

**BMC**

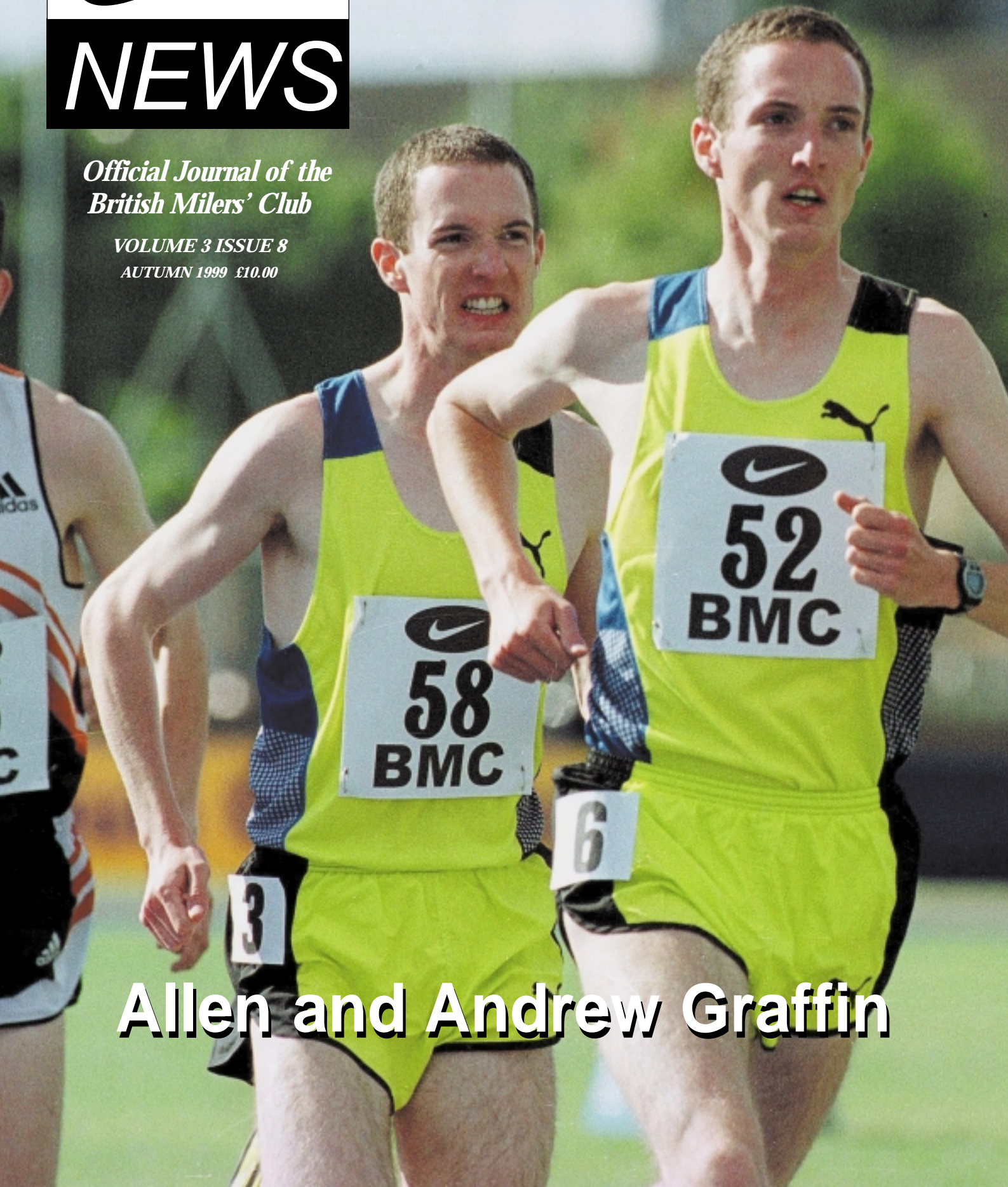


**NEWS**

*Official Journal of the  
British Milers' Club*

*VOLUME 3 ISSUE 8*

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**Allen and Andrew Graffin**

## 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	Peter Thompson, PO Box 34, Tewkesbury, GL20 5YF
Treasurer	Pat Fitzgerald, 47 Station Road, Cowley, Uxbridge, Middlesex UB8 3AB
Membership Secretary	William Anderson, 49 Paulsgrove Road, North End, Portsmouth, Hampshire PO2 7HP
National Committee	Frank Horwill, BMC Founder 1963, Tim Brennan, Val Brandon, Liam Cain, Ian Chalk, Peter Coe, Mike Down, David Iszatt, Steve Mosley, Philip O'Dell, Catherine Dugdale and all Race Organisers.
Honorary Auditor	Mike Rezin

### RACE ORGANISERS

#### 1999 BMC NIKE GRAND PRIX

BMC Directors	Tim Brennan	01628 415748
	Steve Mosley	01222 306733

#### 1999 BA ENDURANCE INITIATIVE

BMC Director	Mike Down	0117 973 3407
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#### 1999 GOLD STANDARD MEETINGS

Stretford	Mike Harris	0161 499 1901
Watford	Tim Brennan (Men)	01628 415748
	Pat Fitzgerald (Women)	01895 234211
Loughborough	George Gandy	01509 230176

#### 1999 REGIONAL SECRETARIES

Scotland	Brian McAusland	01567 830331
Wales	Steve Mosley	01222 306733
Northern Ireland	Malcolm McCausland	01504 349212
East Midlands	Philip O'Dell	01234 852038
	Maurice Millington	0121 353 8273
	Steve Edmonds	0121 561 4399
North East	Phil Hayes	01207 570161
North West	Mike Harris	0161 775 0719
South West	Mike Down	0117 973 3407
	Chris Coleman (Cornwall)	01736 740616
Southern Counties	Ray Thompson (Rosenheim)	01737 554450
	John Sullivan (Finsbury Pk)	0171 790 1961
	Dave Arnold (Tonbridge)	01732 355539
	Chris Carter (Brighton)	01273 503446

### JOURNAL

BMC News is published twice yearly in April and November by the British Milers' Club. BMC News is distributed free to all members. Non-members can subscribe for £20 per annum.

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Technical Editors Peter Thompson and Frank Horwill

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### MEMBERSHIP

Membership is limited to athletes who have achieved the required qualifying times, and to 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 and travel expenses to certain BMC races. 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 £25 (£30 overseas) stating vest size and enclosing an A4 SAE. Annual subscriptions of £15 (overseas £20) 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 (£2.50 each) 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.british-athletics.co.uk/bmc/>  
BMC E-mail [bmc@british-athletics.co.uk](mailto:bmc@british-athletics.co.uk)

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Cover picture by Mark Shearman

## BMC QUALIFYING TIMES

(from 1st January 1999)

### 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	18:00.0
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

(the Gold Standard times were the BMC membership times prior to 1995)

### ELITE Standard

Men	1:49.0	3:43.0	n/a	n/a
Women	2:05.0	4:20.0	n/a	n/a

(the Elite Standard times are how we judge the success of Vision 2000).





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

## CHAIRMAN'S NOTES

by Dr Norman Poole

Once again it is good to report that we have had a good year of competitions in 1999. Stretford and Watford have continued their excellent high standards. The inclusion of a number of world-class overseas competitors, including a Commonwealth Champion, at these two venues demonstrated that their reputations have spread far beyond our shores. As a club we are also trying to stage higher standard competitions in other regions. Obviously it is only with the agreement and co-operation of coaches and athletes in each area that this can be developed. In this respect we hope to focus more attention during the coming season on the North East and Midlands in particular.

The results of the BMC Nike Grand Prix series can also be viewed as encouraging, but not all of the events fared equally well. The Grand Prix Final at Scotstoun was the first attempt by the BMC to stage a Grand Prix in Scotland and we achieved track records in all events there, including a sub 4 minute mile by Andrew Graffin and the best ever women's BMC 1,500m won by Ann Griffiths in 4:10.84. Indeed four of our women's

1,500m races this year were won inside 4:12 - we have only ever had one prior to this year!

It is clear that the best results in BMC races occur when we have our top athletes and a high standard of overseas competitors. This is the mix that we are determined to achieve for all of our events next year. To achieve this we will require the co-operation of the best in the UK. Our men's 800m races were disappointing this year, despite the fine breakthroughs from Nick Andrews and Neil Speaight, mainly because none of the top five athletes ran in our races more than once. If these athletes link more closely with our Grand Prix organisers and each other, they will find that they do not necessarily have to chase overseas competition in order to run fast times. We will therefore continue to encourage overseas entrants into our competitions in order to offer our own athletes the highest standard of competition.

I look forward to meeting up with you during the forthcoming season when we all hope to see our middle-distance athletes performing at their best at the Olympic Games in Sydney 2000.

## 1999 RACE PROGRAMME

In the third year of sponsorship from NIKE, the 1999 Race Programme comprised some 230 races of membership standard at 39 meetings at 20 venues.

1334 membership standards were set by 594 athletes (341 of whom were members). This compares favourably to last years figures of 1273 membership standards by 571 athletes.

At the pure middle distance events (800m - Mile) we achieved 430 gold standard performances by 209 athletes (137 of whom were members) and 70 elite standards by 50 athletes (28 of whom were members).

In addition 4 BMC records were set during the season as follows:

- i At Watford on 26th May **Andrew Hart** broke his own BMC 600m record with 1:17.4, the fastest time by a Briton in 1999.
- ii At Wythenshawe on 9th June **Christian Stephenson** broke the BMC 3,000m steeplechase record with 8:29.09, also the fastest time by a Briton in 1999.
- iii Also at Wythenshawe **Angela Newport, formerly Davies** broke the BMC 5,000m record with 15:50.59.
- iv Finally, at Stretford, we began holding 2,000m Steeplechases. The fastest time of the season was 5:38.4 by Stuart Stokes, which thus becomes the inaugural BMC record.

We are delighted to announce that NIKE will be continuing their support through the year 2000.

## 2000 RACE PROGRAMME

Next year's AAA's have been set for 11th - 13th August and the athletics events at the Olympic Games will be held in Sydney from 22nd to 30th September. Accordingly some very provisional dates for next year's major BMC races have been proposed:

Mon 1st May	Millfield
Sun 21st May	Loughborough (v AAA's)
<b>Wed 14th June</b>	<b>GP1: Wythenshawe</b>
Thurs 22nd June	Battersea Park
<b>Wed 5th July</b>	<b>GP2: Cardiff</b>
<b>Wed 26th July</b>	<b>GP3: Watford</b>
<b>Wed 16th Aug</b>	<b>GP4: Solihull</b>
<b>Sat 2nd Sept</b>	<b>GP5: Glasgow</b>

Events in bold will form the 2000 BMC NIKE Grand Prix.

Provisional Stretford dates have been announced as follows: 2nd May, 16th May, 30th May, 27th June, 11th July, 8th August, 22nd August and 5th September.

Provisional Watford dates have also been announced as follows: 10th May, 7th June, 12th July, 2nd August, 30th August and 13th September.

## BMC NIKE GRAND PRIX

Once again the BMC NIKE Grand Prix comprised 5 meetings. The first was the traditional Wythenshawe meeting on June 9th and the event winners were:

M800	Andrew Hart	1:48.83
M1500	Niall Bruton IRE	3:41.99
W800	Rachel Newcombe	2:05.25
W1500	Hayley Tullett	4:14.42

The second meeting took place at Watford on June 23rd. The event winners were:

M800	Luke Kiptoo KEN	1:47.49
M1500	Andrew Graffin	3:42.65
W800	Tanya Blake	2:04.57
W1500	Elaine Fitzgerald IRE	4:11.71

The third meeting took place in Solihull on July 14th. The event winners were:

M800	Jess Strutzel USA	1:46.96
M1500	Gabe Jennings USA	3:39.85
W800	Rachel Newcombe	2:06.28
W1500	Angela Newport	4:17.07

The fourth meeting took place in very wet conditions at Cardiff on August 4th. The event winners were:

M800	Justin Swift-Smith	1:48.24
M1500	Gareth Turnbull IRE	3:43.61
W800	Rachel Newcombe	2:07.03
W1500	Elva Dryer USA	4:11.56

The Grand Prix Final took place at Scotstoun, Glasgow on Saturday August 21st. Four track records were set as follows:

M800	Justin Swift-Smith	1:48.77
M Mile	Andrew Graffin	3:59.64
W800	Rachel Newcombe	2:06.56
W1500	Ann Griffiths	4:10.84

These four athletes were crowned the 1999 BMC Champions. Adding up all the points, the final standings in the Men's Grand Prix were:

1st	Justin Swift-Smith	135pts
2nd	Gareth Turnbull IRE	130pts
3rd	Andrew Graffin	120pts
4th	Neil Speaight U23	109pts
5th	Noel Edwards	104pts
6th	Stephen Sharp	102pts
7th	Bradley Donkin	99pts
8th=	Eddie King	92pts
8th=	Thomas Mayo	92pts
10th	Allen Graffin	86pts

The Women's Grand Prix final standings were:

1st	Rachel Newcombe	140pts
2nd	Victoria Sterne	113pts
3rd	Maria Lynch IRE	109pts
4th	Lucy Doughty	97pts
5th	Maria Sharp	91pts
6th	Alexandra Carter U20	89pts
7th	Emily Hathaway U23	87pts
8th	Sally Evans	85pts
9th=	Maxine Baker	82pts
9th=	Susan Scott U23	82pts

Rachel Newcombe won the overall first prize of £1,000.



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

## NEW BMC CLUB RECORDS

Congratulations to Paula Radcliffe who set four new BMC club records during 1999. This record is the fastest time by a BMC member in any race anywhere in the world.

Paula set new marks for 3,000m, 2 Miles, 5,000m and 10,000m of 8:27.40, 9:32.07, 14:43.54 and 30:27.13 respectively. All the above marks were also British Records!

## SUB-FOUR FOR THE FIRST TIME

Congratulations to BMC member Andrew Graffin who went sub-four for the first time when winning the 1999 BMC Mile Championship at Scotstoun on 21st August.

## 1999 EUROPEAN CUP

Congratulations to the following BMC members who represented Great Britain and Northern Ireland in the European Cup in Charlety, Paris, 19th - 20th June 1999:

M400	Mark Richardson	1st	44.96
M800	Andy Hart	7th	1:49.38
M1500	John Mayock	4th	3:47.08
M3000	Glen Stewart	5th	8:02.39
M5000	Michael Openshaw	4th	14:01.37
M3000SC	Christian Stephenson	6th	8:39.12
W800	Diane Modahl	5th	2:00.80
W1500	Hayley Tullett	4th	4:15.70
W3000	Angela Newport	7th	9:13.71
W5000	Paula Radcliffe	1st	14:48.79

## 1998 WORLD CHAMPIONSHIPS

Congratulations to the following BMC members who represented their countries in the World Championships in Seville, Spain, 21st - 29th August 1999:

M400	Mark Richardson	6th	44.65
M800	Mark Sesay	4h2	1:47.48
M1500	John Mayock	6h1	3:37.29
		s2	dnf
M5000	Rob Denmark	11h2	13:41.28
W800	Diane Modahl	4h1	2:00.83
W800	Kelly Holmes	2h4	1:59.72
		4s2	2:00.77
W1500	Hayley Tullett	6h1	4:05.72pb
	Helen Pattinson	11h2	4:12.17
	Elaine Fitzgerald IRE	12h2	4:12.77
W10000	Paula Radcliffe	2nd	30:27.13

Paula Radcliffe's silver medal was the only highlight in a disappointing championship when the BMC did not get a single finalist in a middle-distance event.

## COACH OF THE YEAR

Alec Stanton was presented with the BMC Coach of the year award during the Nike Road Relays at Sutton Park on 30th October,

primarily for coaching Paula Radcliffe to a world 10,000 silver medal in Seville. The award was presented by Abdelkader Kada, coach to Hicham El Guerrouj, who was the guest of honour at the BMC Endurance Weekend.

## BMC DEVELOPMENT OFFICER'S AWARD

This award is made to the athlete who, in the opinion of the BMC National Committee, made the outstanding contribution to the British Milers' Club in 1999.

This year the award goes jointly to Andrew and Allen Graffin. Between them they ran in 15 BMC races in 1999. As in 1998, they based their racing programmes around the BMC Nike Grand Prix, Andrew placing 4th overall and Allen placing 17th. They started off fairly quietly at Wythenshawe, both of them running 800m, and then created quite a sensation at the Watford Grand Prix when they each won the 'A' and 'B' races within a few minutes of each other.

They raced over 800m again at Solihull, and then at Cardiff Allen actually beat Andrew! However, at Scotstoun, as they did at the AAA's, they both took the pace on the important third lap which resulted in Andrew's first four minute mile.

Allen and Andrew are coached by Tim Hutchings, who in his career was coached by BMC Founder Frank Horwill.

## 2000 SUBSCRIPTIONS

Your 2000 subscriptions are due on 1st January 1999. If you do not pay by standing order or direct debit, please could you send your cheque for £15 (£20 overseas) made payable to the BMC, together with any change of address, to the BMC Treasurer Pat Fitzgerald.

## BMC VICE PRESIDENTS

Traditionally, the best athlete of the year was elected B.M.C. President, which automatically made him/her a Vice President when a new President was elected.

All BMC founder members were made Vice Presidents.

From 1963 to 1968 and BMC member who broke 4-minutes for the mile was made a VP, this was discontinued in 1969.

Regional Secretaries who performed with outstanding diligence were made VPs, as were national secretaries. The same former Chairman.

Given the above information, we can draw up a list of current VPs.

ALLISON, Joan.	HARRIS, Tony.
ANDERSON, William.	HAYES, Henry.
BANNISTER, Roger.	HILL, Anne.
BARNES, George.	HORWILL, Frank.
BEACHAM, Margaret.	HUTCHINGS, Tim.
BEDFORD, Dave.	IBBOTSON, Derek.
BENNETT, Bill.	ISZATT, David.
BENNING, Christine.	KIRKBRIDE, John.
BOULTON, John.	LOCK, Barbara.
BOULTON, Brian.	McAUSLAND, Brian.
BUCKNER, Jack.	MODAHL, Diane.
BUXTON, Bryan.	MOON, Greg.
CAREY, Sheila.	MOORCROFT, David.
CARTER, Andrew.	OVETT, Steve.
CHALK, Ian.	STEWART, Lachie.
COCKSEDDGE, Dave.	RIDLEY, Iris.
COE, Peter.	RIDLEY, Rita.
COE, Sebastian	SAUNDERS, Tony.
CRAM, Steve.	SIMPSON, Alan.
DENMARK, Robert.	SMITH, Cecil.
DOUGLAS, James.	SMITH, Joyce.
DOWN, Mike.	SMITH, Maureen.
DUGGAN, Neil.	SURTEES, Gordon.
ELDER, Tony.	TAYLOR, Neville.
ELLIOT, Peter.	THRESHER, Jon.
FITZGERALD, Pat.	THOMPSON, Alec.
FOSTER, Brendan.	WIGGS, Mike.
FRASER MOAT, Matthew.	WADE, Kirsty.
GANDY, George.	WALES, Martin.
GLADWIN, John.	WARD, Tony.
GRANT, Glen.	WHETTON, John.
GREEN, Andy.	WILKINSON, Walter.
	WILKINS, Alf.

Deceased VP's:- Gordon Pirie, Anne Smith, Eddie Powell, Cyril Jerome, Ray Williams, Harry Wilson, Ron Holman and Lillian Board.

Vice Presidents are exempt from paying subs., however, they may make donations. They have the right to attend all committee meetings but have no right of vote if the Chairman calls for one, unless they have been elected to the committee proper at the AGM, i.e. they have a specific task on the committee.

## RECOMMENDED INTERNET SITES

- <http://www.british-athletics.co.uk/bmc/>  
our own BMC site which now gets about 2,000 hits a month.
- <http://www.british-athletics.co.uk/>  
the unofficial web site for British Athletics, hosted by C. Zacharides.
- <http://tilastopaja.vservers.com/>  
Mirko Jalava's site - the best site for ranking lists as the season progresses.
- <http://www.hkkk.fi/~niininen/athl.html>  
Petri Niininen's site lists world junior records and national records.



# Obituary

by Frank Horwill

- v. <http://personal.computrain.nl/eric/m800/>  
Eric Roosendaal's site which lists men's 800m statistics.
- vi. <http://usuarios.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/trackceo/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 Association of Track and Field Statisticians (ATFS) home-page.
- xi. <http://members.aol.com/martinrix/index.htm>  
Martin Rix's Web Site contains the UK All-Time lists.
- xii. <http://www.2000athletics.penrith.net.au>  
Sydney 2000 Track & Field Training Site

## RECOMMENDED SERVICES

- i. **Leisure Pursuits Group**, for warm-weather training trips. See advertisement on page 7. Telephone 01256 471016.
- ii. **Body Language II**, custom competition and training apparel for clubs and individuals. Contact Lesley Graysmark on 01452 619486.
- iii. **Athletics International**, for the best coverage of international results. Write to Mel Watman, 13 Garden Court, Marsh Lane, Stanmore, Middlesex HA7 4TE.
- iv. **Peak Performance**, a UK technical athletics journal. Write to Peak Performance, 1st Floor, 5 Charterhouse Buildings, Goswell Road, London EC1B 1HH.
- v. **Peak Running Performance**, a US technical athletics journal. Write to Peak Running, 6150 Nancy Ridge Drive, San Diego, CA 92121.
- vi. **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.
- vii. **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.
- viii. **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.

## OBITUARY – HARRY WILSON 1926-1999.

I first met Harry Wilson on the sand dunes at Braunton, Devon, in 1961, he and I were in charge of the hill running on the Southern Counties A.A. course organised by Tony Ward. Over one hundred athletes attended from all parts of the U.K. The following year, this course was transferred to Merthyr Mawr.

In 1969 we attended the European Championships together where BMC member, John Whetton, was a surprise winner of the 1500 metres. It was here that we became good friends. At dinner one night at the hotel, he exclaimed, "I'm over the top. I'm giving up coaching. I've been at it for fifteen years." I was taken aback, for it seemed strange that the European junior mile record-holder, Dick Jones, his protégé, should not have given him the incentive to continue.

His blues passed and he became B.M.C. Chairman. Shortly after this, we were summoned to appear before the British Amateur Athletic Board to answer charges of, "Not adhering to the AAA Rules with regard to invitation races." Apparently, we could not pay expenses to athletes competing in races without obtaining written permission from an athlete's Area Secretary. It was a stormy meeting, the details of which appear in the book *Obsession for Running*, the last copies being with the BMC treasurer, Pat Fitzgerald. The growing popularity of the BMC irked the governing bodies.

Harry and I dined together weekly at the La Primavera restaurant in Golders Green, where BMC committee meetings were held monthly (One of the benefits of having a London based committee.) During these meetings it became clear that Harry was a devotee of Cerutti and Lydiard.

I also learned that he appeared on the stage in local seaside resort theatres with a mind reading act! One day the act went wrong and he was unceremoniously "hooked off" (A long pole with a shepherd's hook attached was in use then.)

Harry was fond of making astute observations. After his athlete, Steve Ovett, was the surprise winner of the 800metres gold medal in the 1980 Moscow Olympics, he told reporters, somewhat indignantly, "I was a good coach before Ovett came along, you know." This was true, Roger Matthews was the fifth fastest all-time 10,000 metres runner, and several female 400 metre runners. All coached by Harry had made the Olympics.

Harry idolised the then Chief National Coach, Geoff Dyson, was vice versa. Dyson's

English Schools Courses, sponsored by Esso, were famous, and Harry was always invited to take the middle-distance group. When Dyson resigned from the BAAB because of clashes with Harrold Abrahams, Harry was furious and succeeded in getting the required number of signatures from club secretaries to put down a censure motion against the AAA at its AGM, over handling of the Dyson affair.

He won the day. The AAA President, the Marquess of Exeter, phoned him up the day before the meeting and said, "Wilson, is this censure motion really necessary." Harry said it was. The Marquess replied, "Good Luck to you, Wilson, then." When Harry became National MD Event coach, he did not take the BMC with him and unfortunately treated the Club as of secondary importance (unlike his successor), and friction arose.

At the 1981 AGM in Harlow, he and all his colleagues who held major positions in the BMC surprisingly resigned. The BMC then, had no Chairman, no Vice Chairman, no Secretary, no Membership Secretary and no Treasurer. It was clearly a move to finish off the BMC. It survived because a handful of Frank Horwill's athletes took on various club positions for a year or two. Frank Horwill wrote of this treachery in his book and some Hertfordshire athletes in Harry's club did not take kindly to it. The truth is not always palatable.

But, before that, in 1972, Harry, Denis Watts and Frank Horwill, combined to produce the book *The Complete Middle Distance Runner*, it went to four editions and was highly acclaimed. In 1984 the BMC awarded Harry its first ever *Coach of the Year Award* at the Hendon Hall Hotel.

Unfortunately, Harry's speech of acceptance for the award was not conciliatory, and he attacked the BMC's attitude over the then U.K. Coaching Scheme. This speech did not go down well with BMC officers, and the then BMC NEWS editor, Dave Cocksedge, referred to him repeatedly as Boss Hogg.

Some of the successful British athletes Harry coached were during his reign as national coach and included:- Steve Ovett, Roger Matthews, Kirsty Wade, Joan Allison, Jane Shields, Jo White, Carole Bradford, Jill Hunter, Angela and Susan Tooby, and James Espir. All were GB internationals, and half of them still make the current list of U.K. all-time bests.

Six months before he died, Harry and Frank Horwill lunched together and renewed their friendship. Frank Horwill and BMC Founders attended the funeral. In spite of our differences, we respected him.



# Enhancing endurance performance

by Phil Hayes

## 1 Introduction

All middle distance events are essentially endurance events. Whenever athletes and coaches get together to discuss improving endurance there is always considerable debate over the most appropriate method. Probably the mostly hotly debated method, is that of resistance training. Essentially there are two schools of thought: those who do and those who don't resistance train. Those who don't resistance train believe that to be a runner all you need to do is run. An often cited argument for avoiding weight training is that the runner will "bulk up". The opposing view, is that by strengthening the muscles involved in running, performance is enhanced. The mechanisms for this improvement are equivocal. Both schools of thought can provide examples of numerous champions.

In the spring 1997 edition of the BMC News Peter Thompson wrote an article on muscular endurance. In this paper he defined endurance and muscular endurance, and also explained the types of muscle contractions involved in running. This article takes Peter's paper as a starting point. The remainder of this article will consider the adaptations that arise from resistance training, and how they may be beneficial to runners. Most of the research on these changes has focused upon just resistance training. There are however, some data looking at endurance and resistance training performed concurrently. It is possible that when endurance and resistance methods are combined different adaptations arise. These pieces of research will be reviewed to examine if the same adaptations occur.

## 2 Endurance performance

Endurance performance covers a wide range of exercise duration from less than two minutes to in excess of two hours. This range is too broad to determine common factors that limit performance. To clarify this issue Bompa (1994) identified sub - categories of endurance performance. He defined short (45secs -2mins), medium (2-10 mins.) and long term (10min.+ ) endurance. The limiting factors are likely to be different for each type of endurance. Short term endurance (STE) (i.e.800m) involves exercise intensities in the 150% - 120%  $\text{VO}_2\text{max}$ . range. This form of endurance is limited by the ability of the body to withstand lactic acid build up. Events within the medium term endurance (MTE) category (i.e.1,500m / 3K) are likely to be in the 95-110 % of  $\text{VO}_2\text{max}$ . range. Exercise of this nature is characterised by high aerobic and anaerobic demands, with high post exercise lactate (LA) values. Long term endurance (LTE)

performance is highly correlated with lactate threshold. The lactate threshold is thought to be a reflection of the muscle's aerobic potential.

## 3 Resistance training

Strength has traditionally been defined as "the force or tension a muscle, or muscle group, can generate in one maximal effort" (McArdle, Katch and Katch 1998). This is a somewhat narrow view of strength, ignoring other types of strength, for example, strength endurance, elastic strength and the rate of force development. A preferred definition is that of Enoka (1988) "Strength is a physiological concept used to refer to the output capabilities [performance] of the motor [muscular] system". This definition encompasses the different types of strength, and it also highlights the importance of nervous system in addition to the muscles themselves.

In order to identify whether resistance training can improve endurance performance, it is essential to consider the adaptations the arise from this form of training. There are many different types of resistance training. Examples are heavy weights-low reps; light weights-high reps; and circuit training. Many of the changes are similar regardless of the method employed. This is not entirely surprising - after all they are all methods of resistance training. Where appropriate the type of resistance training will be discussed.

The adaptations that arise from resistance training can be viewed on different levels. They can be considered from motor output (muscle performance), kinanthropometric (body dimensions), role of the nervous system, muscle structure change and co-ordination perspectives. By considering each perspective a more complete understanding is achieved. Isometric (static) training will not be covered in this article, as running requires dynamic muscle contractions.

### 3.1 Motor Output

Motor output refers to the performance of the muscles. It is unable to distinguish between the role of the nervous system and the muscle itself. Activities such as how much some one can lift are measures of motor output. Running itself could be considered as a form of motor output!

#### 3.1.1 Maximum Strength

With all forms of resistance training an increase in maximum strength (1RM) is evident. The magnitude of the response however differs between methods. Anderson and Kearney (1982) contrasted three resistance training methods. The methods utilised were a maximum strength group (3 sets at 6-8RM), and two forms of strength endurance training. The strength

endurance groups performed either 2 sets of 30-40RM or one set of 100-150 repetitions throughout the training period. The maximum strength group exhibited a 20% increase in 1RM, compared with 8% and 5% for the 30-40 reps and 100-150 reps groups respectively. The rationale for increasing maximum strength is that during endurance type activity each contraction will be performed at a lower percentage of maximum. The reduction in relative (%) force required should, in theory, delay the onset of fatigue.

#### 3.1.2 Strength Endurance

Endurance activities require repeated sub-maximal muscle contractions. Strength endurance is considered to be "the ability to perform repeated muscular contractions against a moderate resistance" (Fox, Bowers and Foss 1997). Strength endurance would therefore appear to be of greater importance for running events than maximal strength (Bompa 1994). Anderson and Kearney (1982) examined the influence of maximal strength training and strength endurance training upon absolute muscular endurance. In the previously described study, they found that the 30-40RM group and the 100-150 repetition group improved by approximately 39 and 41% respectively. The maximum strength group increased by approximately 24%

#### 3.1.3 Rate of force development (RFD)

In running the foot is in contact with the ground for a short period of time. It is not possible to reach maximum force in this time period. The rate at which force can be generated is therefore important. The runner wants to generate as much force as possible while the foot is in contact with the floor. Alternatively, the same amount of force could be generated in less time allowing for a more rapid stride rate - improved leg speed. At the end of a race it is not necessarily the fastest sprinter who wins, but the person who can change pace most rapidly. Improved RFD may allow for greater speed, or a better change of pace. Research has shown that the most effective way to develop RFD is through plyometric (bounding) training rather than weight training.

## 3.2 Kinanthropometry

Resistance training programmes have consistently demonstrated that girth size increases with resistance training. These studies also highlight that both slow and fast twitch fibres increase in size. Research has shown that type I and type II fibre area enlarge by 12% and 24% respectively with high resistance training. Body builders report greater increases in size through using sets of 8 - 12 reps. than by using fewer reps and



# - the role of resistance training

heavier weights. There is currently no research on this topic.

## 3.3 Central factors

Central factors refer to the role of the central and peripheral nervous systems. In order for a muscle to contract, the brain has to send a message down the spinal cord (central nervous system), and then the nerve leading to the specific muscle fibres (peripheral nerve) to activate them. All muscle contractions are therefore dependent upon the nervous system. The ability to activate the muscle can be divided into two parts i) the ability to recruit the necessary muscle fibres ii) the rate at which the signals are sent to the appropriate muscle fibres (firing frequency).

### 3.3.1 Muscle fibre recruitment

Research suggests that muscle activation is unaltered by resistance training. Most research is, however, based on isometric (static) contractions. The use of isometric contractions does not necessarily relate to dynamic exercise. Resistance training employs dynamic movements that are similar to the movements performed during exercise. Currently, technology is not available to assess fibre recruitment during dynamic movements. Several experts believe that resistance training does enhance fibre recruitment, in particular fast twitch fibres. Plyometric training has been shown to increase fibre recruitment (Hakkinen et al 1985), although this involved isometric tests before and after training.

