	1	Firenze	13/06/84
48	Tom McKean	GBR	1.43.88	1	London	28/07/89
49	Einars Tupuris	LAT	1.43.90	2	Durham	13/07/96
50	Jose Marajo	FRA	1.43.9m	1	Saint Mir	12/09/79
51	Nico Motchebon	GER	1.43.91	5	Atlanta	31/07/96
52	John Kipkurgat	KEN	1.43.91	1	Christchurch	29/01/74
53	Andrea Benvenuti	ITA	1.43.92	1	Monaco	11/08/92
54	Paul Ruto	KEN	1.43.92	2	Rieti	05/09/93
55	James Robinson	USA	1.43.92	4	Los Angeles	19/06/84
56	John Marshall	USA	1.43.92	3	Los Angeles	19/06/84
57	Giuseppe d'Urso	ITA	1.43.95	1	Roma	05/06/96
58	Philippe Collard	FRA	1.43.95	1	Nice	13/07/87
59	Jose Parilla	USA	1.43.97	3	New Orleans	24/06/92
60	David Sharpe	GBR	1.43.98	1/B	Zürich	19/08/92
61	George Kersh	USA	1.44.00	4	New Orleans	24/06/92
62	Marko Koers	NED	1.44.01	4	Brussels	22/08/97
63	Peter Braun	GER	1.44.03	1	Koblenz	06/08/86
64	Moussa Fall	SEN	1.44.06	4	Zürich	17/08/88
65	Luciano Susanj	YUG	1.44.07	1	Roma	04/09/74
66	Steve Ovett	GBR	1.44.09	2	Praha	31/08/78
67	Vladimir Graudin	SU	1.44.10	1	Oslo	02/07/88
68	Vincent Malakwen	KEN	1.44.1m	1	Nairobi	03/05/96
69	An Suhonen	FIN	1.44.10	4/A	Zürich	16/08/89
70	Edwin Koech	KEN	1.44.12	2/1	Los Angeles	05/08/84
71	Juma N'Diwa	KEN	1.44.20	1	München	26/07/83
72	Charles Nkazyampyi	BUR	1.44.24	2	Salamanca	27/07/93
73	James Maina	KEN	1.44.24	1	Zürich	15/08/79
74	Wassili Matvejev	SU	1.44.25	1	Kiev	22/06/84
75	Don Paige	USA	1.44.29	1	Rieti	04/09/83

Men's 1,500m (as at 31.3.98)

1	Noureddine Morceli	ALG	3:27.37	1	Nice	12-07-1995
2	Hicham El Guerrouj	MAR	3:28.91	1	Zürich	13-08-1997
3	Fermin Cacho	ESP	3:28.95	2	Zürich	13-08-1997
4	Venuste Niyongabo	BUR	3:29.18	2	Brussels	22-08-1997
5	Said Aouita	MAR	3:29.46	1	Berlin	23-08-1985
6	Daniel Komen	KEN	3:29.46	1	Monte Carlo	16-08-1997
7	Steve Cram	GBR	3:29.67	1	Nice	16-07-1985
8	Sydney Maree	USA	3:29.77	1	Cologne	25-08-1985
9	Sebastian Coe	GBR	3:29.77	1	Rieti	07-09-1986
10	Laban Rotich	KEN	3:30.13	2	Stockholm	07-07-1997
11	John Kibowen	KEN	3:30.44	2	Nice	16-07-1997
12	Abdi Bile	SOM	3:30.55	1	Rieti	03-09-1989
13	William Tanui	KEN	3:30.58	3	Monte Carlo	16-08-1997
14	Steve Ovett	GBR	3:30.77	1	Rieti	04-09-1983
15	Jose Luis Gonzalez	ESP	3:30.92	3	Nice	16-07-1985
16	Jim Sprvey	USA	3:31.01	1	Koblenz	28-08-1988
17	Jose Manuel Abascal	ESP	3:31.13	1	Barcelona	16-08-1986
18	Robert Andersen	DEN	3:31.17	5	Zürich	13-08-1997
19	William Kemei	KEN	3:31.40	2	Nice	12-07-1995
20	Azzeddine Seddiki	MAR	3:31.48	3	Cologne	18-08-1995
21	Steve Holman	USA	3:31.52	6	Brussels	22-08-1997
22	Thomas Wessinghage	GFR	3:31.58	7	Koblenz	27-08-1980
23	Ali Hakimi	TUN	3:31.70	7	Brussels	22-08-1997
24	Pierre Doleze	SUI	3:31.75	1	Zürich	21-08-1985
25	Steve Scott	USA	3:31.76	4	Nice	16-07-1985
26	Hale Gebrselassie	ETH	3:31.76	1/B	Stuttgart	01-02-1998
27	John Mayock	GBR	3:31.86	8	Brussels	22-08-1997
28	Stephen Kipkorir	KEN	3:31.87	2	Lausanne	03-07-1996
29	Harald Hudak	GER	3:31.96	3	Koblenz	27-08-1980
30	Simon Doyle	AUS	3:31.96	2	Stockholm	03-07-1991
31	Elijah Maru	KEN	3:32.07	4	Rieti	01-09-1996
32	Mohamed Suleiman	QAT	3:32.10	8	Zürich	13-08-1997
33	David Kibet	KEN	3:32.13	2	Rieti	06-09-1992
34	Filbert Bayi	TAN	3:32.16	1	Christchurch	02-02-1974
35	Anthony Whiteman	GBR	3:32.34	6	Monte Carlo	16-08-1997
36	Eric Dubus	FRA	3:32.37	3	Nice	12-07-1995
37	John Walker	NZL	3:32.4	1	Oslo	30-07-1975
38	Nadir Bosch	FRA	3:32.41	9	Brussels	22-08-1997
39	Wilfred Onda Kirochi	KEN	3:32.49	1	Brussels	28-08-1992
40	Peter Elliott	GBR	3:32.69	1	Sheffield	16-09-1990
41	Jens Peter Herold	GER	3:32.77	4	Rieti	06-09-1992
42	Gennaro Di Napoli	ITA	3:32.78	1	Rieti	09-09-1990
43	Moses Kigen	KEN	3:32.84	5	Rieti	01-09-1996
44	Benson Koech	KEN	3:32.90	4	Monte Carlo	10-08-1996
45	Noah Ngety	KEN	3:32.91	9	Monte Carlo	16-08-1997
46	Isaac Viciosa	ESP	3:33.00	2	Brussels	23-08-1996
47	Martin Keino	KEN	3:33.00	6	Rieti	01-09-1996
48	Marko Koers	NED	3:33.05	2	Paris (FRA)	28-06-1996
49	Kipkoech Cheruiyot	KEN	3:33.07	1	Grosseto	10-08-1996
50	Jim Ryan	USA	3:33.1	1	Los Angeles	08-07-1987
51	Abdelkader Chekhemani	FRA	3:33.10	6	Monte Carlo	10-08-1996
52	Joseph Chesire	KEN	3:33.12	2	Nice	15-07-1992
53	Ben Jipcho	KEN	3:33.16	3	Christchurch	02-02-1974
54	Salah El Ghazi	MAR	3:33.21	3	Cologne	24-08-1997
55	Omar Khalifa	SUD	3:33.28	2	Grosseto	10-08-1996
56	Steve Crabb	GBR	3:33.34	3	Oslo	04-07-1987
57	Lucas Morogo	KEN	3:33.34	7	Rieti	01-09-1996
58	Jonah Birir	KEN	3:33.36	5	Brussels	28-08-1992
59	Mike Hillard	AUS	3:33.39	4	Berlin	23-08-1985
60	Reyes Estevez	ESP	3:33.40	11	Zürich	13-08-1997
61	Vyacheslav Shabunin	RUS	3:33.47	5	Nice	16-07-1997
62	Ray Flynn	IRL	3:33.5	2	Oslo Mile	07-07-1982
63	Dieter Baumann	GER	3:33.51	1	Stuttgart	13-07-1997
64	Herve Philippeau	FRA	3:33.54	2	Bologna (ITA)	18-07-1990
65	Johan Landsman	RSA	3:33.56	6	Zürich	04-08-1993
66	Joe Falcon	USA	3:33.6	3	Oslo Mile	14-07-1990
67	Rudiger Stenzel	GER	3:33.60	5	Cologne	24-08-1996
68	Marcus O'Sullivan	IRL	3:33.61	8	Monte Carlo	10-08-1996
69	Mike Boit	KEN	3:33.67	2	Brussels	28-08-1981
70	Jürgen Straub	GER	3:33.68	1	Potsdam	31-08-1979
71	Mohamed Yagoub	SUD	3:33.73	10	Brussels	22-08-1997
72	Wili Wulfbek	GER	3:33.74	4	Koblenz	27-08-1980
73	Noureddine Behar	MAR	3:33.78	6	Lausanne	03-07-1996
74	David Moorcroft	GBR	3:33.79	1	Hengelo	27-07-1982
75	Rachid El Bassir	MAR	3:33.82	3	London	07-07-1995



All-Time Women's Lists

compiled by Peter Larsson

Women's 800m (as at 31.3.98)

1	Jarmila Kratochvílová	CZE	1:53.28	1	München	26-Jul-83
2	Nadezhda Olizarenko	UKR	1:53.43	1	Moskva	27-Jul-80
3	Ana Fidelia Quirot	CUB	1:54.44	1	Barcelona	09-Sep-89
4	Olga Minyeva	RUS	1:54.81	2	Moskva	27-Jul-80
5	Tatyana Kazankina	RUS	1:54.94	1	Montreal	26-Jul-76
6	Doina Melinte	ROM	1:55.05	1	Bucuresti	01-Aug-82
7	Maria Mutoia	MOZ	1:55.19	1	Zürich	17-Aug-94
8	Sigrun Wodars	DDR	1:55.26	1	Roma	31-Aug-87
9	Christine Wachtel	DDR	1:55.32	2	Roma	31-Aug-87
10	Nikolina Shtereva	BUL	1:55.42	2	Montreal	26-Jul-76
11	Tatyana Providokhina	RUS	1:55.46	3	Moskva	27-Jul-80
12	Ellen van Langen	HOL	1:55.54	1	Barcelona	03-Aug-92
13	Liu Dong	CHN	1:55.54	1	Beijing	09-Sep-93
14	Lyubov Gurina	RUS	1:55.56	3	Roma	31-Aug-87
15	Eli Zinn	DDR	1:55.60	3	Montreal	26-Jul-76
16	Ela Kovacs	ROM	1:55.68	1	Bucuresti	02-Jun-85
17	Irina Podyalovskaya	RUS	1:55.69	1	Kiev	22-Jun-84
18	Anita Weiss	DDR	1:55.74	4	Montreal	26-Jul-76
19	Lyudmila Veselkova	RUS	1:55.96	2	Athinaí	08-Sep-82
20	Yekaterina Podkopayeva	RUS	1:55.96	1	Leningrad	27-Jul-83
21	Lilia Nurutdinova	RUS	1:55.99	2	Barcelona	03-Aug-92
22	Svetlana Maslerkova	RUS	1:56.04	1	Monaco	10-Aug-96
23	Valentina Gerasimova	KZK	1:56.0m	1	Kiev	12-Jun-76
24	Inna Yevseyeva	UKR	1:56.0m	1	Kiev	25-Jun-88
25	Tatyana Mishkel	UKR	1:56.1m	2	Podolsk	21-Aug-82
26	Zarina Zaytseva	UZB	1:56.21	2	Leningrad	27-Jul-83
27	Martina Steuk	DDR	1:56.21	4	Moskva	27-Jul-80
28	Kelly Holmes	GBR	1:56.21	2	Monaco	09-Sep-95
29	Ravilya Agletdinova	BLR	1:56.24	1	Leningrad	01-Aug-85
30	Qu Yunxia	CHN	1:56.24	2	Beijing	09-Sep-93
31	Totka Petrova	BUL	1:56.2m	1	Paris	06-Jul-79
32	Paula Ivan	ROM	1:56.42	1	Ankara	16-Jul-88
33	Svetlana Styrkina	RUS	1:56.44	5	Montreal	26-Jul-76
34	Slobodanka Colovic	YUG	1:56.51	1	Belgrad	17-Jun-87
35	Patricia Djaté	FRA	1:56.53	3	Monaco	09-Sep-95
36	Zoya Rigel	RUS	1:56.57	3	Praha	31-Aug-78
37	Yelena Afanaseyeva	RUS	1:56.61	3	Zürich	13-Aug-97
38	Argentina Paulino	MOZ	1:56.62	2	New York	22-May-93
39	Nadezhda Loboyko	RUS	1:56.64	1	Kiev	07-Jul-80
40	Fita Lovin	ROM	1:56.67	2	Moskva	12-Jun-80
41	Letta Vnesede	SUR	1:56.68	2	Göteborg	13-Aug-95
42	Tamara Sorokina	RUS	1:56.6m	5	Podolsk	21-Aug-82
43	Jearl Miles-Clark	USA	1:56.78	3	Bruxelles	22-Aug-97
44	Lyudmila Borisova	RUS	1:56.78	3	Kiev	22-Jun-84
45	Dalia Matusевичene	LIT	1:56.7m	2	Kiev	25-Jun-88
46	Lyudmila Rogachova	RUS	1:56.82	1	Pämu	12-Jul-86
47	Nina Ruchayeva	RUS	1:56.84	2	Moskva	19-Jul-84
48	Mary Slaney	USA	1:56.90	1	Bern	18-Aug-85
49	Kim Gallagher	USA	1:56.91	3	Seoul	26-Sep-88
50	Jolanta Januchta	POL	1:56.95	1	Budapest	11-Aug-80
51	Li Liu	CHN	1:56.96	1h2	Beijing	08-Sep-93
52	Zuzana Moravčíková	CZE	1:56.96	1	Leipzig	27-Jul-83
53	Valentina Parkhuta	BLR	1:56.97	5	Kiev	22-Jun-84
54	Olga Dvina	RUS	1:56.9m	6	Podolsk	21-Aug-82
55	Meredith Rainey	USA	1:57.04	1	Atlanta	17-Jun-96
56	Ulrike Bruns	DDR	1:57.06	1	Berlin	10-Jul-76
57	Galina Zakharova	RUS	1:57.08	1	Baku	16-Sep-84
58	Olga Vakhrusheva	UKR	1:57.0m	3	Moskva	12-Jun-80
59	Lyubov Tsyoma	RUS	1:57.18	1	Kiev	16-Jul-86
60	Wang Yuan	CHN	1:57.18	2h2	Beijing	08-Sep-93
61	Hildegard Körner	DDR	1:57.20	5	Moskva	27-Jul-80
62	Svetla Zlateva-Koleva	BUL	1:57.21	6	Montreal	26-Jul-76
63	Margit Klínger	FRG	1:57.22	3	Athinaí	08-Sep-82
64	Natalya Dukhnova	BLR	1:57.24	1	Gomel	22-Jun-96
65	Elzbieta Katolik	POL	1:57.26	2	Budapest	11-Aug-80
66	Milena Šimádová	CZE	1:57.28	2	Leipzig	27-Jul-83
67	Andrea Hahmann	GER	1:57.31	2	Neubrandenburg	10-Jun-87
68	Tatyana Grebenchuk	BLR	1:57.35	3	Kiev	07-Jul-80
69	Ileana Sîlai	ROM	1:57.39	1	Bucuresti	28-Aug-77
70	Kirsty Wade	GBR	1:57.42	2	Belfast	24-Jun-85
71	Mayle Teresa Zuniga	ESP	1:57.45	1	Sevilla	01-Jun-88
72	Nadezhda Zabolotnyeva	KZK	1:57.54	2	Moskva	06-Jul-86
73	Anje Schröder	DDR	1:57.57	3	Leipzig	27-Jul-83
74	Tatyana Pozdnyakova	UKR	1:57.5m	9	Podolsk	21-Aug-82
75	Lang Yinglai	CHN	1:57.62	1	Shanghai	22-Oct-97

