



**BMC**



**NEWS**

*Official Journal of the  
British Milers' Club*

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## The British Milers' Club

sponsored by NIKE

Founded 1963

### BMC VISION

"to strive to win all four middle distance gold medals for Britain in the 2004 Olympics and at each successive games"

### OFFICERS

President	Lt Col Glen Grant	
Chairman	Dr Norman Poole	
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	Steve Mosley	029 2030 6733

#### 2001BA ENDURANCE INITIATIVE

BMC Director	Mike Down	0117 9733 407
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#### 2001 GOLD STANDARD MEETINGS

Stretford	Mike Harris	0161 437 9828
Watford	Philip O'Dell (Men)	01234 852038
	Liam Cain (Women)	01438 712170
Loughborough	George Gandy	01509 230176

#### 2001 REGIONAL SECRETARIES

Scotland	Brian McAusland	01567 830 331
Wales	Steve Mosley	029 2030 6733
Northern Ireland	Malcolm McCausland	028 7134 9212
East	Philip O'Dell	01234 852 038
Midlands	Maurice Millington	01495 774079
	Paul Wallace	0121 684 0471
North East	Phil Hayes	01207 570 161
North West	Mike Harris	0161 437 9828
South West	Mike Down	0117 9733 407
	Chris Wooldridge (Men)	01637 831201
	Les Pitwood (Women)	01237 424691
Southern Counties	Ray Thompson	01737 554 450
	Chris Carter (Brighton)	01273 503 446
	Chris Wooldridge (Men)	01637 831201
	Les Pitwood (Women)	01237 424691

### JOURNAL

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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 and preference in BMC race-seeding. 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.britishmilersclub.com>  
BMC E-mail [bmc@britishmilersclub.com](mailto:bmc@britishmilersclub.com)

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All pictures 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).





# Chairman's Notes

## CHAIRMAN'S NOTES

by Dr Norman Poole

Sydney 2000 was hailed as the best Olympic Games ever and it is good to know that during the 2000 season the BMC helped many UK and overseas members in their quest for Olympic competition.

Our 2000 Regional competitions, in particular Trafford and Watford, once again attracted a regular high standard in the men and women's 800-3000m races. The 2000 BMC Nike G.P. Series held in conjunction with the London Marathon Endurance Initiative has also continued to attract a great support from a very wide spectrum of athletes. The standard of the endurance events in this series was the best ever with many Olympic qualifying marks. The high point had to be the high quality 10k Olympic Trial and combined AAA Champs at Watford which we and the London Marathon organisation organised and hosted. Our good and growing relationship with UK Athletics, the London Marathon and the AAA of England once again sees the AAA 10k Champs and Trial Race for the 2001 Edmonton World Champs included in our programme at Watford on June 9th.

Our aim for the 2001 season will be to maintain the improved standard of the endurance G.P. events which we saw last year and to raise that at 800m and 1500m. I am very pleased that we will be assisted in this venture by the UK Athletics new Technical Director for Endurance Zara Hyde Peters. Zara is a long term member of the BMC and I know that she is eager to continue the cooperation and support given to the BMC by her predecessor Norman Brook. Alan Storey of the London Marathon organisation and now also the UK Athletics High Performance Manager for the endurance events will also be enthusiastically encouraging these ventures as he has ever since the beginning of



the LMEI Series.

There are also a number of other well known coaches who have recently been appointed by UK Athletics and who also will be actively involved in helping us to raise the standard of our major G.P. events. These are Gordon Surtees, the first ever BMC Regional Secretary for the N.E. England, who is now the National Performance Coach for 800/1500m and Chris Boxer the National Potential Coach for 800/1500m who will also be in attendance at the Young Athletes Training Weekend at Ardingley. The National Performance & Potential Coaches for the 3k/5k events are Bud Baldaro and Bob Ashwood and for s/c it is Mark Rowlands.

The cooperative partnership that we have with all of these organisations and individuals would not be complete without mentioning the contribution made

by our top Athletes Agents and in particular Duncan Gaskell and Kim McDonald of the KIM Organisation.

They have probably had the greatest influence on increasing the number of high quality overseas athletes who are now competing in our Nike G.P. and LMEI competitions.

It could be argued that the BMC has possibly become too focussed on the major Summer G.P. competitions at the expense of further enhancing other initiatives such as regional competitions, the BMC National Endurance Conference, educational and coaching/training weekends. Unfortunately the G.P. Meetings have been making a greater demand on our manpower resources in recent years. We are endeavouring to add 'new blood' to our overworked Committee and look forward to announcing new members of the Committee very soon. We also hope that we can then readress some of the initiatives outside of the G.P. Meetings.

# Message from Zara Hyde Peters

by Zara Hyde Peters

As you know I have been a long standing member of the BMC joining (I think) in 1986. Since that time the BMC has grown in strength and has been a major positive influence on middle distance running in the UK.

The challenges we face in endurance performance today are complex. As well as the factors that are endemic across all athletics (falling numbers of participants, lack of school support resource etc), we are constantly maligned by the media who hark back to the good old days when Britain dominated endurance running.

In reality - we should not be looking backwards - but facing the future. In an ever-changing competitive forum, our performance relative to others is always



going to be harder to control. What we can directly influence, however, is the absolute performances of our own runners. Even the most basic statistical analysis will show that we are performing less well in absolute terms than 20 years ago. Indeed, every morning as I sign into the UKA office I am greeted by the cheery smile of Bill Adcocks, our information officer who in 1964 ran 2hrs 10m for the marathon. Now that's a performance to aspire to!

I know that all the members of the BMC and the wider endurance community are striving for that same performance improvement and I am really looking forward to working with them to help realise the potential of UK endurance runners.





# In my opinion

by Sebastian Coe

first published in the Daily Telegraph

## Putting the genie back in the bottle

CHANNEL 4 recently charted the shark-infested waters of political correctness and emerged intact. It has often been the graveyard of eminent scientists, Sir Roger Bannister included, when consideration has been given to sporting prowess and race. Channel 4 attempted to identify genetic advantages that might account for the dominance of Kenyan middle and long-distance runners, since they first emerged on the world stage at the Mexico Olympic Games in 1968.

I found it interesting, not only because for the bulk of my career Kenya's finest, namely the Kalengin people, were chasing the same spoils as I was, but because it also left deeper questions about the philosophy of competition.

Because in the past there has been so much doctrinairism and on occasions deliberate misunderstanding when there has been any discussion of ethnic differences in whatever field of activity they arise, Channel 4 did well to concentrate on the science and leave the sociologists and the rag-bag of interest groups out of the debate.

Is there, they asked, any genetic inheritance of specific physiological potential that can be clearly identified and separated from socio-economic and environmental conditioning?

These last two factors will always play a significant part in the making of an athlete, but they must be kept quite separate in any study searching for a true genetic difference. In poorer Third World countries the large sums of money available from success on athletics' grand prix circuit is an extremely powerful motivator.

There are other important factors to be taken into account. It is quite easy to misunderstand athletics in Kenya; although it is a relatively poor country with limited financial resources for sport, it would be a serious mistake to think of Kenyan athletes succeeding on physical superiority alone. The Kenyan Federation have created a development programme at all levels, including the schools, which over the years has led to some very sophisticated coaching. This is something of which they are justifiably proud and an area from which we might learn. If your environment and economic circumstances leads

to a walking and running lifestyle – Kenyan youngsters, particularly the Kalengin, run upwards of 10 miles a day to and from school – then it is not unnatural that you might want to exhibit your prowess by showing how well you can do it and in Kenya there has been a rich supply of successful role models.

All this has to be stripped away before assessing any actual genetic superiority, the evidence for which might finally rest with the exercise physiologist.

*It is quite easy to misunderstand athletics in Kenya; although it is a relatively poor country with limited financial resources for sport, it would be a serious mistake to think of Kenyan athletes succeeding on physical superiority alone.*

But what of genetic superiority and does it exist? Even if it were possible it would still be a morally unacceptable, if simple experiment, to transplant a significant test population of the Kalengin. They would have to live and cope with a soft Western European lifestyle away from their traditional healthy, high-energy diet and without marrying outside their own racial group. We could then see if and how long an inherited genetic advantage survived – an advantage of enhanced aerobic capacity derived from millennia of living and working at high altitude.

But there are other considerations too. Like those of overall mechanical and biological efficiency; the biomechanical advantages

derived from different body dimensions. The length of the leg and the relative lengths of the upper and lower parts of the leg, the positions of the attachments of the muscles around the joints of their prime movers, could also be very important. Would one gene cover it all or would researchers be looking for additional genes?

This is all very interesting, but we must ask whether, if any ethnic group holds a significant genetic athletic superiority, is it of any practical significance for athletes and athletics? I think not.

In sport the athlete is always left with the same options. Great athletes are not simply born great. No one is born a great anything. A baby may have a unique genetic inheritance that could greatly favour a particular activity but that is only a potential advantage, it does not exist as an actual accomplishment. To turn this potential into an actual ability will require the application of much study and practice, be the subject a budding athlete or musician.

In short, great athletes are not born, they are made. They are a complex mix of genetics, environment, an indomitable will to win, often a sacrificial lifestyle, an excellent coach and if they are to be long-lasting, an obsession with consistency.

When I started in athletics I was frequently told that I was too short to be a miler. I broke the world record three times. Later this changed to "I could not compete successfully against athletes who used performance enhancing drugs". But it must have happened. The choice has always been the same; in reality you can either quit in moral outrage, or find a way to train smarter and harder. The same holds good for competing against any group like the Kenyans, who have been designated as super-human.

Cold comfort to any athlete looking for a ready-made excuse for failure.

British athletics has recently been undertaking a performance review of the sport. When it comes to looking at our relative decline in middle and long-distance running, we should not be designating supermen status to any other athletic nation.





# BMC Records

## BRITISH MILERS' CLUB RECORDS (AS AT 31ST MARCH 2001)

	<b>BMC Members' Record</b> <i>by a paid-up BMC member in a BMC race</i>		<b>"BMC Record"</b> <i>by anyone in a BMC race</i>		<b>BMC Club Record</b> <i>by a paid-up BMC member in any race world-wide</i>	
<b>MEN</b>						
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	3:55.24	David Kisang KEN 2000	3:47.33	Seb Coe 1981
M2000	5:01.28	Andrew Graffin 2000	5:00.66	David Kisang KEN 2000	4:53.06	Jack Buckner 1987
M3000	7:51.4	Rob Whalley 1997	7:51.32	Craig Mottram AUS 2000	7:32.79	David Moorcroft 1982
M 2 Mile	8:34.5	Ian Gillespie 1997	8:34.5	Ian Gillespie 1997	8:13.51	Steven Ovett 1978
M4000	11:03.2	Rob Whalley 1998	11:03.2	Rob Whalley 1998	10:28.7+	David Moorcroft 1982
M5000	13:28.22	Kris Bowditch 2000	13:26.20	Craig Mottram AUS 2000	13:00.41	David Moorcroft 1982
M10000	28:00.50	Andres Jones 2000	27:56.94	Kameil Maase HOL 2000	27:30.3	Brendan Foster 1978
M1500SC		no mark known	4:16.57	Lee Hurst 2000		no mark known
M2000SC	5:38.4	Stuart Stokes 1999	5:38.4	Stuart Stokes 1999	5:23.56	Tom Buckner 1992
M3000SC	8:25.37	Christian Stephenson 2000	8:25.37	Christian Stephenson 2000	8:18.91	Roger Hackney 1988
<b>WOMEN</b>						
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	1:56.80	Kelly Holmes 2000
W1000	2:44.9	Jo White 1980	2:44.31	Sharon Davenport 1988	2:32.55	Kelly Holmes 1997
W1500	4:06.39mx	Sonia O'Sullivan IRE 2000	4:06.39mx	Sonia O'Sullivan IRE 2000	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	8:53.7mx	Joanne Pavey 2000	8:53.58mx	Natalie Harvey AUS 2000	8:27.40	Paula Radcliffe 1999
W 2 Mile		no mark known		no mark known	9:32.07	Paula Radcliffe 1999
W5000	15:32.23	Sonia O'Sullivan IRE 2000	15:30.79	Natalie Harvey AUS 2000	14:41.02	Sonia O'Sullivan IRE 2000
W10000	31:41.1	Elana Meyer RSA 2000	31:41.1	Elana Meyer RSA 2000	30:26.97	Paula Radcliffe 2000
W2000SC	7:15.48	Jane Pidgeon 2000	6:36.02	Jayne Spark 2000	7:10.77	Paula Gowing 1999
W3000SC		no mark known	10:08.11	Tara Kryzwicki 2000		no mark known

## BRITISH MILERS' CLUB JUNIOR RECORDS (AS AT 31ST MARCH 2001)

	<b>BMC Junior Members' Record</b> <i>by a paid-up BMC member in a BMC race</i>		<b>"BMC Junior Record"</b> <i>by anyone in a BMC race</i>		<b>BMC Junior Club Record</b> <i>by a paid-up BMC member in any race world-wide</i>	
<b>JUNIOR MEN</b>						
M800	1:47.69	Simon Lees 1998	1:47.69	Simon Lees 1998	1:45.77	Steven Ovett 1974
M1000	2:23.4	Justin Swift-Smith 1993	2:23.4	Justin Swift-Smith 1993	2:20.0	Steven Ovett 1973
M1500	3:42.2	Paul Wynn 1983	3:41.15	Stefan Beumer HOL 2000	3:40.90	David Robertson 1992
M Mile	3:59.4	Steven Ovett 1974	3:59.4	Steven Ovett 1974	3:59.4	Steven Ovett 1974
M2000	5:20.0	Glen Grant 1972	5:20.0	Glen Grant 1972	5:20.0	Glen Grant 1972
M3000	8:04.93	Chris Thompson 2000	7:53.40	Mizan Mehare U20 ETH 1998	8:04.93	Chris Thompson 2000
M5000	14:06.52	Chris Thompson 2000	13:28.6	Mizan Mehare U20 ETH 1998	14:06.52	Chris Thompson 2000
M10000		no mark known		no mark known	30:06.01	Andres Jones 1996
<b>JUNIOR WOMEN</b>						
W800	2:06.38	Joanna Ross 2000	2:04.6	Janet Lawrence 1977	2:02.0	Jo White 1977
W1000	2:45.81	Lisa York 1988	2:44.31	Sharon Davonport 1988	2:38.58	Jo White 1977
W1500	4:20.0	Bev Hartigan 1986	4:11.67	Georgie Clarke AUS 2000	4:13.40	Wendy Sly 1976
W Mile	4:46.7	Jo Pavey 1990	4:39.0	Jacqueline Beasley 1985	4:34.29	Jo White 1979
W3000	9:25.95	Amber Gascoigne 1998	9:25.95	Amber Gascoigne 1998	9:09.14	Lisa York 1989
W5000	17:13.74	Charlotte Coffey 1999	16:30.38	Louise Kelly 1998	16:47.44	Collette Fagan 2000





# How can Nutter improve this summer?

by Frank Horwill

## MAKE YOUR COACHING MORE EFFECTIVE

*Most clubs have at least one poseur who wants to look good in training rather than knuckle down to sessions that would produce better results. Frank Horwill follows the fortunes of just such an athlete*

**N**UTTER is a cut above the average middle distance runner for his 22 years of age.

He can run 48 seconds for 400 and has a useful 800 metre time of 1:50. If you were to ask him what his times are, he would be pleased to reel them off. But if you press him over his 1500m time he will hesitate, his voice drops a few decibels and he will whisper: "Three minutes, fifty three seconds."

A quick calculation will tell you that  $48\text{secs} + 7\text{secs} \times 2 =$  his 800m time, that's 55 seconds per 400 metres. His 1500 metres is 62 seconds per 400m. Seven seconds slower per 400 metres than his 800m time. Nutter is quick to follow up the revelation of his 1500m time with mitigating reasons: "I rarely race 1500 metres."

Now, Nutter's friends know that not only does he avoid 1500m races, he also shuns training at that speed. Not for him a tough session of 4 x 800 in two minutes with three minutes rest. Nutter always likes to look good in training - especially if there are plenty of girls on the track. What better way to do this than rattle off 8 x 200 in 25 seconds with three minutes rest. Nutter is a bit of a poseur, he still wears his GB Junior International vest and track suit awarded him at 18 years of age. That's not the only thing getting a bit tatty - so are his times. They haven't improved in years. Some would give consid-

erable thought to this plateau in performance. To be fair - Nutter did. He decided to work on his 400m time, unsuccessfully, as it happened.

## NO COACH

Nutter is not too conversant with 800m history. For every 400/800 type who has held the world record for two laps, there are THREE who have held both the 800 and 1500 metres records at the same time, often the mile record as well. But, there is another stark fact about the 400/800 type world record holders - they possessed sub 46 seconds speed for 400 metres. Much faster than Nutter's best. Now, if Nutter was to emulate Coe, his potential at 800m would follow this formula:  $48 + 4 = 52 \times 2 = 1:44$ .

There's another strange thing about Nutter - he hasn't really got a coach. He came down to London from the north to work. He joined one coach's group for a month and moved on to another. The process was repeated until most of the tracks in London were visited.

Nutter is not only a poseur but a bit of a grasshopper as well. Naturally, his roving included a trip to a BMC training weekend at Merthyr Mawr. One look at the Big Dipper sand dune and he blanched, declaring: "I don't want to do too much and get injured." But, on the last day of the course, when most of the other athletes were tiring, he sprung to life in a three-man relay where each athlete ran 200m repetitions. Naturally, the girls were impressed with his speed.

## WHAT HOPE?

So, is there any hope for Nutter? What can we say to him and many others of his ilk? Well he's got to get some endurance from somewhere. Musn't suggest too much, we don't want to

frighten him off it altogether. Four runs a week of 35 minutes' duration is a start but they must comply with this formula: the average 400 metres time in his 1500 metres + 16 seconds =  $62 + 16 = 78/400 = 5:11/\text{mile}$ . At that pace for 35 minutes, he will run 6 1/2 miles. A total of 26 miles in a week. On top of that, a 70 minute run that must adhere to this formula: the average time per 400 metres in his 1500 metres + 20 seconds =  $62 + 20 = 82/400 = 5:26/\text{mile}$ . This speed will cover 12 1/2 miles. We are now up to a total of 39 miles a week. Not much, but the short runs are at 85 per cent VO2max and the long run is at 75 per cent - great endurance builders.

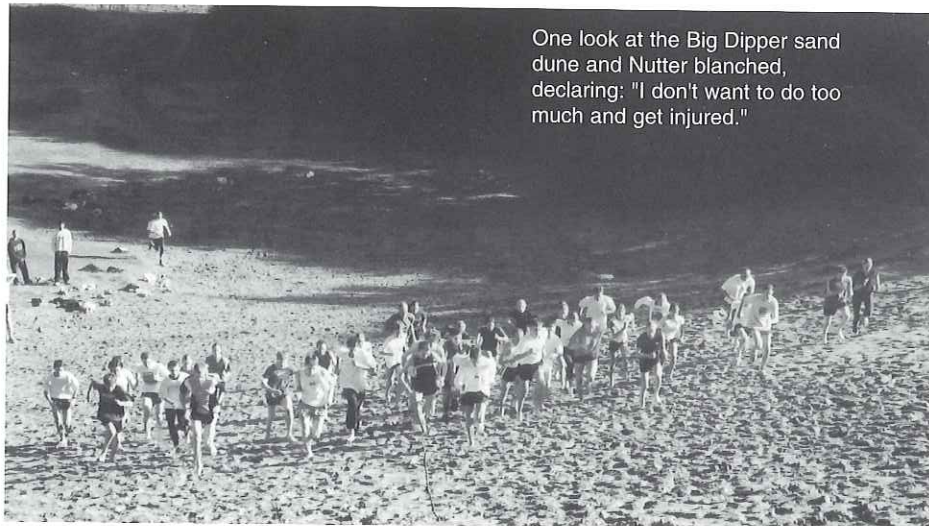
The sooner Nutter gets to grips with the rigours of 1500 metres pace, the better. He should try one week, a 1500m speed session and then the following week, a 3k pace session. A good workout for the first can be: 2 x 1 x 400 + 1 x 800 + 1 x 300 with 45 seconds rest after 400, 90 seconds rest after 800 and five minutes after 300 before repeating. He should start off modestly and aim to improve each time it's tackled.

A great 3k pace workout can be: 4 x 1500 with three minutes rest. The speed to aim for will be 1500 metres time per 400m + 4 seconds, i.e.  $62 + 4 = 66 \text{secs} = 4:07.5/1500$ . We don't pretend he will achieve great times doing these sessions first but after half a dozen tries at each things must get better.

## SPEED LOVER

We musn't forget Nutter's affection for speed. After the above repetition sessions he should keep his fast-twitch muscles alert by running up to 20 metres and then sprinting 60 metres x 6. Middle-distance runners have to learn to sprint at the end of races when tired. At least Nutter will be well warmed up when he starts his sprints.

After six weeks of this routine Nutter might like to try his hand at a 1500 metres race indoors to test his speed and endurance. Coe liked to race 3k indoors before the track season. No harm will come to Nutter if he also ran one cross country race a month. Nutter will have to adhere to the suggested programme for at least 12 weeks before any major changes occur for the better to his endurance. Don't be surprised if after a further 12 weeks into the track season he runs a personal best 800 metres by a clear two seconds and also lowers his 1500 metres time to 3:45secs. He has learned something that all great athletes accept: embracing the things they don't like doing and at which they are weak.



One look at the Big Dipper sand dune and Nutter blanched, declaring: "I don't want to do too much and get injured."



## **A PLEDGE TO RUNNERS:**

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**We will stay true to our running heritage.**

**We will only make running shoes we  
would run in ourselves.**

**We will invest more time, effort and  
sweat than any other company developing  
the perfect running shoes.**

**We will wear test, lab test and generally  
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**We will not discontinue popular ranges.**

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**For runners by runners.**



# BMC Best Times for Place

Compiled by Matthew Fraser Moat

These statistics show the best times achieved for each place in BMC races since 1963. They have been compiled from Athletics Weekly 1963 - 1991, and the BMC News from 1992 - 2000. Many thanks to Brian Boulton, David Cocksedge, Tim Grose and Martin Rix for their help.