### 3.3.2 Firing frequency

Studies have found that resistance training increases the rate at which muscle fibres can be used. This adaptation may be of greater benefit during prolonged activity, as opposed to in a maximal effort. Increased firing frequency may delay fatigue or possibly improve co-ordination. The ability to activate muscle fibres at the end of the race may prove critical for two reasons. Firstly, to change pace and / or sprint. Secondly, to maintain form – any loss of form will reduce efficiency. Reduced efficiency results in less energy being available for muscles to propel the body, and inevitably the athlete slows.

## 3.4 Peripheral adaptations

### 3.4.1 Neuromuscular propagation

In order for a muscle to contract the brain sends a signal to the muscle. When that signal arrives, contraction is initiated by small amounts of sodium entering the muscle, while equal quantities of potassium leave. Before the muscle can contract again the sodium and potassium must be returned to their original location. Fatigue in high intensity exercise may be associated with the ability to restore potassium

into the muscle. There is some evidence that resistance training could speed up the restoration of potassium and sodium. Towards the end of endurance events, particularly those requiring STE, athletes often exhibit a reduction in cadence. If resistance training facilitates potassium restoration, then it is theoretically possible that leg speed could be sustained. These changes will not increase leg speed, but may help to sustain it for longer. Abdelkader Kada coach to El Guerrouj commented at the National Endurance weekend that El G only slows down when his leg speed slows.

### 3.4.2 Changes inside the muscle fibre

Resistance training results in a large increase in actin and myosin - the muscle proteins responsible for generating force. The increase in muscle size (hypertrophy) that occurs causes a decrease in the density of mitochondria, although they do not decrease in number. This could impair endurance performance by increasing the distance that oxygen has to travel to the mitochondria. The increase in distance could slow the speed at which aerobic energy is produced. At any given speed a runner would become more dependent on anaerobic energy; would therefore produce more lactic acid. This is why some athletes and coaches have disregarded resistance training. On a more positive note, resistance training also elicits changes in muscle enzymes. Some researchers (but not all) have found increases in anaerobic enzymes. This may be important for events requiring short term endurance, particularly 400m.

## 3.5 Co-ordination

Muscle work in pairs - as one contracts the other relaxes. In many cases the muscle which is supposed to relax does not relax completely. This creates resistance, making the contraction of the other muscle less efficient. Resistance training has been shown to produce a more complete relaxation of the non-contracting muscle. In theory this should make a runner more efficient.

One study examined twelve female runners - six trained as normal, while the other group undertook ten weeks of maximal strength training, in addition to their normal running. The group performing resistance training improved their running efficiency, while no difference was found in the running only group.

## 3.6 Summary

The adaptations that arise from strength training are often considered to be counter productive to endurance performance. The increase in mass, decrease in mitochondria density and larger muscle girths being the obvious examples. These are the reasons

coaches and athletes give for not resistance training. They argue that it will cause the runner to "bulk up". Some of the adaptations from resistance training, for example central factors, neuromuscular propagation, and improved co-ordination could all help delay fatigue. They could be particularly important in events requiring short term endurance, or even medium term endurance.

The changes described above are from research where the participants have only performed resistance activities. It is important to examine whether these changes still occur when resistance training and endurance training are combined.

## 4 Interaction of strength and resistance training

Endurance athletes have traditionally been assessed through the measurement of  $VO_2$  max. and lactate threshold (LT). While these parameters bear a strong relationship with race performance they are measures of physiological function, not race performance. One of the problems with research in this area, is that it has not always distinguished between the effect of resistance training on running performance or physiological measures. For example, some studies have looked at the effect of weight training on  $VO_2$  max. rather than on a running performance test.

This section will examine the adaptations to resistance training, when performed concurrently with endurance training. It will also identify the type of testing procedure employed.

### 4.1 Kinanthropometry

#### 4.1.1 Mass

Several investigators have found no change in body mass with concurrent resistance and endurance training. Lean body mass however, has been shown to increase with concurrent training.

#### 4.1.2 Girths

Most studies have trained for endurance by either cycling or running. The resistance programmes of these studies however, tend to include lower and upper body exercises. Typically, no increases in girth size in the legs are reported, however, increased girths for the upper body have occurred.

#### 4.1.2 Fibre area

When a resistance programme was combined with endurance training there was no change in type I fibre area, however type II fibres increased by approximately 20%. Research found no change in fibre area, either Type I or type II, in endurance athletes who supplemented their running with high resistance training. Endurance



# Enhancing endurance performance

training appears to attenuate the increase in fibre size in the legs, particularly in the slow twitch fibres.

## 4.1.3 Central factors

There are no studies, which have reported central nervous system responses when strength and endurance training are combined. Many of the possible benefits to endurance runners may be from central factors. Research is required to resolve this issue.

## 4.2 Peripheral adaptation

### 4.2.1 Changes inside the muscle fibre

In athletes who maintained their running programme and added maximum strength training, no enzymatic changes were found. Furthermore, no change in mitochondrial volume have been found.

## 4.3 Motor output

### 4.3.1 Maximum strength

Smaller gains in 1RM have been reported in moderately trained people who performed both strength and endurance training, compared to strength training alone. It would appear that running attenuates the increase in 1RM, compared to groups that only strength train. The mechanism behind this is unclear. It could be due to some form of nervous system inhibition, however with no neurological measures are available from these studies, this remains speculative.

### 4.3.2 Strength endurance

The number of repetitions that could be performed with a set weight improved more in those training for strength and endurance, than in those training for either endurance or strength only. This type of exercise requires, both the ability to generate force and the need for aerobic metabolism. Concurrent training developed both of these elements and therefore enhanced performance to a greater extent than either endurance or strength training alone.

## 4.4 VO<sub>2</sub> max.

There are conflicting results in the literature. Some studies have found that endurance training results in greater increase in VO<sub>2</sub> max. than resistance and endurance training together. Other studies have found that there is no difference in gains between endurance and concurrent strength and endurance trained groups. The reasons for the differences may be in the level of fitness of the participants prior to training. None of the studies however, found VO<sub>2</sub> max. reduced. A reduction in aerobic power has always been one of the fears of those opposed to resistance training.

## Summary

Most of the research indicates that increases in

muscle size are attenuated with running. This is true of both girth size, and slow twitch fibre area in the legs. However, there may be gains in the upper-body girths. Any increase in slow twitch fibre area of the legs would have a negative effect on endurance, particularly in the longer events.

Motor output is improved by resistance training. With concurrent training, that includes heavy resistance training, maximum strength improves although not to the same extent as by resistance training alone. Strength endurance is however, enhanced by combined resistance and endurance training. Only one study has examined the changes within a muscle fibre. They found neither positive or detrimental effects. The finding that mitochondria remained unchanged is very important. A reduction in the density of mitochondria has been one of the arguments for avoiding resistance training. Furthermore, no negative effects have been reported on VO<sub>2</sub> max.

One note of caution however, is that most of the participants in the various pieces of research were only moderately trained at best. Most of the studies involved running 30-40 minutes three to five times per week. Obviously most runners undertake more training than this. Endurance training seems to "dampen down" the gains in muscle size and strength. It is unknown what effect a greater volume of running will have on these adaptations. It seems unlikely that there will be any major change to those reported above.

## 5 Endurance performance

The influence of resistance training has been examined in both untrained and endurance trained populations. Both of these studies examined the time to exhaustion at 100% VO<sub>2</sub> max (MTE), while the study on trained runners also tested 10K time (LTE). The VO<sub>2</sub> max. values in both studies remained unchanged with training. By contrast there were notable gains in performance. Short term endurance improved by 10%, or 34 seconds, in untrained subjects, and 13%, or 46 seconds, in trained subjects. Long term endurance (10K time) was unchanged.

## Conclusion

It would seem that in the 10K there is no benefit from resistance training. This is probably due to relatively slow speed of running, and therefore low force required in each muscle contraction. Short-term performance, however, requires more frequent, and forceful muscle contractions. The adaptations arising from resistance training appear to have the potential to

delay fatigue in events requiring short-term and possibly medium term endurance.

Many of the fears that resistance training will cause athletes to "bulk up", or that they will lose aerobic fitness seem unfounded. To some extent, that will depend on the design of the resistance training programme. Anecdotal reports suggest that sets of 8 – 15 reps are more likely to increase mass than other programmes.

## Words of caution

It seems from the research that for 800 / 1500m runners resistance training is appropriate. Before you get carried away and rush off to the gym, there are a few things to note. The research has generally been performed on moderately trained athletes, who were at the very best weak club runners. Also while resistance training has been shown to improve the length of time someone can sustain the same pace, there is no evidence relating this to time for running a specific distance. One final point, usually fewer than twelve people are tested in the various studies. This is not very many of which to draw solid conclusions. For the effects of a drug to be accepted hundreds (even thousands) of people have to be tested. We should therefore be cautious about the results of a few studies testing a handful of people.

Hopefully, you are now aware of how resistance training can enhance middle distance performance. There remain two unanswered questions

- 1) What is the most appropriate method of resistance training? - heavy weight-low reps; light weights-high reps; circuit training
- 2) What exercises should be performed during resistance training?

These issues will be addressed in a future article.

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# Beware of the Quango

by Frank Horwill

When, in 1980, the B.A.A.B. appointed a director for the newly established United Kingdom Coaching Scheme, which was governed by a United Kingdom Coaching Committee, a prominent member of the B.A.A.B. informed me that, "All specialist clubs are now obsolete." This was strange coming from him, because in the 1950s he was a founder member of a field event specialist club.

He and others were instrumental in very quickly winding up the specialist club he had helped form 25 years before. Other specialist clubs were quick to follow suit. One such club, the British Sprint Club, was declared defunct by its then secretary who then promptly accepted the post of National Event Coach for Sprints under the U.K. Coaching Scheme.

Other dismantling events were to occur. All the specialist clubs in the U.K. met once a month under the umbrella of the Specialist Clubs Committee, at Bowater House in Knightsbridge. There were quite a few of them:- The Whip and Carrot Club, The Kangaroo Club, The Shot and Discus Circle, The Hammer Circle, The Barrier Club, The Javelin Club, The British Sprint Club, The Hurdlers' Union, The Pole Vault Association and the British Milers' Club. Suddenly, they were informed by the then Chairman of the Committee that it no longer existed.

The repeated slogan coming from the U.K. Coaching Committee was "Event specialisation." An amusing observation, since the specialist clubs had been practising this for some 20 years or more. Event specialisation was to take the form of a National Event Coach being appointed for each event and Staff Coaches to be established in each of the governing body areas. Just how such appointments were made was not very clear. For instance, no advert appeared asking applications to be interviewed. It seemed that the National Event Coaches could appoint Staff Coaches as they saw fit.

This procedure was to cause much discontent among the coaching fraternity; it appeared that it was not what you did that mattered, but whom you knew. Later, each area was instructed to form an U.K. Coaching Sub-Committee. Again, the make-up of these was somewhat a mystery. No canvassing for any single major position, such as Chairman, Vice Chairman or Secretary. They just appeared.

We now move on to more sinister occurrences. The national event coaches were

becoming all-powerful. One such, met a millionaire, and told him that the event he represented would be much better if it had financial backing. He got the money all right – it was spent entirely on the athletes he coached personally! No question here, of asking coaches at club level whether they had an outstanding athlete who needed financial help.

Then, there were allegations of persistent poaching of athletes away from their club coaches. The favourites recruiting time was at national training weekends. Here, they might be told that their training was all wrong and they would do better being coached by a national event of staff coach. And, of course, there were some perks involved in making the change: possible financial aid, preferential trips to compete aboard. This continual process led to the coaching scheme being renamed – "The U.K. Poaching Scheme."

One now noted coach from the North West, had the temerity to invite himself along with his athletes to such a national training weekend. He was asked, "What the \*\*\*\* are you doing here?" by one of the Staff Coaches. This remark had other implications. What was the reason for objecting to any other coach being present? And, why should the course be staffed only by national and staff coaches. The inference was that all other coaches were considered inferior. Not very good public relations. It gave impetus to the belief that a coaching elite was being established who maintained their role by creaming off the best athletes for themselves.

And, then came what was to be known as, "the party line". National Event coaches could be liberal with the way they supervised their event, but there must be no questioning of El Supremo. The then national event coach for the marathon, took one look at the training venue provided for the British team at one Olympic Games, and decided it was unsuitable and moved his charges to a more conducive training area.

The coach, on arrival back in the U.K. was informed that he was no longer national coach for the marathon. Was he invited to a disciplinary hearing to put forward the reason for his actions? Was the decision to dismiss him taken after consultation with the entire U.K. Coaching Committee? No. It was one person's decision. That person was no longer answerable to democratic processes. In fact, there was no real way that the United Kingdom Coaching Committee could be influenced by voting at the AGMs of either

the A.A.A. or the B.A.A.B. They had become a quango.

By now, you might be saying, "All this is history. Why rehash it again?". Good point. Note that one specialist club – the B.M.C., did not believe its role was obsolete. Note, too, that at every B.M.C. AGM, members have a right to vote for the officers they think are best to run the clubs.

That right did not exist for the formation of the U.K. Coaching Committee, hence its eventual downfall. Has athletics history taught us a few lessons, which we can take into the next century? There are some encouraging signs. Athletics in the U.K. is working in THREE ways with regard to endurance events: -

- 1) PERFORMANCE – directed by Norman Brook.
- 2) COMPETITION – supervised by Bryan Smith.
- 3) DEVELOPMENT – supervised by Adam Walker.

All the above were required to apply for their positions and went before a selection board. But, their roles are linked with another body, U.K. Policy and Support Teams (PST'S). The endurance PST's are for Road Running, Cross country, Hill and Fell Running and Race Walking. Another PST is for Track and Field supervised by Roger Simons. Looks complicated, doesn't? Is it too far removed from the rank-and-file?

Let's take a look at how another country organises its sport. A national coach is appointed for each event. A staff coach is appointed for each event in every one of the country's provinces. These appointments are made by the provincial athletics committees on which ALL event coaches must sit. The governing body meets all the country's provincial reps. each month.

The overwhelming number of officials act in a voluntary capacity and one edict is stressed to them – "THINK NOT WHAT YOU CAN BE, BUT WHAT YOU CAN DO". In the last Olympics, this country – South Africa gained a gold medal and silver medal in distance running, a better showing than Great Britain, even though it had been out of international competition for 25 years.

One must reserve one's verdict on the new U.K. Athletics structure until the year 2004 Olympics. However, it's difficult to see the various teams not treading on each other's territory and one hopes that there will never be again an El Supremo individual or committee.



# In my Opinion

by Gordon Surtees

Travelling home after Harry Wilson's funeral, I had the opportunity to reflect on the views expressed by some of the eminent mourners concerning the current state of our sport.

The gathering was truly representative of the many years Harry had been involved in athletics and of the varying levels he had been prepared to give the benefit of his expertise. Appropriately the majority were associated with the endurance events.

The consensus of opinion among old-timers was that they had been privileged to have been actively involved during what may be regarded as the best years of our sport.

Whenever a group of people reminisce there is always a chance that legends grow with the passing of time or maybe some facts are manipulated as somebody seeks to impress. On this occasion, however, there was no reason to fantasise or score brownie points. These were the voices of experience, they had been there, done it and probably not even bothered about the T-shirt.

Perhaps having been involved in coaching for many years it is relatively easy to concur with the views expressed but such acceptance would, in fact, be an admission of failure on the part of everybody who has been connected with our sport.

Believing the best days of our sport have disappeared over the horizon offers little or no motivation to the next generation. If our sport had been as successful as claimed, should not a foundation have been laid for an even healthier future. Progress should be a continuous process and if success breeds success we should have a system which should not only be attractive but magnetic.

The truth is, we haven't.

It would be easy to blame the lack of funds, the demise of BAF, the lack of overseas competitive opportunities or the changing attitudes of the population for the predicament. Those currently desperate for financial support could also consider the hidebound rules of those controlling the allocation of Lottery funding as contributing to the problem.

There has always been financial uncertainty within our sport, but many of our former stars had nothing and earned very little more. Overseas competition was sparse and such involvement was the result of regular and dominating performances in domestic competition. Success was measured by entries in the record book, rather than the bank book.

Attitudes have changed but if coaching is such an influential aspect of athletics there may be cause to consider what contribution coaching has made to the current situation and what steps it can make in rebuilding a healthy future.

There are various reasons why people are attracted to athletics, some merely wish to get fit and enjoy a feeling of well-being. Others enjoy the social environment offered by the club system while others require the challenge and stimulus of competition. The reason why some become involved in coaching is a genuine desire to help other people improve their performance, which seems to indicate that coaching is a competition based involvement.

It seems the two most important factors in establishing a healthy sport are the club environment and a competitive structure.

In some ways these factors are not only the strength of our sport but also the weakness.

Visits in recent weeks to differing levels of school competitions, area leagues, Inter-Counties and the BMC meetings at Wythenshawe and Watford, have broached the question of whether our competitive structure is correct and whether it provides athletes with the sort of competition needed.

Is this current structure attractive to athletes and spectators, and does it justify the services of already overworked officials. Considering such a question it is important to include every aspect of endurance, track, road and cross country.

Regrettably, in a number of cases the answer must be an emphatic 'no'.

If athletics is a competition-based sport and if the competitive structure appears wrong, then the sport has major problems.

At schools level, which is the lifeblood of our sport, every pupil has the opportunity to compete in their particular school sports. The more successful can progress through the different levels up to Schools' Internationals but the important thing is that each child has the opportunity to compete at the initial stage. This applies in track and cross country.

At club level there is a progression from boy, youth, junior to the senior ranks with league involvement at each level. It is here we see the first signs of what the clubs themselves have complained about, elitism.

Most league participation is restricted to two per event so only the better class athlete is assured of competition. In clubs blessed with numerical strength this could mean some athletes being denied what they desire most, competition. There is little wonder ambitious athletes seek pastures new.

Even in cross country where greater numbers can be catered for, the restriction on entries per club means some good calibre athletes never appear in national championships.

It is not just the restrictive nature of league meetings but the standard of actual competition that must be examined.

Athletes thrive on competitive situations and the adrenal and motivational requirements are well known, but in many instances these vital components of performance are virtually removed by the standard of opposition encountered in some league events.

The quest for points often produces embarrassing contributions which bring little credit to the event nor provide any degree of competition or motivation to the opposition. Those 'volunteers' who undertake races for the odd point or for fun, may in fact earn vital points and they may even enjoy the occasion, but rarely will they provide pleasure or satisfaction for those who beat them, or watch them.

The problem stems from the fact that too many clubs, for one reason or another, are unable to field complete teams and too often a handful of athletes endeavour to fulfil the obligations of their club to the league system.

There is little virtue in providing a programme of competition which is beyond the resources of a fair proportion of participating clubs.

In complete contrast are the BMC meetings held recently at Wythenshawe and Watford. These events concentrate on graded races over a particular range of events.

Although held on midweek evenings they attract a tremendous number of athletes of varied ability but each individual knows he or she will be pitted against opponents of similar standard. Should these meetings be held at weekends the possibility of even greater numbers participating could lead to interesting developments.

Not only could the majority of athletes obtain regular and beneficial competition but results could lead to the formation of a pyramid system involving upgrading or demotion. Points could be awarded to clubs on the basis of results achieved by numbers.

In this way it would be apparent which are the leading endurance clubs in Great Britain and Northern Ireland. Other disciplines would be at liberty to establish their own performance-related competitions and strongholds of throwing, jumping and sprints/hurdling would soon be evident.

Throwers and jumpers especially must have experienced similar instances of trying to remain focused while 'volunteers' endeavour to prove they can throw or jump further than the established performer can spit.

They would, surely, welcome a system of graded events which would provide individuals with better competition while still gathering points for their club and possibly removing the frustrations of performing well but being let down, because the club did not have representatives or expertise in some other discipline.



# In my Opinion

Having witnessed instances where high jumpers have actually cleared the bar in excess of that achieved by pole vaulters, the hammer thrower travelling further outside the circle than the implement and the steeplechaser being lapped twice only to reappear in the 5000m, the patience and support of officials must be sorely tested.

The ageing and diminishing number of officials on whom our sport relies so much may be prepared to serve all levels of ability including the 'volunteers' but they undertake their official duties because of a love of the sport, and in some cases with far deeper interest than that of the active performer.

It may be that graded competitions offer more enjoyment for officials, give them greater involvement with the events they prefer and hopefully attract more people to the ranks of the officials.

It is not just on the track that a raising of standards or the welfare of officials should be considered. In cross country there are obviously more races which cater for mass participation but restrictive practices do occur at the English National.

Despite the restricted entries allowed to each club this event has become too cumbersome. Sadly at senior level it is no longer the premier spectacle of the most important race of the winter season, nor does the winning of this particular event earn the same respect of satisfaction as in the past.

The greatest honour for cross country athletes is to represent Great Britain and Northern Ireland in the World Championships. Selection for this prestigious event could however prevent the best English athletes from competing in and possibly winning their own National. This is because of the close proximity of both events.

The Inter-Counties championships have without doubt become the most important cross country fixture. They have been described rightly or wrongly, as the Nationals without the rubbish. Harsh words perhaps, but they may contain more than a grain of truth.

In some ways the Inter-Counties are reminiscent of the BMC style meetings of the track season. The number of races packed into this programme provide an almost continuous activity of a calibre which maintains great spectator interest.

The efficiency of officials coping with such a programme is most admirable but to some extent they face an easier task because, unlike the National event, they do not have to sort out a growing number of lapped runners nor do they have to remain at their posts for interminable periods awaiting the plodders.

Perhaps, for many, the attraction of the Inter-Counties cross country is the fact that it, rather than

the National, is more truly representative of the present and future of our sport. This is one occasion that defies the growing trend in both cross country and road racing where the majority of participating athletes are veterans.

There are, of course, some veteran athletes who are still greatly respected because they are still highly competitive even at Inter-County level but the majority should, in the interests of progress, limit their involvement to their own particular championships.

It seems odd that rules which should ensure both development and competition may actually debar some good class club athletes from National participation yet allow some senior citizens two bites of the cherry.

The veterans now have their own World Championships and it is doubtful whether any of them will lose much sleep at not being selected or able to compete in Seville. A similar attitude toward cross country is required, and if the majority contented themselves with participating solely in the National Veterans event they would benefit the sport in several ways.

Fields would become more manageable, waiting time for all concerned would be greatly reduced and clubs may have the opportunity to increase the numbers of entries and ensure that a smaller number of reasonable standard athletes are left at home kicking their heels.

If the competitive structure is such an important factor then coaching must accept a large degree of responsibility, not only in the occurrence of the current state of our sport but also toward the building of a healthier and more attractive future.

But the most important people in our sport are the athletes and in view of their direct involvement with these athletes, the coaches should be highly influential. Together athletes and coaches should know what competition is needed to benefit performances.

Decisions on competitive opportunities are made, sometimes it is difficult to know where or appreciate why, but nevertheless decisions which affect the future of our sport are made by persons who are appointed by virtue of a process which begins initially within the club.

Coaches must realise that their influence must be multi-directional, not just involving athletes but also acquainting the club, area and national administration of the requirements of the athlete. Involvement in coaching brings a responsibility not only to the individual athlete but also to the nation and to the sport as a whole.

The current leadership in athletics and particularly in the endurance events have the unenviable task of restoring whatever to former glories. They as individuals were not responsible for the decline

in our fortunes and if they are to succeed they need all round support.

Our new title UK Athletics implies a united effort focusing on what is important and what action is necessary. This may not have happened over a period of years for a number of reasons because all concerned have failed to voice discontent through the correct and available channels. The decision makers, whether they are athletic committees or local authority administration may not be fully aware of the needs of athletes.

Javelin and discus throwers appear to be the most favoured athletes in Britain because they are the only competitors who are likely to benefit from the conditions that seem to exist at most athletic venues.

When tracks are laid it is usually on some waste or derelict land wide open to the elements. Little if anything is ever done to provide protection. Those responsible may be satisfied with the provision of training facilities but they overlook the fact that athletes also use these same facilities for competition.

Achieving qualifying standards in this country is as much due to luck as ability. The lack of consideration when planning and improving stadia is one of the reasons for declining entries at some area championships. Good quality athletes seeking qualification for major events are loathe to travel considerable distances to certain venues in the knowledge that their efforts will be frustrated by the elements.

It is the feeble acceptance of such substandard facilities and inadequate competitive structure by coaches and athletes that contributes to our frustrations.

When as tax payers did we last complain to local councillors or even MPs. When as club members did we last ensure that the club representative made sure that our requirements are known at higher level?

Dissatisfaction is usually directed toward the hierarchy of our sport creating an 'us and them' attitude. What must be accepted is that each and every one of us is UK Athletics.

Coaches and athletes should think and act. They should know what they want and make their views known, again and again until the required results are achieved.

The future of our sport depends on accepting responsibility, not leaving things to others. Over-commitment by some could be as damaging as under-commitment. Coaches in particular must realise and accept this fact. The responsibilities of coaches must not only be toward the individual athlete but also encompass the needs of both the national and our sport.



# 1999 BMC Merit Rankings

by Matthew Fraser Moat

Inspired by Peter Matthews' national merit rankings, the *BMC Merit Rankings* take account of performances made in BMC races only, on the following basis:

- best times and number of performances at that level;
- number of winning performances and the margins of their victories;
- win-loss record against other ranked athletes;
- performances in the 'special BMC events' i.e. the BMC NIKE Grand Prix Final incorporating the BMC Championships at Scotstoun;

v) the style of the athlete's racing, i.e. whether they are willing to take up the pace, and vi) the distances athletes are prepared to travel to get fast races.

The rankings are therefore meant to reward consistent excellence by BMC members prepared to travel throughout the season. They are not meant to predict what would happen in an idealised race. Non-members are excluded and members who only ran once are listed as "not-ranked". Places in the last four years BMC rankings are in brackets. Times for women set in mixed races are discounted slightly in the rankings.

## Men's 600m / 800m / 1,000m

- Hart (2, 1, 1, 2)** 1:17.4 / 1:48.83:  
1 Wat 26/5, 1 WythGP;
- Swift-Smith (18, 3, 8, -)** 1:48.24:  
2 WythGP, 8 WatGP, 6 SolGP, 1 CardGP,  
1 ScotGPF
- Donkin (8, 13, nr, -)** 1:48.06:  
3 WythGP, 2 WatGP, 6 Stret 6/7, 3 ScotGPF,  
4 Stret 31/8;
- Speaight U23 (-, -, -, -)** 1:48.1:  
3b WythGP, 4b WatGP, 3 Stret 6/7, 2 CardGP,  
4 ScotGPF
- Donaldson (nr, 27, 16, 9)** 1:48.10:  
5 WythGP, 3 WatGP;
- Edwards (13, 11, -, -)** 1:20.1 / 1:48.58:  
1 Wat 12/5, 3 Wat 26/5, 6 WythGP, 5 WatGP,  
4 SolGP, 10 ScotGPF
- Turnbull IRE (-, -, -, -)** 1:48.6:  
6 WatGP, 1 Stret 17/8;
- Cuddy (19, 4, 19, -)** 1:48.62:  
4b WythGP, 1 Stret 22/6, 4 Stret 6/7, 5 SolGP;
- Andrews U20 (new)** 1:49.08:  
1 Millfield, 1b WatGP;
- Gow U23 (-, -, -, -)** 1:49.18:  
9b WythGP, 9 SolGP, 2 ScotGPF;
- Clark (-, -, -, -)** 1:49.20:  
2c SolGP, 3 CardGP, 5 ScotGPF, 1b Wat 8/9;
- Shone (4=, -, -, -, -)** 1:49.53:  
1b WythGP, 4 CardGP, 9 Scot GPF, 4 Wat 8/9,  
1 Sutcliffe;
- Mayo T (-, -, -, -)** 1:49.1:  
8b WatGP, 1e CardGP, 3 Stret 17/8, 5 Wat 8/9;
- Knight (24, 7, 7, 3)** 1:49.96:  
2 Tooting 16/6, 5b WatGP, 5b SolGP, 3 Wat 28/7,  
6 CardGP, 1 Brighton, 2 Stret 31/8, 6 Wat 8/9,  
2 Sutcliffe;
- Mayo J (20, -, 5, -)** 1:49.74:  
1 Stret 18/5, 2b WythGP, 6 Scot GPF, dnf Wat 8/9;
- Dupuy (14, 19, -, -)** 1:49.84:  
1 Tonbridge, 3b SolGP, 8 CardGP, 7 ScotGPF
- Fisher (-, -, -, -)** 1:49.52:  
7b WythGP, 2b WatGP; 7 SolGP;
- Waters (-, -, 4, 14)** 1:49.6:  
1 Cov, 2c WythGP, 3b WatGP, 5 Stret 6/7,  
11 CardGP;
- Graffin, Andrew (-, 22, -, -)** 1:50.0:  
11b WythGP, 1c SolGP, 3 Wat 8/9;
- Hooton (15, -, 3, -)** 1:50.10:  
8b WythGP, 4b SolGP, 8 ScotGPF
- Morby U23 (-, -, -, -)** 1:50.39:  
2 Stret 27/4, 1d WatGP;
- Thompson T (17, -, -, -)** 1:50.52:  
5b WythGP, 9b WatGP;
- Mulvaney U20 (-, -, -, -)** 1:50.8:  
7 Stret 6/7, 3c SolGP, 6 Stret 17/8, 3 Stret 31/8;
- Bolt U20 (-, -, -, -)** 1:51.1:  
2 Wat 12/5, 1 Wat 28/7;

- Bullock (25, -, -, -)** 1:51.0:  
5 Wat 28/7, 1 Wat 11/8;
- Stanley U23 (-, -, -, -)** 1:50.83:  
5c WatGP, 9 CardGP, 3 Wat 11/8;
- Mills (26, -, -, -)** 1:51.2:  
2 Brighton, 3 Sutcliffe;
- Gilbert U20 (-, -, -, -)** 1:51.49:  
8c WythGP, 1c WatGP, 1d SolGP, 2b CardGP;
- Hall (12, 14, -, -)** 1:51.82:  
2 Wat 28/7, 3b CardGP, 7 Wat 8/9;
- Lees U23 (3, 23, -, -)** 1:51.88:  
1 Stret 27/4, 4b CardGP;
- Feasey (27, -, -, -)** 1:51.4:  
5c SolGP, 5b CardGP, 4 Wat 11/8, 3 Brighton;
- not ranked**  
**McIlroy IRE/GBR (1, -, -, -)** 1:47.1: 1 Watford 8/9;  
**King (9, 8, 9, -)** 1:48.00: 3 SolGP;  
**Yates (16, 6, -, -)** 1:48.59: 4 WatGP;  
**Graham (-, -, nr, 5)** 1:49.34: 1b ScotGPF;

A disappointing year for this event at the sharp end with only James McIlroy amongst British athletes breaking 1:48.0. Andy Hart was unbeaten in a thin season for him, but did just enough to regain the number 1 ranking he held in 1996 and 1997. Neil Speaight and Nick Andrews made promising breakthroughs whilst Justin Swift-Smith was BMC Champion and won the Mens' Grand Prix. Three of the top five still hold British junior relay records, set in our relay meetings between 1993 and 1997.