Women's 1,500m (as at 31.3.98)

1	Qu Yunxia	CHN	3:50.46	1	Beijing	11-Sep-93
2	Jiang Bo	CHN	3:50.98	1	Shanghai	18-Oct-97
3	Lang Yinglai	CHN	3:51.34	2	Shanghai	18-Oct-97
4	Wang Junxia	CHN	3:51.92	2	Beijing	11-Sep-93
5	Tatyana Kazankina	RUS	3:52.47	1	Zürich	13-Aug-80
6	Yin Lili	CHN	3:53.91	3	Shanghai	18-Oct-97
7	Paula Ivan	ROM	3:53.96	1	Seoul	01-Oct-88
8	Lan Lixin	CHN	3:53.97	4	Shanghai	18-Oct-97
9	Olga Dvina	RUS	3:54.23	1	Kiev	27-Jul-82
10	Zhang Ling	CHN	3:54.52	5	Shanghai	18-Oct-97
11	Dong Yanmei	CHN	3:55.07	6	Shanghai	18-Oct-97
12	Hassida Boulmerka	ALG	3:55.30	1	Barcelona	08-Aug-92
13	Zamira Zaytseva	UZB	3:56.14	2	Kiev	27-Jul-82
14	Liu Dong	CHN	3:56.31	5h2	Shanghai	17-Oct-97
15	Tatyana Pozdnyakova	UKR	3:56.50	3	Kiev	27-Jul-82
16	Nadezhda Ralldugina	RUS	3:56.63	1	Praha	18-Aug-84
17	Yekaterina Podkopayeva	RUS	3:56.65	1	Rieti	02-Sep-84
18	Doina Melinte	ROM	3:56.7m	2	Bucuresti	12-Jun-86
19	Lyubov Smolka	UKR	3:56.7m	2	Moskva	06-Jul-80
20	Nadezhda Olizarenko	UKR	3:56.8m	3	Moskva	06-Jul-80
21	Lyudmila Rogachova	RUS	3:56.91	2	Barcelona	08-Aug-92
22	Liu Jing	CHN	3:57.03	6h2	Shanghai	17-Oct-97
23	Svetlana Guskova	MOL	3:57.05	4	Kiev	27-Jul-82
24	Mary Slaney	USA	3:57.12	1	Stockholm	26-Jul-83
25	Mancia Puica	ROM	3:57.22	1	Bucuresti	01-Jul-84
26	Zhang Linli	CHN	3:57.46	3	Beijing	11-Sep-93
27	Totka Petrova	BUL	3:57.4m	1	Athinaí	11-Aug-79
28	Christiane Wartenberg	DDR	3:57.71	2	Moskva	01-Jul-80
29	Galina Zakharova	RUS	3:57.72	1	Baku	14-Sep-84
30	Tatyana Dorovskikh	UKR	3:57.92	4	Barcelona	08-Aug-92
31	Kelly Holmes	GBR	3:58.07	1	Sheffield	29-Jun-97
32	Natalia Marasescu	ROM	3:58.2m	1	Bucuresti	13-Jul-79
33	Tatyana Prochorchenko	UKR	3:58.37	1	Podolsk	22-Aug-82
34	Ravilya Agletdinova	BLR	3:58.49	1	Moskva	18-Aug-85
35	Ileana Sîlai	ROM	3:58.57	1	Bucuresti	16-Jun-79
36	Wang Renmei	CHN	3:58.64	4	Beijing	11-Sep-93
37	Gabriella Dorio	ITA	3:58.65	2	Torino	25-Aug-92
38	Hildegard Körner	DDR	3:58.67	2	Roma	05-Sep-87
39	Lyubov Kremlyova	RUS	3:58.71	1	Zürich	19-Aug-92
40	Yan Wei	CHN	3:58.74	4h1	Shanghai	17-Oct-97
41	Svetlana Ulmasova	UZB	3:58.76	2	Podolsk	22-Aug-82
42	Sonia O'Sullivan	IRL	3:58.85	1	Monaco	25-Jul-95
43	Tamara Sorokina	RUS	3:58.89	1	Leningrad	26-Jul-81
44	Wang Qingfen	CHN	3:58.97	7h2	Shanghai	17-Oct-97
45	Giana Romanova	RUS	3:59.01	1	Praha	03-Sep-78
46	Natalya Artyomova	RUS	3:59.18	1	Zürich	17-Oct-91
47	Svetlana Masterkova	RUS	3:59.30	1	Sankt Petersburg	04-Jul-96
48	Li Liu	CHN	3:59.34	5	Beijing	11-Sep-93
49	Violeta Beclea	ROM	3:59.35	1	Monaco	07-Aug-80
50	Yelena Spatova	RUS	3:59.48	4	Podolsk	22-Aug-82
51	Wang Chunmei	CHN	3:59.49	5h1	Shanghai	17-Oct-97
52	Anna Bukis	POL	3:59.67	3	Budapest	29-Jul-81
53	Zhang Linong	CHN	3:59.70	6	Beijing	11-Sep-93
54	Wang Yuan	CHN	3:59.81	7	Beijing	11-Sep-93
55	Raisa Smekhnova	BLR	3:59.8m	2	Podolsk	28-Jun-76
56	Angelika Zauber	DDR	3:59.90	1	Jena	09-Aug-81
57	Comela Bürki	SUI	3:59.90	4	Roma	05-Sep-87
58	Zola Pieterse	GBR	3:59.96	3	Bruxelles	30-Aug-85
59	Beate Liebich	DDR	3:59.9m	1	Potsdam	05-Jul-80
60	Ulrike Bruns	DDR	3:59.9m	1	Potsdam	14-Jul-76
61	Lu Yi	CHN	4:00.05	8	Beijing	11-Sep-93
62	Andrea Hahmann	GER	4:00.07	2	Potsdam	22-Aug-87
63	Fita Lovin	ROM	4:00.12	1	Bucuresti	04-Jun-83
64	Ruth Wysocki	USA	4:00.18	1	Los Angeles	24-Jun-84
65	Valentina Ilynykh	SOV	4:00.18	4	Praha	03-Sep-79
66	Irina Lebedinskaya	RUS	4:00.18	5	Podolsk	22-Aug-82
67	Laima Baikauskaitė	LIT	4:00.24	2	Seoul	01-Oct-88
68	Alla Yushina	RUS	4:00.26	3	Leningrad	26-Jul-81
69	Lynn Williams	CAN	4:00.27	4	Bruxelles	30-Aug-85
70	Wang Ai	CHN	4:00.34	6h1	Shanghai	17-Oct-97
71	Lyudmila Shesterova	SOV	4:00.3m	7	Moskva	06-Jul-80
72	Lyudmila Medvedyeva	SOV	4:00.42	3	Baku	14-Sep-84
73	Regina Jacobs	USA	4:00.46	2	Indianapolis	23-Jul-88
74	Svetlana Popova	SOV	4:00.53	6	Kiev	27-Jul-82
75	Grete Waitz	NOR	4:00.55	5	Praha	03-Sep-78



The Best Ever BMC Races

by Matthew Fraser Moat, Vice Chairman

In trying to assess the success to date of BMC "Vision 2000", many people have been asking about the "best ever" BMC races. I have tried below to produce a statistical assessment based on the all-time BMC Rankings over 800m - 1 Mile.

Any assessment can only focus on actual times performed, giving credit to the winning times and to the depth of performances but cannot take into account any subjective factors.

This by necessity means that some of the really famous BMC races, such as the 1969 City Charities Mile at Motspur Park where four men broke 4 minutes, the "Mile of the Century" at Leicester in 1969 where Mia Gommers set the world record, the two mile races where Steve Ovett set European junior records in 1973 and 1974, and the Stretford race where Seb Coe broke through to international level, or any of our relay meetings, cannot feature in this assessment.

I have calculated merit points for each of the major BMC races over the years at between 800m and 1 Mile, men and women. These points have been calculated as the combined total of all athletes of the number of hundredths inside the BMC "elite" times of M800 1:49.0, M1500 3:43.0, M Mile 4:00.0, W800 2:05.0, W1500 4:20.0, W Mile 4:40.0.

So a time of 1:47.0 would earn 200 points. If the next athlete ran 1:47.5, that athlete would earn 150 points and if no other athletes were inside the elite standard then that race would score a total of 350 points. To compare races in different events, the scores are then normalised in the same way as the BMC NIKE Grand Prix, i.e. 1 second under the M800 standard is equivalent to 2 seconds under the M1500 standard.

Women's events do not have the depth of the men's events at both an international and domestic level, and accordingly 1 second under the M800 standard is equivalent to 2 seconds under the W800 standard. Accordingly the M800 event is treated as "par" and then the M1500 and W800 scores are divided by two and the W1500 scores are divided by four.

What this all means is that the following times are deemed to be equivalent for the purposes of trying to assess which BMC race was 'best':

	M800	M1500	W800	W1500
300pts	1:46.0	3:37.0	2:02.0	4:08.0
200pts	1:47.0	3:39.0	2:03.0	4:12.0
150pts	1:47.5	3:40.0	2:03.5	4:14.0
100pts	1:48.0	3:41.0	2:04.0	4:16.0
0pts	1:49.0	3:43.0	2:05.0	4:20.0

Mile time standards are incremented from the above using 17 seconds for men and 20 seconds for women. To compare these times, here are extracts from the 1996 World Lists:

50th	1:45.78	3:36.41	2:01.43	4:08.65
100th	1:46.82	3:38.69	2:02.96	4:11.87
150th	1:47.48	3:40.21	2:04.13	4:14.41

and the 1997 world lists

50th	1:45.92	3:35.98	2:00.93	4:07.44
100th	1:46.95	3:38.42	2:02.56	4:12.15
150th	1:47.62	3:40.15	2:03.85	4:14.74

Using these criteria, we now present the top twelve BMC races of all time.

12th 3:40.35 Solihull 21/08/94

On a fine Sunday afternoon during the 1994 Commonwealth Games the BMC Reebok Challenge at Solihull showed the way forward for the BMC. The best race of the afternoon was the men's 1,500m in which Ian Grime set a BMC members' record and 5 men broke 3:43 in a BMC race for the first time.

1st Ian Grime	3:40.35
2nd Steffan White	3:41.02
3rd Philip Mowbray	3:41.63
4th Ian Gillespie	3:41.65
5th Matthew Hibberd	3:41.73

11th 2:00.7 Ipswich 19/06/85

Not much is known about this race in which Shireen Bailey ran a magnificent 2:00.7 to set the BMC record that still stands. It is believed the meeting was put on to celebrate the opening of the new track at Ipswich.

1st Shireen Bailey	2:00.7
2nd Ann Purvis	2:03.2
3rd Debra Russell	2:03.6
4th Lorraine Baker	2:03.8

If any member has details as to who organised this race and in what circumstances the race was arranged, please let the writer know.

10th 1:46.4 Stretford 22/07/97

In this race specially arranged by Norman Poole, Paul Walker achieved the 1997 world championships qualifying time just a few hours before the IAAF deadline. Informed of his time the wife of the Chairman of Selectors is reported to have said "it is too late - we have already chosen the team" but common sense prevailed and Paul went to Athens where he was the only "A" standard qualifier with a hand-timed qualifying mark. In second place 20 year old Grant Cuddy was dragged around to a magnificent pb in second.

1st Paul Walker	1:46.4
2nd Grant Cuddy	1:47.2

9th 1:46.67 Bristol 30/08/97

The 1997 BMC NIKE Grand Prix Final, held only a few hours before the death of Diana, Princess of Wales, promised a dramatic finish to the Grand Prix result between Joanne Pavey and Kevin McKay.

The first event was the 800m and Kevin McKay knew he had to keep as close as possible to pre-race favourite Bernard Kisilu, one of Kipketer's regular pacemakers, in order to get a fast time.

When Kisilu took off with 400m to go McKay stayed with him and nearly closed him down in the home straight.

1:46.87 was McKay's fastest for five years and, by running inside 1:47, he raised the stakes in the Grand Prix such that Joanne Pavey had to run a full two seconds faster in the Mile order to win the overall Grand Prix. She had to run inside 4:33, three seconds inside the BMC record, in order to win the Grand Prix. History will record that Joanne ran 4:30.77, a new BMC record by six seconds, and the fastest women's mile in Britain in 1998.

This race had greater depth than these statistics indicate as 6 men finished within a second between 1:49 and 1:50.

1st Bernard Kisilu KEN	1:46.67
2nd Kevin McKay	1:46.87

8th 3:37.5 Swindon 07/08/97

Held during the 1997 world championships, the BMC NIKE Grand Prix at Swindon had six races inside our elite standards and proved to be the best ever BMC meeting.

In the showcase race of the best ever BMC meeting, Anthony Whiteman, controversially omitted from the world championships team, broke Dave Lewis' 14 year old BMC Record in a time that would have placed him 5th in the previous day's World Championship Final. Paced by Sammy Nyamongo of Kenya, Whiteman went through 1200m in 2:54 but could not quite maintain the pace over the final 300m.



The Best Ever BMC Races

Behind Whiteman, Ian Gillespie, the BMC's most prolific racer in the 1990s set a personal best over 1500m. Gillespie had also been controversially omitted from the Athens' squad over 5k despite having run a stunning 13:18 a few weeks earlier.