## Men's 600m

1:17.4	Andrew Hart	1	Watford	26 May 99
1:18.7	* Pete Lewis	2	Crystal Palace	12 May 76
1:19.8	Jason Thompson	3	Sutcliffe Park	20 Apr 96

## Men's 800m

1:45.2	* Patrick Ndururi KEN	1	Battersea Park	15 Jun 97
1:46.2	* Robert Kibet KEN	2	Battersea Park	15 Jun 97
1:46.8	* Bernard Kisilu KEN	3	Battersea Park	15 Jun 97
1:46.8	Andrew Hart	4	Battersea Park	15 Jun 97
1:47.2	Kevin McKay	5	Battersea Park	15 Jun 97
1:47.7	Anthony Whiteman	6	Battersea Park	15 Jun 97
1:48.0	* Francis Kemboi KEN	7	Battersea Park	14 Jun 98
1:48.5	Kevin McKay	8	Battersea Park	14 Jun 98
1:49.1	Tom Lerwill	9	Battersea Park	15 Jun 97
1:49.1	Daniel Chermase KEN	9	Battersea Park	14 Jun 98
1:49.3	Abraham Chirchir KEN	10	Battersea Park	15 Jun 97
1:49.8	Grant Cuddy	11	Battersea Park	14 Jun 98
1:50.5	Clive Gilby	12	Battersea Park	15 Jun 97

*fastest 'B' race*

1:46.97	Andrew Hart	1r2	Cardiff	5 Jul 00
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*fastest 'C' race*

1:50.1	Jason Dupuy	1r3	Swindon	7 Aug 97
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## Men's 1,000m

2:19.4	Andrew Hart	1	Stretford	22 Jul 97
2:21.8	Kevin McKay	2	Stretford	18 Aug 98
2:22.4	Bradley Donkin	3	Stretford	18 Aug 98
2:22.7	* Matthew Dixon	4	Stretford	18 Aug 98
2:23.5	* Luc Michard	5	Stretford	30 Apr 96
2:23.7	Steve Green	6	Stretford	30 Apr 96

## Men's 1,500m

3:37.5	Anthony Whiteman	1	Swindon	7 Aug 97
3:39.5	Matthew Yates	2	Watford	5 Aug 98
3:39.7	Michael Openshaw	3	Battersea Park	14 Jun 98
3:40.8	* Elijah Maru KEN	4	Battersea Park	14 Jun 98
3:40.9	Neil Caddy	5	Battersea Park	14 Jun 98
3:41.5	Grant Graham	6	Battersea Park	14 Jun 98
3:41.5	* John Koskei KEN	7	Battersea Park	14 Jun 98
3:42.28	Thomas Mayo	8	Solihull	14 Jul 99
3:43.42	Stephen Sharp	9	Solihull	14 Jul 99
3:43.52	Colm McLean	10	Solihull	14 Jul 99
3:44.96	Jonathan McCallum	11	Solihull	14 Jul 99

*fastest 'B' race*

3:41.5	Robert Hough	1r2	Wythenshawe	30 Jul 96
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*fastest 'C' race*

3:46.71	Simon Burton	1r3	Watford	23 Jun 99
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## Men's Mile

3:55.24	* David Kisang KEN	1	Battersea Park	4 Jun 00
3:55.31	* Abraham Chebii KEN	2	Battersea Park	4 Jun 00
3:59.2	John Boulter	3	Motspur Park	23 Jul 69
3:59.2	James McGuinness	3	Stretford	30 Aug 75
3:59.4	Anthony Settle	4	Stretford	30 Aug 75
3:59.7	* David McMeekin	5	Stretford	30 Aug 75
3:59.7	* Ron McDonald	6	Stretford	30 Aug 75

*fastest 'B' race*

4:04.50	Adam Zawadski	1r2	Barnet Cophall	31 Aug 96
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## Men's 2,000m

5:00.66	* David Kisang KEN	1	Battersea Park	25 Jun 00
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5:01.28	Andrew Graffin	2	Battersea Park	25 Jun 00
5:02.90	Allen Graffin	3	Battersea Park	25 Jun 00
5:09.53	* David Chepkisa KEN	4	Battersea Park	25 Jun 00

## Men's 3,000m

7:51.32	* Craig Mottram AUS	1	Wythenshawe	14 Jun 00
7:52.14	* Julius Kimutai KEN	2	Wythenshawe	14 Jun 00
7:52.27	Kris Bowditch	3	Wythenshawe	14 Jun 00
7:53.11	Julian Moorhouse	4	Wythenshawe	14 Jun 00
7:53.54	John Nuttall	5	Cardiff	5 Jul 00
7:54.12	Andres Jones	6	Cardiff	5 Jul 00
7:56.52	* John Henwood NZ	7	Cardiff	5 Jul 00
7:56.63	* George Okworo KEN	8	Cardiff	5 Jul 00
7:57.15	* Seamus Power IRE	9	Cardiff	5 Jul 00
7:58.03	Dermot Donnelly IRE	10	Wythenshawe	14 Jun 00
7:58.74	* James Nolan IRE	11	Wythenshawe	14 Jun 00
7:59.20	John Nuttall	12	Wythenshawe	14 Jun 00
7:59.35	Nick Wetheridge	13	Wythenshawe	14 Jun 00

*fastest 'B' race*

8:04.42	Andres Jones	1r2	Wythenshawe	14 Jun 00
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## Men's 5,000m

13:26.20	* Craig Mottram AUS	1	Battersea Park	25 Jun 00
13:28.22	Kris Bowditch	2	Battersea Park	25 Jun 00
13:29.19	* George Okworo KEN	3	Battersea Park	25 Jun 00
13:30.22	* Boaz Kisang KEN	4	Battersea Park	25 Jun 00
13:31.32	* Seamus Power IRE	5	Battersea Park	25 Jun 00
13:37.97	Michael Openshaw	6	Battersea Park	25 Jun 00
13:42.15	* John Henwood NZ	7	Battersea Park	25 Jun 00
13:42.35	Julian Moorhouse	8	Battersea Park	25 Jun 00
13:47.18	* Peter Matthews IRE	9	Battersea Park	25 Jun 00
13:55.89	* Martin McCarthy			

	IRE	10	Stretford	11 Jul 00
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13:57.31	Glyn Tromans	11	Stretford	11 Jul 00
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13:57.37	* Ian Hudspith	12	Stretford	11 Jul 00
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13:57.58	* Craig Kirkwood NZL	13	Stretford	11 Jul 00
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13:58.44	Nathaniel Lane	14	Stretford	11 Jul 00
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13:58.88	Don Naylor	15	Stretford	11 Jul 00
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*fastest 'B' race*

14:12.53	Ian Mitchell	1r2	Battersea Park	25 Jun 00
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## Men's 10,000m

27:56.94	* Kameil Maase HOL	1	Watford	22 Jul 00
28:00.50	Andres Jones	2	Watford	22 Jul 00
28:03.31	* Robert Denmark	3	Watford	22 Jul 00
28:04.48	* Mark Steinle	4	Watford	22 Jul 00
28:08.46	* Michael Aish NZ	5	Watford	22 Jul 00
28:13.44	* Hendrick Ramaala			
	RSA	6	Watford	22 Jul 00
28:18.58	* Michael Buchleitner			
	AUT	7	Watford	22 Jul 00
28:23.11	* Seamus Power IRE	8	Watford	22 Jul 00
28:27.32	* Peter Matthews IRE	9	Watford	22 Jul 00
28:42.40	* Claes Nyberg SWE	10	Watford	22 Jul 00
28:43.08	* Mark Hudspith	11	Watford	22 Jul 00
28:50.98	* Ian Hudspith	12	Watford	22 Jul 00

## Men's 3,000m SteepleChase

8:25.37	Christian Stephenson	1	Solihull	19 Aug 00
8:26.07	Justin Chaston	2	Solihull	19 Aug 00
8:33.61	Stuart Stokes	3	Wythenshawe	14 Jun 00
8:37.63	Charlie Low	4	Solihull	19 Aug 00
8:44.03	Donald Naylor	5	Wythenshawe	14 Jun 00

## Women's 600m

1:29.4	Linda Staines	1	Battersea Park	19 Apr 97
1:31.2	Rachel Jordan	2	Battersea Park	19 Apr 97
1:31.6	Cathy Dawson	3	Highgate	7 Aug 96

## Women's 800m

2:00.7	* Shireen Bailey	1	Ipswich	19 Jun 85
2:01.7	* Shireen Bailey	2	Stretford	24 Jul 83
2:02.0	* Jane Finch	3	Stretford	24 Jul 83

2:03.0	* Christina Boxer	4	Stretford	24 Jul 83
2:04.0	Teena Colcbrook	5	Stretford	24 Jul 83
2:04.6	* M Corcoran AUS	6	Stretford	24 Jul 83
2:05.0	Suzanne Morley	7	Stretford	24 Jul 83

*fastest 'B' race*

2:07.5	Alexandra Carter	1r2	Stretford	22 Jun 99
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## Women's 1,500m

4:08.08	Sonia O'Sullivan IRE	1	Watford	22 Jul 00
4:11.67	* Georgie Clarke AUS	2	Watford	22 Jul 00
4:12.38	* Naimh Beime IRE	3	Scotstoun	21 Aug 99
4:14.78	* Hayley Haining	4	Scotstoun	21 Aug 99
4:16.16	Susan Scott	5	Scotstoun	21 Aug 99
4:17.48	* Maria McCambridge IRE	6	Watford	22 Jul 00
4:18.04	Dianne Henaghan	7	Watford	22 Jul 00
4:18.42	Susan Scott	8	Watford	22 Jul 00
4:18.79	Maria Lynch IRE	9	Watford	22 Jul 00
4:19.61	* Elaine Whitcombe	10	Watford	22 Jul 00
4:20.25	Elaine Fitzgerald	11	Watford	22 Jul 00

*fastest 'B' race*

4:24.16	Sarah Bull	1r2	Watford	22 Jul 00
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## Women's Mile

4:30.77	Joanne Pavey	1	Bristol	30 Aug 97
4:39.0J	* Jacqueline Beasley	2	Stretford	6 Aug 85
4:39.90	Sonya Bowyer	3	Barnet Cophall	31 Aug 96
4:40.74	* M Aboulahcen BEL	4	Barnet Cophall	31 Aug 96
4:40.93	Liz Francis-Thomas	5	Barnet Cophall	31 Aug 96
4:41.20	Joanne Pavey	6	Barnet Cophall	31 Aug 96
4:42.43	Beatrice Roh GER	7	Barnet Cophall	31 Aug 96
4:44.79	Sarah Salmon	8	Barnet Cophall	31 Aug 96

## Women's 3,000m

8:53.58mx	Natalie Harvey AUS	1mx	Cardiff	5 Jul 00
8:57.00mx	Joanne Pavey	2mx	Cardiff	5 Jul 00
9:02.35mx	Maria McCambridge IRE	3mx	Cardiff	5 Jul 00
9:02.88mx	* Hayley Yelling	4mx	Cardiff	5 Jul 00
9:16.42	Jilly Ingman	5	Wythenshawe	14 Jun 00
9:18.59	* Karen Hind	6	Wythenshawe	14 Jun 00
9:22.68	Dianne Henaghan	7	Wythenshawe	14 Jun 00
9:28.68	Sharon Morris	8	Wythenshawe	14 Jun 00

## Women's 5,000m

15:30.79	* Natalie Harvey AUS	1	Stretford	11 Jul 00
15:32.62	* Andrea Whitcombe	2	Battersea Park	25 Jun 00
15:39.40	* Maria McCambridge IRE	3	Stretford	11 Jul 00
15:40.85	* Sarah Wilkinson	4	Stretford	11 Jul 00
15:56.64	Amanda Parkinson	5	Stretford	11 Jul 00
16:00.84	* Tara Krzywicki	6	Wythenshawe	3 Jun 98
16:03.30	* Lucy Wright	7	Wythenshawe	3 Jun 98
16:05.81	* Karen Hind	8	Battersea Park	25 Jun 00
16:10.08	Debbie Gunning	9	Wythenshawe	3 Jun 98
16:19.72	Amy Waterlow	10	Wythenshawe	3 Jun 98
16:29.57	Penny Thackray	11	Wythenshawe	3 Jun 98

## Women's 10,000m

31:41.1	* Elana Meyer RSA	1	Watford	22 Jul 00
32:30.4	* Birhan Dagne	2	Watford	22 Jul 00
32:31.9	* Rosemary Ryan IRE	3	Watford	22 Jul 00
32:34.7	* Sarah Wilkinson	4	Watford	22 Jul 00
32:52.5	* Hayley Yelling	5	Watford	22 Jul 00
32:57.3	* Bente Landoy NOR	6	Watford	22 Jul 00
33:05.5	* Ann Keenan Buckley IRE	7	Watford	22 Jul 00
33:07.9	Liz Yelling	8	Watford	22 Jul 00
33:49.8	* Beverley Jenkins	9	Watford	22 Jul 00
34:30.9	* Debbie Sullivan	10	Watford	22 Jul 00





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# UK Merit Rankings

compiled by Peter Matthews

This is the 33rd successive year that I have compiled annual merit rankings of British athletes. As usual these are an assessment of form during the outdoor season. The major factors by which the rankings are determined are win-loss record, performances in the major meetings, and sequence of marks.

I endeavour to be as objective as possible, but form can often provide conflicting evidence, or perhaps an athlete may not have shown good enough results against leading rivals, or in very important competition, to justify a ranking which his or her ability might otherwise warrant.

I can only rank athletes on what they have actually achieved. Much depends on having appropriate opportunities and perhaps getting invitations for the prestige meetings. Difficulties also arise when athletes reach peak form at different parts of the season or, through injury, miss significant competition. Also, increasingly, many of our top athletes are competing overseas instead of in domestic meetings, which makes comparisons of form difficult.

Once again it should be pointed out that the rankings are by no means necessarily the order in which I think the athletes would have finished in an idealised contest, but simply my attempt to assess what has actually happened in 2000.

I hope that I have not missed many performances, but I would be very pleased to receive any missing results at 10 Madgeways Close, Great Amwell, Herts SG12 9RU.

For each event the top 12 are ranked. On the first line is shown the athlete's name, then their date of birth followed, in brackets, by the number of years ranked in the top 12 (including 2000) and their ranking last year (1999), and finally, their best mark prior to 2000. The following lines include their best performances of the year (generally six), followed, for completeness, by significant indoor marks indicated by 'i' (although indoor performances are not considered for the rankings). Then follow placings at major meetings, providing a summary of the athlete's year at the event.

## ABBREVIATIONS INCLUDE

AAA-23 AAA Under-23 Championships  
 AAA-J AAA Under-20 Championships  
 BedI Bedford International  
 BGP British Grand Prix at Crystal Palace  
 BL British League  
 BRS Bedford 'Road to Sydney'  
 B.Univs British Universities at Stoke-on-Trent  
 CAU Inter-Counties at Bedford  
 Croydon Southern Inter-Counties  
 Cup BAL Cup Final at Bedford (also major clashes in semis - sf)  
 E.Clubs European Clubs Cup  
 ECp European Cup  
 GhCl NU Gateshead Classic  
 IR Inter-Regional at BMCSolihull  
 LI BMCLoughborough International  
 OG Olympic Games  
 U23L Under 23 international v France and Germany at Liverpool  
 v FRA ENG v France at Vittel  
 v SPA-23 Under 23 international v Spain at Getafe  
 v USA UK v USA at Glasgow

## 800 METRES

- James McLroy** 30.12.76 (2y, 5) 1:45.32 '98  
 1:45.96, 1:46.39, 1:46.58, 1:47.01, 1:47.15, 1:47.24  
 1 Bratislava, 2 v USA, 2 Caorle, 5B Oslo, 3 BGP, 1 AAA, 7 GhCl, 6sf OG
- Anthony Whiteman** 13.11.71 (4y, -) 1:47.16 '97  
 1:45.81, 1:47.32, 1:47.61A, 1:47.71A, 1:47.81  
 6/7 in RSA, 1 BMCWatford, 1 BGP, 11 GhCl
- Andy Hart** 13.9.69 (5y, 4) 1:45.71 '98  
 1:46.52, 1:46.54, 1:46.97, 1:47.08, 1:48.09, 1:48.21  
 3 BMCBMCCatt.Pk, 1r2 BMCCardiff, dnf Lapinlahti, 4r2 Budapest, 4 Ljubljana, 7 BGP, 2 AAA, 9 GhCl, 6h OG
- Alasdair Donaldson** 21.6.77 (3y, 8) 1:48.10 '99  
 1:47.32, 1:47.58, 1:47.65, 1:47.69, 1:47.84, 1:49.17  
 4 LI, 1 BRS, 2 BMCLough 14/6, 5g v USA, 3r2 BMCCardiff, 1 BL1 (3), 5 ECp, 2r1 Budapest, 8 BGP, 3 AAA, 2 BMCSolihull
- Chris Moss** 17.6.79 (2y, -) 1:48.43 '98  
 1:47.75, 1:47.80, 1:48.68, 1:49.3, 1:49.77, 1:50.11  
 1B LI, 5 BRS, 1 BMCLough 14/6, 1 AAA-23, 7r1 BMCCardiff, 1 U23L, 9 BGP, 4 AAA, 3 BMCSolihull, 2 v FRA, 1 v SPA-23
- Neil Speaight** 9.9.78 (2y, 11) 1:48.1 '99  
 1:48.74, 1:48.86, 1:49.12, 1:49.46, 1:49.8, 1:50.24; 1:49.63i

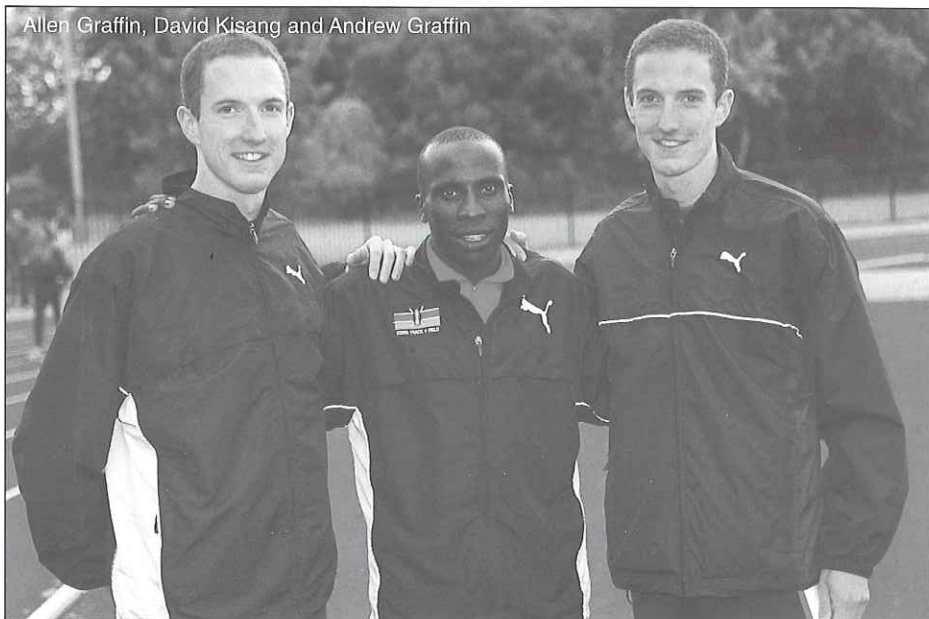
- 6 BMCWyth, 2 AAA-23, 5r1 BMCCardiff, 3 U23L, 2 BMCSolihull, 1 v FRA, 2 v SPA-23
- Justin Swift-Smith** 28.8.74 (3y, 7) 1:47.9 '97  
 1:48.28, 1:48.61, 1:49.25, 1:49.46, 1:50.01, 1:50.11  
 1 BMCWyth, 6 v USA, 2BL1 (3), 2 BMCWatford, 11 BGP, 2 BMCWatford 2/8, dnf AAA, 5 v FRA
- Jason Lobo** 18.9.69 (5y 3) 1:45.82 '99  
 1:47.81, 1:49.12, 1:49.44, 1:49.66, 1:50.21, 1:51.16  
 1 E.Clubs, 2 Dessau, 9 Jena, 7 Kassel, 7 v USA, 1 sf Rugby, 6sf AAA, 3B Leverkusen
- Andrew Graffin** 20.12.77 (1y, -) 1:50.0 '97  
 1:49.1, 1:49.15; 1 BMCTB, 1 BMCF
- James Mayo** 24.2.75 (1y, -) 1:48.2 '96  
 1:49.07, 1:49.39, 1:49.49, 1:49.98, 1:50.10, 1:50.17

- 1B BMCWatt.Pk, 3 BMCWattford, 7 AAA, 10 Karlstad, 8 Rovereto, 6 BMCF
- Kevin McKay** 9.2.69 (8y, -) 1:45.35 '92  
 1:48.56, 1:49.17, 1:49.47, 1:49.69, 1:51.24  
 3 Dessau, 10 Jena, 3 BMCWyth, 1 BL1 (2), 4 BMCSolihull, 11/7, 7 Cuxhaven
- Bradley Donkin** 6.12.71 (4y, 10) 1:46.86 '98  
 1:48.72, 1:49.28, 1:49.30, 1:49.99, 1:51.23, 1:51.24  
 7 LI, 1 BMCSolihull, 30/5, 4 BMCWyth, 9 BMCWatt.Pk, 3 BMCSolihull, 11/7, 8 BMCWattford, 9 Dublin, 5sf AAA, 1 Cup, 2 BMCF, BL1: -5, -3, 3
- Neil Caddy** 18.3.75 (0y, -) 1:49.5 '98  
 1:47.89; 5r2 BMCCardiff
- John Mayock** 26.10.70 (0y, -) 1:47.8 '98  
 1:48.45, 1:50.37; 4 BRS, 2 BMCWyth
- Mark Sesay** 13.12.72 (2y, 1) 1:45.68 '99  
 1:48.55, 1:50.82, 1:53.79  
 2 LI, dnf Riga, 12r2 Budapest, 1 BL2 (4)

Whiteman ran the fastest time of the year when winning the special race to help our athletes get OG qualifying times at the British Grand Prix. This was a remarkable breakthrough for him, taking 1.35 sec off his pb. McLroy, who achieved the Olympic qualifying standard in third place in this race, was ahead of Whiteman in their other meeting at Gateshead and takes the top ranking with a solid season. He did not quite return to his form of 1998, when he competed for Ireland and was 4th in the European Championships, but he still stood out from the rest of the British runners. Hart, who had been top ranked in 1997 and 1998, moves up a place to third. Donaldson made notable progress, improving his personal best in four successive races in mid-season. Moss beat Speaight 5-2 in clashes between the top two U23s. The tenth best of 1:48.55 was the worst since 1978. Neil Caddy's 1:47.89 (5r2 BMCCardiff) made his seventh fastest, but it was his only race at the distance.