## Men's 1,500m / Mile

- Bruton IRE (nr, -, -, -)** 3:40.99:  
1 WythGP, 3 Sol GP;
- Graffin, Andrew (9, -, -, -)** 3:42.0 / 3:59.64M:  
1 WatGP, 4 CardGP, 4 Wat 11/9, 1 Scot GPF,  
1 Bath;
- Turnbull IRE U23 (-, 5, -, -)** 3:41.3 / 4:00.16M:  
2 WythGP, 1 CardGP, 2 Scot GPF, 1 Stret 31/8;
- Ashe (-, 11, 2, 6)** 3:41.8:  
3 Wat 26/5, 5b WatGP, 5 SolGP, 2 Wat 11/8;
- Mayo T (4, -, -, -)** 3:41.8:  
1 Wat 26/5, 10 WythGP, 8 SolGP, 12(fell) CardGP,  
3 Wat 11/8;
- Mills (17, 20, -)** 3:42.23:  
3c WatGP, 7 SolGP, 2 Stret 31/8, 1 Wat 8/9;
- Stewart (-, -, 3, 16)** 3:41.95 / 4:08.64M:  
6 SolGP, 1 Stret 3/8, 8 Scot GPF;
- Davoren (13, nr, 24, 20=)** 3:42.3:  
2b WatGP, 5 Wat 11/8;
- Graffin, Allen (-, -, -, -)** 3:43.67 / 4:09.03M:  
1b WatGP, 3 CardGP, 7 Wat 11/8, 9 Scot GPF,  
4 Bath;
- King (-, -, -, -)** 3:43.29:  
7 WythGP, 2 WatGP;
- Sharp (10, 22, -)** 3:43.42 / 4:03.84M:  
11 WythGP, 4 WatGP, 9 SolGP, 4 CardGP,  
6 Scot GPF;

- Nicholson (-, -, -, -)** 4:02.32M:  
5 ScotGPF, 3 Bath;
- McCallum (-, -, -, -)** 3:44.36:  
8 WythGP, 11 SolGP;
- Whalley (-, 21, 12, -)** 3:44.43:  
9b WythGP, 1 Redditch, 3b WatGP, 1 Stret 17/8 ;
- Garrett (29, -, -, -)** 3:44.63:  
5b WythGP, 4b WatGP;
- Illidge (30, -, -, -)** 3:44.4:  
2 Wat 26/5, 9 WythGP, 11 WatGP;
- Maclean, Angus U20 (-, -, -, -)** 3:46.14:  
1 Millfield, 1b SolGP;
- Davies C (new)** 3:45.2:  
2 Stret 6/7, 3 Stret 17/8;
- Smith B (22, 13, 29, -)** 3:45.1:  
3 Stret 6/7, 3 Stret 3/8;
- Haughian U23 (-, -, -, -)** 3:45.23:  
7b WatGP, 3b SolGP; 9 Wat 11/8;
- Livesey U20 (25, -, -, -)** 3:45.3:  
3 Stret 1/6, 10b WythGP, 4 Stret 3/8;
- Thie (19, -, -, -)** 3:45.41 / 4:12.4M:  
8b WatGP, 2b SolGP, 10 CardGP, 2 Carn Brea;
- Murdoch U20 (-, -, -, -)** 3:52.0 / 4:04.0M:  
7 Scot GPF, 6 Stret 31/8;
- Neill (21, -, -, -)** 3:46.22 / 4:18.7M:  
1 Cambridge, 12 WythGP, 10b WatGP, 6b SolGP,  
8 CardGP;
- Bolt U20 (28, -, -, -)** 3:46.21:  
13 WythGP, 8 WatGP;
- Scanlon (11, -, 13, -)** 3:46.1:  
11 CardGP, 8 Wat 11/8;
- Burton U23 (-, -, -, -)** 3:46.71:  
10c WythGP, 1c WatGP;
- Green S (12, 4, -, -)** 3:47.0:  
2 Stret 1/6, 2b WythGP, 5 Stret 6/7;
- G Thompson U20 (-, -, -, -)** 3:47.20:  
2c WatGP, 3 Wat 8/9;
- Datema HOL (15, -, -, -)** 3:47.75:  
15 WythGP, 7 CardGP;
- Davies M (24, 23, 17, 18)** 3:48.88 / 4:09.26M:  
7b WythGP, 9 CardGP, 10 ScotGPF, 6 Wat 8/9;
- not ranked**  
**Caddy (1, 2, 1, 1)** 4:00.3M: 1 Carn Brea;  
**East (nr, -, -, -)** 3:42.37: 3 WythGP;  
**Dixon (23, -, -, -)** 3:43.34: 3 WatGP;  
**Wheeler (-, -, -, -)** 3:44.7: 2 Stret 3/8  
**Glenton (8, 6, -, -)** 3:45.13: 6 WatGP;

Difficult to decide top honours here. Bruton was 1-0 vs Turnbull, Turnbull had two victories but was beaten by Andrew Graffin in the BMC Championships at Scotstoun. Good to see Richard Ashe and Glen Stewart return to form - Simon Burton won the fastest ever BMC 'C' race in 3:46.71 at Watford, and Joe Mills had the best breakthrough, but with standards improving it is encouraging so many juniors in the rankings.



# 1999 BMC Merit Rankings

## Men's 3,000m - 10,000m

- Whalley (6, 1)** 7:53.45:  
1 SolGP, 3 CardGP;
- Openshaw (nr, -)** 7:55.35:  
2 WythGP, 7 SolGP;
- Tromans (-, 5)** 7:58.31 / 13:44.27:  
7 WythGP, 1 WatGP, 8 SolGP;
- Taylor D (-, -)** 7:57.34 / 13:44.71:  
5 WythGP, 2 WatGP;
- Wild (nr, -)** 7:58.04 / 13:49.41:  
17 WythGP, 3 WatGP, 6 SolGP, 5 CardGP;
- Finch (nr, -)** 7:56.93:  
8 WythGP, 4 SolGP;
- Davies C (new)** 7:59.00 / 14:03.80:  
2b WythGP, 6 WatGP, 9 SolGP;
- Smith M (-, -)** 7:59.23 / 14:07.92:  
6 WythGP, 8 WatGP;

### not ranked

- Stewart (-, -)** 7:55.15: 1 WythGP;  
**Moorhouse (2, -)** 7:56.88: 3 WythGP;  
**Miles U23 (-, -)** 7:57.21: 5 SolGP;  
**Haughian U23 (-, -)** 7:57.24: 4 WythGP;  
**Taylor R (-, -)** 13:54.18: 4 WatGP;  
**Newport (-, -)** 13:56.69: 5 WatGP;

Rob Whalley regains his 1997 top ranking with the year's fastest time by a British athlete at Solihull. 10 under 8 minutes in that race was the best ever depth in a BMC race.

## Women's 600m / 800m / 1,000m

- Newcombe (4, -, -, -)** 2:05.25:  
2 Stret 27/4, 2 Stret 18/5, 1 WythGP, 2 WatGP,  
1 SolGP, 1 CardGP, 1 ScotGPF
- Fryer (19, 14, 10, 16)** 2:04.4:  
6 WythGP, 2 Stret 22/6, 1 Stret 17/8;
- Carter U20 (13, -, -, -)** 2:07.33:  
1b Stret 22/6, 3 SolGP, 2 Stret 17/8, 2 ScotGPF
- Colleran (-, nr, -, -)** 2:06.4:  
1 Stret 17/5, 3 Stret 22/6;
- Sterne (5, -, nr, 5)** 2:07.40:  
5 WythGP, 4 WatGP, 6 SolGP, 2 CardGP;
- Prendeville IRE (10, -, -, -)** 2:06.38:  
6b WythGP, 2 SolGP, 5 CardGP;
- Hathaway U23 (-, -, -, -)** 2:09.06:  
2 Millfield, 2c WythGP, 7b WatGP, 2c SolGP,  
4 CardGP, 3 ScotGPF
- Ross U20 (-, -, -, -)** 2:08.01:  
1b WythGP, 7 SolGP;
- Evans (-, -, -, -)** 2:08.7:  
5 WatGP, 1b SolGP, 3 CardGP, 3 Stret 17/8;
- Hasler U20 (-, -, -, -)** 2:10.6:  
1 Millfield, 1 Stret 20/7, 9 Card 4/8;
- Brady (15, 15, -, -)** 2:10.2:  
3 Stret 27/4, 4b WythGP, 7 Stret 17/8;
- Riley U20 (20=, -, -, -)** 2:10.1:  
4 Stret 27/4, 3 Stret 18/5, 7b WythGP, 4 Stret 17/8,  
3mx Stret 31/8;
- Aston (14, 13, -, -)** 2:10.52:  
5 Stret 27/4, 4 Stret 18/5, 5b WythGP, 4 Stret 22/6,  
8 SolGP, 8 Stret 17/8, 2mx Stret 31/8;
- Griffiths S (-, -, -, -)** 2:10.4:  
5 Stret 18/5, 1b Stret 17/8;
- Brownhill U20 (20=, -, -, -)** 2:09.2:  
6 Stret 18/5, 8b WythGP, 2b Stret 22/6, 3 Stret 6/7;

- Entwistle (-, -, -, -)** 2:10.7:  
2 Stret 6/7, 4b SolGP, 2b Stret 17/8;
  - Doughty (-, -, -, -)** 2:10.7:  
1 Sol 21/7, 3 Wat 11/8, 3b Stret 17/8;
  - Butler (9, 5, 19, -)** 2:11.15:  
6 Stret 27/4, 9b WythGP, 5b Stret 17/8,  
4 ScotGPF;
  - Johns U20 (-, -, -, -)** 2:10.79:  
1 Jarrow 5/7, 2b SolGP, 1mx Stret 3/8, 2 Wat 11/8,  
6b Stret 17/8;
  - Vaughan (new)** 2:11.2:  
1 Brighton, 1 Sutton;
- not ranked**  
**Griffiths (-, -, nr, 1)** 2:03.5: 1 Stret 22/6;  
**Pattinson (nr, 11, -, -)** 2:06.1: 1 Stret 6/7;  
**Caffel U23 (-, -, -, -)** 2:06.91: 4 WythGP;

Rachel Newcombe had a fine series to win the Grand Prix, but at the sharp end the event was well down on last year. Newcombe's best time was half a second down on last year when she was ranked fourth. However the number of athletes achieving gold and membership standards at this event is the highest ever and again the number of juniors who are ranked bodes well for the future.

## Women's 1,500m / Mile

- Davies A (-, nr, nr, 1)** 4:11.79:  
1 SolGP, 2 Scot GPF;
- Tullett (new)** 4:14.1:  
1 WythGP, 3 Wat 8/9;
- Scott (-, -, -, -)** 4:16.16:  
5 SolGP, 5 Scot GPF;
- Lynch IRE (8, -, -, -)** 4:20.03:  
9 WythGP, 3 SolGP, 4 CardGP, 6 ScotGPF;
- Ingman (20, 14, -, -)** 4:19.3:  
1 Stret 1/6, 14 WythGP, 1 Stret 31/8;
- Griffiths S (6, -, -, -)** 4:20.8:  
15 WythGP, 7 ScotGPF, 2 Stret 31/8;
- Morris (8, -, -, -)** 4:21.83:  
4 WatGP, 3 Wat 11/8;
- Doughty (17, 13, 12, -)** 4:21.94:  
12 WythGP, 5 WatGP, 9 SolGP, 5 CardGP;
- Bull (10, -, -, -)** 4:22.15:  
6 SolGP, 6 CardGP, 3 Stret 31/8;
- Sharp (19, -19, -)** 4:23.43:  
11 WythGP, 6 WatGP, 10 SolGP, 8 CardGP,  
10 ScotGPF;
- Wannell (14, -, -, -)** 4:22.33:  
8 WythGP, 12 SolGP;
- Lamb (9, -, nr, -)** 4:27.74:  
1b WythGP, 12 WatGP;
- McPherson (nr, 20, -, -, -)** 4:28.2:  
2b WythGP, 2 Stret 3/8;
- Parkinson H (-, -, -, -)** 4:28.3:  
1 Jarrow 14/6, 11 ScotGPF;
- Nugent U17 (-, -, -, -)** 4:30.00:  
11 WatGP, 14 SolGP;
- Bebbington U20 (-, -, -, -)** 4:29.86:  
7b WythGP, 5b WatGP, 1b CardGP, 12 ScotGPF;
- Reed U17 (-, -, -, -)** 4:31.08:  
4 Millfield, 2b CardGP;
- Entwistle (-, -, -, -)** 4:31.5:  
11 CardGP, 4 Stret 31/8, 6 Wat 8/9;
- Brown T (-, -, -, -)** 4:32.28:  
1 Wat 26/5, 1b WatGP, 9b SolGP,
- Dugdale (-, -, -, -)** 4:32.65:  
4b WythGP, 2b WatGP, 13 SolGP,

### not ranked

- Griffiths A (-, -, -, -)** 4:10.84: 1 ScotGPF;  
**Fitzgerald IRE (7, -, -, -)** 4:11.71: 1 WatGP;  
**Colleran (4, 9, -, -)** 4:16.24: 3 WythGP'  
**Pattinson (2, 4, 11, 6)** 4:16.32: 4 WythGP;  
**Carter U20 (18, -, -, -)** 4:21.67: 6 WythGP;  
**Hartigan (-, -, -, -)** 4:21.71: 7 WythGP;

Ann Griffiths set the fastest ever BMC time in a predominantly female race (Sonya Bowyer's BMC record was set in a men's race) and there were an astonishing four races inside 4:12, but most of the fast times were set by overseas athletes, and few top British athletes ran more than once. Angela Newport therefore regains the number one ranking she held in 1995, the inaugural year of these rankings. Hayley Tullett is the highest new entry - she was our only representative in Seville who ran in more than one BMC race in 1999.

## Women's 3,000m - 10,000m

- Newport (nr, -)** 9:07.5mx / 15:43.99:  
1 WythGP, 1mx Stret 17/8;
- Ingman U23 (7, -)** 9:12.37mx / 15:59.00:  
2 WatGP, 5 SolGP, 2 CardGP;
- Waterlow U23 (10, -)** 9:21.55 / 15:59.04:  
4 WythGP, 3 WatGP, 3 SolGP;
- Talbot (1, -)** 16:16.48:  
7 WythGP, 4 WatGP;
- Hyde-Peters W35 (-, -)** 9:24.14 / 16:54.38:  
15 WythGP, 4 SolGP;

### not ranked

- Pattinson (-, -)** 9:16.3: 1 Stret 27/4;  
**Brown J (-, -)** 9:26.9: 2 Millfield;  
**Wannell (8,6)** 9:32.3: 3 Millfield;  
**Skorupska U23 (-, -)** 15:55.64: 3 WythGP;  
**Wyeth W35 (-, -)** 16:19.57: 6 WythGP;  
**Joiner (12=, 5)** 16:23.87: 8 WythGP;  
**Fairweather U23 (5, -)** 16:30.75: 10 WythGP

Angela Newport becomes the first athlete to top BMC merit rankings in two different events in the same year outright. She set a BMC 5,000m record at Wythenshawe and followed that up with a 3,000m pb at Stretford. Jilly Ingman made a fine breakthrough at Cardiff. Our results in these events seem dominated by U23s, Vets and overseas athletes - are there simply very few British senior athletes running these events?





# Ply-ing to improve

By Trevor Frecknall

PAULA RADCLIFFE is getting into plyometrics for the first time in her career in a bid to find "that extra one per cent" that will make her a realistic contender for the 10,000m gold medal at the Sydney Olympics.

"I'm useless at them," she says. But she smiles as she speaks and you just know that by the time this appears in print, she'll be pretty expert at them; and by the time she needs to be doing them without thinking, she'll be nigh on perfect.

Because tenacity is what makes Paula Radcliffe the most successful endurance athlete Britain possesses at the moment. The determination to do whatever she's asked as perfectly as possible is a huge reason why she owns a host of UK records as well as the 1999 World Championships 10,000m silver medal, and yet finds nobody seriously arguing when she says: "I'm not the fastest."

That said, she's getting faster - because that was the weakness she set about tackling last winter. Rather than ploughing through her most punishing training sessions on her own, she persuaded her fiancé Gary Lough to do them with her. "It meant I was running a lot faster without mentally running as hard," she says.

That decision by itself speaks volumes for the positive nature of the Radcliffe psyche: no athlete can succeed without working hardest on their weaknesses.

After her dreadful disappointment in the 1998 European Championships in Budapest - she trailed in a tearful fifth in the 10,000m for which she'd been favourite in 31:36.51 - she shipped an awful lot of criticism that she had trained too hard.

She knew that was not so; she has implicit faith in Alex and Rosemary Stanton, who have advised her since she arrived at Bedford and County AC in her early teens, and in her own commonsense. Proving it to the doubters was the problem.

As luck would have it, help was at hand in the stands of the Népstadion in Budapest. Brian Welsby, a nutritionist who advises (among others) Denise Lewis and John Mayock, watched Radcliffe's energy drain away in the last few laps and quietly offered to help. Convinced modern foods have most of their goodness cooked out before they get anywhere near the consumer, Welsby masterminds her diet. "It keeps my immune system strong and my energy in balance," she says.

Even before she was back in full training, she won last winter's European cross country title as proof that Budapest was but a blip - though she's quite modest about it. "I didn't specifically prepare for the Europeans," Radcliffe confesses, as if she's suspected of scrumping apples. "I got

away with it a little bit." Even so, she sprinted away in Ferrara from two of the women who defeated her in Budapest, Fernanda Ribeiro and Oliveira Jevtic (of the other two, 10,000m champion Sonia O'Sullivan was pregnant by last December and Lidia Simon did not run in Italy, either).

She knew that if she had "done a big preparation" for the Europeans, she would not have been able to reach the fitness level required for the World Cross Country Championships three months later. And when she was "only" third in Belfast behind the seemingly unbeatable Gete Wami and the inspired Merima Denboba, the alarm bells did not set her into a panic of self-doubt.

She merely denied afresh that she was training too hard - and began to train harder. This is how she describes a typical hard week as she prepared for Seville:

## Sunday

Morning: 90-100 minutes at 160-165 on the heart rate monitor (her maximum is high 190s). She talks in heartbeats rather than miles because "I'm useless at pace - but if I'm at sea level, I aim for six-minute miling, no slower. If I'm at altitude, it is slower."

Night: 10-minute jog, 60-metre speed drills, maybe 5 or 6x150 metres relaxed but fast (at 60 seconds for 400 pace) with walk back.

## Monday

Morning: 10-minute warm-up and warm-down - "that's crucial because these gentle runs helps me cope with my asthma ... along with my inhaler." 45 minutes at a decent pace - not threshold but 175-180 on the monitor.

Night: Warm-up then 35-minute easier run - 160 rate, less at altitude - followed by three or four 100-metre strides "just to get my legs turning over fast". Warm-down.

## Tuesday

Track session - in the morning if she's at altitude, at night if she's at her Loughborough base or anywhere else at sea level. If she's at home...

Morning: very easy run for 30 minutes. "If I don't put the monitor on, I tend to run easier. If I put it on, I try to keep it below 160 - though I keep wanting to run harder."

Night: 15-minute warm-up, warm-down. Something like 2km-800-400-1600-800-200-1km-800-400-1km - combinations that add up to 10km. "It got so much in the end, Alex had to keep check on where I was. I'd have a two-minute jog at altitude; 1:15 to 1:30 at sea level. The idea was to try and vary the pace a little bit - obviously the 2km would be steadier than the rest - but the overall aim was to try and run at around 10km



Tenacity is what makes Paula Radcliffe the most successful endurance athlete Britain possesses at the moment

pace ... the last 400m was 67-69 seconds. This year it was quite nice. We did this kind of session three times and each time we got faster. Next year I'll set targets."

Another variant would be a 3x900 - running the first 600 in 1:46 and the last 300 "as hard as I could" (47-48 seconds) with two and a half to three minutes jog at altitude then five minutes rest then 3x600, going through 400 in 72 seconds and trying to run the last 200 in 30 seconds; another five minutes rest, then 3x300, going through 200 in 32 seconds and picking up for the last 100 to finish in around 47 seconds.

## Wednesday

Repeat of Monday.

## Thursday

Morning: 45 minutes easy run.

Night: Hills. 10-15 minutes warm-up followed by 35 minutes of hill reps. "It takes me 45 seconds to get up it. I then jog back down in less than 120 seconds. I fit 16 or 17 reps in to the time. And it's an off-road trail so I have to watch where I'm putting my feet - I like the fact that I have to concentrate on it."

## Friday

Same as Monday and Wednesday.

## Saturday

Morning: Fartlek. 15 minutes warm-up, three by six and a half minutes with two-minute jog, 15 minutes warm-down. "I built up from three by six and a half minutes to get as close as possible to 10km."

Night: 30 minutes easy run.

"I rest every eighth day," she adds. "And I mean complete rest. If I don't, I just can't handle



# Ply-ing to improve

it all. We usually go out for the day because when we're training, we just sit in all the time."

Not like Wami sat-in before surging to victory in Seville, of course. But the silver medal was due reward for Radcliffe's relentless pace-making. The kilometre splits were basically all down to her: 3:11.45, 6:16.44, 9:20.09, 12:22.73, 15:25.24, 18:24.28, 21:27.34, 27:30.40 before Wami won in a championship best 30:24.56 and Radcliffe lowered her UK record by 14 seconds to 30:27.13.

It was her fourth PB since she became engaged to Lough, following 8:31.61 for 3000m in Rome, 14:43.54 for 5000m at the CGU British Grand Prix at the Crystal Palace, and 8:27.40 for 3000m at the Zurich Golden League meeting.

And after delaying her three-week end-of-season rest until she'd made her half-marathon debut in the Great North Run on October 10 (she clocked 69:27 for third behind Joyce Chepchumba's 69:07 and Tegla Loroupe's 69:35), she finally discovered the margin between her summer's successes and abject agony was the width of a disc. No, not a record, a little piece of her back.

For Irish physio Ger Hartmann discovered her sacrum was dislodged. It had aggravated the ligaments. The result: she'd been running with her back locked in spasm.

"Ger says it's been a bit like a time bomb waiting to explode," she says. "But I didn't really notice it."

Now, her early winter's work is focussed on strengthening the back muscles so they can hold the joint in place and avoid a repeat of the potentially dangerous condition on the way to Sydney.

She says of her first venture into plyometrics: "I'm doing three hours of exercises a day - 90 minutes in the morning, 90 minutes at night."

It's also the first time she's taken weights seriously - to the extent of asking UK Athletics director of coaching Max Jones, who hails from the throws sector of the sport, to check on her weights-handling techniques (though she freely admits "technique" is almost certainly the wrong word).

By the time she'd got up to two or three weights sessions a week, she reckoned: "You'll laugh at the weights I'm handling." But she confessed to:

Bench press: 25kg

Clean: 25-28kg

Squat: 50kg

Leg press: 50kg.

"The idea is to build the muscles up," she explains. "Once I've done that, I shall come down to doing the plyometrics and weights two or three times a week - otherwise I shan't have time to do my other training!"

And will there be more training refinements on the way to the Olympics 10,000 metres? "I think I've got the basic formula. But I would never say I've got it totally right. The plyometrics are bound to help me ... once I've got them right.

"It's like when I went ski-ing last year. I couldn't get the hang of turning. I must have gone down the same hill a hundred times before I could turn the corner at the bottom. Gary got a bit fed-up waiting for me, I think. He went off and left me to it. Eventually I got the hang of it."

So if ski-ing in the Alps leads to a World silver medal in "the devil's frying pan" as Seville in August is called, who's to say plyometrics in Loughborough won't end with a golden glow in Sydney next October?

## British Milers' Club Records (as at 1st November 1999)

### BMC Members' Record

*by a paid-up BMC member  
in a BMC race*

### "BMC Record"

*by anyone  
in a BMC race*

### BMC Club Record

*by a paid-up BMC member  
in any race world-wide*

#### Men

M600	1:17.4 Andrew Hart 1999	1:17.4 Andrew Hart 1999	1:15.0+ Seb Coe 1981
M800	1:46.7 James McIlroy IRE 1998	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 2 Mile	8:34.5 Ian Gillespie 1997	8:34.5 Ian Gillespie 1997	8:13.51 Steve Ovett 1978
M4000	11:03.2 Rob Whalley 1998	11:03.2 Rob Whalley 1998	10:28.7+ David Moorcroft 1982
M5000	13:41.08 Rob Whalley 1997	13:28.6 * Mizan Mehare U20 ETH 1998	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
M2000SC	5:34.8 Stuart Stokes 1999	5:34.8 Stuart Stokes 1999	5:34.8 Stuart Stokes 1999
M3000SC	8:29.09 Christian Stephenson 1999	8:29.09 Christian Stephenson 1999	8:18.91 Roger Hackney 1988

#### Women

W600	1:29.4 Linda Staines 1997	1:29.4 Linda Staines 1997	1:26.5 Kirsty Wade 1985
W800	2:01.93 Diane Modahl 1998	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	6:12.4mx Dianne Henaghan 1998	6:12.4mx Dianne Henaghan 1998	5:37.00 Christine Benning 1984
W3000	8:58.2x Joanne Pavey 1998	8:58.2x Joanne Pavey 1998	8:27.40 Paula Radcliffe 1999
W 2 Mile	not known not known		9:32.07 Paula Radcliffe 1999
W5000	15:43.99 Angela Newport 1999	15:43.99 Angela Newport 1999	14:43.54 Paula Radcliffe 1999
W10000	34:44.9 Heather Heasman 1997	33:33.7 * Theresa Duffy IRE 1997	30:27.13 Paula Radcliffe 1999

\* denotes non-member



# The Graffin Twins

by Jason Henderson

THE twin towers of the BMC circuit, Andrew and Allen Graffin, recently graduated from university. Now, as full-time athletes, they hope to graduate on the track under the guidance of rookie coach Tim Hutchings.

The 21-year-old twin brothers hope to follow in the footsteps of Hutchings who, in 1989, became the last British man to win a medal (silver) in the World Cross Country Championships. The 40-year-old Hutchings, who also placed fourth in the 1984 Olympic 5000m final, has been coaching the brothers since the beginning of the year and said: "They're training hard now for probably the first time in their lives."

Allen and Andrew agree. For when the first major cross country race of this winter was being run, at Birmingham's Senneley's Park, the Graffins were busy running 15x1min hill repetitions in the morning, followed by a five miler in the afternoon near their Kent home. And this was despite Hutchings' close ties with the sponsor of the meeting.

"We would love to see ourselves following Tim," said Andrew. "He was a bit heavier than us, in build, but had a great base in cross country and was good on the track too."

Allen added: "The last time we were running well was when we were juniors. Tim said he has been amazed how we've managed to get by on so little training."

The Graffins first met Hutchings when they finished one-two in the under-17 race at the 1995 Inter-Counties Cross Country Championships at Luton. On New Year's Eve last year they approached Hutchings, asking for guidance.

## Personal best times, November 99

### Allen

800m	1:52.28 (99)
1500m	3:43.67 (99)
Mile	4:04.0 (98)
3000m	8:03.22 (98)
5000m	14:16.4 (95)

### Andrew

800m	1:50.0 (99)
1500m	3:42.00 (99)
Mile	3:59.64 (99)
3000m	8:07.58 (99)
5000m	14:06.73 (98)

"We knew he was has a young family and is very, very busy (working for Eurosport, Reebok and the London Marathon)," said Allen. But Hutchings schedule began on the following day, January 1.

"We weren't able to train properly for the first few months, as we had our finals coming up," said Andrew. "But now we're touching 90 miles a week." Compared the 40-50 they survived on before.

Allen studied sports science at Loughborough and Andrew computer science at Nottingham, but they have moved back home to live with their parents. "It would have cost maybe £5000 a year to stay at Loughborough," said Allen. "Now we've gone back to what we know works, with Tim thrown in. We're very lucky having parents who are willing to finance us."

The brothers were previously coached by Mike Rowbottom, who they still see regularly at their local track. "Mike is still a great friend and it was not that he was doing anything wrong, just that we had to start doing more right."

The brothers see Hutchings whenever they can, although usually no more than once a week, but keep in regular contact on the phone and

through email. "There are two of us after all," said Allen of his brother, "and with all the people at the club (Tonbridge AC), plus Mike, we don't need to see Tim every day."

Hutchings has never coached any other athletes. "They're my first ... and could be my last!" he joked. But getting serious, added: "I'm not a typical coach. Many coaches would wait a lifetime for talented athletes to arrive. I've had this talent virtually fall into my lap. I'm very privileged and feel an obligation to respect this relationship even more."

The Graffins are certainly impressed so far. "Tim never says 'do this' or 'do that'," said Andrew. "He says to us, 'perhaps this might work for you?' or 'that's what I did, you might want to give it a go too'."

Hutchings is surprised to learn that the Graffins' idea to approach him was borne in the winter of 1997-8 when they read 'The Hutchings Diaries' in *Athletics Weekly*.

"I didn't think anyone had bothered reading it," said Hutchings, of the series that reproduced Hutchings' training prior to him winning a silver medal in Stavanger, Norway, in 1989. But someone obviously did.

"I didn't have much feedback from the diaries at the start," said Hutchings, who was coached by Frank Horwill and also advised by Dave Bedford during the latter years of his career. "But there have gradually been a few more comments. People have said it resembled a summer schedule, but I think there doesn't have to be that much difference between summer and winter training."

"The fact is you're not going to run well in the World Cross unless you are in bloody good nick. And that's something that Keith Cullen seems to have taken on board recently."

"I've got the lads running a lot more miles lately, but not too many. I found that between 75-90 was about the optimum - a zone where all the different types of training sessions could be incorporated into one portfolio."

"When they ran the two trials meetings last summer their lack of strength showed. At the AAA Under-23 Championships they got through the heat but didn't run well in the final;



Scotstoun M Mile: Andrew Graffin 3:59:64, Gareth Turnbull 4:00:16





# The Graffin Twins



Scotstoun M Mile: the Graffin Twins lead Gareth Turnbull (53) Glen Stewart (54) and Iain Murdoch U20 (65)

Hutchings is excited about the Graffins' potential however. "Allen has been doing some incredible sessions in flats this summer," said Hutchings. "While Andrew's sessions this summer suggested he could run 3:37 – but didn't because of a lack of strength.

"Their best distance will probably be 5km – certainly for Allen," Hutchings continued. "While Andrew has the better speed – and Allen better endurance – Andrew could turn out to be a John Mayock-ey type of character, with superb speed endurance and a 1500m PB in the low 3:30s."

Hutchings might be better known for his cross country exploits, but with a mile best of 3:54 he knows a thing or two about preparing to run fast too. His only problem with the Graffins is the lack of time he spends with them.

"I try to keep it informal," Hutchings added. "I expect them to use their initiative. If they wake up and their legs are shattered then they know to run an easy three miler instead of a hard five. Both are bright kids. Very sensible."

One other problem has been the injuries that have curtailed Allen's training over the past few years. He has been struggling with a problem in his left calf – it is the reason his track sessions are run in flats - and recently had tests for compartment syndrome.

The tests proved negative, which was frustrating for Allen, especially as he deliberately inflamed his calf the day before the test when he attempted 10x400m in spikes which he would never usually dare to wear. (He reached nine, by the way, before he limped off the track).

Now he consoles himself with advice that George Gandy gave him at Loughborough. "He told me that you don't always find solutions to problems, but you might find ways to cope."

Andrew has been luckier and said: "I haven't had any injuries worth speaking about. And I'm not as diligent as Andrew when it comes to stretching. I asked Richard Nerurkar what advice he could give us and he said to simply spend time getting in as much good, uninterrupted training as possible. Geoff Wightman has told us the same thing."

This winter the Graffins' aim is not to do well in races – although they'd like to reach the World Cross Country Championships – but moreso to build a base for next summer. Over 1500m they believe a place in the Olympic team is possible.

On the track last summer Andrew ran his first sub-four-minute mile at the Nike BMC Grand Prix final at Glasgow. And the brothers' unselfish attitude toward each other's running was evident when Allen, realising Andrew was in better shape, forced the pace on the crucial third lap. In the Graffin family there is sibling rivalry, but only of a friendly nature.

"We don't compete with each other," said Allen. "In the past I've usually won over longer distances and Andrew over shorter. The Kenyans have always worked together, why shouldn't we?"