This was the first BMC race ever with two athletes under 3:40. Nine days later Whiteman was to run 3:32 in Monte Carlo - an indication of what 3:37 in a BMC race is really worth.

1st Anthony Whiteman	3:37.5
2nd Ian Gillespie	3:39.8
3rd Gareth Turnbull IRE	3:42.8J
4th Richard Ashe	3:42.8

6th= 1:47.7 Wythenshawe 30/07/96

Traditionally the rest day of the major international championships yields a perfect opportunity for fast times in BMC races.

The rest day of the Atlanta Olympics 1996 was no exception. Robin Hooton achieved his breakthrough to national standard with stunning front running, going through 600m in 79.4 and going on to equal Seb Coe's 20 year old BMC Members' record.

Behind him were a host of pbs and the poor timekeepers had to cope with all 10 men finishing inside 1:49.5.

1st Robin Hooton	1:47.7
2nd Rupert Waters	1:47.9
3rd James Mayo	1:48.2
4th Bradley Donkin	1:48.4
5th Eddie King	1:48.5
6th Andy Knight	1:48.7
7th Gary Lough	1:48.7

6th= 4:14.6 Wythenshawe 18/05/94

In the first ever "BMC Grand Prix" meeting, part of the Reebok Challenge, Beverly Hartigan headed home five women inside the BMC elite standard.

The fact that we have not exceeded this standard in recent years is indicative of the current lack of depth in British Women's MD running.

1st Beverly Hartigan	4:14.6
2nd Lynn Gibson	4:14.9
3rd Angela Davies	4:15.1
4th Debbie Gunning	4:17.3
5th Maxine Newman	4:18.5

5th 1:46.4 Stretford 01/08/95

Paul McMullen of the USA was based in the UK before the 1995 world championships, in which he was to make the 1500m final.

In this race specially arranged by National Event Coach Norman Poole, McMullen defeated the best that Britain had to offer and set a new BMC record in the process.

1st Paul McMullen USA	1:46.4
2nd Craig Winrow	1:47.6
3rd Kevin McKay	1:48.0

4th 3:39.1 Wythenshawe 14/05/97

At the first Grand Prix under Nike sponsorship, Robert Hough simply ran away from one of the best BMC fields in depth to run a staggering 3:39.1 to equal Caddy's BMC Members' Record, set in perfect conditions the previous August.

A few weeks later Hough won the European Cup Steeplechase for Britain.

1st Robert Hough	3:39.1
2nd Andrew Pearson	3:40.3
3rd Ian Gillespie	3:41.2
4th Neil Caddy	3:41.6
5th Steve Green	3:42.1
6th Matt Skelton	3:42.8

3rd 3:39.1 Swindon 14/08/96

On a warm balmy night at Swindon in August 1996, conditions were the best that the writer can remember for a BMC race.

Ian Grime was defending his BMC Members' record set in 1994, Rob Whalley was hoping to add the 1,500m record to his recently set 3,000m record, but it was Neil Caddy who won the first BMC race under 3:40 for 13 years to set a new BMC Members' record.

Grime was also inside the old record and eight under 3:43.0 remains the best ever depth in a BMC 1,500m race.

1st Neil Caddy	3:39.1
2nd Ian Grime	3:40.1
3rd Rob Whalley	3:40.7
4th Ian Gillespie	3:41.1
5th Rob Scanlon	3:41.3
6th Adam Duke	3:42.5
7th Cormac Finnerty IRE	3:42.8
8th Stuart Poore	3:43.0

2nd 2:01.3 Stretford 24/07/83

Very little is known about this race. There were a series of women's races in the early and mid eighties under the BMC banner which were far more successful than any of the women's races in the nineties so far.

In this race Ann Purvis knocked 0.7 off Shireen Bailey's BMC record set the previous year at Aldershot. Bailey was also inside her old record and seven at 2:05.0 or better remains the best finish in depth in a BMC women's 800m.

1st Ann Purvis	2:01.3
2nd Shireen Bailey	2:01.7
3rd Jane Finch	2:02.0
4th Christina Cahill	2:03.0
5th Teena Colebrook	2:04.0
6th M Coreoran AUS	2:04.6
7th Suzanne Morley	2:05.0

If any member has details as to who organised this race and in what circumstances the race was arranged, please let the writer know.

1st 1:45.2 Battersea Park 15/06/97

With three world class Kenyans in the line-up, Dave Pamah achieved the best domestic field ever in a BMC race. In finishing 4th Andy Hart finally beat Seb Coe's BMC Members' record, followed by McKay, Whiteman, Swift Smith and Cuddy.

Kisilu was to pace Kipketer at Stockholm where he equalled Coe's world record, and Ndururi was to run 1:42.62 at Zurich later in the year when Kipketer finally broke Coe's mark.

This was the fastest 800m in Britain in 1997, faster than any of the BAF promotions, and clearly showed the way forward for the BMC. By attracting good athletes of international class from overseas, our British athletes can get better races than ever before in the UK. This is the essence of Vision 2000.

1st Patrick Ndururi KEN	1:45.2
2nd Robert Kibet KEN	1:46.2
3rd Bernard Kisilu KEN	1:46.8
4th Andy Hart	1:46.8
5th Kevin McKay	1:47.2
6th Anthony Whiteman	1:47.7
7th Justin Swift Smith	1:48.4
8th Grant Cuddy	1:48.7

Summary of performances: 1983 - 1, 1985 - 1, 1994 - 2, 1995 - 1, 1996 - 2, 1997 - 5.



On Kenya and the Kenyans

by John Manners and James Templeton

These articles have been compiled by the authors from their posting to the Track & Field Mailing List and are reproduced with permission of the authors. Some of the articles contain "list-chat" which has been kept so that readers appreciate the nature of the discussions that take place.

Subj.: Kenyan Juniors
Date: Thursday, Aug 15, 1996
Author: John Manners

Winfried Kramer's scepticism about the ages of Kenya's supposed juniors is certainly warranted, but I don't think there's reason to suspect either a nation-wide conspiracy to rejigger runners' ages, as Randy Treadway seems to imagine, or a general ignorance of actual birth dates, as Nasser Mubarak suggests.

Kenya is a poor country, and official documentation is scarce, especially in rural areas. Hospital births are still comparatively rare, and formal records are not a high priority. Nevertheless, most of today's runners were born well after Kenya's independence, at a time when, in all but the least developed areas of the country, families had long since begun to make note of children's birth dates. So most of today's runners do know precisely when they were born. Whether that's the date they put on their passports is another matter.

Among previous generations of Kenyan runners, many did not know their precise birth dates and felt free to fudge them. This practice began early, usually when they enrolled in primary school. Even in those days, kids were well aware that they were supposed to start school at about age six, but for a number of reasons, few of them did. Most came from large families and would have responsibilities at home helping to look after the family's herds or younger children. Moreover, most parents couldn't afford to pay school fees for several kids at once, so many had to wait until older siblings finished. When kids finally started school, they would commonly claim the youngest age that was consistent with their physical appearance, and that age, which could be as much as three or four years off, was usually the one they stuck with.

This practice has worked to the disadvantage of at least a few old Kenyan runners. Kipchoge Keino, who now and

then admits to having been born in 1936, rather than his official date of 1940, has lost credit for being (I think) the oldest ever Olympic champion in a track event when he won the 1972 steeplechase at 36. And Mike Boit, who, on the basis of testimony from neighbours and relatives, can be shown to have been born a good four years before his listed date of 1949, is not acknowledged as the first masters miler to break four minutes, though he ran 3:53.28 in 1985 and 3:55.69 in 1987.

Nowadays, kids generally start school at or close to six, but their progress through the grades may be interrupted, and if they happen to be a little over-age in secondary school, and they turn out to be promising runners, they may still fudge their ages -- either on their own or on the advice of such interested parties as school headmasters, Kenyan Federation officials, European agents, and US college coaches. (John Chaplin used to insist in all but a few cases that the Kenyans he recruited to Washington State come with documents to prove they were young enough not to rouse the wrath of rival team coaches or fans -- even though the NCAA at the time had dropped its "overage foreigner" rule.)

Still, the age fiddling isn't as capricious or as widespread as it might seem from Herr Kramer's evidence. True, Matthew Birir does appear to have had different birth dates on his 1988 and 1990 passports (the second one of which apparently shows him to have been born seven months after his brother Jonah!), but I wonder if there's any evidence that Philip Mosima's age was ever "adjusted" after 1993. The ATFS annual for that year doesn't list him in its index but shows a result for him in a 10K road race with his birth date given only as 1975, which looks like hearsay or guesswork rather than hard information.

When Mosima answered a questionnaire for me in March of 1994, he listed 1-2-77 (February 1st) as his birth date, and later that year at the World Cross Country Championships and the Commonwealth Games, his birth year was officially given as 1977. But the ATFS has listed 2 Jan 1976 for his birth date in both their most recent annuals. It looks to me as though the inconsistency is not his but theirs. (The accuracy of the date he has consistently given is another matter.)

As for Japheth Kimutai, who just ran a 1:45.4 in Australia, if his passport gave a

1975 birth date last year (when he ran 2:17.59 for 1000 m in addition to his 1:47.0), then his presence on Kenya's junior team is indeed suspect. All I can say is that he hasn't yet finished secondary school at St. Patrick's and, like most of the Kenyan juniors, he looks genuinely young.

It's worth pointing out that Kenyan officials have actually cut a few putative juniors from their teams when they found them to be too old. Christopher Kosgei, for example, won the 1994 National Junior Cross Country championship at a listed age of 19, but he was discovered to be turning 20 later that year and was dropped from the World Championships squad. Something similar was done this year with Christopher Kelong -- this in spite of the fact that the Kenyans have felt their juniors to be under pressure from Ethiopian teams populated with what look like egregiously overage runners.

Interestingly, Kenya's elite junior women have an age problem of a different sort -- they're too young. Two of the top six finishers in last year's National Junior Cross Country Championships and three in this year's had to be dropped from the World Championships team because they didn't meet the IAAF's newly instituted 'minimum' age limit of 15.

What I am suggesting in all these ramblings is that while there are certainly grounds for scepticism about some Kenyan juniors -- and perhaps even for an IAAF inquiry (which should take in Ethiopia and several other countries as well) -- there is no reason to suspect a systematic nation-wide conspiracy.

Subj.: Japheth Kimutai
Date: August 1996
Author: James Templeton

In response to the comments of Winfried Kramer and Randy Treadway regarding the age of Japheth Kimutai, I have a few things to add. I have spent most of the last week with Japheth and the Kenyan team, and witnessed his 1:45. I am acting as the Liaison Officer for the Kenyans during the next three weeks in Sydney - it is great fun being with such lovely, unaffected people who are just unbelievably talented. Along with Japheth, David Chelule and his cousin, Julius Chelule are the standouts - I have no doubt that all three would be not be out of place in an Olympic final...



On Kenya and the Kenyans

While not being able to categorically verify his age, I can tell you that Japheth's passport says he was born in 1978. He told me he is an 18 year old high school student at St Patrick's in the Rift Valley. Although statisticians had him listed as born in 1975, I think this was wrong. He looks 17/18 and he seems the same age as his team-mates - none of whom you would say appear in their 20's. They certainly look younger than the Aussies etc. that they are beating with ease....

1:45.4 is a great time, especially in a very low-key meet on a windy day! What I can add is that Japheth is quite simply the most talented 800m runner I have ever seen. He is about 5'7/5"8 and pretty lean, and is a very fluent mover.

The Kenyans rate him very highly. He is in great shape and is aiming to break Benson Koech's Championship record of 1:44.77. When I told him yesterday that the WJR was Joachim Cruz's 1:44.3 in 1981, he looked at me with a huge grin and said "I think I run 1:44.2!" If the conditions (somewhat cold and windy in Sydney at this time of year) are agreeable, I think he will go pretty close.

In terms of background, this are some of Japheth's times:

1995

24 June	1:47.0A	1st Eldoret
21 July	1:47.67	1st African Jun Champs
22 July	3:49.78	1st African Jun Champs
16 August	2:19.20	3rd Zurich Jun. 1000m (1st Hakimi 2:18.57)
23 August	2:17.59	2nd Copenhagen GP (1st Kipketer 2:16.29)
25 August	2:18.82	2nd Brussels Jun. 1000m (1st Achon 2:18.71)

1996

June	1:47.2A	6th of Kenyan Nat Champs
4 August	3:43.93	1st Invitation Narrabeen
7 August	1:45.4	1st Invitation Woolongong

Note that when coming second to Kipketer, he beat William Tanui, Jose Luis Barbosa, Robert Kibet and Rich Kenah. In Brussels he came a close 2nd to Julius Achon, who has since run 1:44.55 in the US. I have very little doubt that we all will hear a lot more of Japheth Kimutai in the years ahead....

Subj.: St Patrick's High School

Date: May 1997

Author: James Templeton

I have just returned from a fascinating two week trip to St Patrick's High School in

Iten in the Rift Valley in Kenya. I thought there would be a few people on this list who would be interested to hear some of what I observed.

Iten is 32km from Eldoret, the mecca of Kenyan running, which itself is 350kms north west of Nairobi. It is a long way off the tourist trail - indeed sees few white people aside from visiting athletes, agents and shoe reps!

I was invited to the Iten Training Camp by Brother Colm O'Connell. Brother Colm is the renowned former headmaster of St Patrick's [for those not aware - he has coached, among others: Charles & Kipkoech Cheruiyot, Peter Rono, Matthew Birir, Helen Kimaiyo, Wilson Boit Kipketer, Sally Barsosio, Rose Cheruiyot, Joseph Tengelei, Benson Koech, David Kiptoo, Lydia Cheromei and Julius Chelule]. Although now a teacher at Tambach Teachers College (largely to enable him to also train non-St Patrick's boys as well as girls) Brother Colm still lives at the school and coaches all the St Patrick's boys.

Contrary to popular perception, St Patrick's is not a school for athletes - it is just a normal boarding school of 400 which has a tradition of athletic excellence, and a head coach (for want of a better title) who is passionate about athletics and has a gift for bringing out the best in his athletes. There are no athletes under scholarships and admittance can only be granted to those of good academic standard. Many promising athletes are not accepted because of poor results and there are little or no concessions made to athletes. Academically, the school ranks 39 out of 3000 Kenyan public schools.

The annual pre-track camp in the April school holidays (there is also a XC camp in December) started off in the 80s as a camp for St Patrick's boys, however expanded to assist many others who could not enter the school. There is a network of coaches throughout the Province, who Brother Colm relies upon to recommend talented athletes to the camp. Still, there is no more knowledgeable man on young Kenya runners than Brother Colm. There aren't many he has not seen run, at least at a Provincial level (progression is district, province, nationals).