## 1500 METRES - 1 MILE

- John Mayock** 26.10.70 (0y, 1) 3:31.86 '97, 3:50.32M '96  
 3:50.61M (3:36.14), 3:34.69, 3:52.15M, 3:35.98, 3:53.44M, 3:36.98  
 5 Seville, 9 Paris, 1 v USA, 6 Nice, 2 ECp, 6 Oslo, 3 BGP, 1 AAA, 8 Monaco, 8 Brussels, 7 GhCl, 9 OG, 8 GP Final
- Anthony Whiteman** 13.11.71 (5y, 2) 3:32.34 '97, 3:51.90M '98  
 3:34.93, 3:36.39, 3:36.39, 3:38.12, 3:41.34, 3:42.44; 3:42.36i  
 4/1/1 in RSA, 1 Dortmund, 3 Barcelona, 7 Stockholm, 2 AAA, dnf ht OG
- Andrew Graffin** 20.12.77 (2y, 7) 3:42.0/3:59.64M '99  
 3:36.18, 3:56.13M (3:39.6), 3:39.75, 3:39.79, 3:42.72, 3:43.68  
 2 Amsterdam, 1 BMCWattford 2/7, 9 BGP, 4 AAA, 3 Leverkusen, 10sf OG







Michael Openshaw 8.4.72 7:55.35 '99  
7:55.12, 7:57.71; 6 BMCWyth, 1 BMCStretford 25/7, 1 v FRA  
Glen Stewart 7.12.70 7:55.15 '99  
7:56.80; 7 BMCWyth

- 12 Eur Challenge 28:22.06
- 6 Mark Hudspith 19.1.69 (3y, -) 29:02.38 '92  
11 BMC/AAA 28:43.08
- 7 Ben Noad 6.5.76 (1y, -) 0  
15 Stanford 28:47.94
- 8 Ian Hudspith 23.9.70 (2y, -) 28:35.11 '97  
12 BMC/AAA 28:50.98
- 9 Glynn Tromans 17.3.69 (4y, 2) 28:21.07 '99  
14 BMC/AAA 29:05.28
- 10 Adrian Mussett 14.4.72 (2y, -) 29:40.96 '98  
2 Batt.Pk 29:10.86
- 11 John Nuttall 11.1.67 (3y, -) 28:07.43 '95  
14r2 Eur Challenge 29:35.48
- 12 Nathaniel Lane 10.4.76 (2y, 6) 29:01.17 '99  
17 BMC/AAA 29:38.93

**5000 METRES**

- 1 Andres Jones 3.2.77 (1y, -) 14:09.22 '99  
13:39.43, 13:45.86, 13:54.3, c.14:04+, 14:12.4  
1 Welsh, 14 BGP, 1 AAA, BL2: 1,1,1,-
- 2 Michael Openshaw 8.4.72 (2y, 10) 13:51.26 '99  
13:37.97, 13:42.02, 13:49.34, 13:55.01  
6 BMC Batt.Pk, 6 BMCStretford, 16 BGP, 2 AAA,  
7 BMC Solihull
- 3 Kris Bowditch 14.1.75 (4y, -) 13:36.24 '98  
13:28.22, 14:03.10, 14:03.45, 14:08.92  
2 BMC Batt.Pk, 6 ECP, 7 AAA, 15h OG
- 4 Glen Stewart 7.12.70 (1y, -) 13:53.55 '98  
13:38.37, 13:43.89, 13:58.32, 13:58.40  
5 LI, 4 BMCStretford, 17 BGP, 13 AAA, 4 BMC Solihull
- 5 John Nuttall 11.1.67 (10y, 7) 13:16.70 '95  
13:39.02, 13:56.35, 13:57.79  
5 BMCStretford, 26 Heusden, 5 AAA
- 6 Mark Hudspith 19.1.69 (1y, -) 13:51.73 '91  
13:49.37, 13:52.74; 7 BMCStretford, 3 AAA
- 7 Julian Moorhouse 13.11.71 (2y, -) 13:48.5 '98  
13:42.35, 13:50.05, 13:53.90, 14:00.03  
8 BMC Batt.Pk, 8 BMCStretford, 4 Dublin, 6 AAA
- 8 Allen Graffin 20.12.77 (1y, -) 14:16.8 '95  
13:41.42, 13:57.85; 4 LI, 2 BMC Solihull
- 9 Adrian Passey 2.9.64 (4y, 6) 13:20.09 '97  
13:30.67, 13:51.26, 13:52.97, 13:54.31, 14:02.11, 14:04.53  
11 LI, 11 BMC Batt.Pk, 9 BMCStretford, 2 Dublin, 13 Heusden,  
8 AAA, 5 BMC Solihull
- 10 Karl Keska 7.5.72 (4y, 3) 13:23.07 '99  
13:42.13, c.13:54+; 7 Eugene
- 11 Ian Hudspith 23.9.70 (2y, -) 13:52.8 '97  
13:55.54, 13:57.37, 13:57.64  
12 BMCStretford, 4 AAA, 6 BMC Solihull
- 12 Christian Nicolson 19.9.73 (1y, -) 13:46.00 '99  
13:45.26, 13:51.79, 14:06.63  
11/15 Stanford, dnf BMC Batt.Pk, 9 Lapinlahti

This was a poor year for British 5000m running. Bowditch headed the rankings with 13:28.22 at Battersea Park, a time which bettered the Olympic qualifying standard of 13:29.00, but did not break 14 minutes in three subsequent races. Jones took 30 secs off his best and won the AAA title all too easily to complete a 5k/10k double that had not been done since David Bedford in 1972. Despite a season's best of only 13:39.43 he takes top ranking on his debut in these lists for 5000m.

**10,000 METRES**

- 1 Karl Keska 7.5.72 (2y, -) 29:10.40 '96  
8 OG 27:44.09 (27:48.29 ht), 2 Eur Challenge 28:00.56
- 2 Andres Jones 3.2.77 (2y, 8) 29:17.69 '99  
2 (1) BMC/AAA 28:00.50, 9h OG 28:11.20, 1 CAU 29:51.73
- 3 Rob Denmark 23.11.68 (5y, -) 28:03.34 '94  
3 BMC/AAA 28:03.31, 10 Eur Challenge 28:17.70, 13h OG  
28:43.74
- 4 Mark Steinle 22.11.74 (4y, 10) 29:07.33 '95  
4 BMC/AAA 28:04.48
- 5 Keith Cullen 13.6.72 (3y, 1) 27:53.52 '98

**3000 METRES STEEPLECHASE**

- 1 Christian Stephenson 22.7.74 (3y, 1) 8:29.09 '99  
8:25.37, 8:28.21, 8:29.33, 8:46.66, 8:47.71  
1 BMCWyth, dnf BMC Batt.Pk, 1 AAA, 1 BMC Solihull,  
10h1 OG
- 2 Justin Chaston 4.11.68 (10y, 3) 8:23.90 '94  
8:26.07, 8:31.01, 8:32.21, 8:33.93, 8:36.27, 8:39.83  
5 Walnut, 2 Stanford, 12 Portland, 1 BL1 (4), 2 AAA,  
2 BMC Solihull, 7h OG
- 3 Stuart Stokes 15.12.76 (4y, 5) 8:48.21 '99  
8:33.61, 8:41.45, 8:44.25, 8:53.90, 8:57.66, 8:57.70  
2 BL1 (1), 3 BMCWyth, 10 Zagreb, 7 ECP, 11 AAA
- 4 Charlie Low 9.10.74 (3y, 7) 8:54.46 '97  
8:37.63, 8:41.43, 8:50.44, 8:53.65, 8:55.93, 9:01.17  
3 BMC Watford, 4 AAA, 4 BMC Solihull, 2 v FRA, BL1: -,1,1,-
- 5 Craig Wheeler 14.6.76 (3y, 2) 8:34.67 '99  
8:39.72, 8:51.15, 8:57.04, 8:59.17, 9:02.03, 9:07.82  
4 AUS Ch, 1 sf Cudworth, 1 BL2 (4), 3 AAA, 7 BMC Solihull,  
5 v FRA
- 6 David Heath 22.5.65 (1y, -) 9:23.3 '97  
8:42.04, 8:42.98, 8:52.92, 8:59.47, 9:03.98, 9:08.95  
4 BMCWyth, 2 BMC Batt.Pk, 2 BMC Watford, 11 Malmö,  
7h2 AAA, 8 BMC Solihull
- 7 David Mitchinson 4.9.78 (2y, 10) 8:52.58 '99  
8:45.06, 8:46.05, 8:48.06, 8:48.93, 8:54.47, 8:59.32  
1 B.Univs, 7 LI, 6 BMCWyth, 2 U23L, 6 AAA, 6 v FRA,  
3 v SPA-23
- 8 Alistair O'Connor 22.6.71 (1y, -) 8:42.88 '92  
8:44.18, 8:49.03, 8:50.97, 8:53.62, 8:54.40, 8:56.2  
6 LI, 7 BMCWyth, 1 BL3 (2), 4 IR, 7 AAA, 5 BMC Solihull
- 9 Donald Naylor 5.9.71 (2y, 8) 8:47.89 '99  
8:44.03, 8:51.02, 8:51.23, 8:54.5, 8:56.5, 9:01.92  
1 CAU, 5 BMCWyth, 1 BL3 (3), 1 sf Rugby, 8 AAA
- 10 Iain Murdoch 10.7.80 (1y, -) 8:57.83 '99  
8:42.79, 8:47.64, 8:51.99, 8:56.61, 8:59.67, 9:01.32  
2 B.Univs, 4 LI, 1 AAA-23, 5 U23L, 9 AAA
- 11 Ben Whitby 6.1.77 (3y, 9) 8:41.79 '98  
8:44.68, 8:49.27, 8:57.3 (1 barrier missing)  
5 AAA

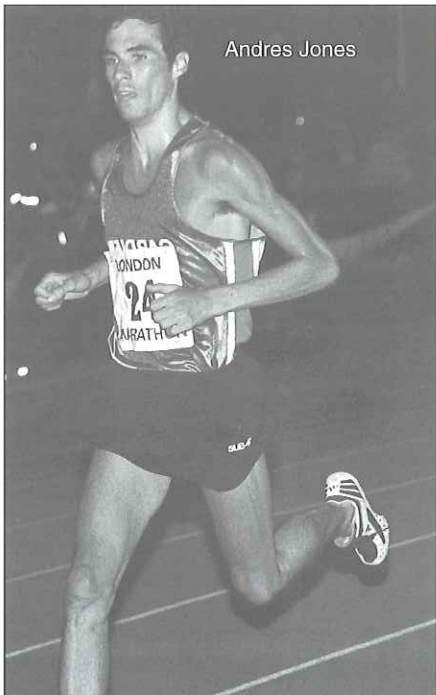
- 4 Kevin McKay 9.2.69 (11y, -) 3:34.59 '97, 3:53.64M '94  
3:37.34, 3:55.07M (3:40.0), 3:38.94, 3:41.19, 3:42.10, 3:44.30  
7 Kassel, 1 BL1 (2), 11 Zagreb, 7 BGP, 9 Linz, 5 AAA, 10  
Leverkusen
- 5 Jonathan McCallum 19.11.75 (2y, 4) 3:40.87 '99  
3:37.75, 3:38.87, 3:43.84, 3:44.06, 3:45.61, 3:46.14  
10 LI, 7 Amsterdam, 3 BRS, 1 Fana, 1 Budapest, 11 Stockholm,  
3 AAA, 15 Leverkusen
- 6 Matt Dixon 26.12.78 (2y, 10) 3:43.34 '99  
3:39.80, 3:40.42, 4:01.61M, 3:45.60  
1 B.Univs, 4 LI, 1 BMCWyth, 2 v USA
- 7 Neil Caddy 18.3.75 (6y, 3) 3:39.1/3:55.84M '96  
3:39.03, 3:39.99, 3:58.31M (3:42.1), 3:41.24, 3:46.28, 3:51.92  
6 LI, 2 Budapest, 3 Funchal, 12 BGP, 11 AAA
- 8 Michael East 20.1.78 (1y, -) 3:42.37 '99  
3:40.13, 3:40.59, 3:42.57, 3:43.99, 3:44.723:45.36  
5 LI, 2 BMCWyth, 4 v USA, 5 Budapest, 1 Dublin, 8h AAA, 2  
v FRA, 1 v SPA-23
- 9 Richard Ashe 5.10.74 (2y, 5) 3:41.2/3:59.98M '96  
3:41.36, 3:42.51, 3:44.82, 3:46.47, 3:47.79, 3:49.13  
5 South, 11 BMC Cardiff, 1 BMC Watford 12/7, 2 BMC Watford  
22/7, 7 AAA, 6 v FRA
- 10 Allen Graffin 20.12.77 (1y, -) 3:43.67 '99, 4:04.0M '98  
3:40.14, 3:59.86M (3:43.1), 3:43.29, 3:46.36, 3:46.92, 3:47.46  
6 Amsterdam, 5 BMC Watford 22/7, 13 BGP, 4h AAA, 10  
GhCL, 3 BMC-F
- 11 Angus Maclean 20.9.80 (1y, -) 3:46.14 '99  
3:41.19, 3:43.9, 3:45.85, 3:46.42, 3:47.21, 3:47.93  
5 B.Univs, 1B LI, 1 AAA-23, 3 U23L, 1 BMC Watford 2/8, 7h  
AAA, 1 Cup, 2 BMC-F, 3 v SPA-23, BL1: -,1,1,-
- 12 James Thie 27.6.78 (1y, -) 3:43.15 '99, 4:03.9M '98  
3:42.85, 3:43.16, 3:43.39, 4:01.7M, 3:44.81, 3:45.20  
2 B.Univs, 9 LI, 4 BRS, 4 BMCWyth, 2 AAA-23, 12  
BMCCardiff, 4 U23L, 2 Dublin, 6 AAA, 2 BMCStretford 22/8,  
2 BMCYeovil

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

Mayock was top for the sixth successive year (tying Steve Cram's event record) and Whiteman second for the fifth successive year, with Andrew Graffin making a major step forward and McKay returning after a year out. Seven men under 3:40 meant a big improvement in our standards and the 10th best of 3:41.19 compared to 1999's 3:42.37. McCallum improved his best by three seconds and Dixon and East looked especially impressive in early season races.

**3000 METRES (Not ranked)**

- Kris Bowditch 14.1.75 7:55.61 '99  
7:52.27, 8:01.84; 3 BMCWyth, 1 BMC Solihull
- Julian Moorhouse 13.11.71 7:56.88 '99  
7:53.11, 8:08.80; 1 BMCStretford 30/5, 4 BMCWyth, 2 v FRA
- Christian Stephenson 22.7.74 7:54.5 '97  
7:53.23; 4 BMC Cardiff
- John Nuttall 11.1.67 7:36.40 '96  
7:53.54, 7:59.20; 12 BMCWyth, 5 BMC Cardiff
- Adrian Passey 2.9.64 7:48.09 '89  
7:53.68; 5 BMCWyth
- Andres Jones 3.2.77 8:26.66 '96  
7:54.12, 8:04.42; 1B BMCWyth, 6 BMC Cardiff



Andres Jones





- 12 **Andy Morgan-Lee** 1:3.69 (4y, 12) 8:50.40 '96  
8:43.95, 8:47.65, 8:53.84, 9:00.0, 9:00.0  
10 AAA, 6 BMCSSolihull

Stephenson retains his top ranking, making it top in each of his three years in these rankings, and both he and Chaston did well to make the Olympic qualifying standard of 8:27.0. The standard in depth was much better as 10th best of 8:44.18 compared to 8:54.46 to 8:55.74 each year 1997-9, although it was sub-8:40 in 1986 and 1989. Low improved by 17 seconds and Heath make his debut in the rankings at this event at the age of 35, making several brave bids to run much faster times,

#### WOMEN 800 METRES

- 1 **Kelly Holmes** 19.4.70 (8y, 1) 1:56.21 '95  
1:56.80, 1:58.45, 2:00.35, 2:00.53, 2:01.76, 2:02.08  
1 AAA, 1 Karlstad, 3 GhCl, 1 Rovereto, 3 OG
- 2 **Hayley Tullett** 17.2.73 (5y, 9) 2:02.18 '97, 2:01.52i '98  
2:01.25, 2:01.53, 2:02.92, 2:05.65mx  
1r1 Budapest, 1 Malmö, 6 GhCl
- 3 **Diane Modahl** 17.6.66 (16y, 2) 1:58.65 '90  
2:00.53, 2:02.41, 2:02.73mx, 2:03.13, 2:03.94, 2:04.16  
3 Jena, 3 Kassel, 10 Leverkusen, 10 GhCl, 5h OG
- 4 **Tanya Blake** 16.1.71 (4y, 3) 2:00.10 '98  
2:01.06, 2:02.47, 2:02.56, 2:02.92, 2:04.69, 2:04.71  
1 Irvine & LA, 6 Stanford, 4 ECP, 2 Ljubljana, 1r2 Budapest, 4 Leverkusen, 1 v FRA, 1 Biella
- 5 **Emma Davies** 9.10.78 (3y, 7) 2:02.39 '98  
2:04.07, 2:04.42, 2:04.44, 2:04.54, 2:05.04, 2:05.67  
4 LI, 1 Basel, 3 Riga, 1 AAA-23, dnf r2 Budapest, 2 Gothenburg, 4 AAA, 4 Namur, 1 v SPA-23
- 6 **Joanne Fenn** 19.10.74 (3y, -) 2:05.2 '98  
2:04.19, 2:05.48, 2:05.54, 2:05.60, 2:06.13, 2:06.14  
1 LI, 5 BRS, 4 BMCWyth, 4r2 Budapest, 2 IR, 3 AAA, 1 BMCSSolihull, 1 Växjö, 2 Biella
- 7 **Claire Raven** 15.6.72 (3y, -) 2:03.15 '97  
2:04.58, 2:05.12, 2:05.52, 2:05.92, 2:06.41, 2:07.48  
3 BMC Lough 10/5, 3 LI, 2 BMC Watford 12/7, 6r1 Budapest, 6 Dublin, 2 BMC Watford 2/8, 2 AAA, 1 Tønsberg, 3 v FRA
- 8 **Rachel Newcombe** 25.2.67 (3y, 5) 2:03.28 '98  
2:05.60, 2:05.67, 2:05.69, 2:06.30, 2:06.50, 2:06.53  
5 BMCWyth, 4 Haapsalu, 1 Riga, 2 BL2 (2), 1 BMC Watford 12/7, 4r1 Budapest, 7 Dublin, 6 AAA, 2 BMCSSolihull, 2 BMC-F
- 9 **Jeina Mitchell** 21.1.75 (4y, 6) 2:03.36 '97  
2:04.15, 2:04.24, 2:04.74, 2:05.3, 2:06.2, 2:06.23  
2 Tartu, dnf r1 Budapest, 2h3 AAA, 4 BMCSSolihull, 5 Karlstad, 1 Croydon, 8 Rovereto, 8 Rieti
- 10 **Alex Carter** 1.4.80 (1y, -) 2:07.31 '99  
2:03.78mp, 2:05.48, 2:05.81, 2:06.21, 2:07.22, 2:07.3  
1 B.Univis, 1 BMC Lough 10/5, 2 LI, 6 Riga, 2 AAA-23, 2 U23L, 7 AAA
- 11 **Mary McClung** 19.12.71 (2y, 12) 2:05.64 '95  
2:03.92, 2:05.28, 2:05.67, 2:07.39, 2:07.60, 2:08.1  
1 Scot E/W, 1 CAU, 1 BRS, 3 BMCWyth, 1 Police, dnf Riga, 2r1 Budapest, 2h4 AAA, 8 BMCSSolihull, BL2: 1,1,-
- 12= **Kelly Caffell** 10.2.79 (1y, -) 2:06.91 '99  
2:03.48mp, 2:04.35, 2:06.59  
1 BMC Cardiff, 1 BMC Watford 30/8 & 6/9
- 12= **Helen Pattinson** 2.1.74 (1y, -) 2:06.1 '99  
2:03.75, 2:04.27, 2:05.0mx  
10 Jena, 9 GhCl

Holmes returned to run at the AAAs, but few then could have dreamed of how well she would run at the Olympic Games – just marvellous and she is top ranked for the sixth time at 800m. Tullett only had four races at this distance, but beat Modahl at Gateshead. Blake might be higher, but did not meet Modahl (who completes an event record 16 years in the rankings) or run at the AAAs. Newcombe and Raven were 2-2, but the latter ran faster times and was second at the AAAs. That was a place ahead of Fenn, but Fenn beat Newcombe 3-0. McClung is difficult to rank as she did not sustain her fine early season form, and Caffell and Pattinson only had three 800m races each. 10th best at 2:04.15 was much better than 1999's 2:06.1.