## ALLEN AND ANDREW GRAFFIN'S TRAINING, NOVEMBER 1999

### Monday

am: weights  
pm: easy/steady 6 miles

### Tuesday

am: easy 10 miles  
pm: Circuits

### Wednesday

am: easy 3-5 miles  
pm: one hour run, with some form of intervals on grass (eg. 6x3min (2min rest))

### Thursday

am: weights  
pm: easy 5-6 miles

Friday

am: easy 3-5miles  
pm: one hour run, with a fast part in the middle of about 15-30 mins

### Saturday

am: easy 4-6 miles  
pm: steady 5-7miles

### Sunday

am: 12-14 miles easy  
pm: 2-3miles easy & stretching

## ACHIEVEMENTS: ALLEN GRAFFIN

1994	AAA 3000m - Bedford -	1st
1994	British Schools	1st
1995	UK Inter Counties CC	1st
1995	World CC Champs	67th
1995	AAA U20 5000m	2nd
1996	World CC Champs	37th
1996	English Schools 3000m	1st
1996	SEAA U23 CC	1st
1997	AAA (senior) 3000m	2nd
1998	National CC	2nd
1998	GB U23 International 5000m	1st
1998	AAA (Senior) 3000m	2nd
1998	SEAA U23 CC	1st
1999	AAA 3000m	3rd

## ACHIEVEMENTS: ANDREW GRAFFIN

1994	English Schools 3000m	2nd
1994	GB Schools 3000m	2nd
1994	AAA U17 1500m	1st
1995	National U17 CC	1st
1995	UK Inter Counties U17 CC	2nd
1997	UK Inter Counties U20 CC	2nd
1998	National U20 CC	1st
1999	BUSA 1500m	2nd
1999	AAA 3000m	1st



# The Graffin Twins

## TIM HUTCHINGS' TRAINING - NOVEMBER 1988

### Monday

am: rest (raced yesterday at Mike Sully Cross Country and won)  
pm: 12.5 miles steady

### Tuesday

am: 5 miles steady  
pm: track - 2x(1000, 600, 300, 300, 600, 1000) with recovery jogs of 300 after the 1000s, 200 after the 600s and 100 after the 300s

### Wednesday

am: 9.5 miles steady  
pm: 5.5 miles steady

### Thursday

am: 7 miles steady  
pm: rest

### Friday

am: track - 14x400 (200 jog rec) averaging 61 seconds; then 4x200 (200 jog rec) averaging 27.9 seconds  
pm: rest

### Saturday

am: 8.5 miles steady  
pm: rest

### Sunday

am: 13 miles steady  
pm: rest

**Total week's mileage: 81.5**

### Monday

am: 8 miles steady  
pm: six miles steady

### Tuesday

am: 5 miles steady  
pm: track - 5x1000 (400 jog rec) averaging 2:37

### Wednesday

am: 11 miles steady  
pm: rest

### Thursday

am: 5 miles fast  
pm: track - 2x(600, 300, 100, 100, 300, 600) 200 jog after 600s, 100 jog after 200s and 100s, averaging 93 and 43 seconds

### Friday

am: 7 miles steady  
pm: 6.5 miles steady

### Saturday

am: 8 miles steady  
pm: 5.5 miles steady

### Sunday

am: 13 miles steady  
pm: rest

**Total week's mileage: 92.5**

\* *The Hutchings Diaries were originally printed in Athletics Weekly in 1997*

Next year the Graffins plan to team up with the Mayo brothers – Tom and James – and Ireland's Gareth Turnbull, as runners sworn into a pact which will see one or more of them push the pace on the third lap in BMC 1500m races.

"In the past we have reached 800m at a good pace," said Andrew. "But then the pacemakers have dropped out and we have all slowed, too worried about winning the race rather than running a good time."

Unlike during the past three years the Graffins will be able to prepare for their races free of the distractions that accompany a student's life. "We didn't have a year out after our A-levels like many people do," said Allen. "So we have a couple of years to play with ... if our finances can hold together."

"There's no point moaning about how hard it is," he continued. "We've just got to get out there and make it happen. We don't want it to be half-hearted. We're not going to try for 10 years. If

it doesn't work out in one, two, maybe three years at the most then we'll go and get ourselves a career.

"I just think it's a shame when you look at students who go straight into work and then don't make it as runners until they're 28 years old. Look at Dave Heath, for example. I know he's had injury problems, but if he'd done what he did last winter 10 years ago then what a future he'd have in front of him."

With time on their side the Graffins hope to build a bright future for themselves. And with 24 hours in the day to eat, sleep and train, they have more than enough time.

"What do we do now when we're not training?"



Tim Hutchings, BMC Vice President

asked Allen. "We rest and maybe help dad with the painting. And then there's always grass to cut!" Maybe the Graffin twins, for so long green shoots themselves, might now begin to flower under the supervision of Tim Hutchings.



# This mileage business

by Frank Horwill

ROGER BANNISTER claimed that he first broke 4-minutes for the mile on 28 miles per week! Harry Wilson told the writer that his charge, Steve Ovett, reached 140 miles a week in the winter, however, because of race commitments this often dropped to 16 miles in the summer. Emil Zatopek, who won three gold medals in the 1952 Olympics at 5k, 10k and the marathon (He had never run a marathon before!), virtually ran the marathon distance daily when doing 20x200, 200 jog, 40x400, 200 jog, 20x200, 200 jog. He called this, "Fast start – steady pace – fast finish." Sebastian Coe, who broke twelve world records indoors and out, within a space of four years, averaged 50 miles a week throughout the year. We cannot say that any one of them did the wrong training – they all broke world records and won Olympic titles (Except Bannister).

It's amusing to listen to arguments made by high-volume advocates against the success of those on low mileage. "Bannister would have gone even faster if he had doubled his volume." This was the view of one noted coach. But, Bannister claimed that he would have been unable to do his intense track sessions with such a workload.

Let's turn to the physiologists for the views. It has been known for some fifty years that we possess cells in our muscles called mitochondria, they are sort of furnaces which combust energy foods in the body to produce ATP (Adenosine Triphosphate). All muscular activity depends on a supply of ATP, whether it be sprinting or running a marathon. Now, the more mitochondria we have, the better will our endurance performance. How can we increase them? John Holloszy of Washington School of Medicine in St. Louis, decided to find out. From the outset he discovered that CONTINUAL EXERCISE PUT MITOCHONDRIAL NUMBERS ON THE INCREASE. He induced one group of lab rats to run on a treadmill for up to 2 hours at intensities of 50 to 75 per cent of VO<sub>2</sub> max for 12 weeks. That's about 58 to 83 per cent of maximum heart rate. Another group of rats enjoyed themselves doing nothing watching the others toil away.

At the end of this research Holloszy found that the running rats had increased their mitochondrial densities by 55 per cent and also doubled their "cytochrome c" concentrations. This is a key compound found inside mitochondria which is virtually important in aerobic energy production. Saltin found that Kenyan runners possessed more of this than any other runners he had examined. Holloszy was fascinated by the first result and began to work on varying loads:

a) One group ran for just 10 minutes daily. b) One group for 30 minutes. c) One group for one hour. d) Two hour runners. Training took place five days a week and lasted 13 weeks at an intensity of 50 to 60 per cent of VO<sub>2</sub> max (About 60 to 70 per cent of maximum heart-rate.) The 2-hour runners came out on top, boosting their cytochrome c concentration by 92 per cent; the one-hour runners improved it by 38 per cent, the 30-minute group improved their rate by 31 per cent and the 10-minute runners by 16 per cent. Lydiard and Van Aaken were right! The first had stated in 1960 that ALL middle and long distance runners should build up to running 100 miles a week for 10 weeks in the winter. The second had coined the letters – LSD, long, slow distance. The minimum for the 800-metre runner was 10k a day. The marathoner was to run the marathon distance daily. Given six days training a week, that's 156 miles a week!

Ten years after Holloszy's revealing work came Gary Dudley, at the State University of New York. He was interested in the effect the INTENSITY had on mitochondrial production and one better than Holloszy, the effect it had on fast twitch, aerobic fast twitch and slow twitch muscles. Rats made to run for 10 minutes daily at 100 per cent VO<sub>2</sub> max (About 3k speed) tripled cytochrome c concentration. This speed is very popular with Russian women endurance runners. Dudley was at odds with Holloszy's findings about duration, moving from 30 minutes to 60 minutes per session did increase cytochrome c, but not going from 60 to 90 minutes running. The best strategy for slow twitch, cytochrome c enhancement was running for 1 hour at 70 to 75 per cent VO<sub>2</sub> max per cent. Dudley summed it up: "To bring about the greatest adaptive response in mitochondria, the length of daily exercise becomes less as the intensity of the exercise is increased." Note those words carefully. If it takes you two hours to get to work in the morning and two hours to get back, and you work eight hours a day and have eight hours sleep at night, you will be hard put to it to run even one hour a day. That hour has got to be used efficiently. We have seen that training at 100 per cent of the VO<sub>2</sub> max brings enormous returns. Introducing two and three sessions a week at this speed into your training programme could revolutionise your performance. Supposing you have never run a 3k race (100 per cent VO<sub>2</sub> max), how do you know what speed to run at? A good rule-of-thumb method is to take your 10k time and work downwards by 16-seconds a mile to 5k and thence to 3k. Here is an example:- Best 10k/37:30 (90secs/400). The 5k time is estimated at 86secs/400(17:55).

The 3k time is estimated at 82secs/400(10:15). What are good sessions? In this example, the following can be tried in turns:- 16x400 in 82secs with 100 jog (45secs max)

8 x800 in 2:44 with 200 jog (90secs max)

4x1600 in 5:28 with 400 jog (180secs max)

3x2000 in 6:50 with 500 jog (225secs max)

Now, if you still have doubts about the efficacy of 3k pace training, listen to what Dudley found and said, "Ten minutes of fast running (3k speed) per day boosted cytochrome c as much as 27 minutes daily at 85 per cent VO<sub>2</sub> max or 60 to 90 minutes per outing at 70 to 75 per cent VO<sub>2</sub> max (marathon pace)." It should be noted that Coe included 95 per cent VO<sub>2</sub> max work (5k speed) in his 50 miles per week all year round, and during the summer 3k speed sessions once a week in addition.

Can we make sense of all this data? We can. There are some things we have to accept which may be contrary to our prejudices. They are:-

- 1) Volume does improve mitochondrial numbers. The maximum appears to be 2 hours slow running daily. This improves the VO<sub>2</sub> max by about 12 per cent.
- 2) Training between 80 and 100 per cent of the VO<sub>2</sub> max during one week also increases mitochondrial density. The maximum volume appears to be 40 miles a week.
- 3) If you have achieved very good results with voluminous mileage – so be it.
- 4) If you have made improvements on limited mileage but with quality running – why change? But, if both methods have left doubts in your mind that you could be better, what's wrong with altering the habit of a lifetime?
- 5) Can you combine the two? Well, sooner or later, you will have to. Not much point running 150 miles a week at 8-minutes a mile pace if you want to run a marathon at 6-minutes a mile. That speed must be practised regularly. Nor is there any sense in putting a barrier down on a long run when it CAN be done. For instance, if we don't work at weekends or aren't racing, it's psychologically sound to run a little farther than normal, and if you are a marathoner – it's essential. In the words of the late Ron Holman, former National Coach for Long Distance in the U.K. "You pay your money and you take your choice. If you REALLY BELIEVE that big mileage has made you a great athlete or if you REALLY BELIEVE that limited volume with high quality running has been the formula for success, stick with it. It's a matter of what turns you on I suppose."



# 1999 Millfield PB Classic

by Mike Down

## **MILLFIELD MAGIC WORK AGAIN, BMC NIKE PB CLASSIC, MILLFIELD SCHOOL, STREET, SOMERSET, MAY 3**

The English Schools championships are often likened to the Olympics in a day. For middle distance runners Millfield School's Bank Holiday meeting, which now attracts athletes from all over the country, almost does it in an evening.

In one sense it is even more competitive, for with the races graded according to performance rather than age, the cream of the country's teenage runners meet head to head, with no respect for age or reputation.

Rechristened the BMC Nike PB Classic, the meeting more than lived up to its new name, making the most of the perfect conditions to produce a staggering new record of 129 personal beats from the 230 plus competitors.

The fastest times in the country this year for the various age group tumbled one after another, and while this may not say that much so early in the season, the winning times in all the events were impressive enough to stand up to scrutiny up to and even including the English Schools championships themselves.

Encouragingly too for the host region many of the best performances came from the current talented crop of young runners in the South West.

None was more impressive than Devon's rising star Nick Andrews, who is still only 17 and a first year junior, but really looked the part as he dominated a top class field to win the 800m from last year's winner James Parker in a new meeting record of 1:51.6. Andrews followed closely in pacemaker Dave Goodyear's slipstream through the bell in just under 55 seconds, and once left in front refused to yield his position before leaving his challengers for dead in the final straight as he slashed nearly three seconds off his previous best.

It was the fore runner of a remarkable series of performance by the powerfully built Devon lad last summer, culminating in his European junior championship silver medal. Last year's winner James Parker could never get in a blow, but came through late to steal second place some seven metres down from Tom Payn, with Gavin Thompson, Brian Stopher and young Andrew Fulford all finishing within a second of Parker.

These six were well clear of the rest. Who were headed by the first U17 runner Tom De'Ath. The promising Windsor lad celebrated his 16th birthday by emulating Andrews in

taking nearly three seconds off his best with a fine time of 1:55.5.

Best of the U15s was Richard Dowse, whose long journey from Scunthorpe was rewarded with another fastest age group time so far this season of 2:04.4.

The 1500m was just as spectacular, with Andrew Ingle only just failing to make it a double for Devon in a thrilling finish with Hampshire's Angus Maclean, who also smashed the meeting record with a winning time of 3:50 flat.

Junior international star Chris Thompson led the rest home, with the next six all setting personal bests under four minutes – Tom Hopkins, Dafydd Clark, Ben Tickner, Lee Turner and Gareth Klepacz for the first time.

The boys 1500 actually produced the most remarkable results of all, with no less than 40 of the 53 competitors setting personal bests.

Vet the most exciting race of a magic balmy evening was undoubtedly the girls' 1500m, in which Bristol's young junior international Leanne Appleton played a major, if frustrating role.

The fastest runner in the field on paper, Appleton confidently tracked the pacemaker, but when left in front she had four of the country's budding youngster stars Cornwall's English Schools junior champion Zoe Jelbert, Millfield's own National U15 cross-country champion Courtney Bitch, and the brilliant little Bournemouth pair Charlotte Moore, the AAA U15 champion, and English Schools junior 3000m champion Louise Damen all queuing up behind her.

Jelbert, Moore and Birch stormed past Appleton round the final bend, with the tough little Cornish champion just prevailing in a tight finish in 4:33.8 from the outstanding U15 pair Moore and Birch, all three smashing their previous bests by three to four seconds.

Behind them Appleton's equally promising young Bristol clubmate Kate Reed timed her finish perfectly to carve nearly five seconds off her best and take 4th place in 4:35.8, with the luckless Appleton fading in the straight to finish a disappointed 9th in a race in which the first 11 broke 4:40 – Reed, Clare Hiscock, Helen Zenner, Vicky Rolfe, and Gemma Viney all for the first time.

If the 1500m saw the eclipse of the U20 challengers, they certainly showed their superiority in the 800m, which ended up in private duel between Royal Sutton's three musketeers Suzanne Hasler, Emily Hathaway and Helen Bebbington.

They finished within a second or so of each

other, with Hasler fastest in 2:13.3, and Lisa Cater, the pick of the U17's, shaving her best to 2:16.3 in 4th place.

Best of the U15's was Newport's Gemma Jones, whose namesake from Swansea Amanda won the second 1500m race. The young Welsh girl broke 2:20 for the first time in finishing a close third to Rebecca Bolton and Vicky Keal in the B race.

As in the 800m it was the U20's who showed the way in the 3000m, with the talented Nottinghamshire twins Jane and Juliet Potter once again underlining their precocious talent.

But they did not have things all their own way as they were tracked throughout by Charlotte Coffey, who continued the remarkable progress she made at the back end of the cross-country season after being sidelined all winter through injury.

She stuck doggedly to the heels of the National U17 champion Jane Potter and her twin sister Juliet and actually stole a five metre lead on them at the bell, but the two waif-like Notts girls swept past in the last 250m, with Jane Potter just edging out her sister in the best time by a junior at the time this year of 9:49.1.

It was more than half a minute faster than her previous best, while both her sister and Coffey carved nearly 20 seconds off their bests as all three broke ten minutes for the first time.

The race was combined with a special senior event, which resulted in a convincing if somewhat disappointing victory for Salford's Commonwealth Games runner Sarah Young from Jenny Brown and Michelle Wannell.

Behind her Brown broke 9:30 for the first time, while National Veterans cross-country champion Viv McConnell produced what was arguably the best performance of the evening by only just failing to break 10 minutes in setting a lifetime best of 10:01.6 at the tender age of 42!

In the men's race Martin Hula, the Inter-Counties 10,000 champion, made a brave bid to win from the front, but was eventually swallowed up after the bell by the blistering speed of Portsmouth's talented U23 international Michel East and Somerset champion Justin Swift-Smith.

East, who looked as if he could have run much quicker, ran that last in under 60 seconds to clip a second off his previous best with a winning time of 8:13.0, while Swift-Smith, who still intends concentrating on the 800m this summer, took nearly a minute off his previous best in a rare outing over the distance.

U17 pair David Farmer from Yeovil and Taunton's Robert Smyth both made breakthroughs by slashing their previous bests.



# BMC Young Athlete Training Days

by Frank Horwill

## LOOKING AHEAD.....

Since its foundation in 1963, the BMC has always had a place in its plans for educating and encouraging the very young middle-distance runner. The course at Ardingly College, Sussex, was the seventy-second training week-end for under age-20 athletes.

The Ron Pickering Memorial Fund provided a welcome grant of £500 which paid for most of the travelling expenses of the expert coaching staff which included Sean Kyle, James McIlroy, Tony Elder, Liam Cain, Roger Williams and Frank Horwill. A visiting lecturer was the SEAA event coach for steeplechase, Bob Chapman.

Forty-five male and female athletes were present. The course was geared to training for the track season and lectures included

training for the 5,000 metres down to the 800 metres, and the need to maintain strength training.

In all, there were six training sessions, which included the customary 30-minute run before breakfast.

Ardingly College is the ideal setting for a training week-end with all facilities on site, which included the track and wide expanse of grassland for fartlek sessions.

In early October 1999, the seventy-third course was held at Ogmore-by-Sea. There were some innovations: the noted Irish coach and sports psychologist, Brendan Hackett, and the national coach of Wales, Phil Banning, plus he highly regarded Rob Lock from Hampshire, joined the coaching staff.

Another outstanding newcomer was Peter

Thompson, the national endurance coach for Scotland, who also happens to be the BMC's national secretary. The fifty athletes attending were treated to the delights of sand-dune training at Merthyr Mawr, some 3.5 miles run from the Ogmore Trust Centre.

The highlights of this course were Peter interviewing the fast improving Emma Davies and Angus Maclean; and the inspiring lecture by Brendan which emphasized the need for athletes to nip negative thinking in the bud before it gained momentum.

This course was put on at near cost price for BMC members, many of whom were helped with travelling costs, this was possible due to a grant from the Foundation for Sports and the Arts. A splendid week-end of good lectures and combined training.

## FOCUS ON NEW MEMBERS

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

3269	Thomas Gunning U17		3309	Anne Buckley	Sen	3348	Stefan Parocki	
3270	Alison Hurford W35		3310	Michael Stead U20		3349	Rob Hughes U23	
3271	Tom Watson	Coach	3311	Darius Burrows	Gold	3350	Nick McCormick U20	
3272	Martin Palmer U23		3312	Christopher Bryan U23		3351	Catherine Bacon NZ	
3273	Christopher Andrews		3313	Viv Matthews	Coach	3352	Les Pittwood	
3274	John Creane		3314	Andrew Mallows U17		3353	Glen Comish	
3275	Michael Vogel	Coach	3315	John Campbell		3354	Helena Marsden	
3276	Lucy Vaughan		3316	David Campbell U17		3355	Samantha Singer U20	
3277	Rob Sergeant	Coach	3317	Tom Dover		3356	Sam Coombes U20	
3278	Susan Scott U17		3318	Karon Phillips	Assoc	3357	Suzanne Owen U23	
3279	Colin Hawkins U17		3319	Andrew Franklin U20		3358	Susan Partridge U20	
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3281	Jonathan Shillito U20		3321	Nicola Thompson		3360	Ross Miotti-Donaldson U20	
3282	Ben Jackson U23		3322	Peter Fisher U17		3361	Phillip Tedd	Gold
3283	R A Jackson	Assoc	3323	Charlotte Coffey U20		3362	Andrew Winnie	
3284	Tim Egerton U17		3324	Natalie Coveney U23		3363	Claire Wilson U15	
3285	Chris Mulvaney U20	Gold	3325	Richard King U20		3364	Diana Kennedy	
3286	Robin MacIntosh U15		3326	Sally Oldfield U17		3365	Simon Hall U20	
3287	Jane McCrorie U20		3327	Heather Gordon U17		3366	Michael Huxley	
3288	Patrick McGonagle	Coach	3328	Tim Davis U23		3367	Collette Fagan U20	
3289	Ruth Hoddy U20		3329	Jonathan Phillips U20		3368	Claire Harrod U23	
3291	Paul Whitelam U20		3330	Claire Taylor U17		3369	John Rogers	
3292	Daniel Borthwick U17		3331	James Daplyn U20		3370	Carl Emery	
3293	James Lawler	Sen	3332	Louis Randall U20		3371	Liz Canwell U23	
3294	Katie Skorupska U23	Gold	3333	Gareth Suffling U20		3372	Daryl Bloomfield U15	
3295	Leanne Appleton U20		3334	David Liston	Coach	3373	Sarah Beevers	
3296	Laura Cockfield U17		3335	John Howell U23		3374	Nick Green	
3297	Owain Matthews U20		3336	Nicola Tribe U23		3375	Kris Bowditch	Gold
3298	Des Haughey	Coach	3337	Terry O'Neil	Coach	3376	Wayne Smith U17	
3299	Claire Garwood U17		3338	Meredith Pannett U20		3377	Matthew Jones U17	
3300	Jonathan Simpson U20		3339	Stephen Holmes U20		3378	Barry Woodward U20	
3301	Derek Darnell	Coach	3340	Kelly Caffel U23	Gold	3379	Stephen Tompson U17	
3302	Roger Mallard U23		3341	Heidi Nicholls U23		3380	Katie Brennan U20	
3303	Robert Russell U20		3342	Becky Fender U17		3382	Jonathan Blackledge U17	
3304	Julie O'Mara		3343	Glenn Raggett U17		3383	Sonia O Sullivan IRE	Gold
3305	Alan Cross		3344	Paul Moores U15		3384	Gareth Balch U17	
3306	Kevin Worlock		3345	Tristan Vellam U23		3385	Christopher Bertenshaw	
3307	R F Griffin	Assoc	3346	David Lewis U17		3386	Tommy Dunsmuir	Coach
3308	Martin McVeigh	Assoc	3347	Not Allocated				



# Your letters

## Statement on Doping in Athletics

This year the sport of athletics has been blighted by constant news stories and discussions regarding the use of illegal drugs by all athletes, including British athletes. For various reasons there has been little or no guidance given to athletes or coaches so we feel that it is time that we make a clear statement on this issue.

We believe that there should be zero tolerance towards prohibited substances and practices. We fully support Paula Radcliffe's stand on the introduction of blood testing and will encourage all athletes to wear a red ribbon in competition to show their support for this additional form of testing.

We support the rules which state that the onus should be on the athlete to make sure that there is nothing illegal in his or her body. It is our view that the so-called loopholes within the testing system are in fact not there. Jim Ferstle's recent articles in *Athletics Weekly* indicate this to be true. The tests are as thorough as it is possible to be; if they were not then the test "failures" would be randomly distributed rather than focussed into small groups.

We see no problem with distinguishing what is illegal from what is not. Doping is defined as the "use of methods or taking of substances, which are usually various forms of drugs or medication, to unnaturally and artificially increase physical performance". Furthermore the prohibited substances and practices are clearly indicated by the National and International governing bodies of Athletics.

From next year we would encourage each athlete who wishes to compete to sign a disclaimer before competition. This disclaimer will state: "I have not taken any prohibited substance or any supplement that might contain prohibited substances. I understand that in the event of an adverse doping control finding in my blood or urine within 12 months of the date of the competition, I shall be responsible and, therefore, should be liable to disqualification. In this event, I agree to return any monies or goods won by me in this competition".

From 1st January 2000, we would urge all British athletes to make public the results of their drug tests conducted by the UK Sports Council or other testing body.

We believe that such action will permit athletes and coaches to make others aware that British athletes are totally opposed to prohibited substances and practices. Any athletes or coach thinking of cheating should think again of the serious consequences – for them, their family, club and country.

In conclusion, we urge the IOC, IAAF and

National Governing Bodies to allocate sufficient funds to support meaningful programmes of ethical doping education along with improved testing procedures. The development of valid, reliable, doping procedures should be directed at substances known to be in use by athletes, and also, proactively, anticipating those substances which might be used by coaches and athletes.

19th November 1999

Peter Coe, London  
Matthew Fraser Moat, London  
Glen Grant, Helsinki  
Frank Horwill, London  
Maurice Millington, Birmingham

## From Kim Lock

If I remember correctly I ran 4:14.8 for 1500m in a BMC Invitation race at Derby on 5th May 1984. The meeting was to celebrate the opening of the new track. I recall Frank Horwill paying me travel expenses because I broke 4:15.0.

The point of me telling you this is that if indeed the above-mentioned race was a BMC race, then I should be listed in your All-Time list that was in the latest volume of BMC News!!

But maybe I am mistaken, so would you investigate for? Sandra Arthurson was first, also running were Julie Laughton, Susan Tooby and Kirsty McDermott. Anyway, it would be nice to see my name on the list if deserve to be.

*Editor's note: Although not billed as a BMC race in Athletics Weekly at the time, we have added this race to the BMC all-time rankings.*

## From Peter Coe

Oh dear! What heavy going Mike Gratton makes when he takes nearly two pages to argue a clearly incorrect point; his belief that there is not any such thing as junk mileage.

To do this he quotes in great detail various sessions of interval and speed work which by definition are irrelevant to an argument concerned basically with the total training mileage. When he does mention steady running he omits an essential piece of relevant information: the pace at which this running was done.

This omission indicates that he is unaware of the two simple conditions that define junk mileage.

- For meaningful training any running must be specific to the desired end.
- Steady distance running must be performed at

least at 80-85% VO<sub>2</sub> max to obtain worthwhile muscle adaptation.

The detailed study by Bengt Saltin et al comparing Scandinavian runners with Kenyan runners contains a lot of very interesting information on this subject. (*Scand J Med Sci Sports* 1995:5: 209-221. Copyright Munksgaard, 1995).

In an item of particular interest the study reports that (once they commenced serious training) young Kenyans by regularly running quickly twice a day were able to keep the total mileage low.

At the peak of his career and prior to the final preparation period of his very intensive speed work in some years Seb Coe did touch 70 miles/wk for 3 or 4 weeks, but his annual total was always very much lower. The high quality of his multi-pace training enabled him to stay at the top for 13 years without the damaging wear and tear that has beset so many good runners.

My own scientist/guru, Prof. David E. Martin the noted exercise physiologist is also a long time distance coach and marathon authority (he has also run them) also supports this view.

## DONATIONS

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# 1999 Photospread



Solihull M800: Eddie King (168), Justin Swift-Smith (93) and Jess Strutzel USA (20)



At Ogmore (Young Athletes Course) - Peter Thompson leads the way



Wythenshawe M1500: Niall Bruton (88) and Adrian Passey (1)



Cardiff M1500: Andrew Graffin (110), Gareth Turnbull (104) and Ben Cheriuyot (103)



Scotstoun: Frank Horwill presents Justin Swift-Smith with the Men's Grand Prix cup



Scotstoun M800c: Malcolm Hassan (26) sets the fastest time by an U17 in 1999



Cardiff W800: Rachel Newcombe (64) wins from Vicky Sterne (65)





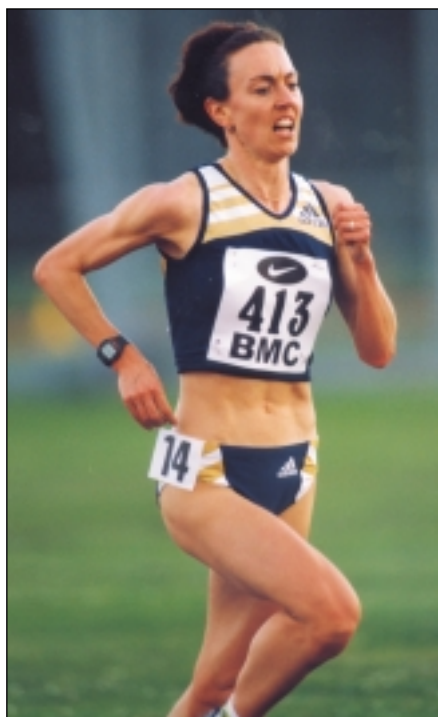
# 1999 Photospread



At Ogmore (Young Athletes Course) - Group photograph



The big dipper



Wythenshawe W5000: Angela Davies on the way to a BMC 5,000m record



Cardiff W3000: Sally Barsosio wins in the fastest time of the year



Scotstoun W800: Rachel Newcombe sets a new track record and becomes BMC Champion for 1999



Scotstoun M800: Justin Swift-Smith (3) becomes BMC Champion from David Gow (left) and Bradley Donkin (2)



Solihull M1500: Gabe Jennings USA (12) wins from Bryan Berryhill (1) and Niall Bruton (188)





# 1999 Photospread



Watford W5000: Birhan Dagne leads from Amy Waterlow and Jilly Ingman



Solihull M1500: David Kisang leads on the second lap



Ogmore: Frank Horwill



Ogmore: Angus Mclean



Cardiff M3000: Rob Whalley (245) and Christian Nicholson (233)



Scotstoun: Frank Horwill presents Grand Prix Winner Rachel Newcombe with a cheque for £1,000



Wythenshawe M3StC: Christian Stevenson on the way to the fastest time by a Briton in 1999. Behind him are Craig Wheeler and Stuart Stokes.



Wythenshawe M800: (l-r) Noel Edwards, Mark Sesay, Andy Hart, Colm McLean, Alastair Donaldson and Justin Swift Smith





# 1999 Photospread



Scotstoun W1500: Ann Griffiths leads Niamh Beirne (93), Hayley Haining (94) and Susan Scott (96)



At Ogmore (Young Athletes Course) - Looking down



Watford W800: Tanya Blake wins the women's 800m



Watford M5000: Glyn Tromans wins the 5,000m from Dave Taylor



At Ogmore (Young Athletes Course)



Right: At Solihull: General Action showing Nike banner



# How to improve without training harder

by Rod Dunn

Get a group of seasoned athletes together and the conversation will inevitably turn to 'that injury'. To hear some athletes talk, you'd think they could barely walk, let alone run, jump or throw. Yet athletes, whatever their age, are eternal optimists – always hoping that niggling injury will just go away. Ignoring it, they'll go on hammering away at the training and striving to produce that elusive PB. When they do grind to a halt they'll just get depressed – start moaning to anybody who'll listen, blaming it on their age or their last training session. But ignoring the problem won't cure it: even if you rest for a while, injuries rarely just go away of their own accord.

The human body can adapt to a certain amount of stress, which is why athletes usually improve when they train regularly. But too much training overloads the system, and the body breaks down. During and repetitive movement, whether it's running, throwing, swinging a bat or club or even using a keyboard, muscles are continually contracting and relaxing – so much so that at the end of a training session they end in a partially contracted or tense state. In this state, they're more prone to injury.

Getting injured is rather like falling off a cliff: by the time it starts to hurt it's far too late to stop it. The injury is already well advanced, and your soft tissue will have been coping near its limit of tolerance for months or even years. Suddenly it reaches that limit and you start to feel pain; this could be while you're training, but could just as easily occur at any other time. Leave an injury this long and it could take the rest of the season to heal.

If you treat injuries when the very first sign occur, you can reduce the amount of time your training is disrupted. But it makes even more sense, to avoid injury by having regular treatment. Prevention is, as they say, better than cure. An increasingly popular method is to have regular sports massage treatment. This improves the health and efficiency of the muscles by increasing their blood supply and lengthening the muscle fibres. Visiting a physiotherapist regularly is another option; you could be treated with good old ultrasound, or you could get wired up to some more high-tech machines; both aim to reduce inflammation by increasing the blood supply. Less commonly, you might get some hand's-on therapy, which can include stretching and joint manipulation combined with strengthening routines. Alternatively, have your joints manipulated by an osteopath or chiropractor, therapies that concentrate on the correct functioning and alignment of the skeletal system.

A note of caution here. The treatment of sports injuries is big business, so some therapists may

claim to be able to treat sports injuries but in fact have little experience of doing so. It's wise to check before coughing up your hard-earned cash. The relevance of any therapy to an athlete is heavily dependent on the experience of the therapist, and many are simply not routinely trained to treat sports injuries.