The camp was held for the first time outside St Patrick's - at the Tambach Teachers College 10km down the road, which has its own dirt track (advantageous

because this is the wet season in Kenya). I stayed with Brother Colm at St Patrick's, although we were usually at Tambach from 8am to 10pm. The camp included 110 young athletes (in the 15-18 age bracket and largely split 50/50 between boys and girls). There were 10 officials in all, including 4 ladies to look after the girls and assist in the coaching.

KISUMU - 3RD KAAA MEET

Before the camp began on April 13, I went to the 3rd of the series of KAAA two-day meets in Kisumu on the shores of Lake Victoria (two hours south of Eldoret). The meet was not attended by most of the Kenyan big names, although was of course high on talent and depth (especially the men's; the women's fields were pretty weak by comparison). The track was a six lane dirt track.

The 10,000m had two heats each of 45 runners. In Kenya, as soon as you are lapped by the leading runner you are obliged to leave the track (although the leading six are allowed to finish regardless if lapped). Benson Lokorwa (6th in the Kenyan XC champs this year, subsequently one of three dropped from the World XC squad of 12 after their training camp) was credited with a time of 28:37 in first place. I say credited, because he in fact crossed the "line" in 27:32. Having timed him through the 5km mark in 14:04 and knowing his subsequent laps had been slowing, I realised the officials had stopped him after 24 laps! After a delay of 5 or so minutes, there was much discussion around the finish line, and while the mistake was not admitted the next day in the press (they just added 65 seconds to all the finishers' times!), it was subsequently, along with his coaches insistence that he had indeed run the full race. Lokorwa looked very strong, however certainly didn't break Machuka's high-altitude best by 20 seconds.....

The 5,000m was three heats of each of 35 runners. Although I didn't get the times of the winners, I know that steeplechaser Gideon Chirchir was fastest in 13:57, while World Junior Steeple champ Julius Chelule won another in around 14:14.

The best field was undoubtedly the 800m, as shown below: Heat 1: 1) Patrick Ndururi (former 400m runner) 1:47.5, 2) Patrick Konchellah (94 Comm Games champ) 1:47.8, 3) Francis Marwa 1:48.1, 4) Mwangi Mutua 1:50.8 (96 World Junior champ), 5) Kipkemboi Biwott 1:51.0. Heat 2: 1) Peter Biwott 1:52.7 (1:45.45 in 96) , 2)



On Kenya and the Kenyans

Lucas Rotich 1:53.0. Heat 3: 1) Henry Ongeta 1:51.3, 2) Kiptum Rop 1:51.7, 3) Kirwa Too 1:52.0. Heat 4: 1) Japheth Kimutai 1:50.0 (No.1 world junior in 96, still a junior in 97), 2) Kipkemboi Lagat 1:52.1 (1:45.17 in 95). Heat 5: 1) Dedan Maina 1:51.0, 2) David Lelei 1:51.4, 3) Bernard Kisilu 1:51.5 (1:44.76 in 95), 4) Joseph Kibet 1:51.8, 5) Joel Marwa 1:52.4 (1:45.4A in 96), 6) Boniface Kamaru 1:55.4 (1:45.09 in 95).

The heats effectively made little difference as 14 runners were in the final the next day, including Benson Koech, who had run the heats of the 1500m the day before, and James Maina Boi (45 years old - world No.1 in 1980), who was "seeded" into the final.

In the 800m in Kenya, the runners do not run the first bend in lanes, but rather cut straight across from the gun. The final included a fairly rugged first corner as the runners scrambled for position. Kipkemboi Lagat led through the first lap (in around 51-52) followed by Mwengi Mutua. Patrick Ndururi and Japheth Kimutai, with Benson Koech and Patrick Konchellah well back and caught on the inside. Kimutai overtook Ndururi and Mutua on the back straight and passed Lagat with about 150m to go. Although he didn't pull away dramatically, he had the race well in hand and seemed pretty relaxed in the straight as he finished in 1:46.9. Lagat held off Ndururi with Mutua and Koech following, while Patrick Konchellah pulled out somewhere on the second lap.

The win was an important one for Japheth after his disaster at the World Juniors last year. It also was the first time he had beaten his friend and sometime training partner Benson Koech. It will be interesting how he progresses this season - his coach Brother Colm believes there is a lot more to come, as his track preparations have only just begun. Still a junior, Cruz's WJR of 1:44.3 could go to the diminutive Kimutai (173 cm, 55 kilos) if he gets in the right race.

The 1500m was won by John Kibowen in around 3:43, after he won his heat in 3:41.9 the day before. Noah Ngeny and Kipkemboi followed in 3:43.8 and 3:44.3, as Benson Koech and Philip Mosima pulled out of the final after running in the heats.

Mosima looked strong in running 3:43 - he received the second biggest cheer of the day, support for his comeback

following his injuries sustained in the car accident last year.

The biggest cheer was for the lone "wazungu" (white man) athlete, who greatly amused the crowd by plodding on to a time of over 18 minutes in the 5,000m. Although lapped three times (or was it four!?) by Chirchir, the officials refused to pull him out of the race (much to the embarrassment of one of the two other wazungus in the stadium!) Not surprisingly, I was asked many times if I was related to him!! (if he was their only sight of white athletes, no wonder the Kenyans are only worried about the Ethiopians and the Moroccans!)

KISUMU RESULTS

M400: 1) J. Omondi 48.0, 2) M. Gichohi 48.3, 3) Ochieng 48.6. **M800:** 1) Japheth Kimutai 1:46.9, 2) Kipkemboi Lagat 1:47.2, 3) Patrick Ndururi 1:47.3, 4) Mwengi Mutua 1:48.0, 5) Benson Koech 1:48.3, 6) Francis Marwa 1:49.1.... 13) James Maina Boi 2:00+.... DNF Patrick Konchellah. **M1500:** John Kibowen 3:43, 2) Noah Ngeny 3:43.8, 3) Kipkemboi 3:44.3 **M3000:** 1) Chepkok 8:00.5, 2) S. Kibiwott 8:01.5, 3) J. Kiptoo 8:01.5 **M5000:** 1) Gideon Chirchir 13:57. **M10000:** 1) Benson Lokorwa 28:37*, 2) Dominic Kirui 29:19.1*, 3) Kipsang 30:03.3

ITEN TRAINING CAMP

The camp kicked off on the Monday/Tuesday (14 & 15th April) with athletes arriving from all over the Rift Valley. Some had previously attended 7 or 8 camps, while others were there for their first time. Positions are much sought after, and many uninvited athletes had to be turned away. The athletes had to train three times a day until May 1. When they are not training, they are resting, washing or drinking tea. Many, many international athletes have attended the Iten camp since its inception in 1989, including many of those currently attending college in the US (such as Silah Misoi, who is running well on the US college scene. I understand he attended many camps, however was well down the scale in terms of talent and training level).

Along with other factors such as: culture; tribal factors; strength dictated by a tough life; genetics; diet; altitude; attitude; desire and financial incentives, the remarkable success of athletes from the Rift Valley can be attributed to hard work and a lot of training. As an aside, young

Kenyans strike me as being remarkably disciplined (in comparison to Australian, US, British young people) and consider themselves fortunate to be getting a secondary school education. There is a ready respect for rules and authority - there is no fooling around at meal and bedtimes and no pranks or crazy behaviour that would usually accompany such a camp elsewhere in the world. They are generally very diligent and hardworking - their teachers apparently spend little or no time on controlling classes or troublemakers. Brother Colm notes he would find it impossible to go back to a classroom of mayhem!

While not really a good example of the type of training they will do later in the Iten camp, it is interesting to note the first three day's workouts for the middle distance boys:

Wed 16 April

- 6am: 30-40 mins easy;
- 11am: 3x1000m, 3x800m, 3x600m (starting quite slowly and building into last 200m);
- 4:30pm 4x400m (64-56) with 60 sec recovery

Thur 17 April

- 6am: 30-40 mins easy;
- 11am: 3x600m (building up speed), 3x400m (57-58) with 2.5 mins recovery
- 4:30pm: exercises, drills and diagonal runs

Fri 18 April

- 6am: 30-40 mins easy;
- 11am: 14 x steep 100m hill (20-14 sec), jog back recovery
- 4:30pm: jogging, resistance exercises, drills etc.

The above sessions, while solid, are quite different to their usual training. They were really to adapt them to the track work and routine. The really hard work of 200s, 300s and 400s would be quite different in intensity.

The St Patrick's boys say the hardest session they run in the cross country season is the weekly 30 minute 'fartlek intervals', where up to ten of them run hard for a minute with a minute's jog recovery - effectively 15 x 400m, run at "close to 62 second pace". That may be tough enough at sea level - try doing it at 2400m altitude! One wonders how many other schoolboys in the world, let alone college athletes or even seniors, could run such sessions in the "off-season"....

In terms of speed-work later in the season, I watched the 1500m runners in Australia (prior to the World Juniors last year) do 2x4x300m in 36-37 with 30-60



On Kenya and the Kenyans

seconds recovery, while as speed-work, the 800m runners were knocking off 150s in under 16 seconds and 200s in 22.

It is interesting to talk to Brother Colm on the subject of middle distance training. He believes that Wilson Kipketer would not be running as fast as he is now without the specialised training he has received since leaving Kenya. He believes him to be no more talented than Billy Konchellah or Paul Ereng, however while those two never broke 1:43, the systematic and scientific approach now in his training has seen him make that quantum leap from 1:43 to 1:41 (and surely better). While talent, hard work and desire have got Onyancha, Kiptoo, Tengelei, Koech, Kibitok, Langat, Tanui, Kibet etc. to around 1:43, they look light years behind Kipketer, who shows no signs of stagnating....

SNIPPETS

1) Brother Colm's tips for the Kenyan steeple team are Bernard Barmasai, Gideon Chirchir and Wilson Boit Kipketer. All are hungry for success, and are expected to perhaps take over from Kiptanui, Keter, Barngetuny, Christopher Koskei etc. Barmasai is currently training at St Patrick's for a month or so. After a great XC season (second in World Cross Challenge and fifth in World Cross Country (while competing as an individual), Barmasai recently completed the following sessions at Iten:

Day 1 Mon: am - 11x400m (62-63) 60 sec rec, 3x800m (2:15); pm: easy run

Day 2 Tues: am - easy run; pm: 15km steady

Day 3 Wed: pm - 2x1200m (3:21), 8x600m (1:36) 2-3 mins rec; pm: easy run

2) With 6 athletes under 1:50 (including Kimutai at 1:45 and Chirchir at around 1:46/47), St Patrick's could be expected to be close to the 7:10 mark if they seriously chased a 4x800m time. Does anyone know of a World Junior Record for 4x800m? [Ed: Yes - the BMC hold it at 7:26.2]

3) While talking of 4x800m, what chance would you give a 'St Patrick's Old Boys' team of breaking the Great Britain's World Record of 7:03.89 in 1982 (Coe, Cram, Cook & Elliott)?

Pretty good I would imagine, given the team would include Wilson Kipketer (1:41.83), David Kiptoo (1:43.38), Joseph Tengelei (1:43.57), with the last spot to be filled by either Benson Koech (1:43.17 in 94) or Japheth Kimutai (1:45.4). It was broadly discussed between the athletes and Brother Colm last year, but it is probably a

little late to organise for 1997. How about an early season attempt in 1998? It would go down well at the Penn or Drake Relays I can imagine.....

Subj.: Kipkirui Misoi

Date: late June 1997

Author: James Templeton

18 year old Kenyan steeplechaser Kipkirui Misoi has just completed his first trip to Europe. The 10 day trip has been a big success - he improved from 8:33.31 to 8:16.76 and managed to claim the World Junior Record in the process. I thought a bit of background to this young Kenyan would be of interest to the list.

- 8 June Dortmund 3,000m SC 2nd 8:16.74 WJR (1st Barmasai KEN 8:10.63)
- 11 June Cottbus 3,000mSC 1st 8:20.56
- 14 June Sopot 3,000m 1st 7:45.40 No.8 WJ all-time

Note: the previous WJR was 8:19.21 by Danial Njenga in 1994

Misoi returns to Kenya tomorrow in time for the Kenyan Championships starting on 26 June, and while he is not expected to make the Kenyan team for Athens, he can now hope to improve still further in the big August Grand Prix meets (which he should be able to gain entry following his recent performances).

Like a lot of the Kenyans, his hurdling is not particularly smooth, however unlike many of them, he is concerned about this and keen to improve this aspect.

Misoi was born on 23 December 78. He is 177cm / 59 kilos, and is coached by Brother Colm O'Connell. He is not a student at St Patrick's however lives on the school grounds - in one of the four rooms next to Brother Colm's house that are used by athletes.

He is the only athlete from his family and is one of the youngest; his father is deceased and his mother takes care of the family's small plot of land (about halfway between Iten & Nairobi).

Misoi has made good progression over the last two years; he was ranked 90 in the world last year - this latest performance would have put him 14th (on the 96 list):-

- 1995: 8:56.0A
- 1996: 8:33.31 2nd WJC, Sydney.
- 1997: 8:16.74 WJR

other bests:
1,500m 3:48.1A
3,000m 7:45.40
5,000m 14:13.0

He trains with the St. Patrick's boys (including 800m runner Japheth Kimutai and 3:38A runner William Chirchir) and attended the Iten cross country camp in December and the track camp in April. He was 14th in the Kenyan Junior XC Championships in February.

His big improvement is the result of a good winter's hard training, in particular 4-6 weeks intense work with Bernard Barmasai in April/May. On 9 & 10 May he ran 8:40.6A (heats) and 8:37.2A (2nd) in the KAAA meet on the tartan track at the National Stadium in Nairobi. This final was his fastest ever at altitude, and a race in which he apparently looked very relaxed with a lot more to come.

Misoi is a real character - during the world juniors last year, when everyone else was in casual clothing he travelled in suit & tie with briefcase - on the last day of the championships he donned this outfit and stood with the press listening in on post-race interviews and making notes in his notebook (much to his team-mates enjoyment)!!

He was very excited about his June trip to Europe and gained a lot of confidence from this and his work with Barmasai. When he left for Europe, Brother Colm was very confident he would run under 8:25 and possibly 8:20. Having Barmasai to follow in the first race was obviously very useful; in the following two races he was pretty much by himself. Given he was not pushed, these last two races can be almost considered on a par with the 8:16...

He is very happy with the results and has gained enormous experience from the 10 days. He is well prepared and can be expected to run faster this season (when he is in Europe with his good friend Japheth). He will be one to watch in the future....