mp = male pacemaker, mx = mixed race

#### 1500 METRES

- 1 **Hayley Tullett** 17.2.73 (4y, 2) 4:05.72 '99  
4:01.23, 4:05.19, 4:05.34, 4:05.52, 4:06.44, 4:09.23  
3 Luzern, 3 Nice, 7 Oslo, 1 AAA, 4 Berlin, 11 (Jell) OG
- 2 **Kelly Holmes** 19.4.70 (7y, 1) 3:58.07 '97, 4:28.04M '98  
4:05.35, 4:08.02, 4:10.38, 7 OG
- 3 **Helen Pattinson** 2.1.74 (3y, 4) 4:06.72 '99  
4:04.82, 4:06.27, 4:07.61, 4:08.80, 4:09.60, 4:10.33  
2 Dessau, 4 Kassel, 4 Seville, 1 v USA, 1 ECP, 5 Nice, 2 Barcelona, 2 AAA, 13 Brussels, 9f OG
- 4 **Kelly Caffell** 10.2.79 (2y, 10) 4:16.64 '99  
4:10.22, 4:13.23, 4:14.40, 4:14.91, 4:15.29, 4:17.67  
4 BMCWyth, 1 South, 3 v USA, 1 U23L, 10 BGR, 3 AAA, 6 Leverkusen, 1 v SPA-23
- 5 **Paula Radcliffe** 17.12.73 (7y, 3) 4:05.81 '98, 4:24.94M '96

4:11.45; 11 Barcelona

- 6 **Kathy Butler** 22.10.73 (1y, -) 4:07.68 '97  
4:15.46, 4:17.28, 4:18.47, 4:19.78  
2 Des Moines, 9 Raleigh, 8 Eugene, 1 Scot
- 7 **Angela Newport** 21.10.70 (8y, 6) 4:09.29 '94  
4:15.28, 4:19.48, 4:21.69, 4:24.38mx, 4:24.9, 4:31.1  
2 BMC Lough 10/5, 1 BL4 (1), 2 BMCWyth, 5 v USA, 2 v FRA
- 8 **Amanda Parkinson** 21.7.71 (3y, -) 4:132.9mx '95, 4:14.19 '98  
4:17.45, 4:19.68, 4:19.70, 4:22.40, 4:22.76  
5 BMC Watford, 1 BL1 (3), 4 AAA, 3 v FRA
- 9 **Alex Carter** 1.4.80 (2y, 11) 4:19.23 '99  
4:17.98, 4:19.87, 4:22.91, 4:24.2, 4:25.13  
1 BMC Lough 10/5, 3 BMCWyth, 3 BMC Cardiff, 4 Dublin, 2 v SPA-23
- 10 **Diane Henaghan** 6.8.65 (2y, -) 4:16.17 '97  
4:18.04, 4:19.63, 4:20.04, 4:23.94  
2 LI, 3 BRS, 5 Dublin, 7 BMC Watford
- 11 **Susan Scott** 26.9.77 (2y, 9) 4:16.16 '99  
4:18.42, 4:18.63, 4:18.73, 4:20.07, 4:20.07, 4:20.47  
3 LI, 4 BRS, 5 BMCWyth, 8 BMC Watford, 2 Scot, 5 AAA
- 12 **Liz Yelling** 5.12.74 (1y, -) 4:19.09 '95  
4:16.75, 4:17.50, 4:21.5  
2 BMCSSolihull 19/8, 1 BMC Watford 30/8, dnf v FRA
- **Diane Modahl** 17.6.66 (1y, -) 4:12.3 '89  
4:14.41, 4:18.36mx; 8 Dessau

Holmes was seventh at the Olympics but that was her only competition of the year, and after six years at the top she yields top ranking to Tullett, who confirmed her breakthrough into world class but who had the misfortune to fall in the Olympic final. Pattinson also maintained her progress with two personal bests and fine wins in the European Cup and against the USA, and Caffell made an encouraging return after a year out through injury. It was difficult to select the final places in the rankings, not least because so many contenders had very few races at the distance. Sadly the tenth best of 4:17.45 was the second worst in the last 23 years.

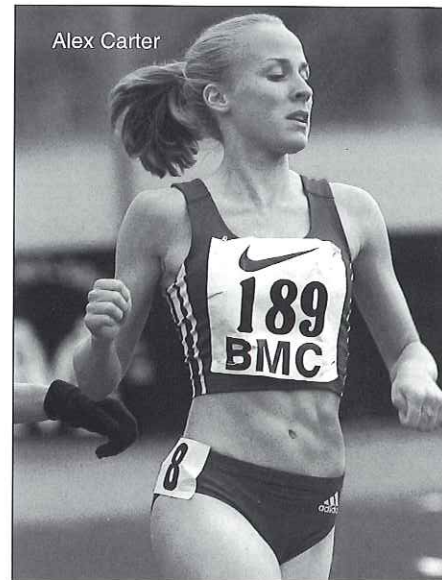
#### 3000 METRES (not ranked)

- Paula Radcliffe** 17.12.73 8:27.40 '99  
8:28.85, 8:36.11, c.8:52.0+, 9:01.99+, 9:02.09+  
4 Zürich, 3 GhCl
- Jo Pavey** 20.9.73 8:58.2 '98  
8:36.70, 8:53.7mx, 8:57.00mx, 8:59.2e+, 9:02.6+, c.9:06+  
2 BMC Cardiff, 1 BMCSSolihull, 4 GhCl
- Hayley Tullett** 17.2.73 9:14.5 '99  
8:45.39; 8:54.63i, 8:55.31, 9:00.62i  
3 ECP
- Sarah Young/Wilkinson** 2.1.70 9:04.27 '98  
8:57.55mx, 9:04.05mx, 9:12.03, c.9:16+, 9:20.8+
- Amanda Parkinson** 21.7.71 9:17.4mx '94, 9:19.6 '96  
9:02.67mx, 9:12.75mx
- Hayley Yelling** 3.1.74 9:19.52 '99  
9:02.88mp, 9:11.20, 9:12.4+, 9:18.9+, 9:20.6+, c.9:22+  
1 BMCWyth, 4 BMC Cardiff
- Angela Newport** 21.10.70 9:07.5mx/9:12.6 '99  
9:05.86mx, 9:08.46, c.9:26+, 9:29.0+  
1 BL4 (1), 6 GhCl
- Helen Pattinson** 2.1.74 9:16.3mx/9:17.3 '99  
9:09.18; 1 LI
- Liz Yelling** 5.12.74 9:15.25 '98  
9:11.4mx, 9:19.98, 9:24.95; 2 IR, 1 v FRA
- Andrea Whitcombe** 8.6.71 8:58.59 '91  
9:12.45mx, 9:14.2mx, 9:16.2+, 9:34.3  
+ during longer race

#### 5000 METRES

- (Previously ranked 1982-90, 1992, 1995-9)
- 1 **Paula Radcliffe** 17.12.73 (6y, 1) 14:43.54 '99  
14:44.36, 15:05.48, 15:05.70+, 16:39.3+  
2 BGP, 1 AAA
- 2 **Jo Pavey** 20.9.73 (1y, -) 0  
14:58.27, 15:08.82, 15:18.51, 15:21.15  
10 BGP, 2 AAA, 12 OG
- 3 **Hayley Yelling** 3.1.74 (1y, -) 16:23.05 '99  
15:36.27, 15:42.93, 15:50.41, 15:59.53, 16:09.54, 16:12.6+c  
4 BMC Batt.Pk, 6 ECP, 14 BGP, 3 AAA, 3 Solihull
- 4 **Sarah Wilkinson (Young)** 2.1.70 (4y, 7) 15:45.08 '98  
15:40.85, 15:41.75, c.16:12+  
4 BMC Stretford, 13 BGP, dnf AAA
- 5 **Andrea Whitcombe** 8.6.71 (5y, -) 15:43.03 '98  
15:32.62, 16:15.82  
2 BMC Batt.Pk, 15h OG
- 6 **Birhan Dagne** 8.4.78 (3y, 8) 15:55.81 '98  
15:36.35, 16:12.2+e  
12 BGP, dnf AAA
- 7 **Kathy Butler** (ex CAN) 22.10.73 (1y, -) 15:10.69 '98  
15:42.22, 15:45.14
- 8 **Long Beach** 4r2 Walnut, dnf BGP, dnf AAA
- 8 **Angela Newport** 21.10.70 (3y, 3) 15:43.99 '99  
15:48.50, 16:16.56  
dnf BMC Batt.Pk, 10 AAA, 1 BMCSSolihull
- 9 **Gillian Palmer** 30.12.80 (1y, -) 0

Alex Carter



- 15:56.58, 16:08.54, 16:19.17, 16:33.81  
2 B.Univis, 1 CAU, 4 AAA, 2 BMCSSolihull
- 10 **Catherine Berry** 8.10.75 (1y, -) 16:52.92 '99  
16:00.97, 16:18.07, 16:19.44, 16:28.24  
5 Raleigh, 14 Stanford, 8 NCAA, 5 AAA
- 11 **Amanda Parkinson** 21.7.71 (1y, -) 17:12.9 '96  
5 BMC Stretford 15:56.64
- 12 **Tara Krzywicki** 9.3.74 (3y, 6) 15:48.1mx/15:53.28 '98  
16:02.48, 16:10.95  
6 AAA, 4 BMCSSolihull
- **Lucy Wright** 17.11.69 (2y, -) 15:59.51 '98  
7 BMC Stretford 16:06.49, 7 AAA 16:02.97

Radcliffe was less than a second outside her Commonwealth record at Crystal Palace, and is top for the sixth time. Behind her comes Pavey, who had a brilliant first season at the event with personal bests in each round at the Olympics, and for whom no praise can be too high at the way she has come back from two years out of competition through injury. Although Whitcombe's OG qualifying time at Battersea Park (paced every inch of the way by Sonia O'Sullivan) was faster, Hayley Yelling ranks third due to her depth of marks; she made a huge improvement on her previous best. Palmer, with no track races before this year, showed great potential. The tenth best of 15:56.64 is a record, although ten under 16 minutes is one less than in 1998.

#### 10,000 METRES

- 1 **Paula Radcliffe** 17.12.73 (3y, 1) 30:27.13 '99  
4 OG 30:26.97 (32:34.73 ht)
- 2 **Birhan Dagne** 8.4.78 (3y, 4) 33:24.46 '99  
2 BMC/AAA 32:30.4, 8r2 Eur Challenge 33:35.15
- 3 **Sarah Wilkinson (Young)** 2.1.70 (1y, -) 0  
4 BMC/AAA 32:34.7, dnf r2 Eur Challenge
- 4 **Hayley Yelling** 3.1.74 (1y, -) 0  
5 BMC/AAA 32:52.5
- 5 **Liz Yelling** 5.12.74 (1y, -)  
8 BMC/AAA 33:07.9, 24 Eur Challenge 33:11.84
- 6 **Tara Krzywicki** 9.3.74 (3y, 2) 33:04.55 '99  
23 Eur Challenge 33:10.89, dnf BMC/AAA
- 7 **Bev Jenkins** 6.2.70 (2y, 5) 33:58.81 '99  
9 BMC/AAA 33:49.8
- 8 **Debbie Sullivan** 24.1.72 (2y, 8) 34:30.16 '99  
10 BMC/AAA 34:30.9
- 9 **Bronwen Cardy-Wise** 26.1.52 (1y, -) 35:08.33 '89  
11 BMC/AAA 34:37.3
- 10 **Andrea Green** 14.12.68 (1y, -) 0  
34:39.8mx Catford
- 11 **Sheila Fairweather** 24.11.77 (3y, 9) 34:32.70 '99  
1 B.Univis 34:56.04

Radcliffe was disappointed by her fourth place at the Olympics, and perhaps she could have held back for a while, but she was simply wonderful, as ever, and is top for the third year at this event. The second fastest British runner was Dagne, who just missed the Olympic qualifying standard, but she was over two minutes slower than Radcliffe. At 48, Cardy-Wise becomes the oldest ever ranking debutante at any event (previous best men's walker Ted Shillabeer at 46).





# BMC Quiz

Compiled by David Cocksedge

- 1 Who is the only man to win Olympic titles at both 1500 metres and 3,000 metres Steeplechase? And who won titles at 10,000 metres and Steeplechase in the same Games?
- 2 Who was the first man to run a negative split when setting a World record over 800 metres/880 yards?
- 3 Over which distance did Liz McColgan win a World title in 1991?
- 4 The first British woman to clock inside 2:00.0 minutes for 800 metres has also placed the highest (4th) by a Briton in the Olympic 1500m final. Can you name her?
- 5 Can you name Britain's five male Olympic champions at 1500 metres?
- 6 The first European men to run inside 5:00.0 minutes for 2000 metres and 13:00.0 minutes for 5000 metres were both Germans. Name them.
- 7 Who set World records at 1500 metres in heat, semi-final and final of the Olympic Games at Munich in 1972?
- 8 Can you name the six British women who have won Olympic titles?
- 9 Can you name the five men who have won Olympic titles at both 800 and 1500 metres at the same Games?
- 10 Which two women won Olympic titles at both 800 and 1500 metres and in what years?
- 11 Can you name the five British women who have won medals in Olympic track distance running events (800 to 10,000 metres)?
- 12 When was the only occasion that Steve Ovett and Sebastian Coe raced each other as teenagers?
- 13 When was the first time that British runners swept the medals in the European Championships?
- 14 Who finished second each time in the world's first two sub four-minute miles?
- 15 Why is 6 August 1980 a significant date for middle distance buffs?
- 16 Which famous Australian set 21 world records yet never won a major Championship track title?
- 17 Which Welsh woman completed an 800/1500 metres double at the 1986 Commonwealth Games in Edinburgh?
- 18 Name the only Italian woman ever to win the Olympic 1500 metres
- 19 Who was the last British woman to win the European 800 metres title?
- 20 Which woman can boast personal bests of 54.1 for 400 metres all the way up to 2:24:07 for a marathon, including world records at 3000 and 10,000 metres?

Answers on page 15

## National Depth - Middle Distance

by Roger Ruth

First published on the Track and Field mailing list

The charts summarize the number of athletes each country placed in the world top 100 rankings for 2000 (plus ties) and the highest-ranked of these. Since one or two placings may represent only exceptional individuals, rather than national

program strength, I've truncated the lists to three placings or more.

The data base drawn upon is the world list from Mirko Jalava's remarkable web site [www.tilastopaja.com/](http://www.tilastopaja.com/).

MEN'S 800m 2000			WOMEN'S 800m 2000			MEN'S 1500m 2000			WOMEN'S 1500m 2000		
Country	Top 100	Highest	Country	Top 101	Highest	Country	Top 100	Highest	Country	Top 101	Highest
Kenya	24	5	Russia	18	2	Kenya	30	2	Russia	16	9
United States	14	27	United States	13	8	France	9	10	United States	9	1
South Africa	9	8	France	6	48	United States	9	20	Germany	7	32
Russia	5	16	Ukraine	5	32	Morocco	8	1	Ethiopia	6	3
Germany	4	13	Great Britain	4	4	Spain	5	7	Ukraine	6	38
Morocco	4	38	Germany	4	10	Great Britain	5	28	Romania	5	2
Spain	3	35	Australia	4	22	Algeria	4	5	China	5	23
Australia	3	47	Kenya	3	36	Portugal	4	13	Australia	5	44
Great Britain	3	56				Ethiopia	3	18	Great Britain	4	10
						Kenya	4	12			
						Spain	4	24			
						France	3	70			

30 countries represented 38 countries represented  
100th = 1:46.71 100th = 2:02.54

29 countries represented 34 countries represented  
100th = 3:38.68 100th = 4:11.18





# Hackett on Sydney

What can BMC administrators, athletes and coaches learn from an examination of the results of the Sydney Games? As middle and long distance specialists, BMC members were primarily focused on the races ranging from 800m to the marathon. I have chosen to highlight two areas in this analysis, namely the age profile of medallists and the importance of prior underage success. The tables show the medal winners in each of these events in addition to their age. The statistic that will surprise most people is the age of the gold medallists in the men's events. With the exception of Gebrselessie, the gold medallists were aged 21 and 22. The fact that Gebrselessie has been winning gold medals since he was that age should be taken into account. This should make a few people sit up.

Maybe we have been nursing young talented athletes along too much in the belief that time is on their side and it would be better to wait a few years before pushing them into hard training. There is more evidence further on to suggest we need to identify our talented athletes earlier and target European and World Junior Championships more vigorously.

The average age of the eighteen medallists in the men's events was 25. When you consider there were two 32 year olds in that list the average age could have been lower. But it is worth noting that eight of the medallists were under 23. There is a significant difference in the age profile of the women medallists. Apart from Szabo all the gold medallists were 29 and the average age of the medallists was 29. In fact 70% of the women who medalled were aged 29 or over. This information suggests that women peak later than men, but that needs to be weighed up with the following observation.

The majority of the medallists have been successful since their junior years and it seems that unless an athlete is showing potential as a teenager the odds are against him or her being successful as a senior. Nearly all of the men who medalled were finalists in their respective World Junior Championships. Three of the Olympic champions were World Junior Champions; Gebrselessie in 1992, Kosgei in 1998 and Wolde in 1998. Two other gold medallists, Schumann and Ngeny were finalists at the 1996 World Juniors. Schumann won the European Juniors the following year and bear in mind that Ngeny is the world junior record holder for the mile.

The World Junior Championships started in 1986 so nearly all of the current olympians had the opportunity to take this stepping stone. The same trend is now appearing in women's athletics as well. At the World Juniors in 1990, Tulu was a gold medallist and four years later Szabo was also a winner. Marathon champion, Takahashi was a finalist at the World Juniors as was Ribero. Ribero is an Olympic champion from Atlanta and she took bronze in Sydney. Sonia O Sullivan competed in a World Junior Championship but she didn't make a final. However, she was showing signs of things to come when as a teenager she won the Irish National Senior Cross-Country Championships. Four years later she was a World Student Games champion. A title also won by Szabo. Wami is another who has been winning championships since she was a teenager. It is worth noting that Paula Radcliffe was a World Junior Cross Country champion.

So what are the implications of these statistics for British and Irish athletics? In the long term, thinking about the 2008 Olympics; those responsible for developing talent in middle and long distance events need to identify talented 14-16 year olds and prepare them thoroughly for World and European Junior Championships. The evidence is strong that an athlete needs to have performed at top level as a junior if he or she is to be a medallist as a senior. This has been the trend with most prominent middle and long distance athletes. Of course there will be exceptions to this trend. Kelly Holmes was a late developer but remember women have time on their side.

The second point to bear in mind is that the odds are quite high that the next Olympic finalists from these islands will have been a finalist at the 1996, 1998 or 2000 World Junior Championships. This is particularly likely in the men's events. Of course there will be one

**Table 1**

**Medal winners from the Sydney Olympic Games**

Name	Age
<b>800m men</b>	
1 Schumann	22
2 Kipketer	30
3 Al Geumi	26
<b>1500m men</b>	
1 Ngeny	22
2 El Guerrouj	27
3 Lagat	26
<b>3000m s/c</b>	
1 Kosgei	21
2 Boit Kipketer	27
3 Ezzine	22
<b>5000m men</b>	
1 Wolde	21
2 Saidi-Sief	22
3 Lahlafi	32
<b>10,000m men</b>	
1 Gebrselessie	28
2 Tergat	32
3 Mezegebu	22
<b>Marathon men</b>	
1 Abera	22
2 Wainaina	27
3 Tola	26
<b>800m women</b>	
1 Mutola	29
2 Graf	27
3 Holmes	30
<b>1500m women</b>	
1 Merah-Benida	29
2 Szekeley	35
3 Szabo	25
<b>5000m women</b>	
1 Szabo	25
2 O Sullivan	30
3 Wami	26
<b>10,000m women</b>	
1 Tulu	29
2 Wami	26
3 Ribero	32
<b>Marathon women</b>	
1 Takahashi	29
2 Simon	27
3 Chepchumba	30

**Table 2**

**1996 World Junior finalists**

800m men		
Tom Lerwill (silver medal)		
James Nolan (Irl)		

**1998 World Junior finalists**

800m men	1500m men	5000m women
Chris Moss	Colm Mc Lean (Irl)	Louise Kelly

**2000 World Junior finalists**

5000m men
Mohamed Farah
Chris Thompson

or two exceptions who may have been injured during a year of the World Juniors or they may have had an unlucky birth date. Three who spring to mind are European Junior medallists Gareth Turnbull and Nick Andrews and Kelly Caffel who had a couple of seasons upset by injury. This list of World Junior finalists includes those in tables 1 & 2.





The second list includes finalists at European Junior and U-23 Championships since 1997 (see tables 3 & 4).

This list of athletes represents the best prospects of reaching Olympic finals because they have a proven record. James Nolan, Kris Bowditch and Andres Jones were the only three from those listed to qualify for Sydney. It is imperative that the relevant agencies involved in developing talent keep up constant communication with these athletes particularly if they need help in any form.

The most worrying statistic from our point of view is the dominance of Africans in the men's events. While European women are still dominant there is no room for complacency. There are signs that African women are beginning to emerge from the shadow of the

men. One of the main problems with our promising juniors is their lifestyle in the crucial years from 18-22. Most of them attend third level education in preparation for a career later in life. Training is scheduled around class timetables and travel. Africans on the other hand become full time athletes when they leave school. This is their best chance of making a living unlike Europeans. If they develop to a level where they run on the circuit they can earn enough money over the following four or five years to return home and buy a farm or business. This is the key to African superiority at present. They train harder than athletes from other countries do. So while the majority of British and Irish athletes are taking a couple of seconds of their pb's between the ages of 18 and 22 an African of similar ability is taking up to ten seconds of theirs. So by the time our athletes finish college and start to catch up with their African counterparts there is another generation of Africans coming through. Is there a message in this?

Clearly at 18 years of age there are some European athletes who are of similar ability to Africans. In the 1996 World Junior 1500 final Gert Jan Liefers (Belgium) ran 3.40, and Rui Silva (Portugal) 3.41 to finish ahead of Ngeny (3.42) and Saidi-Sief (3.42). The former two are now Olympic medallists. The Olympic 800m champion, Nils Schumann, a German, was similar in ability also but he has developed at a pace with the Africans. So it is not that our athletes lack talent or don't live at altitude, it is largely due to a difference in lifestyle and training.