In addition, none of these therapies focus on one of the most important soft tissue systems in the body: the connective tissue. Known as fascia, this is normally a thin moist substance, which wraps around muscles, tendons and ligaments rather like a spider's web. It allows muscle fibres to slide over one another as they contract and relax. Overuse causes this layer to thicken and harden and become glue like. This prevents the muscles from moving easily, resulting in restricted motion and pain.

If you injure a muscle, the connective tissue is usually where the injury shows up first. So keeping the connective tissue healthy helps keep the muscles injury-free. But just resting won't cure injury problems; they'll in wait until you start training again. Frequent stretching and icing routines may help, but they won't completely solve the problem.

Help is at hand however. An experienced physical therapist will be able to evaluate the state of your muscles just by feeling them with their hands, you can then answer such vital questions as: 'How long will it take to get back?' and 'Can I run this afternoon or should I wait a week?'. Using hands-on techniques to manipulate the connective tissue, the experienced therapist can successfully treat most soft tissue injuries, giving rapid relief from pain and allowing you to get

back to training very quickly.

Like sports massage and other therapies, this manipulation lengthens shortened muscles and stimulates the blood and lymphatic systems to get rid of the waste material produced exercise. Unlike other therapies though, it not only successfully treats your injuries but also 'frees' individual muscle fibres. Thus allowing them to work more efficiently. This increases their range of motion, which in turn improves performance – so you can train harder, run faster, and jump or throw further.

The technique is so effective at keeping muscles healthy, as well as aiding recovery from hard training sessions and preparing for the next, that it's been touted as the next best thing to taking steroids! Well, steroids enable you to train harder and to recover quicker, which is exactly what regular treatment can do for you – and it's legal! Take a look at any athlete who has undergone regular treatment: not only will you see improved muscle definition (sprinters and body builders take note), but they will have trained harder, broken down less and had a much better season than those who have not had regular treatment.

If you want to get your best season underway don't rely on your natural optimism, book yourself some regular visits to an experienced physical therapist and keep those niggling injuries at bay.

*Rod Dunn PhD is a full-time physical therapist and veteran middle-distance athlete who also coaches Peterborough Athletic Club Vets team. You can contact him at 01733-321185 or 0958-943-183.*



Solihull W1500: Angela Newport (122) leads from Maxine Baxer (217) and Natalie Harvey (322)





# In my opinion

by *Brendon Byrne*

## British 10,000 metre Running

Perhaps I may be allowed to add my contribution to the distance running debate?

One of my most vivid and treasured memories in athletics was watching the great Australian, Ron Clarke at the White City. In front of a 16,000 crowd he became the first man to beat 13minutes for 3 miles with a time of 12mins 52.4 secs on 10th July 1965. The point is that it set new standards in distance running for British runners to aim at. Remember in the now dim and distant days of the White City his record was set on a cinder track. Clarke was followed home by the American Gerry Lingren who was reportedly running two hundred miles a week. The best of the British runners trailed in their wake.

Lest anyone is mystified by this throwback to an old event, that represents sub 65 seconds for each lap. Ron Clarke went on to beat the world 10,000m record in Oslo four days later with a time of 27mins 39.4 secs. In that record breaking year he also set a 5,000m record of 13mins 25.8 secs. British runners set about responding to the challenge.

A look at the current 10,000m all time list makes interesting reading (Table 1 produced by Ian Smith in 'Track Stats' Jan 1998, with the permission of the editor). One thing that has been established is that performances are there to be beaten. Another thing now is that the top end of world class 10,000m running is now sub 27minutes. As the table shows six athletes have broken that barrier. You have incidentally to feel sorry for Paul Koech - he has run sub 27 minutes three times and still not won the race!

Haile Gebrselassie's astonishing run in Hengelo (a fair description I think), represents an average of under 63.5 secs for each of the 25 laps. And who is to say that the record breaking is going to stop? On a related issue, Paul Tergat, the ex world record holder for the event has now won the World Cross Country title four times in a row, the implications of a fast 10,000m for cross country running are obvious.

How do British athletes compare? Table 2 shows the top British performances of all time. Jon Brown recently set the new British record of 27mins 18.14secs in Brussels at the end of August 1998. Eamonn Martin set the old record in Oslo in 1988. Brendan Foster is 3rd on the all time list with 27m30.3 secs set at Crystal Palace in 1978. Of the top 17 performances by British athletes only four have been set in the 1990's. Incidentally success has been hard to come in the Olympics in this event with just a silver to Mick McLeod in 1984 and only a bronze medal before the war. In fact the all time list reads, not

surprisingly, reads like a who's who of British distance running in the 1970's and 1980's.

There is clearly a gap between world and British standards - a significant gap in the country which has such a tradition and love of distant running. There may well have been a record number of finishers in this year's London marathon, but the wider the base in this case does not necessarily mean a higher peak. To rub salt in the wound further the 1997 British Athletics Annual describing the 1996 performances says "The 10th best place of 29m8.66 secs is the worst since 1965. The only other years above 29 minutes were 1985 and 1995". The 1998 annual describing the 1997 performances adds "Repeat that this year as 10th was 29min 17.65 secs, easily the worst". Following on from this is the fact that 50th place on the list is outside 31minutes.

Having looked at the statistical evidence lets look at some of the reasons for this state of affairs and what could be done about it.

Writing in the Autumn 1997 issue of the BMC News Wilf Paish described talent in athletics as 'cyclical'. In the same way that we currently have an excellent bunch of 400m runners and world record holders in the triple jump in the shape of Jonathan Edwards and Aisha Hansen we currently don't have 10,000m runners of the same calibre at present. But perhaps Britain's turn will come again. Fair enough.

Another problem could be to do with the racing programmes of our current top distance runners. Respected international runner Chris

Robison writing in AW on 18th February 1998 comments, that some athletes racing programmes are determined by financial motives rather than the best preparation for a major championship. He quotes Keith Cullen's racing programme as a case in point. Robison has also observed that "Many Britons race well in November and December and continue to compete in January. Then we wonder why their performances take a severe drop in late March at the major championships" Perhaps the old adage applies that you can't eat medals?

Related to this area it is not so surprising that two of our best 10,000m runners of recent years Paul Evans and Richard Nerurkar have moved up to the marathon and have taken part in a number of the big city events that pay so well. This is of course understandable.

Another look at the all time list shows that a great number of the very best times have been achieved in the major Grand Prix meetings such as those held in Brussels and Oslo (witness Brown's recent British record). Few are set in major championships. For British athletes there is a chicken and the egg type of argument. You can't get to the big Grand Prix meetings until you run a good time. So how do you get to run a good time? The problem is that there is a lack of opportunity to get a really decent 10,000m race in Britain that is geared towards a fast time. For example, in 1996 22 of the fastest top 50 performances were set in the Olympics trial race in Birmingham. In 1997 17 of the top performances were set in Sheffield. Clearly then the opportunities for domestic fast 10,000m

Table 1

### British athletes who are listed in the top 200 performances over 10,000 of all time.

27:18.14	Jonathan Brown	Brussels	28.8.98
27:23.06	Eamonn Martin	Oslo	2.7.88
27:30.3	Brendan Foster	London CP	23.6.78
27:30.8	David Bedford	London CP	13.7.73
27:31.19	Nick Rose	Oslo	9.7.83
27:34.58	Julian Goater	Oslo	26.6.82
27:36.27	David Black	Prague	29.8.78
27:39.14	Steve Jones	Oslo	9.7.83
27:39.76	Mick McLeod	Brussels	4.9.79
27:40.03	Richard Nerurkar	Oslo	10.7.93
27:43.03	Ian Stewart	London	9.9.97
27:43.59	Tony Simmons	Helsinki	30.6.77
27:43.74	Bernie Ford	London	9.9.77
27:43.76	Geoff Smith	Dresden	13.6.81

Brendon Byrne September 26th 1999





# In my opinion

aces are limited. In this respect the BA Endurance Initiative Grand Prix organised by Mike Down is to be applauded.

Yet another problem about major championship events, especially the Olympics, is that they have been held in hot humid conditions in Seoul, Tokyo, Barcelona and Atlanta, Seville etc.

Paul Evans was rather unimpressed with the conditions for distance runners in Atlanta in 1996. Incidentally, Britain's only Olympic medal in the event since the war (and there weren't many before the war either), was the silver which was eventually awarded to Mick McLeod in Los Angeles in 1984.

One way of improving performances may well be for the national association to sponsor a group of elite athletes so that they concentrate on major championships rather than them going their own way and choosing their own racing programmes. However good this idea may be it is likely to come to nothing in the present financial climate within the sport. The sponsorship idea has been tried with considerable success by the Italians with the likes of Alberto Cova (winner of the 1984 Olympic event referred to earlier), Salvatore Antibo to mention just a few. The Spanish success by the likes of Martin Fiz and Abel Anton has been done in a similar way.

Another idea which has also been suggested is the training camp for elite athletes for several weeks. It isn't a particularly British idea but it is used in Kenya. The fierce training undertaken at camps such as Embu on the slopes of Mount Kenya before the world cross country championships is legendary. It is said that senior athletes may well run up to 130 miles a week but in addition 30% of that distance would probably be run at a speed comparable to competition pace. The Moroccans also do something similar in the Atlas Mountains - this may help to explain some of their success. This also ties in with the idea to emphasise the national need rather than just the individual athletes racing plan.

Another idea that has been discussed that would be expensive, is a more scientific approach. This includes a whole package involving physiological assessment, the expert treatment of injuries, altitude training, heat acclimatisation, recovery training etc.

It may be that we also need to look at training. One international distance runner of my acquaintance insists that the only way to success is to run 100 miles a week. You can't be an international cross runner without it he maintains. The scientific information available in recent years indicates that this is not the case. A conversation amongst runners will often include the

Table 2

## World All Time Best Performances 10,000m

Compiled by Ian Smith published in Track Stats Jan 1998-06-01

26:22.75	Haile Gebrselassie (Ethiopia)	Hengelo	1.6.98
26:27.85	Paul Tergat (Kenya)	Brussels	22.8.97
26:31.32	Gebrselassie	Oslo	4.7.97
26:36.26	Paul Koech (Kenya)	Brussels	22.8.97
26:38.08	Salah Hissou (Morocco)	Brussels	23.8.96
26:43.53	Gebrselassie	Hengelo	5.6.95
26:52.23	Willia:Sigei (Kenya)	Oslo	22.7.94
26:54.41	Tergat	Brussels	23.8.96
26:56.78	Koech	Brussels	23.8.96
26:58.28	Yobes Ondieki (Kenya)	Oslo	10.7.93
27:06.44	Werku Bikila (Ethiopia)	Brussels	25.8.95
27:08.69	Ismail Kirui (Kenya)	Brussels	25.8.95
27:07.34	Gebrselassie	Atlanta	29.7.96
27:07.91	Richard Chelimo (Kenya)	Stockhol:	5.7.93
27:08.17	Tergat	Atlanta	29.7.96
27:08.23	Arturo Barrios (Mexico)	Berlin	18.8.89

question "How many miles a week are you running?" Less often I suspect will you hear a runner ask another "How much of your training are you doing at 3,000m or 5000m race pace?" It is an interesting thought that an athlete of the quality of Haile Gebreselassie even raced over 800m in Germany a while ago. He has a pb of less than 1min 50sec.

There is no doubt that since the 1970's the sport has changed, and I don't just mean that it has gone professional legally. It has opened up so that almost every country has distance runners so it is only to be expected that other countries should come into prominence. It was only a few years ago that Ecuador finished ahead on Britain in the Junior Womens Championship at the world cross country event for example. Who would have thought that countries such as Namibia and Burundi would have world class runners? But all this doesn't explain why British standards have declined, (sorry, but this is an indisputable fact), or why Kenya has won the International cross Country for thirteen consecutive years or even for that matter why there are, as yet, no world class Chinese male distance runners. These are of course contentious issues.

There are of course other complicated issues that may be regarded as important in more general terms. Athletics as sport has to compete with sports such as football and tennis for example; both of which are aggressive in their advertising and recruitment.

Yet another issue is that we have a culture that doesn't place as much emphasis on exercise as it used to.

Children will get driven to school rather than walk or cycle. Many will watch TV and play video games etc, all of which militates against recruitment to athletics in the first place. (This does not of course apply to the readers of *BMC News*)

Perhaps we have poor coaching. This may be so but it is doubtful. What is certain is that we have more scientific knowledge of what contributes to a good long distance performance than ever before in history, but whether we make the best use of it is open to question.

To quote Glen Grant, the chairman of the BMC, writing in the Autumn 1997 issue of the *BMC News*: "The truth is at the moment we have lost the upper hand because we are not training as cleverly as others".

By the way, expert opinion does not indicate that the Kenyans have a superior set of genes that enable them to run better. It has been suggested that things could be improved if Kenyans could be kept out of certain races in the USA and in Britain. Again this last point is a contentious one.

So there you have it. There is clearly a considerable difference between British and world standards in the 25 lap event. What has been suggested here are some of the possible reasons for the differences and some possible ways forward.



# Achieving success

by *Brendan Hackett*

I was asked an interesting question at a recent BMC training weekend: How important is talent in achieving success? It is a difficult question to answer immediately. There are two parts to the question that need to be clarified before giving a satisfactory answer. Talent, to most people means innate physical attributes. At least these are tangible. We can highlight the physical attributes that are essential in athletic performance. Success on the other hand is not so easily defined. For the purpose of this article, success is defined as being the best that you can be. Success is maximising your potential and performing to the best of your ability.

Although physical attributes will ultimately limit at what level an athlete performs, I believe that only a small percentage of people perform at a level of excellence that truly reflects their potential. Failure to reach potential has more to do with mental factors than physical limitations. Most humans possess the potential to perform at a level way above that which they think they can. Physical attributes in particular can be developed to a standard far above the norm. Consider how many athletes had the same potential as Seb Coe, Steve Ovett, Paula Radcliffe or Kelly Holmes when they were at school. I asked Br Colm O Connell a similar question earlier this year at St Patrick's High School in Kenya. He remembers students who had more potential and ability than many of his pupils who went on to achieve tremendous

success in athletics. He has seen many students who have similar physical attributes to Wilson Kipketer or Peter Rono. But clearly it takes more than talent to fulfil potential and be successful.

In the research that I have done profiling success I believe that those who achieve a high degree of success or excellence have a desire to achieve that outweighs any limitations they may have. Their desire is so intense that they don't see obstacles as insurmountable. They believe that they can achieve their goals. Their drive is so strong that they are prepared to do whatever is necessary to succeed. Even though there are genetic differences between athletes I think it is the ability to adapt to environmental conditions that has a greater bearing on the attainment of success. We are discovering more and more that many characteristics or talents once believed to be innate are the result of intense practice, extended for a minimum of ten years.

It can be shown that many of the athletes regarded as successful, developed their physical abilities over a long period of time. Most of this development takes the form of systematic training and it usually starts in childhood. The table below shows a two week training block from Seb Coe's diary in the build up to the English Schools Championships in 1973 and the two weeks of training undertaken by Paula Radcliffe prior to winning the World Junior Cross Country Championship in 1992.

Individual differences, even among elite athletes are often due to differences in training (both the amount and type) rather than innate physical qualities. Here is something to ponder. How often do we hear about the innate advantages the Kenyans have for middle distance running? An examination of the top three 800m and 1500m performances by British athletes shows that they compare very favourably with the best in the world. A comparison between Britain's best middle distance men and Kenya's three best suggests that there is nothing in their genes that give them a superior advantage. When you consider that the British athletes spent most of their time at home it shows that excellence can be achieved in all types of conditions.

Clearly athletes in Britain have the physical potential to match middle distance athletes from any country in the world. It appears that focusing on the physical attributes of athletes from other countries and their supposed advantageous environment is deflecting from the real reasons for athletic success.

Success stems from a strong desire to succeed. This desire is accompanied by a strong belief that success will be achieved. This type of thinking powers successful athletes to train at a level that unlocks their potential and it also sustains them through the many years it takes to reach sporting excellence.

I think this intense desire is the key to being successful. It is important to acknowledge that this intense desire can also be harmful. The very quality that is essential to success can be responsible for the failure of some athletes to reach their potential. Intense desire can become obsession and lead to harmful practices such as over-training or eating disorders. Good coaching and support from significant others is vital to an athlete reaching for success.

Another interesting thought: many successful athletes came through a tough upbringing on their road to success. Adapting to the conditions of their environment such as economic hardship, harsh climate, political unrest or family upheaval is a characteristic of many successful people. This doesn't mean that your upbringing has to be tough to be successful but sometimes the character - building that accompanies such a lifestyle can be turned to your advantage.

Successful people cite mental toughness or mental fitness as the essential ingredient in their success. Mental fitness can be described as the state of mind that helps a person perform to the best of his or her ability. In my opinion few people unlock their true potential because the mental qualities that are needed to

	Seb Coe	Paula Radcliffe
Day 1	3k warm up, 10x100m + 6x200m + 2x300m + 1 x 400m	English Schools Cross Country (1st)
Day 2	10k on grass	75min easy run
Day 3	7x800m on road average 2.15	5x1000m (1.15) average 3.04
Day 4	1x300 + 2x200 + 4x100	9mile steady 6min mile pace
Day 5	4x400 average 57 secs	5mile easy
Day 6	Rest	VO <sub>2</sub> Max test on treadmill
Day 7	a.m 10k on grass p.m 5x200	9mile steady
Day 8	20x200 (45secs rec)	1x400 + 6x600
Day 9	a.m 4k fast + 4x800 + 1x400 p.m 6x800	7x1mile on cross country course
Day 10	a.m 30x100m up 10degree hill p.m 1000m + 400 +300 +4x200	Rest
Day 11	a.m 10k on road p.m 2x400 +2x200	6mile steady
Day 12	a.m 8k p.m 15x200	10x400 (200) average 70secs
Day 13	a.m Rest	Rest
Day 14	English Schools 3000m (1st)	Rest
Day 15		World Junior C.C (1st)



# Achieving Success

## BRITAIN

### 800m

Sebastian Coe	1.41.73
Steve Cram	1.42.88
Peter Elliot	1.42.97

### 1500m

Steve Cram	3.29.67
Sebastian Coe	3.29.77
Steve Ovett	3.30.77

Britain women have equally impressive world class performances at 800m and 1500m

### 800m

Kelly Holmes	1.56.21
Kirsty Wade	1.57.24
Diane Modahl	1.58.64

## KENYA

Wilson Kipketer	1.41.11
Sammy Koskei	1.42.28
Patrick Ndururi	1.42.64

Noah Ngeny	3.28.73
Daniel Komen	3.29.46
Laban Rotich	3.29.91

### 1500m

Kelly Holmes	3.58.07
Christina Cahill	4.00.57
Kirsty Wade	4.00.73

compliment their physical qualities are not well developed. What are these mental qualities? There are many words and terms used to describe them but for ease of understanding they can be encompassed into four main components; commitment, confidence, control and concentration.

Commitment is the effort and energy that goes into turning a dream or goal into reality.

Confidence is the belief that you have the abilities or resources to meet the demands of situations you are likely to face. It is also the belief that you can acquire the competencies necessary to reach your goals.

Control is taking charge of your mental processes such as thoughts and feelings to create an internal environment that is conducive to performing well.

Concentration is the ability to direct your attention to relevant cues and maintain your attention for the appropriate amount of time.

These components are not static traits. They can be modified, developed, and improved just like physical attributes. Successful athletes developed their mental fitness to a level that contributed to their success often without realising it. Sport psychology has done much to highlight the process by which mental fitness is developed. Exercise physiology has contributed a great deal to our understanding of physical development and training but it is only useful when the information is translated into effective practice. The same needs to be said of sport psychology. Coaches, parents and teachers can play an important part in helping an athlete to develop his or her mental fitness

The deliberate means by which mental fitness is developed is referred to as mental training. Mental training consists of using a combination of methods, strategies and interventions on a consistent basis to improve, modify and enhance one or more of the components of mental fitness. Some of the most common methods used by athletes and coaches to enhance mental fitness include; goal-setting, competition planning, relaxation and imagery.

You can find information on any of these techniques through courses and books. It is important, however to realise that without an intense desire to succeed this or any other type of work will not compensate. Athletes need to examine what holds them back from doing the hard work that is necessary to maximise their potential. In many cases it is fear. These fears range from fear of failure, rejection, loss of image to fear of the sacrifices that go with hard work. Most people prefer to stay in a comfort zone rather than taking a risk. That is why so few people are really successful. I contend that maximising your potential, whatever that may be, has more to do with mental toughness than natural talent.

*Brendan Hackett is a sports consultant who works with sportspeople and coaches at all levels of sport, helping them to maximise their potential. He is also a B.M.C. coach. He currently coaches Irish senior internationals James Nolan (800m) and Noel Cullen (C.C) as well as U-23, 1500m runner Maria Lynch. He is author of the book Success from Within which is available from B.M.C. treasurer Pat Fitzgerald. (Price £12 incl p&p)*

## British Milers' Club Junior Records (as at 1st November 1999)

### BMC Junior Members' Record

*by a paid-up BMC junior member  
in a BMC race*

#### Junior Men

M800	1:47.69 Simon Lees 1998
M1000	2:23.4 Justin Swift-Smith 1993
M1500	3:42.2 Paul Wynn 1983
M Mile	3:59.4 Steven Ovett 1974
M3000	no mark under 8:05.0
M5000	14:07.29 Chris Thompson 1999

### "BMC Junior Record"

*by any junior  
in a BMC race*

1:47.69 Simon Lees 1998
2:23.4 Justin Swift-Smith 1993
3:42.2 Paul Wynn 1983
3:59.4 Steven Ovett 1974
7:53.40 * Mizan Mehare U20 ETH 1998
13:28.6 * Mizan Mehare U20 ETH 1998

### BMC Junior Club Record

*by a paid-up BMC junior member  
in any race world-wide*

1:45.77 Steve Ovett 1974
2:20.0 Steve Ovett 1973
3:40.90 David Robertson 1992
3:59.4 Steven Ovett 1974
no mark under 8:05.0
no mark under 14:00

#### Junior Women

W800	2:06.5 Rachel Hughes 1982
W1000	no mark under 2:50.0
W1500	4:20.0 Bev Hartigan 1986
W3000	9:25.95 Amber Gascoigne 1998
W5000	no mark under 16:30.0

2:04.6 * Janet Lawrence 1977
no mark under 2:50.0
4:16.4 * Julie Holland 1984 4:
9:25.95 Amber Gascoigne 1998
16:30.38 * Louise Kelly 1998