Subj.: Zurich WRs

Date: 14th August 1997

Author: John Manners

After 30-some years of following the exploits of Kenyan runners, I still find myself shaking my head in amazement. Five world records last night in Zurich (3 senior + 2 junior), four of them set by Kenyans (and the fifth with significant Kenyan help). What's more, the four record setters (and the helpers) were all members of a single Kenyan tribe, the Kalenjin, who make up just 10% of the country's 28 million population. Add to this the seven medals members of the tribe won last week in



On Kenya and the Kenyans

Athens (Nyariki was Kenya's only non-Kalenjin medalist), the six they won in Atlanta (Onyancha and Wainaina were the exceptions there), the seven in Goteborg, the eight in Stuttgart, the eight in Barcelona, and so on, and you have what I believe is the greatest -- and most intriguing -- geographical concentration of accomplishment in the annals of sport.

In fact, I argue this point at some length in a book I'm now about to finish (due out next year from Praeger), and I'd welcome input from the list on possible counter examples. My argument rests in part on the nature of the sport -- its ubiquity (200 nations entered the Athens World Championships) and simplicity. I understand that a couple of Basque villages have produced most of the world's best jai alai players, and that a single family in Pakistan has topped international squash rankings for generations, but I suggest that these impressive concentrations of success are more explicable in terms of the limited reach of the sports in question than the particular gifts of the successful groups.

Of course, there are phenomenal local successes in more widely practised sports -- I'm thinking of all those Dominican shortstops. But to me, because of the complexity of the skills involved and the obvious need for incessant drilling and practice, the Dominicans' success doesn't raise the same sorts of questions about environment, diet, ancestry or indigenous culture that seem naturally to arise in the Kalenjin case. My book is an attempt to address just those sorts of questions, and I'd welcome input from anybody who wants to bother to ruminate on the subject -- particularly as regards other examples of local concentrations of athletic achievement.

**Subj.: 800m Records,
Japheth Kimutai**

Date: 17th August 1997

Author: James Templeton

It is an interesting co-incident that previous 800m World and World Junior records were both set in 1981:

WR: 1:41.73 Sebastian Coe GBR

WJR: 1:44.3 Joaquim Cruz BRA.

Both have now been broken in 1997:

WR: 1:41.24 Wilson Kipketer DEN

WJR: 1:43.64 Japheth Kimutai, KEN

As noted earlier by John Manners, both record-setters are from St Patrick's High

School in Iten, Kenya. Japheth is a current student (he begins his final term in early September with his final year exams in November), and like Wilson during his schooldays, is coached by Brother Colm O'Connell.

As commented on previously, there is a fairly decent St Patrick's old boys (alumni) 800m list (note that all 6 are in the top 40 all-time):

1 Wilson Kipketer 1:41.24 (97)

2 Benson Koech 1:43.17 (94)

3 David Kiptoo 1:43.38 (96)

4 Mike Boit 1:43.57 (76)

5 Joseph Tengelei 1:43.57 (95)

6 Japheth Kimutai 1:43.64 (97)

There has been talk in the last few years of an attempt on the 4x800m by a St. Patrick's Old Boys team. Sub 7:00 would surely be within their reach, should this race ever occur....

Japheth's coming races are:

20 Aug Malmö 800m

22 Aug Brussels GP U23 1,000m
(current WJR 2:16.84)

26 Aug Berlin GP Mile

30 Aug Bristol, UK 800m
(British Miler's Club final)

The mile in Berlin will be an interesting test against El G, Cacho etc - he has nothing to lose; can run well over the distance and is looking forward to meeting fellow Kenyan junior Noah Ngeny.....

**Subj.: Kenyan WRs -
drugs and cycles**

Date: 26th August 1997

Author: John Manners

Last week, after the Zurich and Brussels meets, several posts raised questions about what might have triggered the spate of WRs, practically all of them by runners of Kenyan origin. There was speculation about drug use, which I'll get to in a minute, and a few reflections on possible changes in circumstances that might have given rise to the records.

Jay Ulfelder wrote about "punctuated equilibrium" and how evolutionary developments commonly occur in spurts. R. Bentz Kirby wrote about Kenya's success coming in cycles -- a breakthrough in the late-'60s, decline in the '80s, etc. Garry Hill pointed out that Kenya boycotted the '76 and '80 Olympics, which, as he put it, "took a lot of wind out of its sails." He also invited me to confirm that Kenyans were handicapped in the '80s by

"abnormal rain conditions" that "turned the roads into unrunnable muck."

I'm afraid I can't offer the requested confirmation -- I don't remember any deluges so severe that they really interfered with training. But I can certainly confirm that the two Olympic boycotts devastated Kenyan morale and were among the chief causes of the decline in the '80s that seems to have led to the impression that Kenya's success has been cyclical.

The boycotts shut a whole generation of runners out of the sport's brightest spotlight, eclipsing dozens of promising careers and depriving the following generation of young role models. US college scholarships helped keep track from dying altogether in Kenya, but in spite of a few glimmers of the old brilliance at the '84 Olympics (Julius Kori's steeple gold and nine of his compatriots finishing 7th or better), I found myself wondering if the country's elite would ever catch up to what Aouita and the best Europeans had started doing while the Kenyans were recovering from their post-boycott doldrums.

At that point, the problem was no longer just morale. The Kenyans, in their malaise, had failed to move with the times. The casual training that had long been common practice in Kenya clearly wasn't enough anymore. In the '60s and early '70s, Keino & Co. had been able to put in a month or two of 40-mile weeks at altitude and then crank out 13:30s or 3:38s in Europe. By 1984 it was obvious that that kind of training, those kinds of times, wouldn't do. But few Kenyans seemed ready to make the necessary adjustments.

Then, at just about this time, several circumstances came together to reverse the common practice and start Kenya's second "cycle" of success -- the one that seems yet to have peaked. I'll list a few:

1. The IAAF started subsidising the participation of poor countries in the World Cross Country Championships [I'd be grateful for details about precisely when and how the IAAF introduced the subsidies, if anybody out there happens to know], and Kenya began to take the event seriously. The Kenya AAA started to make a big deal out of the national cross country championship and set up a three-week training camp for the team before the Worlds -- something like Kenya's long-established pre-Olympic camps, only more rigorous.
2. The camp paid off in 1986 with the first of Kenya's string of 12 straight men's team



On Kenya and the Kenyans

championships. Perhaps more important, John Ngugi won the first of his five individual titles that year, and Ngugi was known to his team-mates, and very soon to all Kenyan runners, as an insatiable trainer.

3. The IAAF introduced the World Junior Championships in 1986. Kenya sent a dozen athletes and came back with four golds and five silvers. This, together with the successful entry of junior men's teams in the World Cross Champs starting in '85, helped revive the country's school sports program, which had been hurt by the departure of the expatriate teachers who had run it in the '60s and '70s.
4. These new events on the calendar were not only fresh goals for aspiring athletes to aim at, they were also venues at which a lucky few might make contact with agents and promoters and start to cash in, in a comparatively modest way, on the spoils of their newly professional sport.
5. Three golds at the '87 World Championships and four at the '88 Olympics (plus two silvers and a bronze) finally restored morale to pre-boycott levels. Meanwhile, the trappings of wealth brought back by the few athletes who were making money on the European circuit or the US roads became powerful symbols, new incentives to strive for.
6. In 1990, Mike Boit, a 1972 Olympic medalist and a Ph.D. from Oregon, was named Kenya's Commissioner of Sports, and one of his first official acts was to eliminate restrictions on athletes' travel and access to agents. (The KAAA had done its best until then to keep the athletes, and their earnings, under its very sticky thumb.) This was a hugely significant move, and led directly to the spiral of opportunities, incentives and ferocious training that have produced the recent crop of world records.

Now all of this begs a bunch of rather large questions, such as: How can so many Kenyans sustain such punishing regimens without breaking down? And why don't the elite athletes from other countries who put in comparable amounts of work (sometimes together with the Kenyans themselves -- Kennedy, Baumann) achieve comparable success? And in Kenya, where the incentives and the training are open to all, why is so much of the success (all the recent world records, for example) concentrated among members of a single minority tribe?

I'm afraid there's no time to go into these matters now, but I hope the points

listed earlier may help to explain the seeming cycles in Kenyan success.

As to the speculation about drugs, I don't claim to be privy to the intimate doings of the Kenyan elite, but I believe I've followed the sport there closely enough at least to have heard rumours of drug use, if there were any (rumours, that is). But there aren't. And I confess if I did hear one that sounded even remotely credible, I'd be stunned.

Having said this, I have to add that there have been a couple of Kenyan drug suspensions, but a few facts about these cases should explain why they don't arouse my suspicion. Cosmas Ndeti tested positive for ephedrine after he finished second in the 1988 World Junior Cross Country Champs in New Zealand. He had taken the stuff unknowingly in an over-the-counter cold remedy, but that made no difference; he forfeited his medal and got a three-month suspension. William Tanui also tested positive for ephedrine (in 1993, as I recall), also from an innocent-looking cold remedy. Because of some procedural screw-up, he wasn't suspended.

And, of course, John Ngugi was slapped with a four-year suspension in 1993 (cut short on appeal after about 30 months) for refusing a drug test.

Ngugi's case is something of a cause celebre, too complicated to detail here, but his refusal is generally acknowledged to have resulted from a cross-cultural miscommunication between him and the IAAF drug cop who turned up unannounced on his doorstep one night and told him to pee in a bottle.

Ngugi, who hadn't been informed by the KAAA about the IAAF's new out-of-competition testing protocol, was affronted and said "No". One of the case's many ironies is that even the drug cop, John Whetton, has been quoted as saying he never believed Ngugi had taken any banned substance.

After the Ngugi incident, Whetton tested dozens of Kenyans, and all came up clean. Hundreds more have undergone out-of-competition tests since then without even a whisper of a positive. (I'm ignoring Komen's caffeine test this spring, which was shown to have resulted from a physiological anomaly that apparently causes his urine to register an off-the-charts caffeine reading after he drinks a can of Coke.)

Of course, the absence of rumours and positive tests scarcely constitutes proof of innocence, but I'm convinced the Kenyans are clean for a couple of other reasons. For a start, there's practically no such thing as sports medicine in Kenya. Facilities, coaching and support, even for the elite, are absurdly rudimentary by Western standards. The highly effective cross country camp, which accommodates 36 runners and half a dozen coaches and hangers on for three and a half weeks, costs a total of about \$6,000 -- an amount the KAAA regularly moans about having to pay.

Kenya's camp does have a doctor, but he's usually just a Nairobi GP with connections to the KAAA who hangs around the camp administering aspirin while he waits for his free trip to the Worlds. Believe me, in Kenya, an ice pack is a high-tech orthopaedic device.

OK, sceptics might argue, maybe there are no drugs in Kenya, but lots of the Kenyan elite now base themselves in Europe for much of each year. That's true enough. In fact, one of the largest aggregations is in Brescia, near Milan, attached to a club run by a sports medicine specialist, Dr. Gabriele Rosa. These Kenyans surely have access to the latest in sophisticated pharmacology -- but there's at least indirect evidence that they don't avail themselves of it.

Apart from injury, the biggest medical problem most Kenyan runners face is malaria. The disease is endemic in tropical Africa. Practically all Kenyans sustain a low level infestation of malaria parasites. This generally doesn't bother healthy adults, who experience only occasional attacks when their resistance is weakened by another illness or when they get a new dose from an infected mosquito. But the attacks, which resemble a severe and long-lasting flu, can be extremely debilitating -- and ruinous to a competitive runner.

It stands to reason that Kenya's elite would want to protect themselves against attacks by taking one of the prophylactics that are commonly prescribed for Western tourists. But so far as I know, not one of them does, and sometimes the consequences are serious. Moses Kiptanui suffered a severe attack of malaria in the spring of '96 that is widely thought to have cost him the steeplechase gold medal in Atlanta. Paul Tergat was barely able to defend his World Cross Country title this year after falling ill a few months earlier. Cosmas Ndeti's sub-par performance in Boston this year has been



On Kenya and the Kenyans

attributed to the lingering effects of malaria, and Benson Koech was forced to drop out of the Athens World Championships after his heat in the 800 when he was felled by a recurrence.

Now if these athletes don't bother to take a benign, inexpensive, easily available and perfectly legal medicine to prevent a potentially disastrous malaria attack, it's hardly likely that they'd risk a career-ending suspension by taking a dangerous, expensive and illegal performance enhancer.

In fact, I've found their attitude to both these types of medication to be strangely similar; they're both considered "mambo ya wazungu" -- white man's business, not an appropriate concern for an African. They may not say it in so many words, but the thought seems to be, "Let the frail Europeans and Americans dose themselves with these chemicals. Africans have always managed without them. We don't need them."

In other words, what keeps Kenyans clean, as much as anything, is their powerful self-belief. Their success has always sprung from talent and hard work, and experimenting with chemical enhancements seems an unnecessary risk -- trying to fix something that emphatically ain't broke.

Now I'd just as soon see them bend their convictions to the point of trying some mild form of malaria prophylaxis -- mosquito nets, at least. But so long as what they're doing produces the sort of results we've seen these past few weeks, I'll settle for the status quo.

We track enthusiasts have to be cautious about speculating publicly on possible drug use, especially in cases like this, when the speculation is based solely on the quality of the athletes' performances. The non-specialist press is so ignorant of the sport and so inclined to sensationalise that the idlest speculation might give rise to wide dissemination of damaging misinformation.

The Kenyans and their fellow Africans -- drug-free and brilliant -- can be the saviours of the sport if the mainstream press can be encouraged to appreciate them, both collectively and individually. Let's focus on that, rather than baseless speculation.

Subj.: Re Kenyan WRs - drugs and cycles

Date: 29th August 1997

Author: James Templeton

I have received John Manner's long post on Kenyan WRs, drugs and cycles. A fantastic piece that hopefully will cast aside all the snide backhanders about EPO etc. I can only say that from my experience of Kenyans (which is considerably more limited than John's), it is ridiculous to talk of any drug use. Apart from the lack of science and technology in the Rift Valley, there is the attitude of the athletes themselves. I would like to give an example from this week, that may be of some interest and I think demonstrates the attitudes towards 'white man's business' that John was referring to:

Japheth Kimutai ran a WJR of 1:43.64 in Zurich. Before his next race in Malmo on the 20th, he complained of a sore calf, that was not too bad, but painful until he was fully warmed up. Despite his reluctance to see a physiotherapist (Japheth was adamant he would not have any injection - I had to tell him many times that I was talking about a massage - there was absolutely no way I would let anyone stick a needle in him!!!), we had treatment on the 18th before he flew out to Sweden. He pronounced it better and ran a solid 1:44.68 in Malmo. In Brussels two days later, he said his leg was now "absolutely fine", however during the first two laps of the U23

1,000m, it became so sore that he nearly dropped out, although still managed to run 25.8 for the last 200m to win in 2:16.86! He was hobbling after the race and had treatment at the track.