If athletes from these islands are going to be world class then they need to show talent as a teenager and from 18 onwards they need to get into full time training. As the saying goes "if

**Table 3**  
1997 European U-23's 1997 European Juniors

800m men	800m men
James Nolan (Irl)	David Stanley
1500m	1500m
Andrew Walker (Irl)	Gareth Turnbull (Bronze) Matt Dixon Michael East
5000m	
Neil Caddy Kris Bowditch	
	800m women
	Emma Davies
	1500m women
	Ellen O Hare
	5000m women
	Katie Skorupska

you can't beat them join them". At the very least if you want to be world class then you have to be training at world class level. There lies the dilemma. It is not as easy for a British or Irish teenager to focus totally on a running career so early in his or her life. Therefore our administrators need to come up with some system that allows our very best athletes to concentrate on running for those essential years from 18 to 22 and then have a fall back of employment or education in their mid 20's depending on how long their running careers last. Does this sound far fetched? When you consider that Loughborough has been a base for champions in the past it is possible with some imagination and enthusiasm to develop suitable schemes. Yes it is elitist but we have so little talent to draw from, compared to African countries that we need to ensure our talented few are given the opportunity to develop to their full potential.

Planning for the next two Olympic Games should be starting now. The question is can we rise to the challenge?.

**Table 4**  
1999 European U-23's 1999 European Juniors

800m men	800m men
James Nolan (silver medal)	Nic Andrews (silver medal)
1500m	1500m
Gareth Turnbull Yacin Yusuf Matt Dixon	Angus Maclean
5000m	5000m
Sam Haughian Mark Miles	Chris Thompson
10,000m	10,000m
Simon Wilkinson Andres Jones	Matthew Watson
5000m women	1500m women
Jilly Ingman Amy Waterlow	Alex Carter
10,000m women	3000m women
Birhan Dagne Sheila Fairweather Elizabeth Allott	Caroline Walsh

## Quiz answers

- 1 Kip Keino (Kenya) in 1968 (1500) and 1972 (Steeplechase). Ville Ritola (Finland) in 1924
- 2 In 1966 Jim Ryan (USA) clocked 1:44.9 for 880 yards with laps of 53.3 and 51.6
- 3 10,000 metres in Tokyo
- 4 Christina Boxer (Cahill) ran 1:59.05 for 800 metres at Turin in 1979 and placed 4th in 1988 Olympic 1500 metres at Seoul
- 5 Charles Bennett (1900); Arnold Shode-Jackson (1912); Albert Hill (1920); Sebastian Coe (1980/84)
- 6 Harold Norpoth (2000) and Dieter Baumann (5000)
- 7 Lyudmila Bragina (USSR)
- 8 Mary Rand, Anne Packer (1964); Mary Peters (1972); Tessa Sanderson (1984); Sally Gunnell (1992); Denise Lewis (2000)
- 9 Edwin Flack (Aus) 1896; James Lightbody (USA) 1904; Mel Sheppard (USA) 1908; Albert Hill (GBR) 1920; Peter Snell (NZL) 1964
- 10 Tatyana Kazankina (USSR) in 1976 and Svetlana Masterkova (Russia) in 1996
- 11 Anne Packer; gold at 800 metres in 1964; Kelly Holmes; bronze at 800 metres in 2000; Wendy Sly; silver at 3000 metres in 1984; Yvonne Murray; bronze at 3000 metres in 1988; Liz McColgan, silver at 10,000 metres in 1988
- 12 At the 1972 English schools cross-country Championships. Ovet was 2nd and Coe 10th in the intermediate Boys race. They did not race each other on the track until 1978 in the European Championships at Prague
- 13 At Stuttgart in 1986, when Seb Coe led home Tom McKean and Steve Cram in the 800 metres final.
- 14 Chris Chatway was second to Roger Bamister (3:59.4) at Oxford in May 1954 and then runner-up to John Landy (3:57.9) at Turku, Finland, the following month.
- 15 On that day no less than 25 men ran sub four minute miles in two races - 13 in Berlin and 12 in London (Crystal Palace). That remains most sub four minute miles run on a single day.
- 16 Ron Clarke
- 17 Kirsty Wade
- 18 Gabriella Dorio at Los Angeles in 1984
- 19 Lillian Board at Athens in 1969
- 20 Wang Junxia (China) in 1993





# BMC Records evolution

## BMC MEN'S 600M RECORDS

1:18.5	Steven Ovett	1	Crystal Palace	12 May	76
1:18.5	Andrew Knight	1	Highgate	7 Aug	96
1:17.9	Andrew Hart	1	Watford	10 Jun	98
1:17.4	Andrew Hart	1	Watford	26 May	99

## BMC MEN'S 800M RECORDS

1:48.7	Andrew Carter	1	Blackburn	9 May	70
1:47.7	Sebastian Coe	1	Stretford	8 Aug	76
1:47.3	* Gary Cook	1	Stretford	3 Jun	80
1:46.83	* Benson Koech KEN	1	Crawley	28 May	94
1:46.4	* Paul McMullen USA	1	Stretford	1 Aug	95
1:45.2	* Patrick Ndururi KEN	1	Battersea Park	15 Jun	97

## BMC MEN'S 1,000M RECORDS

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

## BMC MEN'S 1,200M RECORDS

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

## BMC MEN'S 1,500M RECORDS

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

## BMC MEN'S MILE RECORDS

3:58.4	Alan Simpson	1	Hartlepool	17 Jun	67
3:58.0	John Kirkbride	1	Motspur Park	23 Jul	69
3:57.0	* Dick Quax NZ	1	Southgate	18 Jul	73
3:56.6	Timothy Hutchings	1	Aldershot	19 Jul	82
3:56.35	Anthony Whiteman	1	Barnet Copthall	31 Aug	96
3:55.24	* David Kisang KEN	1	Battersea Park	4 Jun	00

## BMC MEN'S 2,000M RECORDS

5:11.8	* Ian Wheeler	1	Hayes	15 May	66
5:11.0	Walter Wilkinson	1	Crystal Palace	16 Aug	72
5:00.66	* David Kisang KEN	1	Battersea Park	25 Jun	00

## BMC MEN'S 3,000M RECORDS

8:05.0	Brendan Foster	1	Wembley	4 May	74
8:02.4	* Laurie Reilly	1	Stretford	22 Jun	76
8:00.9	Kim McDonald	1	Stretford	19 Jun	79
7:54.10	* Barry Smith	1	Cwmbran	17 May	81
7:52.6	Rob Whalley	1	Stretford	16 Jul	96
7:51.4	Rob Whalley	1	Swindon	7 Aug	97
7:51.32	* Craig Mottram AUS	1	Wythenshawe	14 Jun	00

## BMC MEN'S 2 MILES RECORDS

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

## BMC MEN'S 5,000M RECORDS

14:08.0	* Mike Baxter	1	St. Helen's	12 Aug	72
13:46.4	* John Sherban	1	Crawley	28 May	94
13:42.2	Andrew Pearson	1	Loughborough	18 May	97
13:40.5	* Seamus Power IRE	1	Watford	30 Jul	97
13:33.3	* Hendrick Raamala RSA	1	Battersea Park	14 Jun	98
13:28.6	* Mizan Mehari ETH	1	Watford	5 Aug	98
13:26.20	* Craig Mottram AUS	1	Battersea Park	25 Jun	00

## BMC MEN'S 10,000M RECORDS

29:49.2	John Lisiewicz AUS	1	Oxford	17 Sep	94
29:32.8	* David Taylor	1	Watford	30 Apr	97
27:56.94	* Kameil Maase HOL	1	Watford	22 Jul	00

## BMC MEN'S 3,000M STEEPLECHASE RECORDS

8:41.76	Christian Stephenson	1	Wythenshawe	3 Jun	98
8:38.5	* Sammy Nyamongo KEN	1	Watford	5 Aug	98
8:29.09	Christian Stephenson	1	Wythenshawe	9 Jun	99
8:25.37	Christian Stephenson	1	Solihull	19 Aug	00

## BMC WOMEN'S 600M RECORDS

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

## BMC WOMEN'S 800M RECORDS

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

## BMC WOMEN'S 1,000M RECORDS

2:47.3	Margaret Coomber	1	Crystal Palace	10 Jul	74
2:44.9	Jo White	1	West London	5 Mar	80
2:44.31	Sharron Davenport	1	Gateshead	16 Jul	88

## BMC WOMEN'S 1,200M RECORDS

3:23.4	* Christine Ward	1	West London	3 Aug	77
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## BMC WOMEN'S 1,500M RECORDS

4:18.3+	* Mia Gommers HOL	1+	Leicester	14 Jun	69
4:15.2q	* Janet Marlow	1	Stretford	14 Jul	79
4:13.8	* Carole Bradford	1	Ipswich	19 Jun	85
4:13.6	Lynne Robinson	1	Cheltenham	20 Jul	94
4:12.8mx	Angela Newport	1mx	Watford	9 Aug	95
4:10.7mx	Sonya Bowyer	1mx	Stretford	16 Jul	96
4:07.9R	Sonia O'Sullivan IRE	1re4	Battersea Park	25 Jun	00
4:06.39mx	Sonia O'Sullivan IRE	1mx	Watford	22 Jul	00

## BMC WOMEN'S MILE RECORDS

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

## BMC WOMEN'S 2,000M RECORDS

6:22.2J	Paula Yeoman	1	Crystal Palace	20 Oct	71
6:18.4	Christine Curthoys	1	Crystal Palace	11 Dec	74
6:12.4mx	Dianne Henaghan	1	Jarrow	20 Apr	98

## BMC WOMEN'S 3,000M RECORDS

9:26.4J	Jo White	1	West London	7 Dec	77
9:21.9	* Deansie Phillips	1	West London	3 Sep	80
9:14.7	Sharon Harvey	1	West London	1 Sep	82
9:10.9mx	Sarah Bentley	1mx	Stretford	27 Jun	95
9:06.2mx	* Sinead Delahunty IRE	1mx	Stretford	1 Aug	95
8:58.2	Joanne Pavey	1	Millfield	4 May	98
8:57.75mx	* Sarah Wilkinson	1mx	Stretford	27 Jun	00
8:53.58mx	* Natalie Harvey AUS	1mx	Cardiff	5 Jul	00

## BMC WOMEN'S 5,000M RECORDS

16:25.4	Ceri Pritchard	1	Tooting	10 Sep	89
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15:47.9	* Andrea Wallace	1	Crystal Palace	25 Apr	90
15:43.99	Angela Newport	1	Wythenshawe	9 Jun	99
15:32.23	Sonia O'Sullivan IRE	1	Battersea Park	25 Jun	00
15:30.79	* Natalie Harvey AUS	1	Stretford	11 Jul	00

#### BMC WOMEN'S 10,000M RECORDS

35:00.4	* Mary Donoghue IRE	1	Coventry	5 May	90
34:25.1	* Carol Galea MAL	1mx	Watford	30 Apr	97
33:33.7	* Theresa Duffy IRE	1	Loughborough	3 Jun	97
31:41.1	* Elana Meyer RSA	1	Watford	22 Jul	00

#### BMC MEN'S 600M MEMBERS' RECORDS

1:18.5	Steven Ovett	1	Crystal Palace	12 May	76
1:18.5	Andrew Knight	1	Highgate	7 Aug	96
1:17.9	Andrew Hart	1	Watford	10 Jun	98
1:17.4	Andrew Hart	1	Watford	26 May	99

#### BMC MEN'S 800M MEMBERS' RECORDS

1:48.7	Andrew Carter	1	Blackburn	9 May	70
1:47.7	Sebastian Coe	1	Stretford	8 Aug	76
1:47.7	Robin Hooton	1	Wythenshawe	30 Jul	96
1:46.8	Andrew Hart	4	Battersea Park	15 Jun	97
1:46.7	James McIlroy	2	Battersea Park	14 Jun	98

#### BMC MEN'S 1,000M MEMBERS' RECORDS

2:22.2	Walter Wilkinson	1	Cleckheaton	30 Jun	76
2:22.0	Richard Lynch	1	West London	3 Jun	92
2:19.4	Andrew Hart	1	Stretford	22 Jul	97

#### BMC MEN'S 1,200M MEMBERS' RECORDS

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

#### BMC MEN'S 1,500M MEMBERS' RECORDS

3:41.6+	Nick Rose	1+	Motspur Park	25 Jul	73
3:40.35	Ian Grime	1	Solihull	21 Aug	94
3:39.1	Neil Caddy	1	Swindon	14 Aug	96
3:39.1	Robert Hough	1	Wythenshawe	14 May	97
3:37.5	Anthony Whiteman	1	Swindon	7 Aug	97

#### BMC MEN'S MILE MEMBERS' RECORDS

3:58.4	Alan Simpson	1	Hartlepool	17 Jun	67
3:58.0	John Kirkbride	1	Motspur Park	23 Jul	69
3:56.6	Timothy Hutchings	1	Aldershot	19 Jul	82
3:56.35	Anthony Whiteman	1	Barnet Cophall	31 Aug	96

#### BMC MEN'S 2,000M MEMBERS' RECORDS

5:16.6	Hugh Barrow	1	Stretford	10 Sep	66
5:11.0	Walter Wilkinson	1	Crystal Palace	16 Aug	72
5:01.28	Andrew Graffin	2	Battersea Park	25 Jun	00

#### BMC MEN'S 3,000M MEMBERS' RECORDS

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

#### BMC MEN'S 2 MILES MEMBERS' RECORDS

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

#### BMC MEN'S 5,000M MEMBERS' RECORDS

14:13.0	Keith Penny	1	Eriith	26 Aug	74
14:12.0	Bobby Farren	4	Crawley	28 May	94
14:07.00	Thomas Buckner	1	Loughborough	7 Sep	94
13:56.6	Ian Gillespie	1	Millfield	6 May	96
13:42.2	Andrew Pearson	1	Loughborough	18 May	97
13:41.08	Rob Whalley	1	Bristol	30 Aug	97
13:28.22	Kris Bowditch	2	Battersea Park	25 Jun	00

#### BMC MEN'S 10,000M MEMBERS' RECORDS

29:49.2	John Lisiewicz AUS	1	Oxford	17 Sep	94
28:00.50	Andres Jones	1	Watford	22 Jul	00

#### BMC MEN'S 3,000M S'CHASE MEMBERS' RECORDS

8:43.36	Craig Wheeler	2	Wythenshawe	3 Jun	98
8:29.09	Christian Stephenson	1	Wythenshawe	9 Jun	99
8:25.37	Christian Stephenson	1	Solihull	19 Aug	00

#### BMC WOMEN'S 600M MEMBERS' RECORDS

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

#### BMC WOMEN'S 800M MEMBERS' RECORDS

2:04.4	Thelwyn Bateman	1	Crystal Palace	24 Jul	71
2:04.3	Angela Creamer	2	Stretford	19 Jun	79
2:03.0	Kirsty Wade	2	Aldershot	19 Jul	82
2:01.93	Diane Modahl	1	Solihull	5 Sep	98

#### BMC WOMEN'S 1,000M MEMBERS' RECORDS

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

#### BMC WOMEN'S 1,200M MEMBERS' RECORDS

3:26.2	Sharon Harvey	2	West London	3 Aug	77
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#### BMC WOMEN'S 1,500M MEMBERS' RECORDS

4:18.7	Wendy Sly	1	West London	2 Aug	78
4:18.2q	Julie Asgill	1	Stretford	20 Jun	81
4:18.0q	Kathryn Carter	1	Stretford	4 Aug	81
4:17.6	Kathryn Carter	1	Stretford	9 Aug	83
4:16.3	Susan Tooby	1	Stretford	15 May	84
4:14.3	Angela Tooby	2	Ipswich	19 Jun	85
4:14.1	Julie-Ann Laughton	1	Stretford	25 Jun	85
4:13.6	Lynne Robinson	1	Cheltenham	20 Jul	94
4:12.8mx	Angela Newport	1mx	Watford	9 Aug	95
4:10.7mx	Sonya Bowyer	1mx	Stretford	16 Jul	96
4:07.9R	Sonia O'Sullivan IRE	1re4	Battersea Park	25 Jun	00
4:06.39mx	Sonia O'Sullivan IRE	1mx	Watford	22 Jul	00

#### BMC WOMEN'S MILE MEMBERS' RECORDS

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

#### BMC WOMEN'S 2,000M MEMBERS' RECORDS

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

#### BMC WOMEN'S 3,000M MEMBERS' RECORDS

9:26.4J	Jo White	1	West London	7 Dec	77
9:14.7	Sharon Harvey	1	West London	1 Sep	82
9:10.9mx	Sarah Bentley	1mx	Stretford	27 Jun	95
9:08.8mx	Sarah Bentley	1mx	Stretford	17 Jun	97
8:58.2	Joanne Pavey	1	Millfield	4 May	98
8:57.00mx	Joanne Pavey	2mx	Cardiff	5 Jul	00
8:53.7mx	Joanne Pavey	1mx	Solihull	19 Jul	00

#### BMC WOMEN'S 5,000M MEMBERS' RECORDS

16:25.4	Ceri Pritchard	1	Tooting	10 Sep	89
16:05.6	Laura Adam	2	Crystal Palace	25 Apr	90
15:56.8mx	Vicki McPherson	1mx	Loughborough	11 Jun	97
15:50.59	Angela Newport	1	Wythenshawe	3 Jun	98
15:43.99	Angela Newport	1	Wythenshawe	9 Jun	99
15:32.23	Sonia O'Sullivan IRE	1	Battersea Park	25 Jun	00

#### BMC WOMEN'S 10,000M MEMBERS' RECORDS

35:22.8	Ceri Pritchard	2	Coventry	5 May	90
34:44.9	Heather Heasman	3	Loughborough	3 Jun	97
33:07.09	Liz Yelling	8	Watford	22 Jul	00





# A Checklist To Racing

by Will Cockerell

What are the ingredients to running a great race? What does it take to win? Well, as the famous running expression goes: "The will to win means nothing without the will to prepare."

So - if it's the best prepared who win, what does it mean to be prepared?

Here is a checklist of 26 questions which need to be answered before setting out for a race. A tick against all these queries, and you might just be ready to pop a good one!

## *Are you fit?*

If you're entered for a race you're one of five categories: a formula one job, a company car, a family saloon, a noisy soft-top or a smoky banger. Which one are you?

## *Are you appropriately trained for the distance to be covered?*

Somewhat of a more subtle question this. You can be fit for sure...but that doesn't mean that you will race well. The distance might be inappropriate to your type of fitness. American track star Steve Prefontaine realized before an Oregon track meet in April 1974 that he hadn't got the quality work behind him to run a world-class mile which is what the race organizers and spectators would be after. But he did have an excellent base, and asked instead for a 10,000m to be added to the programme. His request was granted and he duly recorded an American record of 27:43 - the sixth fastest of all time up till then. But would he have run such a good mile? He believed not.

## *Are you healthy?*

The fitter you are the more vulnerable you are, since one's cells are at their most permeable at peak fitness. Seb Coe knows all about this. In his 12 years of top flight competition with a possible 12 major championships to compete at, he was able to attend just 7 - of which four then threw up abnormally cold weather, two of with then striking him down with flu.

## **ARE YOU TAPERED?**

The mystical magic taper. Racing with tired legs is no fun. So, how should you feel when you're tapering down for a race? Sticking with Coe, sports physiologist David Martin recalls: "Cutting back to 60 miles a week and then to 30 miles a week, Seb would get so fresh he didn't know what to do with himself when he got on

the track to run. You run like a feather, and that's fun. You get a thrill, and think, this is nice. Run and win, and get the rush. Nothing ever beats the rush of victory."

## *Are you well-rested sleep-wise?*

It's rare to race well on a sleep deficit. There are three great rules regarding sleep:

- The night before before the race is of far greater importance than the night before.
- An hour's sleep before midnight is worth two after it.
- If you want to fly with the eagles by day, you can't flop with the turkeys by night.

## *Are you fed? Just the right amount? And content?*

Some runners go for the big fry up before a big race - others for a solitary boiled egg and no more. Very much a personal thing, whatever works for the individual athlete. A typical day's diet for four-time Olympic medallist Mohamed Gammoudi consisted of five yogurts, ten pieces of fruit, four cups of tea, two coffees, two pastries, large quantities of meat, fish, milk, and cheese, and as much parsley as he could eat. He weighed 135 pounds.

It's probably correct to say Gammoudi ate somewhat less on race days, but one key rule is: stick with what you know! Author Tom Derderian tells a tale that many runners will empathize with - the sort of nightmare that no-one wants to go through, about a certain youngster in the 1967 Boston Marathon:

It seems that the night before the youngster had eaten some apple butter that during the race desperately wanted to escape from his body. He had to stop at a service station. The restroom was locked. Time ticked away. He had to ask an attendant for the keys. He took the keys in his drizzle-numbed hand and fumbled at the locks. Time ticked. At last he slipped in, and then quickly he was out and running down the road. He passed runners he had passed earlier. Five miles later it happened again. Again the same frozen-fingered fumbling. Again he passed the runners he had passed twice before. All in all he lost 5 minutes to the apple butter. The runner was Ambrose Joel Burfoot. And he would be back.

He would indeed: Burfoot, now one of the

world's leading running authors, returned to win the Boston Marathon the following year - minus, one assumes, the exotic apple butter.

## *Has this food had time to digest?*

Two hours is the general rule. One can thus take pity with Frenchman Joseph Guillemot at the Antwerp Olympics of 1920. On the day of the 10,000m Guillemot had just finished a large lunch and was then informed that the final had been switched from 5:30pm to 2:15pm to enable the King of Belgium to attend an art opening. Oops! With 250 meters to go of the race Guillemot passed Paavo Nurmi to take the lead, only for the flying Finn to storm back and win by eight yards. When Guillemot crossed the line he promptly vomited on Nurmi's shoes. Not a pleasant way for Nurmi to celebrate the first of nine Olympic Golds...but would he have been celebrating at all if Guillemot had been able to digest his food?