\* denotes non-member



# BMC NIKE Grand Prix Standings 1999

compiled by Matthew Fraser Moat

1 Rachel Newcombe	140	[36 - 34 - 35 - 34 - 35]	86 Cor Datema HOL	32	[12 - 0 - 0 - 20 - 0]	169 Alison Potts	17	[0 - 0 - 0 - 0 - 17]
2 Justin Swift-Smith	135	[33 - 10 - 29 - 37 - 36]	86 Michael East U23	32	[32 - 0 - 0 - 0 - 0]	169 Kate Reed U17	17	[0 - 0 - 0 - 17 - 0]
3 Gareth Turnbull IRE U23	130	[33 - 30 - 0 - 34 - 33]	86 Grant Graham	32	[0 - 0 - 0 - 0 - 32]	169 * Cormack Smith IRE	17	[0 - 17 - 0 - 0 - 0]
4 Andrew Graffin U23	120	[11 - 35 - 20 - 29 - 36]	86 * Shane Healy IRE	32	[29 - 0 - 3 - 0 - 0]	174 Dominic Hall	16	[0 - 0 - 0 - 16 - 0]
5 Victoria Sterne	113	[29 - 30 - 22 - 32 - 0]	86 * David Kisang KEN	32	[0 - 0 - 32 - 0 - 0]	174 * Zoe Jelbert U17	16	[0 - 0 - 0 - 16 - 0]
6 Maria Lynch IRE U23	109	[23 - 0 - 31 - 29 - 26]	86 Helen Pattinson	32	[32 - 0 - 0 - 0 - 0]	174 Dave Reader	16	[6 - 0 - 4 - 0 - 6]
6 Neil Speaight U23	109	[24 - 23 - 0 - 33 - 29]	86 * Jennifer Ward U23	32	[32 - 0 - 0 - 0 - 0]	174 Catherine Riley U20	16	[16 - 0 - 0 - 0 - 0]
8 Noel Edwards	104	[25 - 31 - 32 - 0 - 16]	86 Rob Whalley	32	[5 - 27 - 0 - 0 - 0]	174 * Carolyn Smith U23	16	[16 - 0 - 0 - 0 - 0]
9 Stephen Sharp	102	[21 - 25 - 25 - 26 - 26]	86 Matthew Yates	32	[0 - 32 - 0 - 0 - 0]	179 Rod Finch	15	[0 - 15 - 0 - 0 - 0]
10 Bradley Donkin	99	[32 - 35 - 0 - 0 - 32]	86 * Yacin Yusuf U23	32	[10 - 0 - 0 - 22 - 0]	179 Peter Hackley	15	[7 - 8 - 0 - 0 - 0]
11 Lucy Doughty	97	[20 - 28 - 23 - 26 - 0]	96 Chris Bolt U20	31	[17 - 14 - 0 - 0 - 0]	179 * Leah Harris U20	15	[0 - 0 - 0 - 15 - 0]
12 Eddie King	92	[26 - 32 - 34 - 0 - 0]	96 Alice Butler	31	[5 - 0 - 0 - 0 - 26]	179 * Malcolm Hassan U17	15	[0 - 0 - 0 - 0 - 15]
12 Thomas Mayo U23	92	[23 - 18 - 27 - 24 - 0]	96 Matthew Dixon U23	31	[0 - 31 - 0 - 0 - 0]	179 Ivan Hollingsworth	15	[0 - 0 - 2 - 0 - 13]
14 Maria Sharp	91	[21 - 26 - 22 - 22 - 18]	96 Claire Entwistle	31	[0 - 0 - 19 - 12 - 0]	179 * Danielle Keir	15	[0 - 0 - 0 - 0 - 15]
15 Alexandra Carter U20	89	[27 - 0 - 31 - 0 - 31]	96 * Adam Passey	31	[31 - 0 - 0 - 0 - 0]	179 Simon Lees U23	15	[0 - 0 - 0 - 15 - 0]
16 Emily Hathaway U23	87	[13 - 16 - 16 - 28 - 27]	101 Kelly Caffel U23	30	[30 - 0 - 0 - 0 - 0]	179 * Karen Montador U23	15	[0 - 0 - 0 - 0 - 15]
17 Allen Graffin U23	86	[8 - 31 - 6 - 30 - 17]	101 * Ana English IRE	30	[30 - 0 - 0 - 0 - 0]	179 Helen Zenner U20	15	[0 - 8 - 7 - 0 - 0]
18 Sally Evans	85	[0 - 27 - 28 - 30 - 0]	101 Philip Mowbray	30	[0 - 0 - 0 - 0 - 30]	188 Leanne Appleton U20	14	[0 - 0 - 0 - 14 - 0]
19 * Maxine Baker	82	[22 - 31 - 29 - 0 - 0]	101 Jessica Nugent U17	30	[0 - 18 - 12 - 0 - 0]	188 Simon Burton U23	14	[1 - 13 - 0 - 0 - 0]
19 Susan Scott U23	82	[23 - 0 - 28 - 0 - 31]	105 Faith Aston	29	[19 - 0 - 10 - 0 - 0]	188 Stephen Green	14	[14 - 0 - 0 - 0 - 0]
21 Richard Ashe	81	[0 - 24 - 31 - 26 - 0]	105 * Anders Christiansen USA	29	[0 - 0 - 29 - 0 - 0]	188 * Helen Parsons U23	14	[0 - 14 - 0 - 0 - 0]
21 Matthew Shone	81	[29 - 0 - 0 - 30 - 22]	105 Sam Illidge U23	29	[24 - 5 - 0 - 0 - 0]	188 * Caroline Swinbank	14	[0 - 14 - 0 - 0 - 0]
23 Maura Prendeville IRE	78	[18 - 0 - 33 - 27 - 0]	105 Sharon Morris	29	[0 - 29 - 0 - 0 - 0]	193 Robert Berry	13	[5 - 8 - 0 - 0 - 0]
24 Alasdair Donaldson U23	76	[30 - 34 - 0 - 12 - 0]	105 Stuart Overthrow	29	[3 - 6 - 0 - 20 - 0]	193 Marcus Bridges	13	[6 - 7 - 0 - 0 - 0]
25 Dean Clark	75	[0 - 0 - 15 - 32 - 28]	105 * John Stewart U20	29	[15 - 0 - 14 - 0 - 0]	193 * Francis McCaffrey	13	[6 - 7 - 0 - 0 - 0]
26 Jason Dupuy	74	[0 - 0 - 24 - 25 - 25]	111 Nicholas Andrews U20	28	[0 - 28 - 0 - 0 - 0]	193 Karen McPherson	13	[13 - 0 - 0 - 0 - 0]
27 Angela Newport	71	[0 - 0 - 35 - 0 - 36]	111 Patrick Davoren IRE	28	[0 - 28 - 0 - 0 - 0]	193 Charlotte Moore U15	13	[0 - 0 - 0 - 13 - 0]
28 Niall Bruton IRE	70	[36 - 0 - 34 - 0 - 0]	111 Jenny Harnett	28	[0 - 15 - 13 - 0 - 0]	193 Heidi Nicholls U23	13	[6 - 7 - 0 - 0 - 0]
29 * Niamh Beirne IRE	69	[34 - 0 - 0 - 0 - 35]	111 Christian Nicholson	28	[0 - 0 - 0 - 0 - 28]	193 Hayley Parkinson	13	[0 - 0 - 0 - 0 - 13]
29 Paul Fisher U23	69	[19 - 25 - 25 - 0 - 0]	111 David Stanley U23	28	[0 - 6 - 0 - 22 - 0]	193 * Stuart Raymond	13	[0 - 0 - 13 - 0 - 0]
31 * Emma Davies U23	66	[34 - 32 - 0 - 0 - 0]	111 * Jay Thomas AUS	28	[0 - 28 - 0 - 0 - 0]	193 Phillip Tedd	13	[13 - 0 - 0 - 0 - 0]
31 Andrew Knight	66	[0 - 21 - 17 - 28 - 0]	117 * Jason Lobo	27	[27 - 0 - 0 - 0 - 0]	193 Steve Turvill	13	[0 - 7 - 6 - 0 - 0]
31 Jonathan McCallum	66	[25 - 19 - 22 - 0 - 0]	117 * Michael Skinner U23	27	[5 - 9 - 13 - 0 - 0]	193 * T Watanabe JAP	13	[0 - 0 - 0 - 0 - 13]
34 * Karim Bouchamia ALG U23	64	[0 - 8 - 0 - 25 - 31]	119 Terry Feasey U23	26	[0 - 6 - 6 - 14 - 0]	193 Robert Whittle U20	13	[0 - 6 - 3 - 4 - 0]
34 Robin Hooton	64	[18 - 0 - 22 - 0 - 24]	119 * Deirdre Fleming IRE	26	[0 - 26 - 0 - 0 - 0]	205 Kelly Brownhill U20	12	[12 - 0 - 0 - 0 - 0]
36 Paul Morby U23	62	[9 - 18 - 12 - 23 - 0]	119 Paula Fryer	26	[26 - 0 - 0 - 0 - 0]	205 Ryan Davoile U23	12	[0 - 0 - 0 - 12 - 0]
37 Victoria Rolfe U20	61	[0 - 20 - 19 - 22 - 0]	119 * Jane Groves U23	26	[0 - 0 - 26 - 0 - 0]	205 Lisa Dobriskey U17	12	[0 - 12 - 0 - 0 - 0]
38 Steve Neill	60	[18 - 13 - 10 - 19 - 0]	119 Beverley Hartigan	26	[26 - 0 - 0 - 0 - 0]	205 Craig Houston U20	12	[0 - 0 - 0 - 0 - 12]
38 * Geraldine Nolan IRE	60	[0 - 0 - 29 - 31 - 0]	119 Jillian Jones	26	[0 - 0 - 26 - 0 - 0]	205 Deborah Howard W40	12	[3 - 5 - 4 - 0 - 0]
40 David Gow U23	59	[17 - 0 - 9 - 0 - 33]	119 Michael Harris	26	[6 - 0 - 0 - 20 - 0]	205 Bradley Yewer U23	12	[1 - 5 - 3 - 3 - 0]
41 * Phil Maiyo KEN	56	[0 - 0 - 27 - 29 - 0]	119 James Parker U23	26	[8 - 13 - 5 - 0 - 0]	211 Vicki Andrews	11	[11 - 0 - 0 - 0 - 0]
42 * Benjamin Cheriuyot KEN	55	[0 - 9 - 15 - 31 - 0]	127 Sheila Fairweather U23	25	[0 - 0 - 0 - 0 - 25]	211 Clayton Bannon U23	11	[6 - 5 - 0 - 0 - 0]
42 * Colm McLean U20	55	[31 - 0 - 24 - 0 - 0]	127 * Rebecca Lyne U20	25	[25 - 0 - 0 - 0 - 0]	211 Lisa Cater U17	11	[0 - 11 - 0 - 0 - 0]
44 Grant Cuddy U23	54	[23 - 0 - 31 - 0 - 0]	127 * Mary McClung	25	[0 - 0 - 0 - 0 - 25]	211 Nick Davy	11	[0 - 6 - 5 - 0 - 0]
45 James Mayo	53	[26 - 0 - 0 - 0 - 27]	127 Sarah Simmons	25	[0 - 25 - 0 - 0 - 0]	211 Ross Fittall U23	11	[0 - 7 - 4 - 0 - 0]
46 James Thie U23	52	[0 - 18 - 18 - 16 - 0]	127 * Andrea Whitcombe	25	[0 - 0 - 25 - 0 - 0]	211 Ian Grime	11	[0 - 0 - 11 - 0 - 0]
47 Sarah Bull	51	[0 - 0 - 27 - 24 - 0]	132 Karen Johns U20	24	[0 - 0 - 24 - 0 - 0]	211 * Ben Hukins	11	[0 - 0 - 0 - 0 - 11]
48 Catherine Dugdale	50	[8 - 14 - 14 - 0 - 14]	132 * Jill Lando U15	24	[0 - 0 - 0 - 0 - 24]	211 Martin Kearns	11	[4 - 0 - 2 - 5 - 0]
49 Glen Stewart	49	[0 - 0 - 30 - 0 - 19]	132 Iain Murdoch U20	24	[0 - 0 - 0 - 0 - 24]	211 Kojo Kyereme	11	[0 - 7 - 4 - 0 - 0]
50 Joanna Ross U20	48	[28 - 0 - 20 - 0 - 0]	135 Tina Brown	23	[5 - 16 - 2 - 0 - 0]	211 * Gary Murray IRE	11	[4 - 7 - 0 - 0 - 0]
51 Matthew Davies	46	[8 - 4 - 0 - 18 - 16]	135 Helena Marsden	23	[0 - 0 - 7 - 16 - 0]	211 * Staci Sander USA	11	[0 - 0 - 11 - 0 - 0]
51 * Natalie Lewis U20	46	[0 - 0 - 21 - 25 - 0]	135 Claudia Miguez	23	[0 - 8 - 5 - 10 - 0]	211 Susan Scott U17	11	[0 - 0 - 0 - 0 - 11]
53 * Alexandra Chapman	44	[0 - 23 - 0 - 21 - 0]	135 Roger Morley U23	23	[0 - 7 - 6 - 7 - 3]	223 Joe Corbett U20	10	[2 - 3 - 0 - 5 - 0]
54 Helen Bebbington U20	42	[4 - 9 - 0 - 20 - 9]	135 * Stuart Reid	23	[0 - 0 - 0 - 0 - 23]	223 Nathan Dosanjh U23	10	[1 - 0 - 8 - 1 - 0]
54 Lee Garrett U23	42	[9 - 26 - 7 - 0 - 0]	135 * Conor Sweeney	23	[14 - 9 - 0 - 0 - 0]	223 * Neil Dougal U20	10	[0 - 0 - 0 - 0 - 10]
54 Paul Gilbert U20	42	[3 - 10 - 11 - 18 - 0]	141 * Keith Cullen	22	[0 - 22 - 0 - 0 - 0]	223 Michael Gregory	10	[0 - 8 - 0 - 2 - 0]
54 * Lindsey Kehoe	42	[3 - 0 - 16 - 23 - 0]	141 * Petrine Holm DEN	22	[0 - 22 - 0 - 0 - 0]	223 Andrew Ingle U20	10	[0 - 9 - 1 - 0 - 0]
54 Michelle Wannell	42	[25 - 0 - 17 - 0 - 0]	141 Sarah Knights	22	[0 - 22 - 0 - 0 - 0]	223 Rebecca Lovett U23	10	[0 - 0 - 10 - 0 - 0]
59 * Jess Strutzel USA U23	40	[0 - 0 - 40 - 0 - 0]	141 * Carolina Nylen SWE	22	[22 - 0 - 0 - 0 - 0]	223 * Freya Murray U17	10	[0 - 0 - 0 - 0 - 10]
60 Ann Griffiths	39	[0 - 0 - 0 - 0 - 39]	141 Katie Skorpyska U23	22	[0 - 0 - 0 - 0 - 22]	223 * Pepita Ranka KEN	10	[0 - 1 - 0 - 9 - 0]
60 * Luke Kiptoo KEN	39	[0 - 39 - 0 - 0 - 0]	141 Gregg Taylor U23	22	[9 - 6 - 7 - 0 - 0]	223 Claire Raven	10	[0 - 10 - 0 - 0 - 0]
62 Kathryn Bright	38	[0 - 0 - 15 - 23 - 0]	147 Catherine Bacon NZ	21	[4 - 0 - 0 - 0 - 17]	232 Martin Airey	9	[1 - 0 - 8 - 0 - 0]
62 * Elva Dryer USA	38	[0 - 0 - 0 - 38 - 0]	147 * Kerrie Nott	21	[0 - 21 - 0 - 0 - 0]	232 Mark Arndt	9	[0 - 0 - 0 - 0 - 9]
62 Elaine Fitzgerald IRE	38	[0 - 38 - 0 - 0 - 0]	147 Matthew O'Dowd	21	[0 - 21 - 0 - 0 - 0]	232 Steven Baldock	9	[0 - 9 - 0 - 0 - 0]
62 * Gabe Jennings USA U23	38	[0 - 0 - 38 - 0 - 0]	147 * Andrew Walker IRE U23	21	[21 - 0 - 0 - 0 - 0]	232 Allan Caple	9	[0 - 1 - 0 - 5 - 3]
66 * Tanya Blake	37	[0 - 37 - 0 - 0 - 0]	151 Emma Brady	20	[20 - 0 - 0 - 0 - 0]	232 * Andrew Gooch	9	[0 - 0 - 1 - 8 - 0]
66 Joe Mills	37	[0 - 9 - 28 - 0 - 0]	151 * Alex Castro	20	[0 - 0 - 0 - 0 - 20]	232 Kevin Hayes	9	[0 - 0 - 2 - 7 - 0]
66 Hayley Tullett	37	[37 - 0 - 0 - 0 - 0]	151 Bradford Glenton	20	[0 - 20 - 0 - 0 - 0]	232 * Gary Lough	9	[0 - 9 - 0 - 0 - 0]
69 * Ian Cummings IRE	36	[16 - 20 - 0 - 0 - 0]	151 Suzanne Hasler U20	20	[0 - 0 - 0 - 20 - 0]	232 Ian Mitchell	9	[3 - 0 - 6 - 0 - 0]
69 Shirley Griffiths	36	[12 - 0 - 0 - 0 - 24]	151 Angus Maclean U20	20	[0 - 0 - 20 - 0 - 0]	232 Gavin Thompson U20	9	[0 - 9 - 0 - 0 - 0]
69 Andrew Hart	36	[36 - 0 - 0 - 0 - 0]	151 * Ann Marie Larkin IRE	20	[0 - 20 - 0 - 0 - 0]	232 Mark Wiscombe	9	[0 - 0 - 0 - 9 - 0]
69 * Sara Jamieson AUS	36	[0 - 36 - 0 - 0 - 0]	151 * Brendan O'Shea IRE	20	[20 - 0 - 0 - 0 - 0]	242 * Raymond Adams U20	8	[0 - 8 - 0 - 0 - 0]
69 * Jeff Kuzma USA U23	36	[0 - 0 - 36 - 0 - 0]	151 Robert Scanlon	20	[0 - 0 - 6 - 14 - 0]	242 * Tim Alexander U23	8	[0 - 8 - 0 - 0 - 0]
69 Rupert Waters	36	[12 - 24 - 0 - 0 - 0]	151 Matthew Thompson U20	20	[0 - 8 - 7 - 5 - 0]	242 Neil Bangs U20	8	[0 - 4 - 4 - 0 - 0]
75 * Bryan Berryhill USA U23	35	[0 - 0 - 35 - 0 - 0]	151 * Gary Vickers	20	[0 - 9 - 11 - 0 - 0]	242 * Jeremy Bradley U23	8	[8 - 0 - 0 - 0 - 0]
75 Samuel Haughian U23	35	[0 - 19 - 16 - 0 - 0]	161 * Lucy Jones U17	19	[0 - 0 - 0 - 19 - 0]	242 * Claire Colmer	8	[0 - 0 - 8 - 0 - 0]
75 Emma Satterly U20	35	[9 - 11 - 6 - 9 - 0]	161 * Catriona McGranaghan IRE	19	[0 - 0 - 19 - 0 - 0]	242 Kate Doherty U23	8	[0 - 0 - 8 - 0 - 0]
75 Tony Thompson U23	35	[21 - 14 - 0 - 0 - 0]	161 * Jayne Puckeridge	19	[0 - 19 - 0 - 0 - 0]	242 * Bryony Frost U17	8	[0 - 0 - 0 - 8 - 0]
79 * Stuart Bailey U23	34	[0 - 4 - 0 - 11 - 19]	161 Vince Wilson	19	[8 - 11 - 0 - 0 - 0]	242 * A N Other	8	[0 - 0 - 0 - 8 - 0]
79 * Rachel Felton U23	34	[9 - 25 - 0 - 0 - 0]	165 Valerie Bothams	18	[18 - 0 - 0 - 0 - 0]	242 * Ken Nason IRE	8	[8 - 0 - 0 - 0 - 0]
79 * Naomi Mugo KEN	34	[0 - 0 - 0 - 34 - 0]	165 * Daniel Chemase KEN	18	[0 - 0 - 18 - 0 - 0]	242 * Eoin O'Neill	8	[3 - 0 - 5 - 0 - 0]
82 Joanne Colleran	33	[33 - 0 - 0 - 0 - 0]	165 Louise Damen U17	18	[0 - 18 - 0 - 0 - 0]	242 Steve Rees-Jones	8	[0 - 8 - 0 - 0 - 0]
82 * Hayley Haining	33	[0 - 0 - 0 - 0 - 33]	165 Chris Mulvaney U20	18	[0 - 11 - 7 - 0 - 0]	242 Scott Sterling U23	8	[0 - 8 - 0 - 0 - 0]
82 * Natalie Harvey AUS	33	[0 - 0 - 33 - 0 - 0]	169 * Andrew Brown U23	17	[0 - 0 - 0 - 0 - 17]	242 James Tonner	8	[0 - 0 - 0 - 0 - 8]
82 Susan Lamb	33	[16 - 17 - 0 - 0 - 0]	169 Jilly Ingman U23	17	[17 - 0 - 0 - 0 - 0]	255 * Joe Collins U20	7	[0 - 7 - 0 - 0 - 0]



# BMC NIKE Grand Prix Standings 1999

255 * Matthew Hibberd	7	[7 - 0 - 0 - 0 - 0]	291 * John Goodwin	4	[4 - 0 - 0 - 0 - 0]	321 Neil Miller	2	[0 - 2 - 0 - 0 - 0]
255 Matthew Lawson	7	[0 - 7 - 0 - 0 - 0]	291 Nick Green	4	[0 - 4 - 0 - 0 - 0]	321 Steffan North	2	[0 - 0 - 0 - 0 - 2]
255 * Owen Marnell IRE	7	[0 - 0 - 0 - 7 - 0]	291 Jonathan Guiney	4	[0 - 3 - 1 - 0 - 0]	321 Patrick O'Reilly	2	[0 - 0 - 2 - 0 - 0]
255 * Christine Murphy	7	[7 - 0 - 0 - 0 - 0]	291 * Tom Hopkins U20	4	[0 - 4 - 0 - 0 - 0]	321 * Russell Pimm	2	[0 - 0 - 2 - 0 - 0]
255 Tom Payn U23	7	[0 - 7 - 0 - 0 - 0]	291 * Helen Keene	4	[0 - 0 - 4 - 0 - 0]	321 * Paula Richardson	2	[0 - 0 - 2 - 0 - 0]
255 * Juliet Potter U20	7	[0 - 0 - 0 - 7 - 0]	291 Diana Kennedy	4	[2 - 2 - 0 - 0 - 0]	321 * Clare Tomkinson	2	[0 - 2 - 0 - 0 - 0]
255 Gareth Price U23	7	[0 - 0 - 7 - 0 - 0]	291 * Liz Lilley U20	4	[0 - 4 - 0 - 0 - 0]	321 * Unknown Unknown	2	[0 - 0 - 2 - 0 - 0]
255 James Scarth	7	[0 - 7 - 0 - 0 - 0]	291 Roger Mallard U23	4	[2 - 0 - 2 - 0 - 0]	321 * Matthew Vaux-Harvey	2	[0 - 0 - 2 - 0 - 0]
255 Mark Sesay	7	[7 - 0 - 0 - 0 - 0]	291 * Audrey McBride	4	[0 - 0 - 0 - 0 - 4]	321 * Kevin Warlock	2	[0 - 2 - 0 - 0 - 0]
255 Jenny Short U17	7	[0 - 7 - 0 - 0 - 0]	291 Russell Pittam U20	4	[0 - 4 - 0 - 0 - 0]	321 Andrew Young U23	2	[2 - 0 - 0 - 0 - 0]
255 * Dennise Smith U17	7	[0 - 0 - 0 - 0 - 7]	291 * Chris Simmonds	4	[0 - 4 - 0 - 0 - 0]	340 * Daniel Acheson U20	1	[0 - 1 - 0 - 0 - 0]
255 Tristan Vellam U23	7	[7 - 0 - 0 - 0 - 0]	291 Katy Smith U20	4	[0 - 4 - 0 - 0 - 0]	340 Stephen Body	1	[0 - 1 - 0 - 0 - 0]
255 Terence West	7	[7 - 0 - 0 - 0 - 0]	291 Ben Sutton	4	[0 - 4 - 0 - 0 - 0]	340 * Michael Chisholm U17	1	[0 - 0 - 0 - 0 - 1]
255 Ben Woodd U23	7	[1 - 2 - 4 - 0 - 0]	291 Karen Thorp	4	[0 - 4 - 0 - 0 - 0]	340 Stephen Edmonds	1	[0 - 0 - 1 - 0 - 0]
270 Alex Bowden	6	[0 - 6 - 0 - 0 - 0]	291 Sharon Whitty U20	4	[0 - 0 - 4 - 0 - 0]	340 * Julian Emery	1	[0 - 0 - 1 - 0 - 0]
270 * Richard McDonald U20	6	[0 - 0 - 0 - 0 - 6]	291 * Sarah Williams U20	4	[4 - 0 - 0 - 0 - 0]	340 * Belinda Fear	1	[0 - 0 - 0 - 1 - 0]
270 * Gregg McEwan U20	6	[0 - 0 - 0 - 0 - 6]	291 Alan Wray	4	[0 - 3 - 1 - 0 - 0]	340 * David Goodyear	1	[0 - 0 - 0 - 1 - 0]
270 * Alasdair McLean U20	6	[0 - 6 - 0 - 0 - 0]	310 Ketan Desai U17	3	[0 - 0 - 0 - 0 - 3]	340 Martyn Gordon U23	1	[1 - 0 - 0 - 0 - 0]
270 Graeme Reid U23	6	[6 - 0 - 0 - 0 - 0]	310 Paula Goving U23	3	[0 - 0 - 0 - 3 - 0]	340 Toby Gosnall	1	[0 - 0 - 1 - 0 - 0]
270 Darren Talbot U23	6	[0 - 6 - 0 - 0 - 0]	310 Simon Jones	3	[0 - 3 - 0 - 0 - 0]	340 Emma Grant U20	1	[0 - 1 - 0 - 0 - 0]
276 Darren Barton	5	[0 - 5 - 0 - 0 - 0]	310 * Conor McGee	3	[0 - 0 - 3 - 0 - 0]	340 Jane Horner	1	[0 - 1 - 0 - 0 - 0]
276 * Eileen Cochrane	5	[0 - 0 - 0 - 0 - 5]	310 * Liz Proctor	3	[3 - 0 - 0 - 0 - 0]	340 Adrian Jones	1	[1 - 0 - 0 - 0 - 0]
276 Paul Cooper	5	[5 - 0 - 0 - 0 - 0]	310 Matthew Raw U23	3	[0 - 0 - 3 - 0 - 0]	340 * Darren Jordan	1	[0 - 1 - 0 - 0 - 0]
276 * Linda Gabriel	5	[5 - 0 - 0 - 0 - 0]	310 * Gary Richards U20	3	[3 - 0 - 0 - 0 - 0]	340 Larry Mangleshot	1	[0 - 1 - 0 - 0 - 0]
276 John Gercs	5	[0 - 0 - 5 - 0 - 0]	310 * Mike Roberts	3	[0 - 1 - 1 - 1 - 0]	340 * Gavin Massingham U17	1	[0 - 0 - 0 - 0 - 1]
276 * Andy Keff	5	[0 - 5 - 0 - 0 - 0]	310 * Alex Tanner	3	[3 - 0 - 0 - 0 - 0]	340 * Joe McAllister IRE	1	[1 - 0 - 0 - 0 - 0]
276 Christopher Livesey U20	5	[5 - 0 - 0 - 0 - 0]	310 Stephen Tompson U17	3	[0 - 3 - 0 - 0 - 0]	340 Andrew McKenna U20	1	[0 - 1 - 0 - 0 - 0]
276 Carolyn May	5	[0 - 5 - 0 - 0 - 0]	310 * Dale Woodman	3	[0 - 0 - 3 - 0 - 0]	340 Adam Mole	1	[0 - 0 - 1 - 0 - 0]
276 John Moore	5	[0 - 5 - 0 - 0 - 0]	321 Sarah Beevers	2	[2 - 0 - 0 - 0 - 0]	340 Tom Naylor U23	1	[1 - 0 - 0 - 0 - 0]
276 Hayley Mottram U17	5	[0 - 5 - 0 - 0 - 0]	321 Jill Christie U20	2	[0 - 2 - 0 - 0 - 0]	340 * John Rodgers	1	[1 - 0 - 0 - 0 - 0]
276 * Dennis Murphy	5	[5 - 0 - 0 - 0 - 0]	321 * Hazel Conneil	2	[2 - 0 - 0 - 0 - 0]	340 Simon Stebbings	1	[0 - 1 - 0 - 0 - 0]
276 * Paul Nation	5	[0 - 5 - 0 - 0 - 0]	321 * Kim Dyer	2	[0 - 0 - 2 - 0 - 0]	340 Noel Stoddart U23	1	[0 - 0 - 0 - 1 - 0]
276 Suzanne Owen U23	5	[5 - 0 - 0 - 0 - 0]	321 * Gareth Hill U20	2	[0 - 0 - 2 - 0 - 0]	340 Mark Taylor	1	[0 - 1 - 0 - 0 - 0]
276 John Truckle	5	[5 - 0 - 0 - 0 - 0]	321 Huw Jenkins	2	[0 - 0 - 0 - 2 - 0]	340 * Lucy Thomas	1	[0 - 0 - 1 - 0 - 0]
276 Daniel Wicks U23	5	[0 - 0 - 3 - 2 - 0]	321 Mark Kuklinski U23	2	[0 - 0 - 0 - 2 - 0]	340 * Peter Walsh U20	1	[1 - 0 - 0 - 0 - 0]
291 Neil Boniface	4	[3 - 1 - 0 - 0 - 0]	321 * Finton McGee IRE	2	[0 - 0 - 2 - 0 - 0]			
291 Charlotte Coffey U20	4	[0 - 0 - 0 - 4 - 0]	321 Susan Miles U20	2	[0 - 2 - 0 - 0 - 0]			

## 1999 BMC Athletes:

**Most Membership Times:** 10 Andrew Knight, 9 Lucy Doughty and \*Lindsey Kehoe, 8 Andrew Graffin U23 and Thomas Mayo U23, 7 Allen Graffin U23, Catherine Bacon NZ, Charlotte Coffey U20, Christopher Bryan U23, Dave Reader, Faith Aston, Jilly Ingman U23, Justin Swift-Smith, Maria Sharp, Rachel Newcombe, Roger Morley U23, Stephen Sharp and Suzanne Owen U23.

**Most Gold Standard Times:** 8 Andrew Graffin U23, Andrew Knight and Thomas Mayo U23, 7 Rachel Newcombe, 6 Gareth Turnbull IRE U23, Justin Swift-Smith and Lucy Doughty, 5 Alexandra Carter U20, Joe Mills, Maria Lynch IRE U23, Matthew Shone, Neil Speaight U23, Noel Edwards and Stephen Sharp.

**Most Elite Times:** 4 Gareth Turnbull IRE U23, 3 Andrew Graffin U23, 2 Angela Newport, Ann Griffiths, Glen Stewart, Grant Cuddy U23, Hayley Tullett, Justin Swift-Smith, Niall Bruton IRE, Noel Edwards, Richard Ashe, Thomas Mayo U23, \*Bryan Berryhill USA U23, \*Gabe Jennings USA U23, \*Naomi Mugo KEN, \*Niamh Beirne IRE and \*Tanya Blake.

**Most Victories:** 4 Andrew Graffin U23, Rachel Newcombe and \*Zoe Jelbert U17, 3 Angela Newport, Gareth Turnbull IRE U23 and Rob Whalley, 2 Andrew Hart, Angus Maclean U20, Ann Griffiths, Gareth Price U23, Garth Watson, Glen Stewart, Grant Cuddy U23, Jilly Ingman U23, Justin Swift-Smith, Lucy Doughty, Lucy Vaughan, Matthew Shone, Nathan Dosanjh U23,

Nicholas Andrews U20, Paul Gilbert U20, Paul Morby U23, Suzanne Hasler U20, Terence West, Thomas Mayo U23, Tina Brown, Toby Gosnall, \*David Hibbert U23, \*Jess Strutzel USA U23 and \*Sarah Young.

## 1999 BMC Meetings

**Most Races:** 25 Watford 23/6, 24 Wythenshawe 9/6, 21 Solihull 14/7, 16 Cardiff 4/8, 14 Millfield 3/5, 13 Stretford 17/8, 12 Scotstoun 21/8, 8 Chester-le-Street 5/9, 7 Stretford 22/6, Stretford 6/7 and Watford 8/9, 6 Stretford 20/7 and Watford 11/8.

**Most Membership Times:** 209 Wythenshawe 9/6, 206 Watford 23/6, 173 Solihull 14/7, 102 Cardiff 4/8, 75 Scotstoun 21/8, 62 Stretford 17/8, 48 Watford 11/8, 46 Millfield 3/5, 42 Stretford 6/7, 37 Stretford 31/8, 36 Stretford 22/6 and Watford 8/9, 30 Stretford 18/5.

**Most Gold Standard Times:** 75 Watford 23/6, 74 Wythenshawe 9/6, 59 Solihull 14/7, 45 Cardiff 4/8, 38 Scotstoun 21/8, 20 Stretford 6/7, 19 Watford 11/8, 17 Stretford 17/8, 11 Stretford 22/6, 11 Watford 8/9, 10 Stretford 31/8.

**Most Elite Times:** 15 Solihull 14/7, 10 Watford 23/6 and Wythenshawe 9/6, 7 Scotstoun 21/8, 6 Watford 11/8, 5 Watford 8/9, 4 Cardiff 4/8 and Stretford 6/7, 3 Stretford 31/8, 2 Stretford 17/8 and Stretford 22/6, 1 Brighton 18/8 and Stretford 3/8.

## 1999 BMC Venues:

**Most Races:** 53 Stretford, 48 Watford, 24

Wythenshawe, 23 Solihull, 16 Cardiff, 14 Millfield, 12 Scotstoun, 8 Chester-le-Street, 7 Jarrow, 6 Tooting Bec, 5 Carn Brea, 3 Brighton, 2 Coventry, Redditch, Sutton, Tonbridge, 1 Bath, Cambridge, Sutcliffe Park.

**Most Membership Times:** 332 Watford, 294 Stretford, 209 Wythenshawe, 180 Solihull, 102 Cardiff, 75 Scotstoun, 46 Millfield, 19 Brighton and Tooting, 18 Jarrow, 7 Carn Brea, 6 Coventry and Redditch, 5 Bath and Tonbridge, 4 Cambridge, Sutcliffe Park, 2 Sutton, 1 Chester-le-Street.

**Most Gold Standard Times:** 111 Watford, 80 Stretford, 74 Wythenshawe, 59 Solihull, 45 Cardiff, 38 Scotstoun, 5 Brighton and Tooting, 3 Bath and Jarrow, 2 Carn Brea and Sutcliffe Park, 1 Coventry, Millfield and Tonbridge.

**Most Elite Times:** 21 Watford, 15 Solihull, 12 Stretford, 10 Wythenshawe, 7 Scotstoun, 4 Cardiff, 1 Brighton

## 1999 BMC Events

**Most Races:** 90 M800, 40 M1500, 36 W800, 24 W1500, 19 M3000, 6 MMile, 4 W3000, 3 M2StC, 2 M3StC, M5000 and W5000, 1 M600 and WMile.

**Most Membership Times:** 403 M800, 247 M1500, 232 W800, 176 W1500, 126 M3000, 33 MMile and W5000, 32 W3000, 23 M3StC, 19 M5000, 7 M2StC, 3 M600.

**Most Gold Standard Times:** 136 M800, 118 M1500, 93 W800, 69 W1500, 14 MMile.

**Most Elite Times:** 23 M800, 21 M1500 and W1500, 4 W800, 1 MMile.





# How to be a Super Miler

by Jason Henderson

Abdelkader Kada, the coach to world mile and 1500m record-holder Hicham El Guerrouj, was the guest of honour at the recent UK National Endurance Weekend. After the Moroccan had spent the two days in Birmingham answering questions from curious British athletes and coaches, Jason Henderson asked: what had we learnt? Here, hopefully, are some of the answers

It became a worry, when a crowd of 50-odd athletes and coaches excitedly huddled together in a small lecture room at the Walsall Campus of the University of Wolverhampton to listen to Abdelkader Kada explain how his No.1 athlete, Hicham El Guerrouj, trains, that far too many members of the British distance running fraternity believe they already know it all.

Just a few miles up the road, a far greater number of athletes and their coaches seemed more bothered about clocking a fast leg or six around Sutton Park. And it wasn't as if the two events clashed, for the British Milers' Club were keen to build their endurance weekend's various seminars and lectures around the Nike National Road Relay races. Not in competition against them.

The secrets of the world's premier middle-distance runner, El Guerrouj, were being revealed to the world on this chilly, early November morning. Yet only those doyens of distance coaching, Gordon Surtees, Frank Horwill, Bruce Tulloh and about 50 other curious souls were there.

The mitigating circumstance was that Kada's presence was confirmed only a couple of days earlier. But when he began his speech, by saying through his interpreter, Mohammed Fatihi of Thames Valley Harriers, that: "The training methods are no different to those used in other countries," half of the assembled class must have begun to think that the majority – who were taking the direct route to Sutton Park – must have been right.

When Kada went on to explain that he had cribbed most of his 'secrets' from the training schedules of Seb Coe, Steve Overt and Steve Cram, it made you wonder how he had the nerve to be invited, as a guest of honour, to tell us all the same secrets we had once told him!

As the Moroccan continued to whisper to Fatihi (how else could secrets be told?), the stuttered nature of the translation only seemed to prolong the tortuous revelations.

It soon became clear, however, that Kada was too intelligent – and too downright polite – to have travelled all the way from the Atlas Mountains of Morocco to the windswept campus of a Midlands university just to tell us what we already knew.

Inevitably the secrets, one by one, began to sneak out.

Kada is currently the head distance coach at the Moroccan national training centre. El Guerrouj is the current jewel in the Moroccan middle-distance running crown, but Kada also coaches Salah Hissou, who broke the world record for 10,000 metres in 1996 and won the world 5000m title in Seville; plus many others, led by Ali Ezzine, who won a surprise bronze medal in the steeplechase at the recent World Championships.

Kada stated early on the importance of formulating schedules for (a) the group as a whole and (b) the individual athlete within the group.

Be in no doubt, El Guerrouj, Hissou and Ezzine did not win World Championship medals by training on their own. They are part of a squad who not only train together, but live together.

El Guerrouj and his training partners may drop to their knees in praise of Allah when they won races, but they rely on a little more than divine intervention when they toe the line.

Some of the points that surprised and informed the listening coaches and athletes included:

- Frequent visits to altitude are essential. One trip per year is not enough, although better than nothing. "An accumulation of trips are needed," said Kada.

The Moroccan squad may visit altitude 4-6 times a year, with venues including Ifrane in Morocco, Font Romeu in France and St Moritz in Switzerland. Each visit is for 3-5 weeks. The athletes will live at 2500m altitude, but come down to 1500m to train.

When they are sea level they train at Rabat.

- An athlete will adapt to altitude the more visits they take. When El Guerrouj broke the world mile record in the summer in Rome it was on his fifth day back at sea level.

- El Guerrouj sleeps for eight hours a night ... and a further three during the day. As one coach wryly pointed out, with such an amount of sleep and rest, drugs are not needed.

In many circumstances doping is used to speed recovery from heavy training, but here athletes such as El Guerrouj are encouraging their bodies to recover naturally by imposing an unnatural amount of sleep upon themselves.

- Athletes train twice a day. They may occasionally - indeed rarely - train three times, and if so then the third session will be an easy run – usually done during a rehabilitation phase.

- Athletes use two types of fartlek: (a) 'Classical' – the distance covered and paces

used being completely up to the individual and how they feel on that particular day; and (b) 'Modern' fartlek, where a regimented session is organised by the coach.

- El Guerrouj aims to perfect a fluid style, at pace. Kada argued that El Guerrouj's stride length will rarely fall during a fast mile/ 1500m. He will only slow when his stride frequency slows.

- Strength exercises concentrate on all body parts. Bounding is also used and while talking about this Kada mentioned the names of Coe and Said Aouita.

Strength training is split into three parts: with weights, natural methods such as bounding and hill training.

- Hill training is used to "improve the movement of arms and legs, stride and speed". Sessions include 10-15x250-500m.

- Strength exercises in the gym incorporate all parts of the body. Typical exercises include: half squat (6x20 reps with 25kg bar or 4x16 reps with 30kg bar); full squats (4x16 reps with 20kg bar); lunges 4x20 reps with 25kg bar); step-ups (1x20 reps on each leg with 30kg bar); abdominals (300-400 reps); back (300-400 reps).

On multi-gym machines: hamstrings (4x16 reps); quadriceps (4x16 reps); abductors (4x16 reps); adductors (4x16 reps).

- The athletes do not run excessive mileages. A miler such as El Guerrouj runs about 120km/week (about 75 miles) during the preparation phase; while a 5000/10,000m runner such as Hissou runs 140km/week.

- The sheer quality of the training became apparent with the admission that what they termed 'jogging' was actually running at a pace of three minutes per kilometre.

- Typical track sessions include: 20-25x400 (1min rec) or 4x500 (75sec rec)/2x1000 (3min rec) /1x2000 (5min rec)/5x400 (1min rec).

- Before the recent World Championships, the following session was completed by Hissou: 3 x (1km (45sec rec); 400 (3min rec)) – with the kilometres run in 2:30 and the 400s in 52-53.

- Tactical rehearsals are carried out within training sessions, simulating race situations. Weaker members of the squad are used as hares to pace group leaders such as El Guerrouj and Hissou.