He flew to Berlin while I went to Cologne. When we spoke on the phone over the next two days, he said he had had treatment again and was "99% OK" for the big Berlin mile against El Guerrouj, Komen & Niyongabo on the 26th. I was less convinced that he could have recovered and said we would talk when I arrived in Berlin on the 25th.

When I next saw him, there was an unopened pack of anti-inflammatory tablets on the table from the Berlin sports doctor. Japheth said "he gave me these to take but of course I will not". His leg was too sore and I convinced him it was crazy to even consider running, something Japheth admitted when I had asked him if he thought he would have been capable of

running 1:44 if he was running an 800m the next day and he told me only 1:47/1:48 - he was planning to run only a "relaxed race"!

We were taken to the best sports doctor on the morning of the meet to see ultrasound pictures of the calf, which did not show up any tear, however it was obvious there was a problem and so we were told he risked a rupture of the calf if he ran fast and it went. That was enough, the season was over and we cancelled Berlin and Rieti (and a BMC meet in Bristol). Japheth agreed totally that it was best to go home with his 1:43 (and 8th place on the world lists) and come back next year. The doctor wanted to give Japheth some herbal tablets (no drugs, just natural ingredients) to aid the healing process and an aspirin for his headache that morning, to which Japheth shook his head "ah no - none of that stuff is for me".

He would have been happy to run through the pain, and in fact at the back of his mind (despite knowing I would not do anything to hurt him or risk him further problems) was somehow expecting me as his agent to either force him to (a) have an injection or (b) to run anyway with an injury either because I wanted to earn the money or was under pressure from the promoter that he run!

[I get the distinct impression that sometimes there is pressure put on the Kenyans to do so, however that is another story for another time]

Japheth's attitude to injections, tablets, western medicine seems exactly the same as all his countrymen I have observed. The thought of him or any others entering a systematic drug program (which is how they must be surely, in order to beat the testing) seems just too ludicrous to contemplate.....

Subj.: African / Chinese Drug Speculation

Date: 24th October 1997

Author: John Manners

Phil Hersh and Dave Monti have once again raised the possibility of drug use by African distance runners. This time it has come up in the context of the Chinese National Games and the fast times in Chicago. Last time it was after the spate of world records in August. Back then I posted a long screed trying to show that the record surge could be satisfactorily explained without speculating about artificial performance enhancers, and that there were fairly persuasive indications that the top Africans, or at least the Kenyans, were not using any. I won't repeat



On Kenya and the Kenyans

all those arguments here, but if anybody wants to see them, let me know and I'll send you a copy.

In view of the news coming out of Shanghai, Phil Hersh's speculation about drug use is understandable, but in the case of most Africans, I think mistaken. I'm not sure the same is true of speculation about the Chinese.

The country has a shameful record of proven drug use among swimmers and strength athletes; it has a highly developed athletic infrastructure that observers have likened to East Germany's (with all that that implies): unfrocked East German coaches were widely reported to have been involved in China's recent athletic build up; and Ma Junren himself has acknowledged administering traditional nostrums (from caterpillar fungus to the latest, pricey TB remedy cited by Winfried Kramer in a recent post) that may or may not have anabolic effects strong enough to warrant their banning.

Above all, there's the troubling fact that whatever methods the Chinese employ clearly work much better on women than men, which, as has been pointed out, is one of the hallmarks of most banned anabolic compounds. The national records for 5000 and 10,000 are cases in point. In China, the new men's record for 5000 is just 1:02.55 faster than the new women's record. In Kenya, by contrast, the male/female gap is more than twice as big. In the 10,000, China's men are barely 1:20.7 ahead of the women. The Kenyan men's margin is 4:47.53. Even in Japan, where, as Ken Nakamura points out, the men are not up to the women's standard, the gap between the 10,000 records is 3:44.

I accept the arguments made in a few earlier posts that the women's sport is newer, the records softer, world wide participation less broad-based, etc.--- all of which go some way (but not very far, in my view) to explaining why the Chinese women's times are so superior to those of the rest of the world's women, and by the same token, why the men are so mediocre by world standards. But they don't account for the huge disparity between China and practically every other country in the margin of difference between the top males and the top females.

This male/female argument can be turned on its head to show why African men's success can't be explained by drug use. If drugs were the reason for the

African men's recent record spree, why aren't the same means enabling their female compatriots to do likewise? If anything, drugs --- at least the anabolic kind --- should be doing the women more good than the men. Granted there are far fewer African women than men among the international elite, but there are still a fair number based, as Phil Hersh points out, in drug-sodden Europe --- plenty to rewrite the record books if chemicals were all it took.

Of course here we come to a larger fallacy in the African drug allegations. Considered in the light of the simple matter of access, the idea that drugs are fuelling Africans' recent superiority is absurd on its face. In my earlier post, I was at pains to explain why there are effectively no performance enhancing drugs in Kenya, and I expect the same is true of Ethiopia --- by virtue of administrative ineptitude if nothing else. (I have no idea about Morocco, where the athletic infrastructure is much better developed and has significant state support, but the scale of the Moroccans' success, unlike, say, the Chinese women's, is not such as to rouse suspicion of mass cheating.)

So if African runners can't get drugs in their own countries, where do they get them? In Europe, say the accusers. But then what about European runners? Are we to believe that the mysterious "doctors" that Phil Hersh talks about in Spain and Italy give drugs to Africans but withhold them from their own countrymen? Or are we to imagine that everybody takes drugs, but somehow the chemicals do Africans more good? Or that Africans' natural superiority is simply augmented by the drugs, which is why the records are falling. But if that's the case, what about the African women?

The most persuasive argument against the drug allegations is simply this: unlike the case of the Chinese, there is no extraneous evidence that suggests African drug use. On the contrary, the phenomenon that gave rise to the allegations --- the rush of African distance records --- can be adequately explained by recent, widely observed changes in the runners' circumstances. So introducing unfounded speculation about drugs is needless, and thus violates a little rule of science known as Occam's Razor, which says explanations of strange phenomena

should be sought first in terms of known quantities.

OK, so what are the known quantities here. I went into them in detail in my earlier post, so I'll just tick a few off now. First, Kenya:

- i The Olympic boycotts of 1976 and '80 induced a prolonged malaise, killing momentum that had been developing in the '60s and early '70s.
 - ii In the mid-'80s the IAAF started subsidising poor countries' participation in the World Cross Country Championships, and Kenya set up a training camp and began to take the event seriously.
 - iii The camp paid off in 1986 with the first of Kenya's 12 straight men's team wins, and John Ngugi, whose ferocious training was a revelation to team-mates, won the first of his five individual titles. While Kenyans had generally been light trainers before, Ngugi's example made a big impression the rising generation.
 - iv Kenya enjoyed great success at the first the World Junior Championships in 1986 and at the World Junior XC starting in '85, which helped revive school sports programs that had been hurt by the departure of expatriate teachers.
 - v The new events offered fresh goals for aspiring athletes as well as venues at which a lucky few could make contact with agents and promoters and start to cash in on their newly professional sport.
 - vi Major medal hauls at '87 World Championships and '88 Olympics restored morale to pre-boycott levels, and the trappings of wealth brought back by a few new professionals became powerful incentives to strive for.
 - vii In 1990 Kenya's restrictions on athletes' travel and access to agents were lifted --- a hugely significant move that led directly to the spiral of opportunities, incentives and training that have produced the recent crop of performances. In fact, as Roberto Quercetani pointed out in an article in the 1994 ATFS Annual, African distance running dominance really dates from 1990.
- I'm afraid I can offer fewer specifics about Morocco and Ethiopia, but I can cite a couple of widely known facts. In Morocco, Aouita's 1984 gold medal and subsequent world records had a galvanising effect not only on Moroccan kids, but on King Hassan, who made track and field something of a national priority, ordering permanent training camps set up and an infrastructure



On Kenya and the Kenyans

established ---- the fruits of which have been apparent since the late '80s.

In Ethiopia, the Mengistu dictatorship was toppled in 1991 and the Eritrean war ended. This presumably freed the country and its young men to focus on other matters, such as athletics, and the knowledge that the Olympic boycotts of 1984 and '88 were unlikely to be repeated probably functioned as an incentive. As it happened, though, Ethiopia continued to turn out world-class athletes at more or less the rate it had maintained since Bikila's breakthrough in 1960, with a couple of notable differences. One was the emergence of women, whose participation in the sport was actually initiated under the Mengistu regime. The result, starting in the early '90s, has been the rise of such global champions as Tulu, Wami and Roba. The second difference was the arrival of Gebrselassie, who, like Aouita, is one of those rare athletes who not only smash records (and Haile alone is responsible for about half the marks Phil Hersh cites as evidence of likely drug use), but also inspire a generation ---- and not just in his own country. I know the top Kenyans have intensified their training in the past several years just to beat him (as they did a couple of years earlier to beat Skah).

So, in fact, it's not strictly true, as Phil states, that "the one change during that span [1994 to now] has been in the number of African runners living part or all of the year in Europe, near the sports 'doctors' in Italy and Spain..." There were lots of other changes, which, taken together, are plenty to account for the record surge without reference to drugs.

Now, all of this is not to say that drug use by Africans is inconceivable. Frankly, the prospect worries me, because in spite of what I believe (for reasons detailed in the earlier post) to be most Africans' practically congenital disinclination to indulge in such weaselly methods, I can imagine, given the temptation of so much money and the likely availability of, say, EPO from some "doctor," that one of these days some second-class road runner is going to try to take a shortcut to the top. But I know of no evidence that it has happened yet.

Now a word about Dave Monti's specific allegations. I quote:
"Peter Ndirangu ---- who debuted at 2:08:46 ---- and Fred Kiprop ---- who lowered his marathon PR by almost

four and a half minutes in less than six months ---- were late entrants to the race. They are part of the Italian-based Kenyan team sponsored by Fila and coached by Dr. Rosa. Moses Tanui, Paul Tergat and John Gwako, who smashed Hisso's 20 km WR in Paris on Sunday, are also in this group.

"It is widely believed amongst coaches, elite athletes and officials I have spoken to that Rosa is a master at both blood doping and the administration of EPO, allegations that his son, who attended the Chicago race, denied. Kiprop was not able to explain his huge PR improvement at the press conference. His shorter races up to that point certainly did not indicate 2:08 speed."

First, two small points: Ndirangu is not one of Rosa's athletes. He's managed by London-based Kim McDonald and trains in Boulder with Dieter Hogen. And second, Kiprop's breakthrough performance, while impressive, in no way warrants the suspicion cast on it. As Dave himself points out, there were lots of big PRs in Chicago. Besides, Kenyans have been celebrated for making startling breakthroughs since the mid-'60s: Naftali Temu improving his six mile PR by more than a minute to beat Ron Clarke in the 1966 Commonwealth Games; Amos Biwott winning the 1968 Olympic steeple 10 weeks after he first attempted the event; or, to cite a more recent example, Moses Kiptanui winning the 1990 WJC 1500 in his second year of competitive running, and the next year cutting his steeple PR from 8:46.6 to 8:06.46 and winning the WC gold.

Now the larger point. Rosa, whose team consists of Europeans and North Americans as well as Kenyans, is an MD, an exercise physiologist, and for all I know, his expertise may well extend to "blood doping and the administration of EPO," as Dave's unnamed informants allege. But my guess would still be that his athletes are clean. For one thing, the best of them ---- Tergat, Tanui, Kororia, et al ---- were proven top-class runners before they joined Rosa and have either stayed at their prior level or made steady, predictable progress. Some of his lesser athletes ---- Kiprop, Elijah Lagat ---- have made big strides, but nothing beyond the by-now expected parameters for relatively inexperienced Kenyans.

What's more, it could be argued that Rosa has too much at stake to risk using

drugs. His whole operation depends on Fila's sponsorship, and even if he were tempted to employ the supposedly undetectable means he's been alleged to use, he's aware that the testimony of a single disaffected athlete would be enough to cast doubt on his whole operation and cause the sponsorship to evaporate.

A comment from a rival manager sums it up. Tom Ratcliffe, who helps McDonald handle a couple of dozen Kenyans, said recently in private conversation, "I know our guys are clean, and I'm sure Rosa's are too. They've got the talent. They don't need drugs."

Subj.: Kenyan political problems

Date: 12th January 1998

Author: James Templeton

Further to recent comment on Kenyan political stability or otherwise, I spoke a few minutes ago to Brother Colm O'Connell. I thought his comments would be of interest to those who have recently expressed concern as to the situation in Kenya.

Although Brother Colm had only returned a few days ago from a short holiday in his native Ireland, he told me that "everything was quite OK in Kenya; the country had come through quite well", and that there "were no problems whatsoever" around Iten, or for that matter Nairobi. Talk of possible tribal warfare was no less than newspaper nonsense - newspapers with nothing to write about after a relatively peaceful election....

To my feigned relief that I would not be in danger during my visit in April, he laughed and said that I would be perfectly safe, and that the only current difficulty for athletes training at the moment were the very heavy rains (due to El Nino, no less).

It looks like there will be no halt to the Kenyan dominance of middle and long distances.....

In fact, with regard to that dominance, my opinion is that more training groups in Kenya are becoming better organised and there will be no shortage of emerging talent this year. I think it is fair to say that Kenyan athletics is heavily dependent on the various agents and shoe companies. Until now it has been Nike (through Kim McDonald) and Fila (Dr Rosa) who have been the dominant influences in the Rift Valley. Adidas and Jos Hermens have recently set up a camp in the Nandi Hills however, and intend to add to their Ethiopian dominance by increasing



On Kenya and the Kenyans

their Kenyan numbers (currently Bernard Barmasai, Philip Mosima and one or two others); while Puma are starting to build a presence as well.

The impact of these moves should not be underestimated. I think there will be more well organised and better prepared Kenyans arriving in Europe this season. This spells problems for the rest of the world. My personal view is that Kenyans should actually win more medals than they currently do.....

Subj: PUMA gets big stars

Date: 6th February 1998

Author: James Templeton

[Confirmation that many of Kim McDonald's Kenyans had moved to Puma]

There are interesting moves in Kenya regarding shoe companies. There is no getting away from the critical role (both direct and indirect) that shoe companies play in the development of Kenyan talent.