## *Are you hydrated? Just the right amount? And content?*

Dehydration is often the hidden reason behind sub-par performances. Alcohol dehydrates badly, but note: taking on too much water is just as precarious as not taking on enough.

## *Bladder empty? Bowel empty?*

Quite simply, runners need to be toilet trained to a greater degree than normal earthly beings.

## *Are your shoes comfortable (re: blisters etc.)? And appropriate (i.e. good spikes for X-country)?*

Blisters aren't nearly such a problem in this day and age, but it's still madness to wear new shoes for a race.

And for cross-country the length of spike can often make an important difference, if not necessarily to one's time then to how confidently one runs and in bringing the risk of injury down.

## *Are your shoes laced tight enough - but not too tight? Have you done a double-bow?*

Nothing more annoying than than one's shoes coming loose in an important race. It's rarely going to work in your favour, although it once did for Australian great Rob de Castella ("Deek"). Author Michael Sandrock writes:

"There was an incident in an early race at Xavier College that made a career-long





impression on Deek. Running on a muddy cross-country course, one of his shoes came off his foot after getting stuck in the mud. Deek, mad at himself for not lacing up his shoe tighter, sprinted off, running faster. He ended up improving 20 places after losing his shoe, something that made him realize that "by being aggressive with myself, I could draw out a much improved performance."

**Can you handle the weather conditions - hot, cold or wet - which the race may provide?**

There have been many great runners who have shown achilles heels in certain types of weather. When Frank Shorter looked up and saw a light rain starting to fall out of the Canadian sky at the 1976 Montreal Olympics he knew his weak spot would be tested. "Evidence shows that body temperatures can indeed fall during races run under inclement conditions, and athletes like Shorter are particularly prone to this hypothermia because of their low body fat and muscle contents," one researcher wrote. However focussed he was, Shorter's stride became noticeably tighter and he could not respond when Waldemar Cierpinski surged to stop him defending his Olympic gold.

A good way to be prepared for extreme weather conditions is to never skip a workout because of unfriendly weather conditions. This running motto tells it straight:

**"neither snow/ nor rain/ nor heat/ nor gloom of night may stay me from the swift completion of my appointed run."**

**Are you prepared for the terrain the race may provide?**

Cross-country: runners tend to love it or hate it. The 1998 SEAA cross-country championships saw Parliament Hill at its very best (or worst?). In his race report, Belgrave team manager Alan Mead noted: the ditches were full of black porridge and the ditch saw runners going down like ninepins". But while many runners were cursing the treacherous conditions, Blackheath's Mark Steinle "seemed to float over the morass to come home half a minute clear." One suspects his technique was naturally suited to such an event - but he would have prepared for such conditions too. So, no good being in the shape of your life if 'porridge' is something you prefer to eat rather than run in.

**Are you prepared for the hills the race may provide?**

The Boston Marathon's Heartbreak hill has been described as the most significant piece of foot-racing in the world. A little bit of Boston hyperbole perhaps, but some do say it's

agonizing trek, others that it's just a little bunny hill. One suspects the latter party has done more hill-training.

**Have you decided on precise pacing? And tactics?**

Racing without a clear strategy tends to lead to unsatisfactory, inconsistent results. One reason Sebastian Coe chose the most important race of his life to run the worst race of his life at Moscow Olympic 800 final was his confusion as to which tactics to follow. Observers in the athletes' village heard Peter Coe in the elevator going back and forth, saying, "You can go from the front. Or you can go from the back." What he didn't advise was for Coe to get stuck at the back of the pack, run in lane three for much of the race and then start his charge for home with 150 meters to go - six steps behind Ovett. Which is of course what he opted for.

**Do you have a sound plan B for when the wheels fall off plan A?**

Runners like Emil Zatopek and Lasse Viren's greatness seems to be that when things started to go terribly wrong, they were still able to triumph.

Here are Zatopek's reminiscences of the memorable Helsinki Olympic 5000m final of 1952:

*Taking on too much water is just as precarious as not taking on enough.*

"Boom! And I started to sprint...and they were twice as fast as me! With 300 meters to go, Chataway, Schade, Mimoun, all three in front, ohh oh, and you see, gold medal, silver medal, bronze medal; for me, potato. What to do? But to give up? Never! Nah, no, no!

Viren experienced the same feelings of panic as he pursued his fourth Olympic gold in the 5000 at Montreal in 1976: "At the bell I gave just one quick glance behind me and took in the situation in all its ghastliness. The wall at my heels was thick...I had put in a couple of sixty-second laps and almost everybody was still chasing me, damn it! I was the fugitive now..."

Both races going anything but according to plan, but both races still won due to sound reactions to when the wheels started to come

away.

**And finally, are you mentally "up for it"?**

Steve Ovett claims that for the 1500 final in 1980 that he just could not get 'up' for another race.

To be 'up' for it means that willingness to put yourself through the wringer. Some like Welsh great Steve Jones could do this every single outing, once saying: "if I'm still standing at the end of a race then hit me with a board and knock me down. Because that means I didn't run hard enough."

Or, as American 'king of the roads' Bill Rodgers once put it:

**"Sometimes, in order to win a race, you have to go a little berserk."**

**Thanks for you helping  
my mum this year....  
this is what she  
brought me  
back from Sydney....  
see you soon.**

*from Ciara O'Sullivan*





# "Split Times" tables

by Tony Elder

As a coach I find these Split Times tables very useful, so I thought other coaches and athletes might also find them of use.

## Training:

1. When athletes are attempting to run even pace 400s, 600s or 800s for example, it is important to know what the intermediate times should be. Many coaches will know these anyway, but I find that occasionally – on a coaching course for instance or when a young athlete arrives to do some training or when planning training targets for the months ahead – it is helpful to be able to refer to these sheets.

2. If an athlete wants to reduce their 1500m time from, say, 4:15 to as close to 4:00 as possible, it is useful to be able to quickly check that this means that race pace 400s in training will have to be done faster than 68 and that progression to 400s in 66 and then 64 is recommended if not essential. Likewise 600s in 102 are now too slow. 99 or 96 must be the target. For 800s at race pace – forget 2:16! Think 2:12, 2:10 and 2:08.

## Frank's 4 Second Rule:

BMC members will, I'm sure, be familiar with Frank Horwill's 4 second rule! Top class male middle distance runners should have about 4 seconds difference per 400m in their best times for 400m, 800m, 1500m and 3000m. For females the differential is about 5 seconds. The same principle applies to those whose standards are more modest and to younger athletes, though the differential will be greater e.g. 6 or even 7 seconds.

Two examples:

(1) Steve Ovett's best times were 400: 47.5; 800: 1:44.09 (52 per 400); 1500: 3:30.77 (56 per 400); 3000: 7:41.3 (61.5 per 400). His 800 and 1500 times are closest to the 4 seconds differential – spot on! – probably because these were the distances he raced most often.

(2) At the BMC's training weekend for young athletes at Ardingly last April, I used Zoe Jelbert's (then) best times to illustrate this principle. Chris Wooldridge's young 16 year old protégé had, at that time, the following pbs: 800: 2:12.33 (66.16 per 400); 1500: 4:28.3 (71.6 per 400); 3000:

9:37.54 (77 per 400) giving differentials of 5.44 and 5.40.

The principle is that whatever your standard, you should have a consistent differential per 400m in your times at 400, 800, 1500 and 3000. The tables are very useful in helping athletes see where their weaknesses lie and in helping the coach confirm that either all is well or that more speed work or more aerobic work is required.

## Training and the 5-pace system

Assuming you are a middle distance runner who is seriously intent upon progressing year on year until you are ranked in GB and then in the World...in other words you aspire to a medal in the Olympics in 2004, 2008 or 2012...then you and your

*As your times improve – at one distance – so you need to revise your targets and your training too for other distances.*

coach will almost certainly want to base your training on the 5-pace system. Again as all readers of BMC News will know, one hopes, this means training at different paces or speeds. As a 1500 runner you cannot afford to ignore training at 800 pace and faster, as well as at 3000/5000 pace and slower, as well as training at 1500 race pace. But how are you to know what pace is right for you? The answer is to use the "Split Times" tables, and of course the 4 or 5 or 6 second rule.

Maybe you are a young female runner who can run 2:12 for 800m. If you use the tables and assume a 6 second differential, then you find your 1500 training pace will be at 72 per lap (e.g. some 500s in 90 seconds), your 3000 pace is 78 per lap (e.g. some 1000s in 3:15). Also your faster than race pace

training will be at 60 second 400 pace (e.g. some 200s in 30 seconds) or faster. You will also be running at 800 pace (e.g. some 300s in 49.5) Then there are the aerobic sessions lasting anything from 30-60 minutes - not slow, but not as fast as 3K pace fairly obviously. Naturally the recovery period and how many you do and how often are all important. But the tables can be used to work out either how fast in training you ought to be running, or what a particular training session means in terms of the 5-pace system.

As your times improve – at one distance – so you need to revise your targets and your training too for other distances. This is where the tables come in. And they can be used for a wide range of athletic performers, from the 11:15 3000m runner – who should be able to run an 800 in around 2:30 - to the 1:40 800m runner (have we got any of these?!)

## World Records and World Class Performers

Using the tables one can have some interesting thoughts about some of the world's leading performers and about the current world records. Svetlana Masterkova has pbs of 1:55.87 for 800m (57.9 per 400) and 3:56.77 for 1500m (63.1 per 400). Differential 5.2 seconds. If Masterkova had a differential of 5 seconds and ran her 1500 at 62.9 pace she would improve her 1500 pb to 3:55.9. Gabriela Szabo has a similar 1500 pb to Masterkova: 3:56.97. Could she run an 800 in 1:56? Or could Masterkova run 8:24 for 3K? Wilson Kipketer has pbs of 46.85 (400) and 1:41.1 for 800m (50.55 pace). Differential 3.7 seconds. But his 1500m pb is 3:42.80 (59.4 pace!) Differential of 8.85! He is probably quite satisfied with his successes at 800m to worry about running fast 1500s, but what if? Michael Johnson is of course a 200/400m specialist (just as Kipketer is an 800m specialist) but what could he do for 800m with a 400 pb of 43.18? You can check the tables to work it out! [Even with the speed/endurance equation, it's interesting.]

Men's World Record 800m pace (1:41.1) is 50.55 per 400. If the 4 second rule is applied, we would expect the 1500m World Record to be run at 54.55 pace which equates to 3:24.56 – over a second faster than the present world record. Watch this space!

I hope that many coaches and athletes find the Split Times tables useful.





Pace per 400	55	56	57	58	59	60	61	62	63	64	65	66
100	13.75	14	14.25	14.5	14.75	15	15.25	15.5	15.75	16	16.25	16.5
200	27.5	28	28.5	29	29.5	30	30.5	31	31.5	32	32.5	33
300	41.25	42	42.75	43.5	44.25	45	45.75	46.5	47.25	48	48.75	49.5
400	55	56	57	58	59	60	61	62	63	64	65	66
500	68.75	70	71.25	72.5	73.75	75	76.25	77.5	78.75	80	81.25	82.5
600	82.5	84	85.5	87	88.5	90	91.5	93	94.5	96	97.5	99
800	1:50	1:52	1:54	1:56	1:58	2:00	2:02	2:04	2:06	2:08	2:10	2:12
1000	2:17.5	2:20	2:22.5	2:25	2:27.5	2:30	2:32.5	2:35	2:37.5	2:40	2:42.5	2:45
1200	2:45	2:48	2:51	2:54	2:57	3:00	3:03	3:06	3:09	3:12	3:15	3:18
1500	3:26.25	3:30	3:33.75	3:37.5	3:41.25	3:45	3:48.75	3:52.5	3:56.25	4:00	4:03.75	4:07.5
1600	3:40	3:44	3:48	3:52	3:56	4:00	4:04	4:08	4:12	4:16	4:20	4:24
2000	4:35	4:40	4:45	4:50	4:55	5:00	5:05	5:10	5:15	5:20	5:25	5:30
2400			5:42	5:48	5:54	6:00	6:06	6:12	6:18	6:24	6:30	6:36
2800			6:46	6:53	7:00	7:07	7:14	7:21	7:28	7:35	7:42	
3000			7:15	7:22.5	7:30	7:37.5	7:45	7:52.5	8:00	8:07.5	8:15	
4000					9:50	10:00	10:10	10:20	10:30	10:40	10:50	11:00
5000						12:30	12:42.5	12:55	13:07.5	13:20	13:32.5	13:45
10000							25:25	25:50	26:15	26:40	27:05	27:30

Pace per 400	67	68	69	70	71	72	73	74	75	76	77	78
100	16.75	17	17.25	17.5	17.75	18	18.25	18.5	18.75	19	19.25	19.5
200	33.5	34	34.5	35	35.5	36	36.5	37	37.5	38	38.5	39
300	50.25	51	51.75	52.5	53.25	54	54.75	55.5	56.25	57	57.75	58.5
400	67	68	69	70	71	72	73	74	75	76	77	78
500	83.75	85	86.25	87.5	88.75	90	91.25	92.5	93.75	95	96.25	97.5
600	100.5	102	103.5	105	106.5	108	109.5	111	112.5	114	115.5	117
800	2:14	2:16	2:18	2:20	2:22	2:24	2:26	2:28	2:30	2:32	2:34	2:36
1000	2:47.5	2:50	2:52.5	2:55	2:57.5	3:00	3:02.5	3:05	3:07.5	3:10	3:12.5	3:15
1200	3:21	3:24	3:27	3:30	3:33	3:36	3:39	3:42	3:45	3:48	3:51	3:54
1500	4:11.25	4:15	4:18.75	4:22.5	4:26.25	4:30	4:33.75	4:37.5	4:41.25	4:45	4:48.75	4:52.5
1600	4:28	4:32	4:36	4:40	4:44	4:48	4:52	4:56	5:00	5:04	5:08	5:12
2000	5:35	5:40	5:45	5:50	5:55	6:00	6:05	6:10	6:15	6:20	6:25	6:30
2400	6:42	6:48	6:54	7:00	7:06	7:12	7:18	7:24	7:30	7:36	7:42	7:48
2800	7:49	7:56	8:03	8:10	8:17	8:24	8:31	8:38	8:45	8:52	8:59	9:06
3000	8:22.5	8:30	8:37.5	8:45	8:52.5	9:00	9:07.5	9:15	9:22.5	9:30	9:37.5	9:45
4000	11:10	11:20	11:30	11:40	11:50	12:00	12:10	12:20	12:30	12:40	12:50	13:00
5000	13:57.5	14:10	14:22.5	14:35	14:47.5	15:00	15:12.5	15:25	15:37.5	15:50	16:02.5	16:15
10000	27:55	28:20	28:45	29:10	29:35	30:00	30:25	30:50	31:15	31:40	32:05	32:30

Pace per 400	79	80	81	82	83	84	85	86	87	88	89	90
100	19.75	20	20.25	20.5	20.75	21	21.25	21.5	21.75	22	22.25	22.5
200	39.5	40	40.5	41	41.5	42	42.5	43	43.5	44	44.5	45
300	59.25	60	60.75	61.5	62.25	63	63.75	64.45	65.25	66	66.75	67.5
400	79	80	81	82	83	84	85	86	87	88	89	90
500	98.75	100	101.25	102.5	103.75	105	106.25	107.5	108.25	110	111.25	112.5
600	118.5	120	121.5	123	124.5	126	127.5	129	130.5	132	133.5	135
800	2:38	2:40	2:42	2:44	2:46	2:48	2:50	2:52	2:54	2:56	2:58	3:00
1000	3:17.5	3:20	3:22.5	3:25	3:27.5	3:30	3:32.5	3:35	3:37.5	3:40	3:42.5	3:45
1200	3:57	4:00	4:03	4:06	4:09	4:12	4:15	4:18	4:21	4:24	4:27	4:30
1500	4:56.25	5:00	5:03.75	5:07.5	5:11.25	5:15	5:18.75	5:22.5	5:26.25	5:30	5:33.75	5:37.5
1600	5:16	5:20	5:24	5:28	5:32	5:36	5:40	5:44	5:48	5:52	5:56	6:00
2000	6:35	6:40	6:45	6:50	6:55	7:00	7:05	7:10	7:15	7:20	7:25	7:30
2400	7:54	8:00	8:06	8:12	8:18	8:24	8:30	8:36	8:42	8:48	8:54	9:00
2800	9:13	9:20	9:27	9:34	9:41	9:48	9:55	10:02	10:09	10:16	10:23	10:30
3000	9:52.5	10:00	10:07.5	10:15	10:22.5	10:30	10:37.5	10:45	10:52.5	11:00	11:07.5	11:15
4000	13:10	13:20	13:30	13:40	13:50	14:00	14:10	14:20	14:30	14:40	14:50	15:00
5000	16:27.5	16:40	16:52.5	17:05	17:17.5	17:30	17:42.5	17:55	18:07.5	18:20	18:32.5	18:45
10000	32:55	33:20	33:45	34:10	34:35	35:00	35:25	35:50	36:15	36:40	37:05	37:30

Pace per 400	43	44	45	46	47	48	49	50	51	52	53	54
100	10.75	11	11.25	11.5	11.75	12	12.25	12.5	12.75	13	13.25	13.5
200	21.5	22	22.5	23	23.5	24	24.5	25	25.5	26	26.5	27
300	32.25	33	33.75	34.5	35.25	36	36.75	37.5	38.25	39	39.75	40.5
400	43	44	45	46	47	48	49	50	51	52	53	54
500	53.75	55	56.25	57.5	58.75	60	61.25	62.5	63.75	65	66.25	67.5
600	66	67	67.5	69	70.5	72	73.5	75	76.5	78	79.5	81
800					1:34	1:36	1:38	1:40	1:42	1:44	1:46	1:48
1000							2:02.5	2:05	2:07.5	2:10	2:12.5	2:15
1200												
1500									2:33	2:36	2:39	2:42
1600												
2000												
2400												
2800												
3000												
4000												
5000												
10000												





# Eugene's Favourite Son

by Will Cockerell

Last May saw the 25th anniversary of the tragic death in a car crash of U.S. track runner Steve Prefontaine. Despite two feature films about his life in the late Nineties he remains relatively little known in Britain. But in these somewhat quiet years for British Middle-distance running it's worth reinvestigating the career of an athlete who's famous motto was: "A lot of people run to see who's the fastest. I run to see who has the most guts."

Last September's heroic Olympic run by Paula Radcliffe will have brought Prefontaine memories flooding back for "Pre" fans. Radcliffe could well have medalled if she had run her race a little differently, and dictated a somewhat less violent pace. But she didn't want to medal - she wanted to win. And if that meant taking an enormous gamble then so be it. At the Munich Olympics 28 years earlier, a certain brash, young American had tried the same "blood, sweat and tears" approach as Radcliffe's, only to suffer an identical agonizing fate.

Alberto Salazar, one of the all time greats of U.S. distance running has this to say about Prefontaine:

"Pre inspired a whole generation of American distance runners to excel. He made running cool. He created the whole idea of training really hard and going for it. Runners setting goals for themselves, wanting to go all out and be really tough. That was his example."

## The Early Days

Notes Prefontaine biographer, Tom Jordan: "to attain and maintain the fitness of a world-class runner, three factors must be present: physical ability, mental tenacity, and plenty of hard work."

And, even from the early days of training in his home town of Coos Bay, Oregon, Pre had a dedication that set him apart. Recalls teammate Lars Kaupang of Norway: "He seemed to be able to go out on the track and do three-quarter miles, half-miles, miles, all by himself, and he was able to push himself to a limit that nobody else could."

Interestingly, Pre admits that he by no means loved all his training:

"It really gets grim until the competition begins. You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement."

There were several unusual features to the Prefontaine training programme. No matter what time he went to bed the night before, he was up the next morning at 6:00am and out the door at a six-minute-mile pace. He believed that any work done at a pace slower than that would not do him any good.

It seems that he was so focussed on his runs that he really didn't notice where he was running often choosing a route by railroad tracks, or by industry. Teammate Terry Williams states:

"Like one day, it was raining kind of hard. We have this cemetery right across from the gymnasium. He started out there - I thought we were going for a road run - but he just ran there. I followed him for 40 minutes in that cemetery, and he never did one full loop as we wandered around."

## The Track

Oregon coach Bill Dellinger speaks of what Pre's greatest talent might have been, and he puts it down as consistency. Whereas most people would be able to do a few of Pre's brutal workouts before breaking down with illness or injury, Dellinger points out,

"he went through four years of college without ever missing a workout because of a cold or illness. Four years of never missing any meets".

One workout followed as such: 2 x 1 mile with a 5 min recovery in 4:12. One day, with his team-mates giving their moral support, Pre put the first one together in 4:08. His pals then asked him how he expected to do the second with slowing. That was all he needed, as he returned a 4:02.8.

It was the same courage that Steve brought to racing. Of the 153 outdoor track races in which he competed, he recorded just one DNF, and won 120 of those outings.

## The Munich Olympics

Going into the Munich Olympics of 1972, Pre had one or two things to think about. The first was his age. Nobody under 25 had ever won the Olympic 'five'. Also the 5000 meters was delayed after the slaying of the 12 Israeli athletes by elements of the Palestine Liberation Organization. Not only was Pre extremely shaken and upset by the incident - which stole all of the glamour of the Games for him - but the time change meant that all those who competed in the 10,000 meters would get an extra days rest.

As the 13 finalists approached the line, in front of over 80,000 expectant spectators, perhaps the strongest field of 5000-meter runners in Olympic history was on view. Two in particular stood out. The daunting presence of Lasse Viren, who had broken the 10,000 meters world records days earlier, and Mohamed Gammoudi who had an even more spanking CV - which is actually worth examining since it gives a clue to the events in the final stages of the race.