- Swimming is used for recovering or 'alternative massage'.

- The national squad has a battery of seven doctors to pay full attention to the athletes.

- School cross country races are a breeding ground for talented young distance runners. This is where Kada and his Moroccan scouts spot potential champions.



# How to be a Super Miler

Youngsters aged 12-16 are systematically monitored at school and subjected to three types of tests: (a) sprinting; (b) endurance, in the form of a middle-distance race; (c) standing long jump. Those with good results are given further tests - measuring VO<sub>2</sub> max, biomechanical efficiency and blood analysis, for example.

- Kada's athletes do all their training on soft ground. When asked if El Guerrouj trained on the roads he looked completely horrified and then pointed to his shins.

He then told a story about how he was in the United States and had seen athletes training on the roads, "With great areas of forest right next to them!" he said. El Guerrouj, he added, didn't even do hill sprints on road. Everything was on grass or 'dirt'.

As a spectator at the Nike AAA of England Road Relay Championships, Kada said that none of his athletes who ran 800m or 1500m, or even 5000m, would be allowed to risk damaging their legs on such a tough surface.

- The athlete's room at the training centre depended on personal best times. Good times warranted a double room; even better times saw an athlete get a room to him or herself.

If the athlete is married they are not allowed to have visits and are not allowed to pay visits to their spouse either.

Of course the athlete does go home to spend time with their spouse, but such visits are seldom. "There has to be total commitment," said Kada.

"He is clever in the manner he approaches life," added Kada on El Guerrouj. "He has a girlfriend, but you will never see her at meetings."

- The athlete receives the equivalent of the national average wage while in the camp. Board and lodgings are added extras, as are competition winnings.

- The build-up to the Olympics may mean Morocco only having a token presence at the forthcoming World Cross Country Championships. They will run in the championship, but not gear their training towards it as in previous years.

Where it is clear that Kenyan success is based on a desire to escape poverty and natural advantages such as being born at altitude, it is clear the Moroccan approach is more scientific.

But Kada was not the only lecturer spreading ideas at the

Endurance Conference.

The weekend laid on a great range of speakers on a variety of subjects.

In a lecture called 'developing core strength', Mark Buckingham threw doubt on traditional bent knee sit-ups, instead advocating a straight leg technique.

Andy Jones, Paula Radcliffe's physiologist, gave a talk on 'physiological support for elite athletes'.

UK Athletics Endurance Director Norman Brook emphasised that 'no stone should be left unturned' and pointed toward Radcliffe as a model example of an elite athlete who executes total preparation.

Brendan Hackett gave a speech on sport psychology which began by him writing the Kenyan records for 800m, 1500m and the mile on to a board next to the British bests for the distances.

The two sets of times, Hackett pointed out, were not too dissimilar, emphasising that British athletes cannot be inferior to Kenyans.

Hackett, the coach to Irish 800m runner James Nolan, was one of the younger coaches at the conference keen to spread his own expertise and learn from others, such as Kada.

So after Kada had spoken about the 'secrets'

behind the making of the supermiler, El Guerrouj, it became clear that one of the secrets behind the making of a great coach is a never-ending desire to keep learning. To never accept, not think for a moment, that you know everything.

Fewer men can know more than the likes of Horwill, Tulloh and Surtees. Yet there they were with their ears cocked, hanging on Kada's every word (as everyone eventually discovered, he did actually speak good English!).

Many of Britain's other top distance coaches were also there. And many others weren't. Let's just hope the absentees don't think they know it all.

One of Kada's requests as he left his new British friends and set off back to Morocco was to ask Horwill, for one, to come to his country in the near future to tell his people about the training methods that made athletes such as Coe so great.

Kada trains a man who runs 3:26 for 1500m and 3:43:13 for the mile, but his mind is still searching for new ideas ... and old ones too.

- *This article was first published in Athletics Weekly, November 10 issue*



Scotstoun: BMC Committee members:  
Back row (l-r): Peter Thompson, Tim Brennan, Matthew Fraser Moat, Hugh Barrow, Andy Anderson, Liam Cain, Phil O'Dell  
Front row (l-r): Brian McAusland, Maurice Millington, Frank Horwill, Pat Fitzgerald and Mike Down



# BMC News Index 1990-1999

by *Brendon Byrne*

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- Tailor Made Tapers for better Racing Performance 5-10km - Owen Anderson. Magnesium.
- Don't Back Down on Hill Training - Bob Glover.
- Step ups, Iron and Sports Anaemia, Shin Soreness (Myburgh, Grobler & Noakes)
- Different types of Rep Running, Planning your programme

## Autumn 1991 Vol2 No2

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## Spring 1992 Vol2 No3

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- (Five pace & testing)
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- National training Day : Aids to Endurance Harry Wilson,
- No Competition Winter (FH), Cross Country Winter- Phil
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- Twelve Things You Should Know About: the marathon, racing weight, stress.
- Stuttgart Distance Analysis.- Cocksedge.

## Spring 1994 Vol2 No7

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- 12 things you should know about Repetition Running - Frank Horwill.
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- How Bobby Farren trains- M. McCausland.
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## Spring 1995 Vol 2 No 9

- How Steve Cram Trains - Norman Poole
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- Twelve Things You Should Know About: VO<sub>2</sub> Max , Crash Training, Steeplechase (FH)
- Orthotics by Tim King
- Value of a Training Diary- Bruce Tulloh
- Creatine - Wilf Paish, Carol Sharp - Brian McCausland.

## Autumn 1995 Vol2 No 10

- BMC Development Plan.
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- FSA Altitude Training - David Iszatt.
- Twelve Things You Should Know About:
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- Interview - George Gandy
- Fortify the Mind for Better Performance - Frank Horwill
- Twelve Things You Should Know About Training and Competing in Heat - Frank Horwill.
- Lest We Forget - Harry Wilson.
- Sydney Australia - Tim Grose.
- Put the Speed in Your Legs - Ralph Brandon.

## Autumn 1996 Vol3 No2

- BMC Vision 2000- Glen Grant
- Twelve Things You Should Know About Carbohydrates-
- Frank Horwill. Interview with Brian Mc Ausland.
- Strategy and Tactics - Glen Grant.
- Aesthetes Update- Matthew Fraser Moat.
- Running Around the World- Saudi Arabia- Ian Wilson
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- Anthony Whiteman by Alastrair Aitkin .

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- Training for 400/800m - S. Bennett.
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- Are you full blooded? F. Horwill
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- Training for 5000m - F. Horwill
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- IAAF Code of Ethics for Coaches - P. Thompson
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- Evolution of Womens 800m- F. Horwill
- Horses for Courses - M. Gratton
- Running with Steve - Matt Patterson
- Dunn Test - L.Dunn
- Pulse rates related to VO<sub>2</sub> maxpercentage - F. Horwill
- British Endurance Initiative 1998 - M. Down



# 1999 BMC Rankings

Performances set in BMC Races - compiled by Matthew Fraser Moat

## Mens' 600m

1:17.4 Andrew Hart 1 Watford 26-May  
*(BMC Record)*  
1:19.1 Matthew Kloiber 2 Watford 26-May  
1:20.1 Noel Edwards 3 Watford 26-May  
*3 'membership' performances to 1:25.0 by 3 athletes*

## Mens' 800m

1:46.96 \* Jess Strutzel USA U23 1rA Solihull 14-Jul  
1:47.1 James McLroy IRE 1rA Watford 8-Sep  
1:47.49 \* Luke Kiptoo KEN 1rA Watford 23-Jun  
1:47.7 \* Bryan Berryhill USA U23 1rA Stretford 6-Jul  
1:47.8 \* Gabe Jennings USA U23 2rA Stretford 6-Jul  
1:47.94 \* Jeff Kuzma USA U23 2rA Solihull 14-Jul  
1:48.00 Eddie King 3rA Solihull 14-Jul  
1:48.06 Bradley Donkin 2rA Watford 23-Jun  
1:49.15 3rA Wythenshawe 9-Jun  
1:49.25 3rA Scotstoun 21-Aug  
1:50.0 6rA Stretford 6-Jul  
1:52.1 4rA Stretford 31-Aug  
1:48.1 Neil Speaight U23 3rA Stretford 6-Jul  
1:49.01 2rA Cardiff 4-Aug  
1:49.64 4rA Scotstoun 21-Aug  
1:49.79 4rB Watford 23-Jun  
1:50.34 3rB Wythenshawe 9-Jun  
1:48.1 \* Curtis Robb 1rA Stretford 31-Aug  
*(10)*  
1:48.10 Alasdair Donaldson U23 3rA Watford 23-Jun  
1:49.36 5rA Wythenshawe 9-Jun  
1:48.24 Justin Swift-Smith 1rA Cardiff 4-Aug  
1:48.77 1rA Scotstoun 21-Aug  
1:49.14 2rA Wythenshawe 9-Jun  
1:49.17 6rA Solihull 14-Jul  
1:51.68 8rA Watford 23-Jun  
1:48.58 Noel Edwards 4rA Solihull 14-Jul  
1:48.85 5rA Watford 23-Jun  
1:50.32 6rA Wythenshawe 9-Jun  
1:51.1 1rA Watford 12-May  
1:51.51 10rA Scotstoun 21-Aug  
1:48.59 Matthew Yates 4rA Watford 23-Jun  
1:48.6 Gareth Turnbull IRE U23 1rA Stretford 17-Aug  
1:48.88 6rA Watford 23-Jun  
1:48.62 Grant Cuddy U23 5rA Solihull 14-Jul  
1:49.0 4rA Stretford 6-Jul  
1:49.6 1rA Stretford 22-Jun  
1:50.40 4rB Wythenshawe 9-Jun  
1:48.7 \* Laban Rotich KEN 2rA Watford 8-Sep  
1:48.8 \* Martin Byron AUS 2rA Stretford 17-Aug  
1:48.83 Andrew Hart 1rA Wythenshawe 9-Jun  
1:49.06 \* Jay Thomas AUS 7rA Watford 23-Jun  
1:50.9 1 Tooting Bec 16-Jun  
*(20)*  
1:49.08 Nicholas Andrews U20 1rB Watford 23-Jun  
1:51.6 1rA Millfield 3-May  
1:49.1 Thomas Mayo U23 3rA Stretford 17-Aug  
1:50.37 8rB Watford 23-Jun  
1:50.5 5rA Watford 8-Sep  
1:50.68 1rE Cardiff 4-Aug  
1:49.18 David Gow U23 2rA Scotstoun 21-Aug  
1:50.82 9rB Wythenshawe 9-Jun  
1:52.47 9rA Solihull 14-Jul  
1:49.20 Dean Clark 3rA Cardiff 4-Aug  
1:49.73 5rA Scotstoun 21-Aug  
1:51.67 2rC Solihull 14-Jul  
1:54.7 1rB Watford 8-Sep  
1:49.25 \* Anders Christiansen USA 1rB Solihull 14-Jul  
1:49.26 \* Colm McLean U20 4rA Wythenshawe 9-Jun  
1:49.34 Grant Graham 1rB Scotstoun 21-Aug  
1:49.38 \* Phil Maiyo KEN 2rB Solihull 14-Jul  
1:49.79 5rA Cardiff 4-Aug  
1:49.52 Paul Fisher U23 2rB Watford 23-Jun  
1:49.71 7rA Solihull 14-Jul  
1:50.71 7rB Wythenshawe 9-Jun  
1:49.53 Matthew Shone 1rB Wythenshawe 9-Jun  
1:49.75 4rA Cardiff 4-Aug  
1:50.0 1 Sutcliffe Park 11-Sep  
1:50.43 9rA Scotstoun 21-Aug  
1:50.5 4rA Watford 8-Sep  
*(30)*  
1:49.6 Rupert Waters 5rA Stretford 6-Jul  
1:49.71 3rB Watford 23-Jun

1:51.75 2rC Wythenshawe 9-Jun  
1:54.7 1 Coventry 19-May  
1:49.6 \* Holt Hardy AUS 4rA Stretford 17-Aug  
1:49.74 James Mayo 6rA Scotstoun 21-Aug  
1:50.24 2rB Wythenshawe 9-Jun  
1:50.6 1rA Stretford 18-May  
1:49.84 Jason Dupuy 3rB Solihull 14-Jul  
1:50.05 7rA Scotstoun 21-Aug  
1:50.27 8rA Cardiff 4-Aug  
1:51.3 1rA Tonbridge 6-Jul  
1:49.96 Andrew Knight 6rA Cardiff 4-Aug  
1:50.28 5rB Watford 23-Jun  
1:50.9 1rA Brighton 18-Aug  
1:51.28 5rB Solihull 14-Jul  
1:51.3 2 Tooting Bec 16-Jun  
1:51.4 6rA Watford 8-Sep  
1:51.5 2rA Stretford 31-Aug  
1:51.6 2 Sutcliffe Park 11-Sep  
1:52.8 3rA Watford 28-Jul  
1:50.0 Andrew Graffin U23 3rA Watford 8-Sep  
1:51.15 1rC Solihull 14-Jul  
1:51.84 11rB Wythenshawe 9-Jun  
1:50.01 Richard Ashe 7rA Cardiff 4-Aug  
1:50.10 Robert Hooton 8rA Scotstoun 21-Aug  
1:50.25 4rB Solihull 14-Jul  
1:50.81 8rB Wythenshawe 9-Jun  
1:50.26 \* Stuart Reid 2rB Scotstoun 21-Aug  
1:50.3 \* John Stewart U20 2rA Stretford 22-Jun  
1:51.88 6rB Solihull 14-Jul  
*(40)*  
1:50.31 \* Ian Cummings IRE 6rB Watford 23-Jun  
1:50.92 10rB Wythenshawe 9-Jun  
1:50.35 Jonathan McCallum 7rB Watford 23-Jun  
1:50.39 Paul Morby U23 1rD Watford 23-Jun  
1:53.9 2 Stretford 27-Apr  
1:50.52 Tony Thompson U23 5rB Wythenshawe 9-Jun  
1:51.10 9rB Watford 23-Jun  
1:50.53 \* Brendan O'Shea IRE 6rB Wythenshawe 9-Jun  
1:50.8 Chris Mulvaney U20 7rA Stretford 6-Jul  
1:52.1 3rA Stretford 31-Aug  
1:52.4 6rA Stretford 17-Aug  
1:52.68 3rC Solihull 14-Jul  
1:50.83 David Stanley U23 9rA Cardiff 4-Aug  
1:51.6 3rA Watford 11-Aug  
1:53.38 5rC Watford 23-Jun  
1:51.0 David Bullock 1rA Watford 11-Aug  
1:53.6 5rA Watford 28-Jul  
1:51.1 Chris Bolt U20 1rA Watford 28-Jul  
1:51.8 2rA Watford 12-May  
1:51.1 \* Andrew Brown U23 5rA Stretford 17-Aug  
1:51.50 4rB Scotstoun 21-Aug  
*(50)*  
1:51.16 \* Daniel Chemase KEN 8rA Solihull 14-Jul  
1:51.2 Joe Mills 2rA Brighton 18-Aug  
1:52.3 3 Sutcliffe Park 11-Sep  
1:51.3 \* Stuart Bailey U23 8rA Stretford 6-Jul  
1:51.47 3rB Scotstoun 21-Aug  
1:51.5 3rA Stretford 22-Jun  
1:52.26 7rB Cardiff 4-Aug  
1:51.38 James Parker U23 2rD Watford 23-Jun  
1:52.29 5rC Wythenshawe 9-Jun  
1:52.6 2rA Millfield 3-May  
1:53.62 4rD Solihull 14-Jul  
1:51.4 Terry Feasey U23 3rA Brighton 18-Aug  
1:51.9 4rA Watford 11-Aug  
1:51.94 5rB Cardiff 4-Aug  
1:53.16 5rC Solihull 14-Jul  
1:51.44 Michael Morris 10rA Cardiff 4-Aug  
1:53.36 4rD Wythenshawe 9-Jun  
1:51.47 Stuart Overthrow 1rB Cardiff 4-Aug  
1:51.49 Paul Gilbert U20 2rB Cardiff 4-Aug  
1:52.35 1rC Watford 23-Jun  
1:52.35 1rD Solihull 14-Jul  
1:54.84 8rC Wythenshawe 9-Jun  
1:51.5 Gregg Taylor U23 2rA Stretford 18-May  
1:52.11 3rC Wythenshawe 9-Jun  
1:52.4 2rA Stretford 20-Jul  
1:51.5 Steve Turvill 2rA Watford 11-Aug  
1:52.73 6rD Watford 23-Jun  
1:53.4 4rA Brighton 18-Aug  
*(60)*  
1:51.51 Vince Wilson 10rB Watford 23-Jun

1:51.53 \* Conor Sweeney 1rC Wythenshawe 9-Jun  
1:51.79 11rB Watford 23-Jun  
1:51.7 Robert Scanlon 4rA Stretford 22-Jun  
1:53.15 5rC Solihull 14-Jul  
1:51.7 \* Gary Lough 9rA Stretford 6-Jul  
1:51.82 Dominic Hall 3rB Cardiff 4-Aug  
1:51.9 2rA Watford 28-Jul  
1:51.88 Simon Lees U23 4rB Cardiff 4-Aug  
1 1 Stretford 27-Apr  
1:51.9 Nick Davy 5rA Watford 11-Aug  
1:52.4 2rB Stretford 17-Aug  
1:53.34 5rF Watford 23-Jun  
1:53.81 2rE Solihull 14-Jul  
1:51.9 Roger Morley U23 6rA Watford 11-Aug  
1:52.54 4rD Watford 23-Jun  
1:53.26 8rB Cardiff 4-Aug  
1:53.59 1rE Solihull 14-Jul  
1:54.73 8rB Scotstoun 21-Aug  
1:55.8 4rB Watford 8-Sep  
1:51.90 \* Stuart Raymond 7rB Solihull 14-Jul  
1:51.91 \* Gary Vickers 2rC Watford 23-Jun  
1:52.31 8rB Solihull 14-Jul  
*(70)*  
1:52.03 Steven Baldock 1rE Watford 23-Jun  
1:54.2 6rA Brighton 18-Aug  
1:54.4 4rA Tonbridge 6-Jul  
1:52.03 Andrew Ingle U20 1rF Watford 23-Jun  
1:55.76 7rD Solihull 14-Jul  
1:52.1 Andrew Prohett 1rB Stretford 17-Aug  
1:52.5 5rA Stretford 31-Aug  
1:53.4 3rB Stretford 6-Jul  
1:53.9 7rA Stretford 20-Jul  
1:52.18 Ryan Davoile U23 6rB Cardiff 4-Aug  
1:54.6 8rA Stretford 17-Aug  
1:52.2 Steve Rees-Jones 1rA Stretford 20-Jul  
1:52.21 \* Malcolm Hassan U17 1rC Scotstoun 21-Aug  
1:55.9 2 Jarrow 24-May  
1:52.23 Peter Hackley 3rC Watford 23-Jun  
1:52.61 6rC Wythenshawe 9-Jun  
1:52.27 \* Raymond Adams U20 2rE Watford 23-Jun  
1:52.28 Allen Graffin U23 4rC Wythenshawe 9-Jun  
1:53.25 3rD Solihull 14-Jul  
1:52.28 \* T Watanabe JAP 5rB Scotstoun 21-Aug  
*(80)*  
1:52.3 Sam Illidge U23 1rB Stretford 18-May  
1:52.7 3rA Watford 12-May  
1:52.30 Craig Houston U20 6rB Scotstoun 21-Aug  
1:52.36 \* Tim Alexander U23 4rC Watford 23-Jun  
1:52.4 \* John Rodgers 5rA Stretford 22-Jun  
1:53.7 6rA Stretford 31-Aug  
1:54.2 5rB Stretford 6-Jul  
1:55.92 4rE Wythenshawe 9-Jun  
1:52.44 Scott Sterling U23 3rD Watford 23-Jun  
1:55.3 3rB Watford 8-Sep  
1:52.46 Matthew Thompson U20 2rF Watford 23-Jun  
1:52.65 2rD Solihull 14-Jul  
1:53.83 9rB Cardiff 4-Aug  
1:54.3 2rB Watford 12-May  
1:52.5 \* Adam Buckley U20 3rA Stretford 20-Jul  
1:52.56 Marcus Bridges 5rD Watford 23-Jun  
1:52.9 2rB Stretford 6-Jul  
1:53.49 7rC Wythenshawe 9-Jun  
1:52.57 \* Jeremy Bradley U23 1rD Wythenshawe 9-Jun  
1:52.57 \* Francis McCaffrey 3rE Watford 23-Jun  
1:53.05 3rD Wythenshawe 9-Jun  
*(90)*  
1:52.57 \* Neil Dougal U20 2rC Scotstoun 21-Aug  
1:52.6 Terence West 1rA Jarrow 5-Jul  
1:52.65 \* Joe Collins U20 4rE Watford 23-Jun  
1:55.1 7rA Watford 28-Jul  
1:52.67 Nathan Dosaanjh U23 1rF Solihull 14-Jul  
1:51.82 7rA Stretford 17-Aug  
1:53.7 1 Solihull 21-Jul  
1:52.72 James Scarth 5rE Watford 23-Jun  
1:52.79 Mark Arndt 3rC Scotstoun 21-Aug  
1:54.3 4rB Stretford 22-Jun  
1:52.8 Tom Payn U23 3rA Millfield 3-May  
1:52.92 6rE Watford 23-Jun  
1:54.3 3rB Watford 28-Jul  
1:52.8 Garth Watson 1rB Stretford 6-Jul  
1:53.2 1rB Stretford 22-Jun  
1:52.89 Lee Garrett U23 4rC Solihull 14-Jul

\* denotes non-member



# 1999 BMC Rankings

Performances set in BMC Races - compiled by Matthew Fraser Moat

1:52.90	Mark Sesay (100)	7rA	Wythenshawe	9-Jun	1:55.29	2rE	Wythenshawe	9-Jun	1:55.48	Mark Kuklinski U23	5rC	Cardiff	4-Aug
1:52.90	Kojo Kyereme	3rF	Watford	23-Jun	1:53.90	1rG	Watford	23-Jun	1:55.49	* Gareth Hill U20	4rF	Solihull	14-Jul
1:52.92	James Tonner	4rE	Solihull	14-Jul	1:54.6	5rA	Tonbridge	6-Jul	1:57.74		8rH	Watford	23-Jun
1:52.97	Ross Fittall U23	7rB	Scotstoun	21-Aug	1:55.5	6rB	Stretford	20-Jul	1:55.5	* Tom De' Ath U17	7rA	Millfield	3-May
1:52.99	Tristan Vellam U23	7rD	Watford	23-Jun	1:54.3	7rF	Watford	23-Jun	1:56.91		5rH	Watford	23-Jun
1:54.1		6rD	Solihull	14-Jul	1:53.93	8rA	Watford	28-Jul	1:55.6	Rob Jefferies U23	4rA	Stretford	18-May
1:54.6		2rD	Wythenshawe	9-Jun	1:54.4	3rC	Cardiff	4-Aug	1:55.6	* Scott Wilson	4rC	Stretford	22-Jun
1:54.3		3rB	Stretford	20-Jul	1:54.57	7rC	Scotstoun	21-Aug	1:55.6	Alan Old U23	5rA	Jarrow	5-Jul
1:54.6		7rB	Stretford	17-Aug	1:54.7	3rC	Watford	28-Jul	1:55.6	* Chris Burtenshaw	3rC	Stretford	17-Aug
1:54.3		4rF	Watford	23-Jun	1:54.06	1rE	Wythenshawe	9-Jun	1:55.62	* Mike Roberts	6rF	Solihull	14-Jul
1:53.0	Gareth Price U23	1rB	Watford	12-May	1:54.1	4rB	Stretford	20-Jul	1:55.66		6rC	Cardiff	4-Aug
1:53.0	Toby Gosnall	1rB	Stretford	20-Jul	1:54.18	5rB	Stretford	22-Jun	1:55.7		10rB	Watford	28-Jul
1:53.1	Toby Gosnall	3rB	Stretford	17-Aug	1:54.2	1rC	Watford	28-Jul	1:55.70		4rI	Watford	23-Jun
1:53.01	* Gregg McEwan U20	1rB	Watford	11-Aug	1:54.14	6rC	Watford	23-Jun	(200)				
1:53.04	* Alasdair McLean U20	4rC	Scotstoun	21-Aug	1:54.18	1rI	Watford	23-Jun	1:55.7	Ross Miotti-Donaldson U20	3rB	Stretford	18-May
1:53.06	Mark Wiscombe (110)	7rE	Watford	23-Jun	1:54.2	6	Tooting Bec	16-Jun	1:55.71	* Paul Oliver U20	4rC	Watford	8-Sep
1:53.1	Gavin Thompson U20	5rA	Watford	12-May	1:54.2	6	Tooting Bec	16-Jun	1:55.71	Adam Mole	9rE	Solihull	14-Jul
1:53.1	Michael Openshaw	1rC	Cardiff	4-Aug	1:54.2	7rA	Watford	11-Aug	1:55.8	* Jamie Russell	4rB	Stretford	18-May
1:53.1	Alan Tatham	6rA	Watford	28-Jul	1:54.2	1rB	Brighton	18-Aug	1:55.8	* Robin Nixon	6rC	Watford	8-Sep
1:53.1	Robin Powell U20	1rB	Stretford	20-Jul	1:54.2	5rB	Watford	11-Aug	1:55.9	Ian Mitchell	4	Stretford	27-Apr
1:53.1		1rC	Stretford	22-Jun	1:54.2	2rH	Watford	23-Jun	1:55.9	* Jonathan Prowse	5	Stretford	27-Apr
1:53.1		2rB	Stretford	18-May	1:54.2	9rD	Watford	23-Jun	1:55.9	* Jamie Hickson U20	4rC	Stretford	17-Aug
1:53.1		1rC	Stretford	22-Jun	1:54.2	1rA	Stretford	22-Jun	1:55.9	Richard Ward U20	1	Sutton	19-Sep
1:53.1		2rB	Stretford	18-May	1:54.3	7rA	Stretford	22-Jun	1:55.92	Roger Mallard U23	1rG	Wythenshawe	9-Jun
1:53.1		6	Stretford	27-Apr	1:54.3	3rB	Watford	12-May	(210)				
1:53.1	* Michael Skinner U23	4rA	Watford	28-Jul	1:54.3	2rB	Watford	11-Aug	1:55.95	Martyn Gordon U23	5rE	Wythenshawe	9-Jun
1:53.2	Brian Stopher U20	5rA	Millfield	3-May	1:54.3	5rC	Watford	8-Sep	1:55.95	Mark Taylor	3rH	Watford	23-Jun
1:53.2		4rB	Watford	28-Jul	1:54.3	6rB	Stretford	17-Aug	1:56.0	* D Hayes U20	5rC	Stretford	22-Jun
1:53.2		2rB	Watford	8-Sep	1:54.31	2rC	Watford	28-Jul	23 elite performances to 1:49.0 by 19 athletes				
1:53.20	* Richard McDonald U20	5rC	Scotstoun	21-Aug	1:54.31	2rF	Wythenshawe	9-Jun	136 gold performances to 1:52.0 by 70 athletes				
1:53.3	David Beagley	2rB	Stretford	22-Jun	1:54.4	2	Solihull	21-Jul	403 membership performances to 1:56.0 by 213 athletes				
1:53.4	John Moore	8rA	Stretford	20-Jul	1:54.4	2rB	Brighton	18-Aug	<i>Additional Age Group</i>				
1:53.4		3	Tooting Bec	16-Jun	1:54.4	2rB	Brighton	18-Aug	1:56.04	* Chris Watson U17	2rD	Scotstoun	21-Aug
1:53.4		4rA	Jarrow	5-Jul	1:54.40	8rB	Watford	28-Jul	1:56.1	Chris Thompson U20	5rC	Watford	28-Jul
1:53.4	Christopher Bryan U23	8rD	Watford	23-Jun	1:54.41	2rI	Watford	23-Jun	1:56.3	* G Baxter U20	1rB	Tonbridge	6-Jul
1:53.4		4rB	Stretford	17-Aug	1:54.46	5rE	Solihull	14-Jul	1:56.4	Ian Bateman U20	9rC	Stretford	22-Jun
1:53.4		6rA	Stretford	20-Jul	1:54.49	10rD	Watford	23-Jun	1:56.49		8rE	Wythenshawe	9-Jun
1:53.4		3rA	Stretford	18-May	1:54.46	7rB	Watford	8-Sep	(160)		4rC	Stretford	6-Jul
1:53.4		3	Stretford	27-Apr	1:54.5	2rC	Stretford	22-Jun	1:54.5	Thomas Carter U20	7rE	Stretford	20-Jul
1:53.45	Dave Reader	6rC	Scotstoun	21-Aug	1:54.5	7rB	Stretford	20-Jul	1:54.5	Matthew Raw U23	5rB	Stretford	20-Jul
1:53.5		5rB	Stretford	17-Aug	1:54.5	4rB	Watford	12-May	1:54.6	Jamie McLoughlin	4rB	Watford	12-May
1:53.5		3rA	Tonbridge	6-Jul	1:54.6	3rB	Watford	11-Aug	1:54.68	Michael Gregory	3rB	Watford	11-Aug
1:53.5		1rF	Wythenshawe	9-Jun	1:54.68	6rG	Watford	23-Jun	1:54.7	Jonathan Guiney	6rG	Watford	23-Jun
1:53.5		3rE	Solihull	14-Jul	1:54.7	7rF	Solihull	14-Jul	1:55.76		7rF	Solihull	14-Jul
1:53.5		5rB	Watford	28-Jul	1:54.7	7	Tooting Bec	16-Jun	1:54.7	David Taylor	7	Tooting Bec	16-Jun
1:53.5	Alan Wray	4	Tooting Bec	16-Jun	1:54.73	6rE	Solihull	14-Jul	1:54.73	* Dale Woodman	6rE	Solihull	14-Jul
1:53.5		3rG	Watford	23-Jun	1:54.8	3rB	Brighton	18-Aug	1:54.8	Paul Laslett U20	3rB	Brighton	18-Aug
1:53.5		5rF	Solihull	14-Jul	1:54.8	8rA	Stretford	31-Aug	1:54.8	* Gary Richards U20	8rA	Stretford	31-Aug
1:53.5	Martin Airey	2rA	Tonbridge	6-Jul	1:54.80	3rF	Wythenshawe	9-Jun	1:54.8		3rF	Wythenshawe	9-Jun
1:53.5		8rA	Brighton	18-Aug	1:55.21	1rG	Stretford	17-Aug	1:54.8		1rG	Stretford	17-Aug
1:53.5		4	Sutcliffe Park	11-Sep	(170)	3rI	Watford	23-Jun	1:54.80	Ben Woodd U23	1rG	Solihull	14-Jul
1:53.5	Stephen Tompson U17	1rB	Watford	28-Jul	1:54.9	7rB	Watford	28-Jul	1:55.21		3rI	Watford	23-Jun
1:53.51	* Andy Keff	8rF	Watford	23-Jun	1:55.0	4rB	Watford	11-Aug	1:54.9	* Kevin Warlock	7rB	Watford	28-Jul
1:53.59	Paul Cooper	5rD	Wythenshawe	9-Jun	1:55.0	1rH	Watford	23-Jun	1:55.0		4rB	Watford	11-Aug
1:53.6	Andrew Fulford U20	6rA	Millfield	3-May	1:54.97	7rD	Wythenshawe	9-Jun	1:55.0	* Alex Tanner	7rD	Wythenshawe	9-Jun
1:53.6		8rC	Cardiff	4-Aug	1:55.0	4rC	Watford	28-Jul	1:55.0	Simon Beardsall	4rC	Watford	28-Jul
1:53.6	Alan McDougall	6rA	Stretford	22-Jun	1:55.0	1rC	Stretford	17-Aug	1:55.0	Jonathan Quint	1rC	Stretford	17-Aug
1:53.9		5rA	Brighton	18-Aug	1:55.02	7rE	Solihull	14-Jul	1:55.02	* Finton McGee IRE	7rE	Solihull	14-Jul
1:54.9		6rB	Watford	28-Jul	1:55.08	1rD	Scotstoun	21-Aug	1:55.08	Ketan Desai U17	1rD	Scotstoun	21-Aug
1:53.6	* Brett Stocks	5rA	Stretford	20-Jul	1:55.1	9rB	Watford	28-Jul	1:55.1	* M Sandford	9rB	Watford	28-Jul
1:53.6	* Karim Bouchamia ALG U23	5rA	Stretford	20-Jul	1:55.1	1rC	Watford	8-Sep	1:55.1	Sam Coombes U20	1rC	Watford	8-Sep
(130)		2rB	Watford	28-Jul	1:55.13	2rF	Solihull	14-Jul	1:55.10	* Russell Pimm	2rF	Solihull	14-Jul
1:53.7	* Richard Burman	4rB	Stretford	6-Jul	1:55.13	8rE	Solihull	14-Jul	1:55.13	Patrick O'Reilly (180)	8rE	Solihull	14-Jul
1:53.70	John Truckle	6rD	Wythenshawe	9-Jun	1:55.14	9rC	Wythenshawe	9-Jun	1:55.14	Andrew Young U23	9rC	Wythenshawe	9-Jun
1:53.71	John Gercs	5rD	Solihull	14-Jul	1:55.16	8rC	Scotstoun	21-Aug	1:55.16	Steffan North	8rC	Scotstoun	21-Aug
1:53.8	Stephen Sharp	4rA	Watford	12-May	1:55.2	8rB	Stretford	17-Aug	1:55.2	Ivan Hollingsworth	8rB	Stretford	17-Aug
1:53.8		7rA	Brighton	18-Aug	1:55.2	6rA	Jarrow	5-Jul	1:55.2		6rA	Jarrow	5-Jul
1:53.8	Simon Jones	5	Tooting Bec	16-Jun	1:55.2	2rC	Stretford	17-Aug	1:55.2	John Howell U23	2rC	Stretford	17-Aug
1:53.8		4rG	Watford	23-Jun	1:55.26	3rF	Solihull	14-Jul	1:55.26	* Unknown Unknown	3rF	Solihull	14-Jul
1:53.8	Raymond Waggitt U23	3rA	Jarrow	5-Jul	1:55.27	4rC	Cardiff	4-Aug	1:55.27	Huw Jenkins	4rC	Cardiff	4-Aug
1:53.8	Craig Wheeler	7rA	Stretford	31-Aug	1:55.3	8rA	Stretford	22-Jun	1:55.3	David Thornton	8rA	Stretford	22-Jun
1:53.8	* Peter Walsh U20	1rB	Stretford	31-Aug	1:55.3	3rC	Stretford	22-Jun	1:55.3	Ian Wetherall	3rC	Stretford	22-Jun
1:53.88	Joe Corbett U20	3rE	Wythenshawe	9-Jun	1:55.3	6rB	Watford	11-Aug	1:55.3	Neil A Miller	6rB	Watford	11-Aug
1:54.67		2rC	Cardiff	4-Aug	1:55.4	1	Jarrow	24-May	1:55.4	* Neil McCormick U20 (190)	1	Jarrow	24-May
1:55.0		5rG	Watford	23-Jun	1:55.4	2rC	Watford	8-Sep	1:55.4	* David Moulton U20	2rC	Watford	8-Sep
		4rB	Brighton	18-Aug	1:55.4	3rC	Watford	8-Sep	1:55.4	* D Thomas	3rC	Watford	8-Sep