I personally think that Kenyan dominance of world athletics is only really in its infancy. As more of its athletes get better organised, I think there will be more Kenyans at the top of the world lists. It is my view that such is their phenomenal talent that Kenyans should win just about every male championship race from 800m to the marathon. Maybe this will indeed happen in the future. Look at what Wilson Kipketer has achieved with a more structured and organised training preparation and discipline. Is he more talented than Billy Konchellah or Paul Ereng? I'm not so sure, however he has managed to make the jump from the 1:43 level to 1:41. Patrick Ndururi has run faster than both these two great athletes I've mentioned. Is he a better athlete? Not on your life, however he's certainly better prepared under Kim.

To give an example of talent not properly organised, 28 year old Kipkemboi Lagat ran 1:45.17 & 1:45.2A in 1995 & 1996. He did this while training himself in a fairly haphazard fashion and doing a lot of his work with 10k/half marathoner Laban Chege. He is now training under a good and consistent programme (with Japheth Kimutai), and is confident of running '1:43 or below' this year. Regarding talent, how many athletes around the world could run 1:45A on irregular training of 'distance running with a few sprints'? And how many more

Kenyans are there that could / should make quantum leaps with a greater degree of organisation and training advice (of which, contrary to perhaps what is expected, there is relatively little in the Rift Valley).

I don't want to start off any sort of debate on race/gender/genetics etc., however all I will say is that an observer of track in the Rift Valley will leave shaking his head in disbelief. The talent is of course absolutely staggering, although as has been documented by John Manners and others, relatively very few Kenyans are at all involved (or even interested) in athletics.

It is not hard to look at a schoolboy in the Rift Valley running 3:50A for 1,500m (or 14:10A for 5,000m) and easily imagine him running 3:35 (or 13:10) in Europe within a couple of years. These seemingly huge jumps are ones that appear so achievable and natural to them. They have the talent and know they can and must run fast to 'become an athlete in Europe'. After watching his friend Bernard Barmasai run a WR 7:55 for the steeple this year (or indeed Paul Koskei break his WJR with 8:07), Kipkirui Misoi was almost embarrassed about his steeple best of 8:16, and he intends to do something about it this year. His sights are fixed on 'running fast', with no limitations. His rate of improvement has not been bad over the last 3 years - improving from 8:56A to 8:33 to 8:16. What will he run in 1998? Well, he has not even contemplated the possibility of not running under 8:10 (...or even, shock horror, losing to a white man!!).....

Subj: XC Training Camp, Iten

Date: 11th February 1998

Author: James Templeton

To those who may be interested, I thought I would send details of the three week XC training camp in Iten, Kenya. This is the training of 800m runner Japheth Kimutai. It may surprise some in that it is 'traditional' winter background work - perhaps different to what many would perceive the Kenyans do (or indeed modern 800m runners).

The camp consisted of 80-100 athletes (roughly 50/50 male/female), who within a few days would organise themselves into groups of similar ability & fitness. Japheth's group would include steepler Kipkirui Misoi, 1,500m runner William Chirchir and 800/1,500 junior Benjamin Kipkirui.

3 Dec	1 hr easy - 35 mins easy
4 Dec	30 mins jogging - 34:10 tough - 43 mins v. tough
5 Dec	55 mins easy - 32 mins
6 Dec	Rest day
7 Dec	41 mins easy
8 Dec	32:50 - 43:15 - 38:30
9 Dec	34:20 easy - 1 hr fartlek v. tough 30 mins easy
10 Dec	39:15 tough - 49:42 v. tough
11 Dec	42:30 easy - hills: 300s in 52 avg
12 Dec	LR: 70 mins - exercises for 40 mins - 43:50 v. tough
13 Dec	38 mins easy - LR: 70 mins
14 Dec	exercises
15 Dec	Competition: 10km XC race in Nandi Hills (33:44)
16 Dec	Rest day
17 Dec	38:30 easy - 43:45 easy - 33:25 easy
18 Dec	LR: 64 mins - 37:45 easy
19 Dec	jogging
20 Dec	Competition: 8.5km jun XC race Iten 27th (of 165) 27:30
21 Dec	44:50 jogging - (end of camp)
22 Dec	(travel home)
23 Dec	easy run 50 mins
24 Dec	-
25 Dec	easy run 50 mins

Training will continue along these lines until the end of Feb (although generally outside of the camps Japheth will not run three times a day; and there will gradually be more fartlek & hill work included), when the XC season finishes.

After a week of jogging, track preparation starts around 10th March. The first races of the season start at the end of March and go all through April, with a big meet in Nairobi on 8/9 May. This is the same program as last year.

John Manners, an American journalist, spent four years in Kenya, three as a teacher and athletics coach in the homeland of the tribe that produces three quarters of Kenya's top runners. He is completing a book on Kenyan athletes entitled The Running Tribe, to be published next year by Praeger.

James Templeton, an Australian National, is an IAAF-accredited agent whose squad of Kenyan athletes includes Japheth Kimutai and Kipkirui Misoi, both of whom set World Junior Records in 1997. He has recently become a member of BMC.

[Editor's note - we have printed this collection of articles to illustrate to BMC members that Kenyans are human too...]



Evolution of BMC Records

Performances set in BMC races - compiled by Matthew Fraser Moat

BMC Men's 600m Records

1:18.5	Steven Ovett	1	Crystal Palace	12 May 76
1:18.5	Andrew Knight	1	Highgate	7 Aug 96

BMC Men's 800m Records

1:48.7	Andrew Carter	1	Blackburn	9 May 70
1:47.7	Sebastian Coe	1	Stretford	8 Aug 76
1:47.3	* Gary Cook	1	Stretford	3 Jun 80
1:46.8.3	* Benson Koech KEN	1	Crawley	28 May 94
1:46.4	* Paul McMullen USA	1	Stretford	1 Aug 95
1:45.2	* Patrick Ndururi KEN	1	Battersea Park	15 Jun 97

BMC Men's 1,000m Records

2:22.2	Walter Wilkinson	1	Cleckheaton	30 Jun 76
2:22.2	* Neil Horsfield	1	Cheltenham	2 Aug 89
2:22.0	Richard Lynch	1	West London	3 Jun 92
2:22.0	* Stephen Green	1	Stretford	18 Jul 95
2:21.7	* Kevin McKay	1	Stretford	30 Apr 96
2:19.4	Andrew Hart	1	Stretford	22 Jul 97

BMC Men's 1,200m Records

2:57.8	James Douglas	1	Crystal Palace	16 Apr 75
2:57.0	Paul Williams	1	Crystal Palace	13 Dec 78

BMC Men's 1,500m Records

3:41.6+	Nick Rose	1+	Motspur Park	25 Jul 73
3:39.0	* David Lewis	1	Stretford	9 Aug 83
3:37.5	Anthony Whiteman	1	Swindon	7 Aug 97

BMC Men's Mile Records

3:58.4	Alan Simpson	1	Hartlepool	17 Jun 67
3:58.0	John Kirkbride	1	Motspur Park	23 Jul 69
3:57.0	* Dick Quax NZ	1	Southgate	18 Jul 73
3:56.6	Timothy Hutchings	1	Aldershot	19 Jul 82
3:56.35	Anthony Whiteman	1	Barnet Copthall	31 Aug 96

BMC Men's 2,000m Records

5:11.8	* Ian Wheeler	1	Hayes	15 May 66
5:11.0	Walter Wilkinson	1	Crystal Palace	16 Aug 72

BMC Men's 3,000m Records

8:05.0	Brendan Foster	1	Wembley	4 May 74
8:02.4	* Laurie Reilly	1	Stretford	22 Jun 76
8:00.9	Kim McDonald	1	Stretford	19 Jun 79
7:54.10	* Barry Smith	1	Cwmbran	17 May 81
7:52.6	Rob Whalley	1	Stretford	16 Jul 96
7:51.4	Rob Whalley	1	Swindon	7 Aug 97

BMC Men's 2 Miles Records

8:44.6	Alan Blinston	1	Stretford	19 May 70
8:34.5	Ian Gillespie	1	Millfield	5 May 97

BMC Men's 5,000m Records

14:08.0	* Mike Baxter	1	St. Helen's	12 Aug 72
13:46.4	* John Sherban	1	Crawley	28 May 94
13:42.2	Andrew Pearson	1	Loughborough	18 May 97
13:40.5	* Seamus Power IRE	1	Watford	30 Jul 97

BMC Men's 10,000m Records

29:49.2	John Lisiewicz AUS	1	Oxford	17 Sep 94
29:32.8	* David Taylor	1	Watford	30 Apr 97

BMC Women's 600m Records

1:32.2J	* Jane Finch	1	Crystal Palace	12 May 74
1:31.1	* Gowry Retchakan	1	Highgate	7 Aug 96
1:29.4	Linda Staines	1	Battersea Park	19 Apr 97

BMC Women's 800m Records

2:04.4	Thelwyn Bateman	1	Crystal Palace	24 Jul 71
2:03.9	* Paula Newnham	1	West London	3 May 78
2:02.6	* Jane Finch	1	Loughborough	1 Jun 78
2:02.0	* Shireen Bailey	1	Aldershot	19 Jul 82
2:01.3	* Ann Purvis	1	Stretford	24 Jul 83
2:00.7	* Shireen Bailey	1	Ipswich	19 Jun 85

BMC Women's 1,000m Records

2:47.3	Margaret Coomber	1	Crystal Palace	10 Jul 74
2:44.9	Jo White	1	West London	5 Mar 80

BMC Women's 1,200m Records

3:23.4	* Christine Ward	1	West London	3 Aug 77
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BMC Women's 1,500m Records

4:18.3+	* Mia Gommers HOL	1+	Leicester	14 Jun 69
4:15.2q	* Janet Marlow	1	Stretford	14 Jul 79
4:13.8	* Carole Bradford	1	Ipswich	19 Jun 85
4:13.6	Lynne Robinson	1	Cheltenham	20 Jul 94
4:12.8mx	Angela Davies	1mx	Watford	9 Aug 95
4:10.7mx	Sonya Bowyer	1mx	Stretford	16 Jul 96

BMC Women's Mile Records

4:47.0	Rita Ridley	1	Welwyn	7 Jul 68
4:46.0	Rita Ridley	1	Hendon	4 May 69
4:36.8	* Mia Gommers HOL	1	Leicester	14 Jun 69
4:30.77	Joanne Pavey	1	Bristol	30 Aug 97

BMC Women's 2,000m Records

6:22.2	Paula Yeoman	1	Crystal Palace	20 Oct 71
6:12.4	Dianne Henaghan	1	Jarrow	20 Apr 98

BMC Women's 3,000m Records

9:26.4J	Jo White	1	West London	7 Dec 77
9:21.9	* Deansie Phillips	1	West London	3 Sep 80
9:14.7	Sharon Harvey	1	West London	1 Sep 82
9:10.9mx	Sarah Bentley	1mx	Stretford	27 Jun 95
9:06.2mx	* Sinead Delahunty IRE	1mx	Stretford	1 Aug 95

BMC Women's 5,000m Records

16:25.4	Ceri Pritchard	1	Tooting	10 Sep 89
15:47.9	* Andrea Wallace	1	Crystal Palace	25 Apr 90

BMC Women's 10,000m Records

35:00.4	* Mary Donoghue IRE	1	Coventry	5 May 90
34:25.1	* Carol Galea MAL	1mx	Watford	30 Apr 97
33:33.7	* Theresa Duffy IRE	1	Loughborough	3 Jun 97



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BMC Men's 1,200m Members' Records

2:57.8	James Douglas	1	Crystal Palace	16 Apr	75
2:57.0	Paul Williams	1	Crystal Palace	13 Dec	78

BMC Men's 1,500m Members' Records

3:41.64	Nick Rose	1+	Motspur Park	25 Jul	73
3:40.35	Ian Grime	1	Solihull	21 Aug	94
3:39.1	Neil Caddy	1	Swindon	14 Aug	96
3:39.1	Robert Hough	1	Wythenshawe	14 May	97
3:37.5	Anthony Whiteman	1	Swindon	7 Aug	97

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3:56.35	Anthony Whiteman	1	Barnet Copthall	31 Aug	96

BMC Men's 2,000m Members' Records

5:16.6	Hugh Barrow	1	Stretford	10 Sep	66
5:11.0	Walter Wilkinson	1	Crystal Palace	16 Aug	72

BMC Men's 3,000m Members' Records

8:05.0	Brendan Foster	1	Wembley	4 May	74
8:00.9	Kim McDonald	1	Stretford	19 Jun	79
7:59.22	James Espir	2	Cwmbran	17 May	81
7:56.24	Bobby Farren	1	Solihull	21 Aug	94
7:52.6	Rob Whalley	1	Stretford	16 Jul	96
7:51.4	Rob Whalley	1	Swindon	7 Aug	97

BMC Men's 2 Miles Members' Records

8:44.6	Alan Blinston	1	Stretford	19 May	70
8:34.5	Ian Gillespie	1	Millfield	5 May	97

BMC Men's 5,000m Members' Records

14:13.0	Keith Penny	1	Erith	26 Aug	74
14:12.0	Bobby Farren	4	Crawley	28 May	94
14:07.00	Thomas Buckner	1	Loughborough	7 Sep	94
13:56.6	Ian Gillespie	1	Millfield	6 May	96
13:42.2	Andrew Pearson	1	Loughborough	18 May	97
13:41.08	Rob Whalley	1	Bristol	30 Aug	97

BMC Men's 10,000m Members' Records

29:49.2	John Lisiewicz AUS	1	Oxford	17 Sep	94
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BMC Women's 600m Members' Records

1:31.3	Rachel Jordan	2	Highgate	7 Aug	96
1:29.4	Linda Staines	1	Battersea Park	19 Apr	97

BMC Women's 800m Members' Records

2:04.4	Thelwyn Bateman	1	Crystal Palace	24 Jul	71
2:04.3	Angela Creamer	2	Stretford	19 Jun	79
2:03.0	Kirsty Wade	2	Aldershot	19 Jul	82

BMC Women's 1,000m Members' Records

2:47.3	Margaret Coomber	1	Crystal Palace	10 Jul	74
2:41.9	Jo White	1	West London	5 Mar	80

BMC Women's 1,200m Members' Records

3:26.2	Sharon Harvey	2	West London	3 Aug	77
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BMC Women's 1,500m Members' Records