A 33-year-old soldier, Gammoudi had 8 years earlier competed in the electrifying Olympic 10,000 final in Tokyo. There he had edged out hot favourite Ron Clarke before just losing the gold to the amazing kick of American Billy Mills. Four years later in Mexico, he was 3rd in the 10,000, and with great grit and determination beat Kenyan legend Kip Keino by two-tenths of a second to win the 5000. So if being defending champion was one reason Gammoudi would be a major threat, the other was the 10,000 days earlier in the Munich Games. Half-way through the final Viren stumbled and fell, taking Gammoudi with him. But whereas Viren recovered to take the gold, Gammoudi was too stunned by the fall and had to drop out of the race. He wasn't smiling.

### Steve Prefontaine records:

<b>1500:</b>	<b>3:38.1</b>
<b>Mile:</b>	<b>3:54.6</b>
<b>3000:</b>	<b>7:42.6</b>
<b>5000:</b>	<b>13:21.9</b>
<b>10,000:</b>	<b>27:43.6</b>





Other folk to beware of in the final included Juha Vaatainen of Finland, Britain's Dave Bedford and Ian Stewart, and Harald Norpoth of West Germany.

**And then, as Tom Jordan describes,**

"after all the anticipation the pace for the final was painfully slow, even slower than the first 5000 of the 10,000 meter race. They passed two miles at a trot, in 8:56.4. This was not the race Pre had said he would run. He had wanted a race where it came down to "who's toughest," and this was a kicker's race. But there was no way Pre was going to let that continue".

Steve had warned publicly that he would run the race's final mile in four minutes if that's what it took to win. And sure enough with four laps to go, the 67 second lap pace was slashed to 62.5. And then a 61.2. And then a 60.3! At the bell it was down to a three man race for the gold: Gammoudi, Viren and Prefontaine.

Viren still led slightly, with Pre behind him and Gammoudi off Pre's right shoulder. At the top of the backstretch, with 300 meters left, Pre started to pull out to pass Viren, but Gammoudi, who knew all the tricks and as noted earlier was in the mood for some sharp practice, moved instantly to cut him off.

Chastened, Pre held back until the top of

the final curve when he tried to go again only for Gammoudi to again cut him off. His momentum gone, Pre gathered one more time for the final straight, but when he tried to call up strength from deep within himself, there was no response. Totally spent, he staggered the agonizing last dozen meters and was passed by the fast finishing Ian Stewart, who later admitted that the way he ran he didn't deserve a medal. Viren won the gold in 13:26.4, with Gammoudi taking the silver.

Eugene journalist Blaine Newnham recalls the scene when he found a devastated Pre later in the bowels of the stadium:

"I said, 'did you run for third or second? No, you ran to win, you took the lead with a mile to go, you ran your butt off, and you finished fourth, now how bad is that?'

"No, it wasn't that bad," Prefontaine reluctantly agreed.

Twenty minutes later he was all pumped up again. Britain's Dave Bedford walked by and Steve shouted, "I'll see you in Montreal and I'll kick your butt!"

Bob Payne of the Spokesman-Review in Washington described the sentiment of Prefontaine's race at Munich several years later:

"He didn't bring home a medal, but he helped create in that 5000 final one of the greatest, most wildly exciting distance races in history - forcing it through that incredible, four-minute, final mile, taking the lead with two laps to go, perhaps knowing already that he didn't have the late speed or the experience to hold all of 'em off. Viren, then Gammoudi, then Stewart, all got him, faster perhaps, wiser surely at the time. But none any gutsier."

And that perhaps is what running is all about. It's not just in the legs is it? But the heart and the mind and the passion.

And, yes, it's about great characters - a commodity world distance running has been going through something of a dry spell of in recent years. Prefontaine fans say it's hard to describe the feeling in a stadium when he was present, but what track fan John Gillespie does remember is that:

"It was a living legend that the clouds went away when Pre stepped on the track. The track meet would go, Pre would jog into the stadium, and the minute he took a step on the track, the clouds would start clearing up, and the sun would shine through. I can remember just offhand four or five times - and people turning to somebody else and saying, "It's doing it again."

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# BMC all time rankings

compiled by Matthew Fraser Moat

These statistics have been compiled from Athletics Weekly 1963 - 1991, and the BMC News from 1992 - 2000. Many thanks to Brian Boulton, David Cocksedge, Tim Grose and Martin Rix for their help.

Unfortunately results of the Stretford meetings in the 1980s were often incomplete when published in AW. Where it is known from the NUTS rankings that a fast race took place at Stretford but the result has either not been found in AW or is listed as "Invitation" but makes no mention of the BMC, those performances have been listed in italics with a 'q' as questionable. We would welcome independent confirmation as to whether these were in fact BMC races.

## Men's 600m

1:17.4	Andrew Hart	1	Watford	26 May 99
1:17.8		1	Watford	10 Jun 98
1:18.5	Steven Ovett	1	Crystal Palace	12 May 76
1:18.5	Andrew Knight	1	Highgate	7 Aug 96
1:18.6	Gary Brown II	1	Grangemouth	3 Aug 94
1:18.7	* Pete Lewis	2	Crystal Palace	12 May 76
1:19.0	Clive Gilby	1	Sutcliffe Park	5 Jul 97
1:19.0	Rupert Waters	2	Sutcliffe Park	5 Jul 97

8 performances to 1:19.0 by 7 athletes

## Men's 800m

1:45.2	* Patrick Ndururi KEN	1	Battersea Park	15 Jun 97
1:46.6		1	Battersea Park	14 Jun 98
1:46.2	* Robert Kibet KEN	2	Battersea Park	15 Jun 97
1:46.4	* Paul McMullen USA	1	Stretford	1 Aug 95
1:48.1		1r2	Stretford	18 Jul 95
1:46.4	* Paul Walker	1	Stretford	22 Jul 97
1:46.64	* Luka Kipkoech KEN	1	Cardiff	5 Jul 00
1:48.19		2	Stretford	11 Jul 00
1:46.67	* Bernard Kisilu KEN	1	Bristol	30 Aug 97
1:46.71		2	Cardiff	5 Jul 00
1:46.8		3	Battersea Park	15 Jun 97
1:46.90		1	Battersea Park	25 Jun 00
1:46.7	James McIlroy	2	Battersea Park	14 Jun 98
	(Northern Irish Record)			
1:47.1		1	Watford	8 Sep 99
1:47.41		1	Wythenshawe	3 Jun 98
1:46.8	Andrew Hart	4	Battersea Park	15 Jun 97
1:46.97		1r2	Cardiff	5 Jul 00
1:47.0		3	Battersea Park	14 Jun 98
1:47.13		1	Solihull	5 Sep 98
1:47.4		1	Tooting	20 Aug 97
1:48.0		1	Watford	5 Jun 96
1:48.09		3	Battersea Park	25 Jun 00
1:48.2		1	Birmingham	20 Aug 95
1:48.5		1	Solihull	29 Jul 92
1:48.5		1	Wythenshawe	14 May 97
1:48.7		1	Stretford	25 Jun 96
1:48.8		1	Cheltenham	21 Jul 93
1:48.83		1	Wythenshawe	9 Jun 99
1:49.0		1	Loughborough	18 May 96
1:46.83	* Benson Koech KEN	1	Crawley	28 May 94
1:46.87	Kevin McKay	2	Bristol	30 Aug 97
1:47.2		5	Battersea Park	15 Jun 97
1:48.0		3	Stretford	1 Aug 95
1:48.2		1	Watford	25 Jun 97
1:48.5		2	Stretford	16 Jul 96
1:48.5		8	Battersea Park	14 Jun 98
1:48.56		3	Wythenshawe	14 Jun 00
1:48.7		2	Wythenshawe	14 May 97

Note: 'J' = junior at time of the performance

1:48.86		2	Wythenshawe	3 Jun 98
1:48.9		2	Wythenshawe	17 May 93
	(10)			
1:46.96	* Jess Strutzel USA	1	Solihull	14 Jul 99
1:46.99	* Charles Makau KEN	1	Solihull	19 Aug 00
1:47.17		2r2	Cardiff	5 Jul 00
1:47.48		1	Stretford	11 Jul 00
1:47.57		2	Battersea Park	25 Jun 00
1:47.2	Grant Cuddy	2	Stretford	22 Jul 97
1:48.2		2	Swindon	7 Aug 97
1:48.62		5	Solihull	14 Jul 99
1:48.7		8	Battersea Park	15 Jun 97
1:48.98		3	Cardiff	5 Jul 00
1:49.0		4	Stretford	6 Jul 99
1:47.3	* Gary Cook	1	Stretford	3 Jun 80
1:47.49	* Luke Kiptoo KEN	1	Watford	23 Jun 99
1:47.5	Anthony Whiteman	4	Battersea Park	14 Jun 98
1:47.7		6	Battersea Park	15 Jun 97
1:47.81		1	Watford	22 Jul 00
1:47.52	* Andrew Lill	2	Crawley	28 May 94
1:47.6	* Neil Horsfield	1	Cwmbran	16 Aug 89
1:47.6	* Craig Winrow	2	Stretford	1 Aug 95
1:48.3		1	Wythenshawe	15 May 96
1:47.65	Alasdair Donaldson	2	Solihull	19 Aug 00
1:47.69		3r2	Cardiff	5 Jul 00
1:48.10		3	Watford	23 Jun 99
	(20)			
1:47.69J	Simon Lees	2	Solihull	5 Sep 98
1:48.88J		3	Wythenshawe	3 Jun 98
1:47.7	Sebastian Coe	1	Stretford	8 Aug 76
1:47.7	Robin Hooton	1	Wythenshawe	30 Jul 96
1:49.0		3	Watford	5 Jun 96
1:47.7	* Bryan Berryhill USA	1	Stretford	6 Jul 99
1:47.75	Chris Moss	3	Solihull	19 Aug 00
1:48.43J		4	Solihull	5 Sep 98
1:47.8	Lee Cadwallader	1	Stretford	22 Aug 95
1:48.5		2	Wythenshawe	15 May 96
1:49.0		1	Stretford	27 Jun 95
1:47.8	John Mayoock	5	Battersea Park	14 Jun 98
1:48.45		2	Wythenshawe	14 Jun 00
1:47.8	* Gabe Jennings USA	2	Stretford	6 Jul 99
1:47.81	* Joseph Mutua KEN	1	Cardiff	15 Jul 98
1:47.86	* Jai Thomas AUS	4r2	Cardiff	5 Jul 00
1:48.20		4	Battersea Park	25 Jun 00
1:48.98		5	Wythenshawe	14 Jun 00
	(30)			
1:47.89	Neil Caddy	5r2	Cardiff	5 Jul 00
1:47.9	* David Warren	1	Crystal Palace	12 May 80
1:47.9	Rupert Waters	2	Wythenshawe	30 Jul 96
1:48.7		1	Battersea	14 Jul 96
1:49.0		4	Watford	5 Jun 96
1:47.9	Justin Swift-Smith	1	Swindon	7 Aug 97
1:48.24		1	Cardiff	4 Aug 99
1:48.28		1	Wythenshawe	14 Jun 00
1:48.4		7	Battersea Park	15 Jun 97
1:48.77		1	Scotstoun	21 Aug 99
1:48.9		2	Watford	5 Jun 96
1:47.9	* Martin Keino KEN	6	Battersea Park	14 Jun 98
1:47.94	* Jeff Kuzma USA	2	Solihull	14 Jul 99
1:48.0	* Colin Campbell	1r2	Crystal Palace	12 Jun 72
1:48.0	* Francis Kemboi KEN	7	Battersea Park	14 Jun 98
1:48.00	Eddie King	3	Solihull	14 Jul 99
1:48.5		5	Wythenshawe	30 Jul 96
1:48.51		3	Cardiff	15 Jul 98
1:48.9		4	Wythenshawe	15 May 96
1:48.06	Bradley Donkin	2	Watford	23 Jun 99
1:48.3		1	Watford	5 Aug 98
1:48.4		4	Wythenshawe	30 Jul 96
1:48.72		4	Wythenshawe	14 Jun 00
	(40)			
1:48.1	Neil Speaight	3	Stretford	6 Jul 99
1:48.74		6	Solihull	19 Aug 00
1:48.1	Curtis Robb	1	Stretford	31 Aug 99
1:48.2	James Mayo	3	Wythenshawe	30 Jul 96
1:48.7		1	Stretford	3 Sep 96





1:48.28	* Paulos Farouggias GRE	4	Solihull	19 Aug 00					
1:48.3	* Gary Lough	1	Milton Keynes	24 Jul 96	3:39.1	Robert Hough	1	Wythenshawe 3 Jun 98	
	1:48.7	7	Wythenshawe	30 Jul 96		3:41.5	1r2	Wythenshawe 14 May 97	
1:48.3	Tom Lerwill	3	Swindon	7 Aug 97	3:39.4	* Samir Benfares FRA	1	Wythenshawe 30 Jul 96	
1:48.39	Matthew Shone	3	Solihull	5 Sep 98	3:39.5	Matthew Yates	2	Watford 5 Aug 98	
	1:48.6	2	Watford	5 Aug 98	3:39.6	* Paul Bitok KEN	2	Watford 5 Aug 98	
1:48.4	Tony Johnston	1	Stretford	16 Jul 96	3:39.7	Michael Openshaw	3	Battersea Park 14 Jun 98	
1:48.43	Phillip Tulba	2	Cardiff	15 Jul 98	3:39.79	Andrew Graffin	1	Watford 14 Jun 98	
	1:48.71	1	Swindon	24 Jun 98		3:42.0	4	Watford 22 Jul 00	
1:48.45	* Philip Kibitok KEN	5	Battersea	25 Jun 00		3:42.65	1	Watford 11 Aug 99	
	(50)							23 Jun 99	
1:48.5	* Jason Lobo	2	Stretford	22 Aug 95	3:39.8	Ian Gillespie	2	Swindon 7 Aug 97	
	1:48.8	3	Wythenshawe	15 May 96		3:41.1	4	Swindon 14 Aug 96	
1:48.53	* Colm McLean IRE	6	Battersea	25 Jun 00		3:41.2	3	Wythenshawe 14 May 97	
1:48.56	* Joel Marwa KEN	5	Solihull	19 Aug 00		3:41.65	4	Solihull 21 Aug 94	
1:48.58	Noel Edwards	4	Solihull	14 Jul 99		3:42.4	2	Stretford 16 Jul 96	
	1:48.85	5	Watford	23 Jun 99		3:42.7	5	Wythenshawe 30 Jul 96	
1:48.59	Matthew Yates	4	Watford	23 Jun 99	3:39.85	Gabe Jennings USA	1	Solihull 14 Jul 99	
	1:49.0	2	Watford	25 Jun 97	3:40.1	Ian Grime	2	Swindon 14 Aug 96	
1:48.6	Gareth Turnbull IRE	1	Stretford	17 Aug 99		3:40.35	1	Solihull 21 Aug 94	
	1:48.8	1	Loughborough	10 May 00	3:40.2	* James Nolan IRE	1	Watford 11 Aug 99	
	1:48.88	6	Watford	23 Jun 99	3:40.3	Andrew Pearson	2	Wythenshawe 14 May 97	
1:48.7	Andrew Carter	1	Blackburn	9 May 70	3:40.42	Matt Dixon	1	Wythenshawe 14 Jun 00	
1:48.7	Desmond English IRE	1	Wythenshawe	17 May 93	3:40.59	Michael East	2	Wythenshawe 14 Jun 00	
	1:48.8	1	Watford	28 Aug 96		3:42.37	3	Wythenshawe 9 Jun 99	
1:48.7	Anthony Morrell	3	Stretford	22 Aug 95	3:40.69	Brian Berryhill USA	2	Solihull 14 Jul 99	
1:48.7	Andrew Knight	6	Wythenshawe	30 Jul 96	3:40.7	Rob Whalley	3	Swindon 14 Aug 96	
	1:48.9	4	Swindon	7 Aug 97	3:40.78	* Niall Bruton IRE	1	Cardiff 15 Jul 98	
	(60)					3:40.99	3	Solihull 14 Jul 99	
1:48.7	* Laban Rotich KEN	2	Watford	8 Sep 99		3:41.99	1	Wythenshawe 9 Jun 99	
1:48.78	* Anthony Draper	1	Watford	7 Jun 00		(20)			
1:48.8	James Espir	2	Crystal Palace	12 May 80	3:40.8	* Elijah Maru KEN	4	Battersea Park 14 Jun 98	
1:48.8J	Adam Duke	2	Solihull	29 Jul 92	3:40.8	* Gary Lough	3	Watford 5 Aug 98	
1:48.8	* Martin Byron AUS	2	Stretford	17 Aug 99		3:42.7	1	Wythenshawe 18 May 94	
1:48.9	* Stephen Green	4	Stretford	22 Aug 95	3:41.02	Steffan White	2	Solihull 21 Aug 94	
1:48.95	* Michael Guegan	3	Crawley	28 May 94	3:41.15J	* Stefan Beumer HOL	1	Scotstoun 3 Sep 00	
1:49.0	* F MacSweeney IRE	1	Crystal Palace	22 May 76	3:41.19	Angus MacLean	2	Scotstoun 3 Sep 00	
1:49.0	Hamish McInnes	1	Stretford	17 May 83	3:41.2	Richard Ashe	1	Wythenshawe 30 Jul 96	
1:49.0	* Martin Steele	1	Leeds	1 Jul 86		3:41.36	2	Watford 22 Jul 00	
	(70)					3:41.8	2	Watford 11 Aug 99	
1:49.0	Mark Griffin	1r2	Battersea Park	14 Jun 98		3:41.83	5	Solihull 14 Jul 99	
1:49.0	* Lucky Hadebe RSA	3	Watford	5 Aug 98		3:42.5	1	Watford 10 Jul 96	
	148 performances to 1:49.0 by 72 athletes					3:42.51	1	Watford 12 Jul 00	
						3:42.8	4	Swindon 7 Aug 97	
						3:42.9	1	Watford 9 Aug 95	
						3:41.2	4	Watford 5 Aug 98	
						3:41.8	3	Watford 11 Aug 99	
						3:42.28	8	Solihull 14 Jul 99	
						3:41.28	* David Wilson	1	Belfast 4 Jun 94
						3:41.3	Robert Scanlon	5	Swindon 14 Aug 96
						3:41.3	Gareth Turnbull IRE	1	Stretford 31 Aug 99
						3:42.20	2	Wythenshawe 9 Jun 99	
						3:42.8J	3	Swindon 7 Aug 97	
						(30)			
						3:41.34	David Kisang KEN	4	Solihull 14 Jul 99
						3:41.5	* Ken Newton	2	Stretford 9 Aug 83
						3:41.5	Grant Graham	6	Battersea Park 14 Jun 98
						3:41.5	* John Koskei KEN	7	Battersea Park 14 Jun 98
						3:41.6+	Nick Rose	1+	Motspur Park 25 Jul 73
						3:41.63	Philip Mowbray	3	Solihull 21 Aug 94
						3:41.73	* Matthew Hibberd	5	Solihull 21 Aug 94
						3:42.5	1	Loughborough 7 Sep 94	
						3:41.9	Brad Glenton	5	Watford 5 Aug 83
						3:41.95	Glen Stewart	6	Solihull 14 Jul 99
						3:42.6	1	Stretford 3 Aug 99	
						3:42.0	Andrew Hart	1	Stretford 16 Jul 96
						3:42.55	1	Swindon 24 Jun 98	
						3:42.7	3	Wythenshawe 17 May 95	
						(40)			
						3:42.0	Rod Finch	2	Wythenshawe 30 Jul 96
						3:42.1	Martin Forder	3	Wythenshawe 30 Jul 96
						3:42.1	* Stephen Green	5	Wythenshawe 14 May 97
						3:42.4	2	Wythenshawe 17 May 95	
						3:42.2	* Timothy Redman	3	Stretford 9 Aug 83
						3:42.2J	Paul Wynn	4	Stretford 9 Aug 83
						3:42.3	1	Stretford 24 Jun 86	
						3:42.23	Joe Mills	7	Solihull 14 Jul 99
						3:42.3	* Geoffrey Turnbull	1	Stretford 20 May 86
						3:42.3	Phillip Tulba	8	Battersea Park 14 Jun 98
						3:42.3	Patrick Davoren IRE	5	Watford 11 Aug 99
						3:42.36	Chris Bolt	3	Watford 22 Jul 00
						(50)			
						3:42.4	* Neil Horsfield	1	Swindon 4 Sep 91



3:42.4	Stuart Margiotta	4	Wythenshawe	30 Jul 96
3:42.41	* Colm McLean IRE	3	Wythenshawe	14 Jun 00
3:42.5J	* Colin Reitz	1	Crystal Palace	8 Aug 79
3:42.5	Adam Duke	6	Swindon	14 Aug 96
3:42.5	* Andrew Walker IRE	6	Watford	5 Aug 98
3:42.55	* Harrison Makau KEN	1	Cardiff	5 Jul 00
3:42.58	* Steve Agar CAN	2	Swindon	24 Jun 98
3:42.59	Kris Bowditch	1	Stretford	22 Aug 00
3:42.6+	* John Cadman	2+	Motspur Park	25 Jul 73

(60)

3:42.6	* Adrian Passey	1	Stretford	10 Jun 86
3:42.72		4	Wythenshawe	9 Jun 99
3:42.6	* Andrew Green II	2	Stretford	24 Jun 86
3:42.6	Paul Taylor	3	Stretford	24 Jun 86
3:42.7+	Phillip Banning	3+	Motspur Park	25 Jul 73
3:42.7	Matthew Barker	2	Swindon	4 Sep 91
3:42.7	Matthew de Freitas	1	Swindon	9 Sep 92
3:42.8	* Lloyd Tredell	5	Stretford	9 Aug 83
3:42.8	Alan Mottershead	1	Stretford	30 Aug 86
3:42.8	* Steve Cram	2	Wythenshawe	18 May 94
3:42.8	Cormac Finnerty IRE	7	Swindon	14 Aug 96

(70)