# 1999 BMC Rankings

Performances set in BMC Races - compiled by Matthew Fraser Moat

8:12.17	Chris Thompson U20	16rA	Solihull	14-Jul
8:12.4	Andres Jones U23	2rA	Stretford	17-Aug
8:17.44		3rB	Solihull	14-Jul
8:21.14		1rC	Wythenshawe	9-Jun
8:12.6	Christopher Livesey U20	1	Stretford	18-May
8:22.05		17rA	Solihull	14-Jul
8:12.93	* Alan Buckley	7rB	Wythenshawe	9-Jun
8:16.7		4	Stretford	18-May
8:21.21		6rB	Solihull	14-Jul
8:13.0	Michael East U23 (40)	1	Millfield	3-May
8:13.09	Andy Coleman	2rB	Solihull	14-Jul
8:13.84	Dominic Bannister	18rA	Wythenshawe	9-Jun
8:13.96	* Matthew Vaux-Harvey	8rB	Wythenshawe	9-Jun
8:15.57	* Nigel Brunton IRE	9rB	Wythenshawe	9-Jun
8:15.7	Scott Hughes U23	2	Stretford	18-May
8:15.77	* Eric Kiplagat KEN	7rA	Cardiff	4-Aug
8:16.4	Robert Gould	3	Stretford	18-May
8:17.0	Stuart Stokes	5	Stretford	18-May
8:17.03	* Kim Critchley	10rB	Wythenshawe	9-Jun
8:17.20	* Mohammed Fathi MOR (50)	8rA	Cardiff	4-Aug
8:17.25	Andrew Farnworth	11rB	Wythenshawe	9-Jun
8:18.2	Justin Swift-Smith	2	Millfield	3-May
8:18.26	* Nick Francis	4rB	Solihull	14-Jul
8:19.6	* James Kosgei KEN	1	Watford	8-Sep
8:19.7	* Tony O'Brien	6	Stretford	18-May
8:19.8	Craig Wheeler	1	Stretford	22-Jun
8:19.81	Nathaniel Lane	9rA	Cardiff	4-Aug
8:24.10		9rB	Solihull	14-Jul
8:20.2	Simon Deakin U23	7	Stretford	18-May
8:29.02		3rC	Wythenshawe	9-Jun
8:20.68	* Andy Caine	12rB	Wythenshawe	9-Jun
8:21.4	* Steffan White (60)	2	Watford	8-Sep
8:21.88	* Peter Riley U23	13rB	Wythenshawe	9-Jun
8:23.3		8	Stretford	18-May
8:29.3		1	Stretford	1-Jun
8:23.15	Jerome Brooks	1rC	Solihull	14-Jul
8:24.38		11rA	Cardiff	4-Aug
8:23.3	* Matthew Plano	1	Stretford	6-Jul
8:23.31	* Simon Wilkinson U23	7rB	Solihull	14-Jul
8:23.34	Martin Palmer U23	8rB	Solihull	14-Jul
8:23.38		10rA	Cardiff	4-Aug
8:24.1	* Stephen Hepples U20	2	Stretford	22-Jun
8:31.3		2	Stretford	27-Apr
8:24.5	Ian Mitchell	1	Stretford	27-Apr
8:25.0	* Michael Watson U20	2	Stretford	20-Jul
8:25.36	* Lee McCash U20	2rC	Solihull	14-Jul
8:25.4		4rA	Stretford	17-Aug
8:32.4		3	Stretford	27-Apr
8:25.6	Angus Maclean U20 (70)	3	Watford	8-Sep
8:25.61	Alan Cross	2rC	Wythenshawe	9-Jun
8:25.7	* Gareth Raven	2	Stretford	3-Aug
8:25.7	Michael Proudlove	5rA	Stretford	17-Aug
8:25.8	* Martin Hula	3	Millfield	3-May
8:25.8	Andrew Barber	6rA	Stretford	17-Aug
8:29.72		4rC	Solihull	14-Jul
8:26.16	* Adam Sutton U20	3rC	Solihull	14-Jul
8:26.19	* Mick Hill	10rB	Solihull	14-Jul
8:26.3	* Greg Hull	2	Stretford	1-Jun
8:26.3	* Jonathan Prowse	3	Stretford	3-Aug
8:29.7		7rA	Stretford	17-Aug
8:26.6	David Bullock (80)	4	Watford	8-Sep
8:27.04	Robert Berry	11rB	Solihull	14-Jul
8:27.2	* Michael Skinner U23	5	Watford	8-Sep
8:27.7	* Paul Howarth U23	3	Stretford	1-Jun
8:29.4		4	Stretford	22-Jun
8:28.0	* John Brown	2	Stretford	6-Jul
8:28.1	Gary Mallon	4	Stretford	1-Jun
8:29.82		5rC	Wythenshawe	9-Jun
8:28.6	Paul Freary	3	Stretford	6-Jul
8:28.7	* Daniel Getliffe U23	6	Watford	8-Sep
8:28.75	Darren Barton	12rB	Solihull	14-Jul
8:28.9	Stephen Edmonds	3	Stretford	22-Jun
8:29.01	* Cian McLoughlin IRE (90)	14rB	Wythenshawe	9-Jun
8:29.2	* David Watson	5	Stretford	1-Jun
8:29.34	* David Mitchinson U23	12rA	Cardiff	4-Aug
8:29.39	* I Fisher	4rC	Wythenshawe	9-Jun

8:29.7	* Martin Hilton	8rA	Stretford	17-Aug
8:29.82	William Levett	15rB	Wythenshawe	9-Jun
125 membership performances to 8:30.0 by 95 athletes				
<i>Additional Age Group</i>				
8:30.3	* Stephen Vernon U20	7	Watford	8-Sep
8:33.0		4	Stretford	3-Aug
8:31.09	* Martyn Cryer U20	5rC	Solihull	14-Jul
8:33.5	* Oliver Laws U20	3rB	Cardiff	4-Aug
8:41.40		8rC	Solihull	14-Jul
8:34.7	* Nick Goodliffe U20	5	Stretford	3-Aug
8:40.4	* Simon Stygall U17	5rB	Cardiff	4-Aug

## Mens' 5,000m

13:44.27	Glyn Tromans	1rA	Watford	23-Jun
13:44.71	David Taylor	2rA	Watford	23-Jun
13:49.41	Jonathan Wild	3rA	Watford	23-Jun
13:54.18	Richard Taylor	4rA	Watford	23-Jun
13:56.69	Spencer Newport	5rA	Watford	23-Jun
14:03.80	Christopher Davies	6rA	Watford	23-Jun
14:07.29	Chris Thompson U20	7rA	Watford	23-Jun
14:07.92	Matthew Smith	8rA	Watford	23-Jun
14:08.60	* Simon Wilkinson U23	9rA	Watford	23-Jun
14:10.48	* Rob Birchall (10)	10rA	Watford	23-Jun
14:12.43	Nigel Stirk	11rA	Watford	23-Jun
14:14.78	Simon Cotton	12rA	Watford	23-Jun
14:18.68	* David Hibbert U23	13rA	Watford	23-Jun
14:18.98	* Peter Riley U23	14rA	Watford	23-Jun
14:33.34	Charles Woodd	1rB	Watford	23-Jun
14:39.02	Andrew Farnworth	15rA	Watford	23-Jun
14:39.03	* Tony Forrest	2rB	Watford	23-Jun
14:40.02	Simon Deakin U23	3rB	Watford	23-Jun
14:44.77	Shane Snow	4rB	Watford	23-Jun

19 membership performances to 14:45.0 by 19 athletes

15:13.20	Daniel Dalmedo U20	12rB	Watford	23-Jun
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## Mens' 2,000m Steeplechase

5:38.4	Stuart Stokes	1	Stretford	17-Aug
<i>(Inaugural BMC Record)</i>				
5:44.7	Craig Wheeler	2	Stretford	17-Aug
5:53.6	* Jon Rice U20	1	Stretford	22-Jun
5:55.1	* Andy Williams U23	2	Stretford	22-Jun
5:56.3	* Ewan Malloch	3	Stretford	17-Aug
5:57.9	* Daniel Yates U20	3	Stretford	22-Jun
6:00.0	Jonathan Wild	4	Stretford	17-Aug
7 membership performances to 6:00.0 by 7 athletes				
<i>Additional Age Group</i>				
6:17.2	* A Cheyne U20	1	Millfield	3-May
6:21.9	Andrew Sherman U20	2	Millfield	3-May
6:27.4	* S Kellie U20	3	Millfield	3-May

## Mens' 3,000m Steeplechase

8:29.09	Christian Stephenson	1	Wythenshawe	9-Jun
<i>(BMC Record)</i>				
8:34.67	Craig Wheeler	2	Wythenshawe	9-Jun
8:47.30	Andy Coleman	3	Wythenshawe	9-Jun
8:58.96+		6	Watford	23-Jun
8:47.89	* Donald Naylor	4	Wythenshawe	9-Jun
8:48.12+	Charlie Low	1	Watford	23-Jun
8:50.73+	* David Mitchinson U23	2	Watford	23-Jun
8:52.58		6	Wythenshawe	9-Jun
8:50.88	Ben Whitby U23	5	Wythenshawe	9-Jun
8:53.52	Stuart Stokes	7	Wythenshawe	9-Jun
8:54.25+	Andrew Robinson U23	3	Watford	23-Jun
9:02.92		9	Wythenshawe	9-Jun
8:54.64	* Andrew Morgan-Lee (10)	8	Wythenshawe	9-Jun
8:55.08+	Andrew Franklin U20	4	Watford	23-Jun
8:57.46+	Simon Bell	5	Watford	23-Jun
9:05.64		11	Wythenshawe	9-Jun
8:59.01+	Paul Farmer U23	7	Watford	23-Jun
8:59.58+	Christian Nicholson	8	Watford	23-Jun
9:04.67	* John Brown	10	Wythenshawe	9-Jun
9:11.99	* Matthew Plano	12	Wythenshawe	9-Jun
9:12.73+	Martin Kearns	9	Watford	23-Jun
9:12.93+	* Tim Watson	10	Watford	23-Jun
9:13.17+	Colin Palmer	11	Watford	23-Jun
23 membership performances to 9:15.0 by 19 athletes				
+ one barrier short				

## Womens' 800m

2:03.2mx	* Tanya Blake	1mx	Brighton	18-Aug
2:04.57		1rA	Watford	23-Jun
2:03.5	Ann Griffiths	1rA	Stretford	22-Jun
2:04.4	Paula Fryer	2rA	Stretford	22-Jun
2:06.4		1rA	Stretford	17-Aug
2:08.35		6rA	Wythenshawe	9-Jun
2:05.25	Rachel Newcombe	1rA	Wythenshawe	9-Jun
2:05.74		2rA	Watford	23-Jun
2:06.28		1rA	Solihull	14-Jul
2:06.56		1rA	Scotstoun	21-Aug
2:07.03		1rA	Cardiff	4-Aug
2:07.5		2	Stretford	18-May
2:08.8		2	Stretford	27-Apr
2:05.48	* Emma Davies U23	2rA	Wythenshawe	9-Jun
2:06.38		3rA	Watford	23-Jun
2:06.1	Helen Pattinson	1	Stretford	6-Jul
2:06.38	Maura Prendeville IRE	2rA	Solihull	14-Jul
2:09.44		5rA	Cardiff	4-Aug
2:10.60		6rB	Wythenshawe	9-Jun
2:06.4	Joanne Colleran	3rA	Stretford	22-Jun
2:07.2		1	Stretford	18-May
2:06.66	* Jennifer Ward U23	3rA	Wythenshawe	9-Jun
2:06.91	Kelly Caffel U23 (10)	4rA	Wythenshawe	9-Jun
2:07.33	Alexandra Carter U20	3rA	Solihull	14-Jul
2:07.5		1rB	Stretford	22-Jun
2:08.12		2rA	Scotstoun	21-Aug
2:08.3		2rA	Stretford	17-Aug
2:07.40	Victoria Sterne	4rA	Watford	23-Jun
2:07.52		5rA	Wythenshawe	9-Jun
2:07.66		2rA	Cardiff	4-Aug
2:11.07		6rA	Solihull	14-Jul
2:07.5	* Sara Jamieson AUS	1	Tooting Bec	16-Jun
2:08.01	Joanna Ross U20	1rB	Wythenshawe	9-Jun
2:11.47		7rA	Solihull	14-Jul
2:08.39	* Geraldine Nolan IRE	4rA	Solihull	14-Jul
2:08.4	Bev Blakeman	1	Stretford	27-Apr
2:08.5mx	* Victoria Lawrence	1mx	Stretford	31-Aug
2:08.7	Sally Evans	3rA	Stretford	17-Aug
2:08.74		3rA	Cardiff	4-Aug
2:09.23		5rA	Watford	23-Jun
2:09.38		1rB	Solihull	14-Jul
2:08.76	* Rebecca Lyne U20	2rB	Wythenshawe	9-Jun
2:09.04	Susan Scott U23 (20)	7rA	Wythenshawe	9-Jun
2:09.06	Emily Hathaway U23	4rA	Cardiff	4-Aug
2:10.91		3rA	Scotstoun	21-Aug
2:11.95		7rB	Watford	23-Jun
2:12.13		2rC	Solihull	14-Jul
2:12.27		2rC	Wythenshawe	9-Jun
2:14.1		2rA	Millfield	3-May
2:09.2	Kelly Brownhill U20	2rB	Stretford	22-Jun
2:12.0		3	Stretford	6-Jul
2:12.36		8rB	Wythenshawe	9-Jun
2:14.2		6	Stretford	18-May
2:09.3	Lisa Dobriskey U17	2	Tooting Bec	16-Jun
2:09.5	Dianne Henaghan	1	Jarrow	24-May
2:09.50	* Deirdre Fleming IRE	6rA	Watford	23-Jun
2:09.55	* Carolina Nylen SWE	3rB	Wythenshawe	9-Jun
2:09.89	Jillian Jones	5rA	Solihull	14-Jul
2:10.1	Catherine Riley U20	4rA	Stretford	17-Aug
2:10.6		3	Stretford	18-May
2:11.15		7rB	Wythenshawe	9-Jun
2:11.8mx		3mx	Stretford	31-Aug
2:13.1		4	Stretford	27-Apr
2:10.16	* Natalie Lewis U20	6rA	Cardiff	4-Aug
2:11.39		3rB	Solihull	14-Jul
2:10.2	Emma Brady	3	Stretford	27-Apr
2:10.49		4rB	Wythenshawe	9-Jun
2:12.1		7rA	Stretford	17-Aug
2:10.4	Shirley Griffiths	1rB	Stretford	17-Aug
2:12.4		5	Stretford	18-May
2:10.46	* Rachel Felton U23	1rB	Watford	23-Jun
2:13.27		4rC	Wythenshawe	9-Jun
2:10.52	Faith Aston	5rB	Wythenshawe	9-Jun
2:11.7mx		2mx	Stretford	31-Aug
2:11.8		4rA	Stretford	22-Jun
2:12.2		4	Stretford	18-May
2:13.8		5	Stretford	27-Apr
2:14.8		8rA	Stretford	17-Aug



# 1999 BMC Rankings

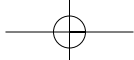
Performances set in BMC Races - compiled by Matthew Fraser Moat

2:15.46	8rA	Solihull	14-Jul	2:14.0	Catherine Bacon NZ	6	Stretford	6-Jul	2:20.0	* Charlotte Best	6	Brighton	18-Aug
2:10.6	1	Stretford	20-Jul	2:14.4mx		6mx	Stretford	31-Aug	4 elite performances to 2:05.0 by 3 athletes				
2:12.08	9rA	Cardiff	4-Aug	2:15.7		4rC	Stretford	17-Aug	93 gold performances to 2:12.0 by 51 athletes				
2:13.3	1rA	Millfield	3-May	2:16.00		6rA	Scotstoun	21-Aug	232 membership performances to 2:20.0 by 122 athletes				
2:10.7	5rA	Stretford	17-Aug	2:16.02		6rC	Wythenshawe	9-Jun	<i>Additional Age Group</i>				
2:10.7	2rB	Stretford	17-Aug	2:16.7		7	Stretford	18-May	2:20.23	* Nisha Desai U17	6rB	Scotstoun	21-Aug
2:11.1	2	Stretford	6-Jul	2:16.8		6rA	Stretford	22-Jun	2:20.4	Carol Ann Gray W35	5	Jarrow	5-Jul
2:11.73	4rB	Solihull	14-Jul	2:14.13	Helen Zenner U20	3rC	Watford	23-Jun	2:20.7	Stacey Penn U20	7	Coventry	19-May
2:10.7	3rB	Stretford	17-Aug	2:16.1		2rB	Cardiff	4-Aug	2:22.6		7	Solihull	21-Jul
2:11.4	3	Watford	11-Aug	* 2:16.13		2rB	Solihull	21-Jul	2:23.14		8rC	Solihull	14-Jul
2:13.6	1	Solihull	21-Jul	2:16.3		4rC	Solihull	14-Jul	2:21.1	* Ruth Chadney U15	4rB	Millfield	3-May
2:10.79	2rB	Solihull	14-Jul	2:16.3		3	Coventry	19-May	2:21.5	Susan Miles U20	3	Watford	28-Jul
2:11.3	1	Jarrow	5-Jul	2:14.8	Emma Alberts U23	2	Jarrow	5-Jul	2:21.5mx	Jennifer Mockler U20	11mx	Stretford	31-Aug
2:11.3	2	Watford	11-Aug	2:14.82	* Alex Castro	2rB	Scotstoun	21-Aug	2:21.8	Jill Christie U20	4	Watford	28-Jul
2:12.9mx	1mx	Stretford	3-Aug	2:14.90	* Christine Murphy	1rD	Wythenshawe	9-Jun	2:21.9	* Kelly Rodmell U17	2	Chester-le-Street	5-Sep
2:14.5	6rB	Stretford	17-Aug	2:15.0	Ruth Hoddy U20	3	Jarrow	5-Jul	2:22.25	* Lynsey McIntosh U17	7rB	Scotstoun	21-Aug
2:10.9	1	Coventry	19-May	2:16.6		3	Jarrow	24-May	2:23.49	Laura Cockfield U17	11rC	Watford	23-Jun
2:11.0	1	Watford	11-Aug	2:15.19	* Linda Gabriel	5rC	Wythenshawe	9-Jun	2:23.5mx	Sadie Yousefian U17	12mx	Stretford	31-Aug
2:11.05	2rB	Watford	23-Jun	(80)					2:24.1	* Natalie Mills U15	3	Chester-le-Street	5-Sep
2:11.6	6rA	Stretford	17-Aug	2:15.2	Tina Brown	2	Coventry	19-May	<b>Womens' 1,500m</b>				
(40)				2:15.42		2rD	Wythenshawe	9-Jun	4:10.84	Ann Griffiths	1rA	Scotstoun	21-Aug
2:11.00	7rA	Cardiff	4-Aug	2:15.25	Carolyn May	10rB	Watford	23-Jun	4:11.56	* Elva Dryer USA	1rA	Cardiff	4-Aug
2:12.65	5rB	Solihull	14-Jul	2:15.4	Helen Bebbington U20	3rA	Millfield	3-May	4:11.71	Elaine Fitzgerald IRE	1rA	Watford	23-Jun
2:11.09	3rB	Watford	23-Jun	2:15.44	Charlotte Moore U15	4rB	Cardiff	4-Aug	4:11.79	Angela Newport	2rA	Scotstoun	21-Aug
2:15.9	4	Brighton	18-Aug	2:15.5	* Louise Glanville U17	1	Chester-le-Street	5-Sep	4:12.1	* Naomh Mugo KEN	1rA	Watford	8-Sep
2:11.1	4rB	Stretford	17-Aug	2:15.7	Sarah Beevers	7	Stretford	6-Jul	4:16.35		2rA	Cardiff	4-Aug
2:11.15	4rA	Scotstoun	21-Aug	2:16.2		3rC	Stretford	17-Aug	4:12.3	* Faith Macharia KEN	2	Watford	8-Sep
2:13.1	5rB	Stretford	17-Aug	2:17.4		4rB	Stretford	22-Jun	4:12.38	* Niamh Beirne IRE	3rA	Scotstoun	21-Aug
2:14.5	6	Stretford	27-Apr	2:17.4		9	Stretford	18-May	4:16.10		2rA	Wythenshawe	9-Jun
2:15.89	9rB	Wythenshawe	9-Jun	2:18.7		3	Stretford	20-Jul	4:12.89	* Sara Jamieson AUS	2rA	Watford	23-Jun
2:11.2	1	Brighton	18-Aug	2:18.75		7rC	Wythenshawe	9-Jun	4:14.1	Hayley Tullett	3	Watford	8-Sep
2:13.4	1	Sutton	19-Sep	2:15.75	Hayley Mottram U17	5rC	Watford	23-Jun	4:14.78	* Hayley Haining	4rA	Scotstoun	21-Aug
2:11.5	3rB	Stretford	22-Jun	2:15.8	Nicola Wastoney	8	Watford	11-Aug	(10)				
2:11.54	4rB	Watford	23-Jun	2:15.8	Jilly Ingman U23	5rC	Stretford	17-Aug	4:16.16	Susan Scott U23	5rA	Scotstoun	21-Aug
2:11.71	8rA	Cardiff	4-Aug	2:16.0	* Sarah Williams U20	8	Stretford	6-Jul	4:21.78		5rA	Solihull	14-Jul
2:11.86	1rC	Solihull	14-Jul	2:16.62		3rD	Wythenshawe	9-Jun	4:16.24	Joanne Colleran	3rA	Wythenshawe	9-Jun
2:11.58	5rB	Watford	23-Jun	2:18.5mx		9mx	Stretford	31-Aug	4:16.32	Helen Pattinson	4rA	Wythenshawe	9-Jun
2:11.63	6rB	Watford	23-Jun	(90)					4:17.38	* Natalie Harvey AUS	2rA	Solihull	14-Jul
2:11.81	5rA	Scotstoun	21-Aug	2:16.10	Kate Doherty U23	3rC	Solihull	14-Jul	4:18.94	* Una English IRE	5rA	Wythenshawe	9-Jun
(50)				2:16.17	Karen Thorp	6rC	Watford	23-Jun	4:19.3	Jilly Ingman U23	1	Stretford	31-Aug
2:11.89	1rC	Wythenshawe	9-Jun	2:16.7		4	Coventry	19-May	4:26.94		14rA	Wythenshawe	9-Jun
2:13.4mx	3mx	Stretford	3-Aug	2:16.3	Jacqueline Kind	9	Stretford	6-Jul	4:30.1		1	Stretford	1-Jun
2:12.2	4	Watford	11-Aug	2:16.30	Katy Smith U20	7rC	Watford	23-Jun	4:19.93	* Geraldine Nolan IRE	3rA	Cardiff	4-Aug
2:12.2	1rC	Stretford	17-Aug	2:16.5	Liz Canwell U23	10	Stretford	6-Jul	4:20.03	Maria Lynch IRE U23	3rA	Solihull	14-Jul
2:13.1mx	2mx	Stretford	3-Aug	2:16.56	Emma Saterly U20	5rC	Solihull	14-Jul	4:22.26		6rA	Scotstoun	21-Aug
2:13.6	5	Stretford	6-Jul	2:17.4		5	Brighton	18-Aug	4:22.34		4rA	Cardiff	4-Aug
2:14.2	5rA	Stretford	22-Jun	2:16.7	Heidi Nicholls U23	7	Stretford	27-Apr	4:23.11		9rA	Wythenshawe	9-Jun
2:14.2mx	5mx	Stretford	31-Aug	2:16.8	Wendy Farrow	7rC	Stretford	17-Aug	4:24.7		1	Watford	11-Aug
2:12.20	8rB	Watford	23-Jun	2:16.8	* Caroline Benham	8	Stretford	18-May	4:20.45	* Maxine Baker	3rA	Watford	23-Jun
2:13.18	6rB	Solihull	14-Jul	2:17.0	Charlotte Goff U23	9	Watford	11-Aug	4:21.55		4rA	Solihull	14-Jul
2:12.25	9rB	Watford	23-Jun	2:17.20	Deborah Howard W40	6rC	Solihull	14-Jul	4:24.42		10rA	Wythenshawe	9-Jun
2:12.3	3	Tooting Bec	16-Jun	2:17.3	* Helen Keene	4	Solihull	21-Jul	4:20.8	Shirley Griffiths	2	Stretford	31-Aug
2:12.3	2	Brighton	18-Aug	2:17.31	* Danielle Keir	6rC	Stretford	17-Aug	4:23.02		7rA	Scotstoun	21-Aug
2:12.53	3rC	Wythenshawe	9-Jun	2:17.35	* Liz Proctor	3rB	Scotstoun	21-Aug	4:30.82		15rA	Wythenshawe	9-Jun
2:12.7	1	Cam Brea	15-Aug	2:17.43	Catherine Dugdale	4rD	Wythenshawe	9-Jun	(20)				
2:12.8	1	Watford	28-Jul	2:17.43		4rB	Scotstoun	21-Aug	4:21.67	Alexandra Carter U20	6rA	Wythenshawe	9-Jun
2:14.87	4rC	Watford	23-Jun	2:17.5mx		7mx	Stretford	31-Aug	4:21.71	Beverley Hartigan	7rA	Wythenshawe	9-Jun
(60)				2:17.6	Rachel Jablonski U20	5	Solihull	21-Jul	4:21.83	Sharon Morris	4rA	Watford	23-Jun
2:12.82	1rB	Scotstoun	21-Aug	2:20.3		6	Coventry	19-May	4:35.3		3	Watford	11-Aug
2:12.89	1rC	Watford	23-Jun	2:17.8	Dianna Jeffrey U17	4	Tooting Bec	16-Jun	4:21.94	Lucy Doughty	5rA	Watford	23-Jun
2:12.9	2	Cam Brea	15-Aug	2:17.9	* Claire Robson U17	4	Jarrow	5-Jul	4:23.01		9rA	Solihull	14-Jul
2:14.52	3rB	Cardiff	4-Aug	2:17.9mx	* Minna Kane U20	8mx	Stretford	31-Aug	4:24.96		12rA	Wythenshawe	9-Jun
2:13.3	2	Watford	28-Jul	2:18.41	Diana Kennedy	5mx	Stretford	3-Aug	4:26.24		5rA	Cardiff	4-Aug
2:14.2	3	Brighton	18-Aug	2:18.99		8rC	Watford	23-Jun	4:32.4		1	Redditch	16-Jun
2:13.3	5	Watford	11-Aug	(110)		7rD	Wythenshawe	9-Jun	4:22.15	Sarah Bull	6rA	Solihull	14-Jul
2:13.4	4	Stretford	6-Jul	2:18.6	Meredith Pannett U20	5	Tooting Bec	16-Jun	4:27.00		6rA	Cardiff	4-Aug
2:13.6	7	Watford	11-Aug	2:18.65	* Hazel Connel	6rD	Wythenshawe	9-Jun	4:30.6		3	Stretford	31-Aug
2:14.1	2	Stretford	20-Jul	2:18.9	* O Neild	4	Stretford	20-Jul	4:22.33	Michelle Wannell	8rA	Wythenshawe	9-Jun
2:13.4	6	Watford	11-Aug	2:19.2	* Rebecca Bolton U17	1rB	Millfield	3-May	4:30.85		12rA	Solihull	14-Jul
2:16.4	7rB	Stretford	17-Aug	2:19.25	* Lucy Thomas	7rC	Solihull	14-Jul	4:22.49	* Jane Groves U23	7rA	Solihull	14-Jul
2:13.53	2rC	Watford	23-Jun	2:19.7	* Stacey Kirby U17	8	Stretford	27-Apr	4:22.49	* Andrea Whitcombe	8rA	Solihull	14-Jul
2:16.3	4rA	Millfield	3-May	2:19.7	* Julia Russell	5	Coventry	19-May	4:23.43	Maria Sharp	6rA	Watford	23-Jun
2:13.68	7rA	Watford	23-Jun	2:19.74	Susan Scott U17	5rB	Scotstoun	21-Aug	4:24.02		10rA	Solihull	14-Jul
(70)				2:22.3		4	Jarrow	24-May	4:24.75		11rA	Wythenshawe	9-Jun
2:13.7	2rC	Stretford	17-Aug	2:19.9	* Victoria Leak U17	2rB	Millfield	3-May	4:27.66		8rA	Cardiff	4-Aug
2:13.9mx	4mx	Stretford	31-Aug	2:19.9	* Gemma Jones U15	3rB	Millfield	3-May	4:31.88		10rA	Scotstoun	21-Aug
2:17.2	5rB	Stretford	22-Jun	(120)					4:23.76	Sarah Simmons	7rA	Watford	23-Jun
2:18.1	4mx	Stretford	3-Aug	2:19.98	Emma Grant U20	9rC	Watford	23-Jun	(30)				
2:19.3	11	Stretford	6-Jul										
2:13.73	1rB	Cardiff	4-Aug										
2:17.4	5rA	Millfield	3-May										









A sunday morning training run and things are getting hot. You push the pace. You are suffering like hell. But you wear NIKE's DRI-F.I.T. Tee to make sure the other guys really sweat.