4:18.7	Wendy Sly	1	West London	2 Aug	78
4:18.2q	Julie Asgill	1	Stretford	20 Jun	81
4:18.0q	Kathryn Carter	1	Stretford	4 Aug	81
4:17.6	Kathryn Carter	1	Stretford	9 Aug	83
4:16.3	Susan Tooby	1	Stretford	15 May	84
4:14.3	Angela Tooby	2	Ipswich	19 Jun	85
4:14.1	Julie-Ann Laughton	1	Stretford	25 Jun	85
4:13.6	Lynne Robinson	1	Cheltenham	20 Jul	94
4:12.8mx	Angela Davies	1mx	Watford	9 Aug	95
4:10.7mx	Sonya Bowyer	1mx	Stretford	16 Jul	96

BMC Women's Mile Members' Records

4:47.0	Rita Ridley	1	Welwyn	7 Jul	68
4:46.0	Rita Ridley	1	Hendon	4 May	69
4:37.4	Rita Ridley	1	Edinburgh	3 Jul	71
4:30.77	Joanne Pavey	1	Bristol	30 Aug	97

BMC Women's 2,000m Members' Records

6:22.2	Paula Yeoman	1	Crystal Palace	20 Oct	71
6:12.4	Dianne Henaghan	1	Jarrow	20 Apr	98

BMC Women's 3,000m Members' Records

9:26.4j	Jo White	1	West London	7 Dec	77
9:14.7	Sharon Harvey	1	West London	1 Sep	82
9:10.9mx	Sarah Bentley	1mx	Stretford	27 Jun	95
9:08.8mx	Sarah Bentley	1mx	Stretford	17 Jun	97

BMC Women's 5,000m Members' Records

16:25.4	Ceri Pritchard	1	Tooting	10 Sep	89
16:05.6	Laura Adam	2	Crystal Palace	25 Apr	90
15:56.8	Vicki McPherson	1mx	Loughborough	11 Jun	97

BMC Women's 10,000m Members' Records

35:22.8	Ceri Pritchard	2	Coventry	5 May	90
34:44.9	Heather Heasman	3	Loughborough	3 Jun	97



All-Time Men's Statistics

compiled by Eric Roosendaal (800m) and Antonio Carrasco (1,500m)

Career Top 5 Averages as at 31.03.98

Men's 800m

1	1.41.62	Wilson Kipketer	(DEN)	1.41.11	1.41.24	1.41.73	1.41.83	1.42.17
2	1.42.31	Joaquim Cruz	(BRA)	1.41.77	1.42.34	1.42.41	1.42.49	1.42.54
3	1.42.82	Johnny Gray	(USA)	1.42.60	1.42.65	1.42.80	1.42.96	1.43.10
4	1.42.83	Sebastian Coe	(GBR)	1.41.73	1.42.33	1.43.07	1.43.38	1.43.64
5	1.43.17	Vebjørn Rodal	(NOR)	1.42.58	1.42.95	1.43.25	1.43.50	1.43.56
6	1.43.26	Steve Cram	(GBR)	1.42.88	1.43.19	1.43.22	1.43.42	1.43.61
7	1.43.31	Hezekiel Sepeng	(RSA)	1.42.74	1.43.19	1.43.44	1.43.47	1.43.71
8	1.43.33	Sam Koskei	(KEN)	1.42.28	1.43.28	1.43.51	1.43.78	1.43.80
9	1.43.37	Jose-Luis Barbosa	(BRA)	1.43.08	1.43.20	1.43.34	1.43.49	1.43.75
10	1.43.43	Paul Ereng	(KEN)	1.43.16	1.43.22	1.43.45	1.43.60	1.43.72
11	1.43.47	William Tanui	(KEN)	1.43.30	1.43.37	1.43.39	1.43.62	1.43.66
12	1.43.48	Patrick Konchellah	(KEN)	1.42.98	1.43.39	1.43.50	1.43.75	1.43.80
13	1.43.50	Nixon Kiprotich	(KEN)	1.43.31	1.43.38	1.43.54	1.43.55	1.43.70
14	1.43.62	Billy Konchellah	(KEN)	1.43.06	1.43.39	1.43.72	1.43.96	1.43.98
15	1.43.63	Arthemon Hatungimana	(BUR)	1.43.46	1.43.56	1.43.56	1.43.71	1.43.86
16	1.43.65	Mark Everett	(USA)	1.43.20	1.43.40	1.43.67	1.43.93	1.44.03
17	1.43.65	Patrick Ndururi	(KEN)	1.42.62	1.43.45	1.43.57	1.44.23	1.44.40
18	1.43.66	Alberto Juantorena	(CUB)	1.43.44	1.43.50	1.43.64	1.43.66	1.44.04
19	1.43.71	Peter Elliott	(GBR)	1.42.97	1.43.41	1.43.98	1.44.06	1.44.12
20	1.43.71	Frederic Onyancha	(KEN)	1.42.79	1.43.74	1.43.92	1.44.02	1.44.10
21	1.43.74	Sammy Langat	(KEN)	1.43.26	1.43.67	1.43.84	1.43.96	1.43.96
22	1.43.74	David Kiptoo	(KEN)	1.43.38	1.43.42	1.43.90	1.43.93	1.44.07
23	1.43.78	Norberto Tellez	(CUB)	1.42.85	1.43.79	1.43.99	1.44.00	1.44.29
24	1.43.84	Benson Koech	(KEN)	1.43.17	1.43.45	1.44.03	1.44.20	1.44.36
25=	1.43.87	Robert Kibet	(KEN)	1.43.66	1.43.70	1.43.91	1.44.00	1.44.06
25=	1.43.87	Rick Wohlhuter	(USA)	1.43.5	1.43.90	1.43.91	1.44.00	1.44.03

Men's 1,500m

1	3:28:26	Noureddine Morcelli	(ALG)	3:27:37	3:27:52	3:28:37	3:28:86	3:29:20
2	3:29:13	Hicham El Guerrouj	(MAR)	3:28:91	3:28:92	3:29:05	3:29:30	3:29:51
3	3:29:96	Venuste Niyongabo	(BUR)	3:29:18	3:29:43	3:30:09	3:30:47	3:30:64
4	3:30:40	Said Aouita	(MAR)	3:29:46	3:29:71	3:30:63	3:30:69	3:31:54
5	3:30:70	Steve Cram	(GBR)	3:29:67	3:30:15	3:30:95	3:31:34	3:31:43
6	3:30:87	Laban Rotich	(KEN)	3:30:13	3:30:41	3:30:77	3:31:06	3:32:00
7	3:31:22	William Tanui	(KEN)	3:30:58	3:31:20	3:31:30	3:31:44	3:31:62
8	3:31:38	John Kibowen	(KEN)	3:30:44	3:31:15	3:31:24	3:31:94	3:32:15
9	3:31:41	Fermin Cacho	(ESP)	3:28:95	3:31:64	3:32:01	3:32:03	3:32:43
10	3:31:54	Steve Ovett	(GBR)	3:30:77	3:31:36	3:31:57	3:31:95	3:32:09
11	3:31:59	Abdi Bile	(SOM)	3:30:55	3:31:20	3:31:71	3:31:80	3:32:73
12	3:31:59	Sydney Maree	(USA)	3:29:77	3:31:24	3:32:12	3:32:30	3:32:56
13	3:31:61	Sebastian Coe	(GBR)	3:29:77	3:31:95	3:32:03	3:32:13	3:32:19
14	3:31:91	Steve Holman	(USA)	3:31:52	3:31:71	3:32:01	3:32:04	3:32:29
15	3:32:04	Jose Manuel Abascal	(ESP)	3:31:13	3:31:69	3:32:17	3:32:52	3:32:73
16	3:32:14	Daniel Komen	(KEN)	3:29:46	3:31:17	3:31:29	3:34:17	3:34:63
17	3:32:27	Steve Scott	(USA)	3:31:76	3:31:96	3:32:33	3:32:6	3:32:71
18	3:32:59	William Kemei	(KEN)	3:31:40	3:32:41	3:32:57	3:33:18	3:33:42
19	3:32:69	Jose Luis Gonzalez	(ESP)	3:30:92	3:32:90	3:33:01	3:33:30	3:33:33
20	3:32:85	Elijah Maru	(KEN)	3:32:07	3:32:35	3:33:15	3:33:17	3:33:53
21	3:32:85	Jim Spivey	(USA)	3:31:01	3:32:94	3:33:04	3:33:59	3:33:7
22	3:32:87	Wilfred Oanda Kirochi	(KEN)	3:32:49	3:32:57	3:32:90	3:33:04	3:33:38
23	3:32:88	John Walker	(NZL)	3:32:4	3:32:52	3:32:72	3:33:31	3:33:49
24	3:32:90	Mohamed Suleiman	(QAT)	3:32:10	3:32:73	3:33:05	3:33:29	3:33:37
25	3:32:96	Peter Elliott	(GBR)	3:32:69	3:32:94	3:32:94	3:33:0	3:33:23

(women's statistics in next issue)



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British Milers' Club - 1998 Fixtures

The British Milers' Club is sponsored by NIKE - all races will be paced and are for members only

BMC NIKE GRAND PRIX

Overall Grand Prix Director - Ian Chalk 01438 714487

3rd June	GP1	Wythenshawe	M800, W800 M1500, W1500	Norman Poole	0161 980 8358
24th June	GP2	Swindon	M800, W800 M1500, W1500	HOWARD Moxley Allan Caple (800m) Ian Larrard (1500m) David Jeacock (day)	01793 871675 01285 810508 01793 854111
15th July	GP3	Cardiff	M800, W800 M1500, W1500	Steve Mosley	01222 306733
5th Aug	GP4	Watford	M800, W800 M1500, W1500	Tim Brennan (Men) Pat Fitzgerald (Women)	01628 415748 01895 234211
5th Sept	GPF	Solihull	M800, W800 M Mile, W Mile	Maurice Millington	0121 353 8273

Please register 8 days before each meeting: Athletes' best 4 out of the 5 meetings count towards the BMC NIKE Grand Prix

BMC Web Site: <http://www.british-athletics.co.uk/bmc/>

BA Endurance Initiative Grand Prix

Mike Down 0117 973 3407

Please register 8 days before each meeting

2nd May	Bath	MW10000
4th May	Millfield	M4000, W3000
17th May	Loughborough	M5000, W3000
4th May	Bedford	MW10000
3rd June	Wythenshawe GP	M3000, W3000
6th June	Birmingham	W5000
14th June	Battersea Park	M5000
24th June	Swindon GP	M3000, W3000
15th July	Cardiff GP	M3000, W3000
5th Aug	Watford GP	M5000, W5000
5th Sept	Solihull GPF	M5000, M5000

BMC / BAEI Regional Races

23rd May	Antrim	M5000, W5000
10th June	Watford	M5000, W5000
10th June	Cwmbran	M5000, W5000
16th June	Exeter	M5000, W5000
16th June	Glasgow	M5000, W5000
18th Aug	Stretford	M5000, W5000
TBA	Southampton	M5000, W5000
TBA	Jarrow	M5000, W5000

BMC "Mile of Miles"

Mike Down 0117 973 3407

17th May	Hexham	M Mile, W Mile
20th May	Bath	M Mile, W Mile
16th June	Exeter	M Mile, W Mile
5th July	Yate	M Mile, W Mile

BMC "Record Breakers"

Matthew Fraser Moat 01304 379777

20th Apr	Jarrow	M2000, W2000
4th May	Millfield	M4000, W3000
17th May	Loughborough	M1000, W1000
14th June	Battersea	M800, W800

BMC Gold Standard Meetings

North of England

Mike Harris 0161 499 1901

These meetings will always include 3k races
They will also include short steeplechases

28th Apr	Stretford	M800, W800
19th May	Stretford	M800, W800
23rd June	Stretford	M1500, W1500
14th July	Stretford	M800, W800
4th Aug	Stretford	M1500, W1500
18th Aug	Stretford	M800, W800
7th Sept	Stretford	M1500, W1500

Midlands

George Gandy 01509 230176

26th Apr	Loughborough	TBA
13th May	Loughborough	TBA
17th May	Loughborough	M1000, W1000
20th May	Loughborough	TBA
10th Jun	Loughborough	TBA

South of England

Tim Brennan 01628 415748
Pat Fitzgerald 01895 234211

These meetings will always include 3k races

29th Apr	Watford	M1500, W1500
13th May	Watford	M800, W800
10th June	Watford	M1500, W1500
		M5000, W5000
1st Jul	Watford	M800, W800
5th Aug	Watford GP	M800, W800
		M1500, W1500
9th Sept	Watford	M1500, W1500

Dave Pamah 0171 388 8229

14th Jun	Battersea Park	M800, W800
		M1500, W1500

BMC Regional Races

BMC Northern Ireland

Malcolm McCausland 01504 49212

23rd May	Antrim	M800, W800
		M5000, W5000
4th July	Londonderry	M Mile, W Mile
15th July	Antrim	M800, W800
26th Aug	Belfast	M1500, W1500
TBA	Les Jones Mem.	M Mile, W Mile

BMC Midlands

Steve Edmunds 0121 561 4399

29th Apr	Alexander Stad.	M800, W800
27th May	Coventry	M1500, W1500
24th June	Rugby	M800, W800
		M3000, W3000
29th July	Solihull	M1500, W1500

BMC North East

Phil Hayes 01207 570161

20th Apr	Jarrow	M2000, W2000
17th May	Hexham	M Mile, W Mile
27th June	Jarrow	M800, W800
22nd Aug	Jarrow	M800, W800

BMC London

Ray Thompson 01737 554450

3rd June	Tooting	M800, W800
17th June	Croydon	M1500, W1500
1st July	Tooting	M800, W800
20th Aug	Tooting	M1500, W1500

Ron Allison 0181 858 9380

12th Apr	Sutcliffe Park	M600, W600
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John Sullivan 0181 790 1961

28th Jun	Finsbury Park	M800, W800
23rd Aug	Finsbury Park	M800, W800

Tim Brennan 01628 415748

20th Sept	Sutton	M800, W800
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The dates and venues of the races must be regarded as provisional, so you are advised to register with the race organiser at least eight days beforehand. BMC Membership is limited to those athletes who have achieved the required qualifying times, and to "BAF" Coaches.

BMC qualifying times for senior men are M800 1:56.0, M1500 3:56.0, M3000 8:30.0, M5000 14:45.0

BMC qualifying times for senior women are W800 2:20.0, W1500 4:45.0, W3000 10:15.0, W5000 19:00.0

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

All applications to join the BMC should be sent to the Membership Secretary, Andy Anderson, 49 Paulsgrove Road, North End, Portsmouth, Hampshire PO2 7HP, enclosing an A4 SAE. Annual subscriptions are £10, and there is a £10 joining fee which includes a free BMC vest (athletes) or T-shirt (coaches).