3:42.8	Matt Skelton	6	Wythenshawe	14 May 97
3:43.0		6	Wythenshawe	30 Jul 96
3:42.8	Karim Bouchamia ALG	6	Watford	11 Aug 99
3:42.85	James Thie	4	Wythenshawe	14 Jun 00
3:42.9	* Neil Rimmer	3	Stretford	30 Aug 86
3:43.0	David Moorcroft	1	Loughborough	5 Jun 75
3:43.0	Gary Brown II	4	Wythenshawe	17 May 95
3:43.0	Stuart Poore	8	Swindon	14 Aug 96

118 performances to 3:43.0 by 77 athletes

## Men's Mile

3:55.24	* David Kisang KEN	1	Battersea Park	4 Jun 00
3:59.5		2	Bath	12 Aug 98
3:55.31	* Abraham Chebii KEN	2	Battersea Park	4 Jun 00
3:56.35	Anthony Whiteman	1	Barnet Copthall	31 Aug 96
3:56.6	Timothy Hutchings	1	Aldershot	19 Jul 82
	3:58.6	1	Derby	6 Sep 83
	3:59.1	1	Bristol	14 Sep 88
3:57.0	* Dick Quax NZ	1	Southgate	18 Jul 73
3:57.4	* Tony Polhill NZ	2	Southgate	18 Jul 73
3:57.6	Ian Gillespie	1	Exeter	16 Jun 98
	3:58.4	1	Exeter	29 Jul 97
	3:59.3	1	Salisbury	4 Sep 93
3:58.0	John Kirkbride	1	Motspur Park	23 Jul 69
3:58.11	* Edwin Maranga KEN	1	Solihull	5 Sep 98
	3:58.3	1	Bath	12 Aug 98
3:58.4	Alan Simpson	1	Hartlepool	17 Jun 67
	(10)			
3:58.4	Nick Rose	1	Motspur Park	25 Jul 73
	4:00.0	1	West London	16 Jul 75
3:58.5	James Douglas	2	Motspur Park	23 Jul 69
3:58.5	Neil Caddy	2	Exeter	16 Jun 98
	3:58.59	2	Barnet Copthall	31 Aug 96
	3:59.3	1	Cheltenham	4 Aug 96
	3:59.6	1	Cheltenham	6 Aug 95
3:58.6	John Boulter	1	Motspur Park	24 Jul 68
	3:59.2	3	Motspur Park	23 Jul 69
3:58.8q	David Moorcroft	1	Stretford	30 Aug 75
3:58.9q	* Frank Clement	2	Stretford	30 Aug 75
3:58.9	* Steve Emsom	1	Stretford	31 Jul 79
3:59.1	Ian Hamer	1	Cheltenham	8 Sep 89
	3:59.9	1	Swindon	16 Jul 88
3:59.2	Walter Wilkinson	1	Stretford	28 May 68
	3:59.4	1	Middlesborough	11 Sep 67
	3:59.6	1	Hartlepool	7 Jun 69
3:59.2q	James McGuinness	3	Stretford	30 Aug 75
	(20)			
3:59.3	* Pat Scammell AUS	2	Cheltenham	8 Sep 89
3:59.4	* Roy Young	1	Motspur Park	14 Jul 71
3:59.4J	Steven Overt	1	Haringey	17 Jul 74
	(European Junior Record)	2	Motspur Park	25 Jul 73
	(European Junior Record)			
3:59.4q	Anthony Settle	4	Stretford	30 Aug 75
3:59.4	John Gladwin	1	Carlisle	4 May 87
3:59.48	James McIlroy	2	Solihull	5 Sep 98
3:59.5	John Whetton	2	Motspur Park	24 Jul 68
3:59.6	* David Lewis	1	Stretford	27 Jul 82
3:59.64	Andrew Graffin	1	Scotstoun	21 Aug 99
3:59.7q	* David McMeekin	5	Stretford	30 Aug 75

3:59.7q	* Ron McDonald	6	Stretford	30 Aug 75
3:59.7	Matthew de Freitas	2	Salisbury	4 Sep 93
3:59.7	Phillip Tulba	1	Tooting	19 Aug 98
3:59.8	Ray Roseman	4	Motspur Park	23 Jul 69
3:59.8	* Steve James	1	Nottingham	9 Jun 84
3:59.8	* Joe Dunbar	1	Ealing	18 Sep 91
3:59.9	* Darius Burrows	3	Solihull	5 Sep 98
3:59.91	Richard Ashe	3	Barnet Copthall	31 Aug 96
3:59.98	* Neil Horsfield	2	Bristol	14 Sep 88
4:00.0	Rod Finch	1	Exeter	22 Aug 93

(40)

4:00.0	* Gary Lough	2	Cheltenham	4 Aug 96
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56 performances to 4:00.0 by 41 athletes

## Men's 2,000m

5:00.66	* David Kisang KEN	1	Battersea Park	25 Jun 00
5:01.28	Andrew Graffin	2	Battersea Park	25 Jun 00
5:02.90	Allen Graffin	3	Battersea Park	25 Jun 00
5:09.53	* David Chepkisa KEN	4	Battersea Park	25 Jun 00
5:11.0	Walter Wilkinson	1	Crystal Palace	16 Aug 72
5:11.8	* Ian Wheeler	1	Hayes	15 May 66
5:15.0	* Christopher Ward	2	Hayes	15 May 66
5:15.0	* Charlie Spedding	2	Crystal Palace	16 Aug 72

8 performances to 5:15.0 by 8 athletes

## Men's 3,000m

7:51.32	* Craig Mottram AUS	1	Wythenshawe	14 Jun 00
7:51.4	Rob Whalley	1	Swindon	7 Aug 97
	7:52.6	1	Stretford	16 Jul 96
	7:53.45	1	Solihull	14 Jul 99
	7:57.1	1	Wythenshawe	14 May 97
	* James Getanda KEN	1	Cardiff	5 Jul 00
7:51.47		2	Wythenshawe	14 Jun 00
7:52.14	* Julius Kimutai KEN	2	Cardiff	5 Jul 00
7:52.19	* Boaz Kisang KEN	2	Cardiff	5 Jul 00
7:52.27	Kris Bowditch	3	Wythenshawe	14 Jun 00
	7:56.12	2	Cardiff	5 Jul 98
	7:57.7	2	Wythenshawe	14 May 97
7:52.87	* Kimutai Kosgei KEN	3	Cardiff	5 Jul 00
7:52.9	Robert Hough	2	Stretford	16 Jul 96
7:53.11	Julian Moorhouse	4	Wythenshawe	14 Jun 00
	7:56.88	3	Wythenshawe	9 Jun 99
7:53.2	Spencer Barden	2	Swindon	7 Aug 97
	7:58.4	4	Stretford	16 Jul 96
	(10)			
7:53.23	Christian Stephenson	4	Cardiff	5 Jul 00
	7:54.5	3	Swindon	7 Aug 97
7:53.40J	* Mizane Mehari ETH	1	Cardiff	15 Jul 98
7:53.54	John Nuttall	5	Cardiff	5 Jul 00
	7:55.18	2	Solihull	14 Jul 99
	7:59.20	12	Wythenshawe	14 Jun 00
7:53.68	Adrian Passey	5	Wythenshawe	14 Jun 00
	7:56.49	3	Solihull	14 Jul 99
7:54.10	* Barry Smith	1	Cwmbran	17 May 81
7:54.12	Andres Jones	6	Cardiff	5 Jul 00
7:55.0	Cormac Finnerty IRE	4	Swindon	7 Aug 97
7:55.12	Michael Openshaw	6	Wythenshawe	14 Jun 00
	7:55.35	2	Wythenshawe	9 Jun 99
	7:58.16	7	Solihull	14 Jul 99
	7:58.92	1	Wythenshawe	3 Jun 98
7:55.15	Glen Stewart	1	Wythenshawe	9 Jun 99
	7:56.80	7	Wythenshawe	14 Jun 00
7:55.4	Ian Grime	3	Stretford	16 Jul 96
	7:57.9	1	Loughborough	21 May 97

(20)

7:55.6	* Geoffrey Turnbull	1	Stretford	15 May 84
7:55.9	Matthew O'Dowd	5	Swindon	7 Aug 97
7:56.24	Bobby Farren	1	Solihull	21 Aug 94
7:56.52	* John Henwood NZ	7	Cardiff	5 Jul 00
7:56.63	* George Okworo KEN	8	Cardiff	5 Jul 00
7:56.93	Rod Finch	4	Solihull	14 Jul 99
	7:59.31	8	Wythenshawe	9 Jun 99
7:57.15	* Seamus Power IRE	9	Cardiff	5 Jul 00
	7:59.5	6	Swindon	7 Aug 97
7:57.21	Mark Miles	5	Solihull	14 Jul 99
7:57.21	* Bjerre Fleming DEN	8	Wythenshawe	14 Jun 00
7:57.24	Sam Haughian	4	Wythenshawe	9 Jun 99

(30)

7:57.48	* Chris Davies	9	Wythenshawe	14 Jun 00
	7:59.00	9	Solihull	14 Jul 99
7:57.64	David Taylor	5	Wythenshawe	9 Jun 99
7:58.03	Dermot Donnelly IRE	10	Wythenshawe	14 Jun 00



7:58.04	* John Wild	6	Solihull	14 Jul 99				
	7:59.59	3	Cardiff	15 Jul 98				
7:58.31	Glyn Tromans	8	Solihull	14 Jul 99				
	7:59.27	7	Wythenshawe	9 Jun 99				
7:58.42	* Peter Matthews IRE	10	Cardiff	5 Jul 00				
7:58.6	* Chris Robison	1	Swindon	10 Jul 86				
7:58.7	* Darius Burrows	5	Stretford	16 Jul 96				
	7:59.9	7	Swindon	7 Aug 97				
7:58.74	* James Nolan IRE	11	Wythenshawe	14 Jun 00				
7:58.9	* Chris Buckley	2	Swindon	10 Jul 86				
	(40)							
7:59.22	James Espir	2	Cwmbran	17 May 81				
7:59.23	Matthew Smith	6	Wythenshawe	9 Jun 99				
7:59.3	* Geoff Wightman	3	Swindon	10 Jul 86				
7:59.35	Nick Wetheridge	13	Wythenshawe	14 Jun 00				
7:59.37	Cormac Smith IRE	10	Solihull	14 Jul 99				
7:59.5	* Paul Magner	4	Swindon	10 Jul 86				
7:59.5	Philip Mowbray	3	Wythenshawe	14 May 97				
	7:59.97	2	Wythenshawe	3 Jun 98				
7:59.56	* David Clarke	3	Cwmbran	17 May 81				
7:59.6	Matthew Clarkson	1	Stretford	14 Jul 98				
	<i>72 performances to 8:00.0 by 49 athletes</i>							
<b>Men's 2 Miles</b>								
8:34.5	Ian Gillespie	1	Millfield	5 May 97				
8:44.6	Alan Blinston	1	Stretford	19 May 70				
	<i>2 performances to 8:45.0 by 2 athletes</i>							
<b>Men's 4,000m</b>								
11:03.2	Rob Whalley	1	Millfield	4 May 98				
	<i>1 performance to 11:05.0 by 1 athlete</i>							
<b>Men's 5,000m</b>								
13:26.20	* Craig Mottram AUS	1	Battersea Park	25 Jun 00				
13:28.22	Kris Bowditch	2	Battersea Park	25 Jun 00				
	13:42.00	2	Bristol	30 Aug 97				
	13:44.5	2	Loughborough	18 May 97				
	13:47.7	1	Stretford	22 Jul 97				
	13:51.8	3	Watford	5 Aug 98				
13:28.6J	* Mizan Mehari ETH	1	Watford	5 Aug 98				
13:29.19	* George Okworo KEN	3	Battersea Park	25 Jun 00				
	13:33.61	1	Stretford	11 Jul 00				
13:30.22	* Boaz Kisang KEN	4	Battersea Park	25 Jun 00				
	13:36.07	2	Stretford	11 Jul 00				
13:31.32	* Seamus Power IRE	5	Battersea Park	25 Jun 00				
	13:37.27	3	Stretford	11 Jul 00				
	13:40.5	1	Watford	30 Jul 97				
13:33.3	* Hendrick Ramaala RSA	1	Battersea Park	14 Jun 98				
13:35.3	* Dermot Donnelly	2	Battersea Park	14 Jun 98				
	(Northern Irish Record)							
	13:47.0	2	Crawley	28 May 94				
13:37.97	Michael Openshaw	6	Battersea Park	25 Jun 00				
	13:42.02	6	Stretford	11 Jul 00				
13:38.37	Glen Stewart	4	Stretford	11 Jul 00				
	13:43.89	4	Solihull	19 Aug 00				
	(10)							
13:39.02	* John Nuttall	5	Stretford	11 Jul 00				
13:39.14	* James Getanda	1	Solihull	19 Aug 00				
13:41.08	Rob Whalley	1	Bristol	30 Aug 97				
	13:54.2	2	Stretford	22 Jul 97				
13:41.42	Allen Graffin	2	Solihull	19 Aug 00				
13:42.02	* Ben Maiyo KEN	1	Solihull	5 Sep 98				
13:42.15	* John Henwood NZ	7	Battersea Park	25 Jun 00				
13:42.15	* Michael Buckleitner AUT	3	Solihull	19 Aug 00				
13:42.2	Andrew Pearson	1	Loughborough	18 May 97				
13:42.35	Julian Moorhouse	8	Battersea Park	25 Jun 00				
	13:48.5	2	Watford	5 Aug 98				
	13:50.05	8	Stretford	11 Jul 00				
13:44.27	Glyn Tromans	1	Watford	23 Jun 99				
	13:49.5	3	Loughborough	18 May 97				
	13:57.31	11	Stretford	11 Jul 00				
	(20)							
13:44.71	Dave Taylor	2	Watford	23 Jun 99				
13:44.83	Matthew O'Dowd	3	Bristol	30 Aug 97				
13:45.6	Cormac Finnerty IRE	2	Watford	30 Jul 97				
13:46.4	* John Sherban	1	Crawley	28 May 94				
13:47.18	* Peter Matthews IRE	9	Battersea Park	25 Jun 00				
13:48.9	* James Campbell IRE	3	Crawley	28 May 94				
	13:57.1	5	Battersea Park	14 Jun 98				
13:49.41	Jonathan Wild	3	Watford	23 Jun 99				
13:49.47	Mark Hudspith	7	Stretford	11 Jul 00				
13:51.5	Spencer Barden	4	Loughborough	18 May 97				
	13:54.39	2	Loughborough	17 May 98				
13:52.4	Matt Clarkson	4	Watford	5 Aug 98				
	(30)							
13:52.7	Nicholas Comerford	3	Battersea Park	14 Jun 98				
13:52.8	* Ian Hudspith	5	Loughborough	18 May 97				
	13:57.37	12	Stretford	11 Jul 00				
	13:57.64	6	Solihull	19 Aug 00				
13:52.94	Rod Finch	1	Loughborough	17 May 98				
	13:59.6	8	Loughborough	18 May 97				
13:52.97	Adrian Passey	5	Solihull	19 Aug 00				
	13:54.31	9	Stretford	11 Jul 00				
13:54.18	Richard Taylor	4	Watford	23 Jun 99				
13:54.4	* Robert Denmark	4	Battersea Park	14 Jun 98				
13:55.7	* Chris Robison	1	Grangemouth	3 Aug 94				
13:55.89	* Martin McCarthy IRE	10	Stretford	11 Jul 00				
13:56.6	Ian Gillespie	1	Millfield	6 May 96				
13:56.6	* Matthew Barnes	6	Loughborough	18 May 97				
	(40)							
13:56.69	Spencer Newport	5	Watford	23 Jun 99				
13:56.98	* Paul Evans	10	Battersea Park	25 Jun 00				
13:57.58	* Craig Kirkwood NZL	13	Stretford	11 Jul 00				
13:57.8	* Dominic Bannister	7	Loughborough	18 May 97				
13:58.0	* Carl Udall	1	Loughborough	11 Jun 97				
13:58.44	Nathaniel Lane	14	Stretford	11 Jul 00				
13:58.88	Don Naylor	15	Stretford	11 Jul 00				
13:59.8	Paul Taylor	3	Stretford	22 Jul 97				
	<i>70 performances to 14:00.0 by 48 athletes</i>							
<b>Men's 10,000m</b>								
27:56.94	* Kameil Maase HOL	1	Watford	22 Jul 00				
28:00.50	Andres Jones	2	Watford	22 Jul 00				
28:03.31	* Robert Denmark	3	Watford	22 Jul 00				
28:04.48	* Mark Steinle	4	Watford	22 Jul 00				
28:08.46	* Michael Aish NZ	5	Watford	22 Jul 00				
28:13.44	* Hendrick Ramaala RSA	6	Watford	22 Jul 00				
28:18.58	* Michael Buchleitner AUT	7	Watford	22 Jul 00				
28:23.11	* Seamus Power IRE	8	Watford	22 Jul 00				
28:27.32	* Peter Matthews IRE	9	Watford	22 Jul 00				
28:42.40	* Carly Nyberg SWE	10	Watford	22 Jul 00				
	(10)							
28:43.08	* Mark Hudspith	11	Watford	22 Jul 00				
28:50.98	* Ian Hudspith	12	Watford	22 Jul 00				
29:02.36	* Carsten Jorgensen DEN	13	Watford	22 Jul 00				
29:05.28	Glyn Tromans	14	Watford	22 Jul 00				
29:20.19	Noel Cullen IRE	15	Watford	22 Jul 00				
29:38.2	* David Taylor	1	Watford	30 Apr 97				
29:32.8	* John Downes	2	Watford	30 Apr 97				
29:34.4	* Simon Cotton	3	Watford	30 Apr 97				
29:36.91	Dermot Donnelly IRE	16	Watford	22 Jul 00				
29:38.93	Nathaniel Lane	17	Watford	22 Jul 00				
	(20)							
29:49.2	John Lisiewicz AUS	1	Oxford	17 Sep 94				
29:58.65	* Richard Findlow	18	Watford	22 Jul 00				
29:58.72	* Alan Buckley	19	Watford	22 Jul 00				
	<i>23 performances to 30:00.0 by 23 athletes</i>							
<b>Men's 1,500m SteepleChase</b>								
4:16.57	* Lee Hurst	1	Stretford	25 Jul 00				
	4:17.16	1	Stretford	2 May 00				
4:18.65	* Andrew Williams	2	Stretford	2 May 00				
4:19.98J	* Daniel Yates	3	Stretford	2 May 00				
	<i>4 performances to 4:20.0 by 3 athletes</i>							
<b>Men's 2,000m SteepleChase</b>								
5:38.4	Stuart Stokes	1	Stretford	17 Aug 99				
5:44.7	Craig Wheeler	2	Stretford	17 Aug 99				
5:51.01	Spencer Duval	1	Stretford	11 Jul 00				
5:52.34J	Richard Soos	1	Stretford	5 Sep 00				
5:53.6J	* Jon Rice	1	Stretford	22 Jun 00				
	<i>5 performances to 5:45.0 by 5 athletes</i>							
<b>Men's 3,000m SteepleChase</b>								
8:25.37	Christian Stephenson	1	Solihull	19 Aug 00				
	8:29.09	1	Wythenshawe	9 Jun 99				
	8:29.33	1	Wythenshawe	14 Jun 00				
	8:41.76	1	Wythenshawe	3 Jun 98				
8:26.07	Justin Chaston	2	Solihull	19 Aug 00				
8:33.06	* Stephen Thurston AUS	2	Wythenshawe	14 Jun 00				
	8:40.90	1	Battersea Park	25 Jun 00				
8:33.61	Stuart Stokes	3	Wythenshawe	14 Jun 00				
8:34.67	Craig Wheeler	2	Wythenshawe	9 Jun 99				
	8:43.36	2	Wythenshawe	3 Jun 98				





8:36.54	* James Kandie KEN	3	Solihull	19 Aug 00
8:37.63	Charlie Low	4	Solihull	19 Aug 00
8:38.5	* Sammy Nyamongo KEN	1	Watford	5 Aug 98
8:42.04	David Heath	4	Wythenshawe	14 Jun 00
	8:42.98	2	Battersea Park	25 Jun 00
8:43.6	* Casper Vroeman HOL	2	Watford	5 Aug 98
8:44.03	Donald Naylor	5	Wythenshawe	14 Jun 00
8:44.18	* Alaster O'Connor	5	Solihull	19 Aug 00

18 performances to 8:45.0 by 8 athletes

#### Men's 4 x 400m Relay

3:16.0	Borough Road College (UK Junior Club Record)	1	Crystal Palace	12 Oct 77
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1 performance to 3:20.0

#### Men's 4 x 800m Relay

7:23.1	BMC National Squad (UK Club Record)	1	Watford	17 Jul 96
7:26.2	BMC Junior Squad (World Junior Record)	1	Oxford	2 Sep 95
7:26.2	Sale Harriers	2	Oxford	2 Sep 95
7:32.0	BMC Wales (Welsh Record)	3	Oxford	2 Sep 95
7:37.1	BMC North	4	Oxford	2 Sep 95
7:37.5	BMC England	1	Oxford	17 Sep 94
7:37.7	BMC Junior Squad	2	Oxford	17 Sep 94
7:39.6	BMC South West	5	Oxford	2 Sep 95
7:41.3	Ron Allison's Squad	2	Watford	17 Jul 96
7:44.7	BMC Wales (Welsh Record)	3	Oxford	17 Sep 94

10 performances to 7:45.0

#### Additional Age Group

7:46.9	BMC Wales Juniors (Welsh Junior Record)	6	Oxford	2 Sep 95
7:51.5	BMC National U17s (UK National U17 Record)	1r2	Watford	17 Jul 96
8:01.2	Winchester Coll. U20	2r2	Watford	17 Jul 96
8:07.1	Vets AC (National Veterans Record)	3r2	Watford	17 Jul 96
8:20.8	BMC Veterans Squad	5r2	Watford	17 Jul 96

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

15:23.6	British Milers' Club (UK All-Comers Record)	1	Crystal Palace	12 Aug 73
15:32.4	Darmstadt GER	2	Crystal Palace	12 Aug 73
15:32.6	BMC National Squad	1	Stretford	30 Apr 96
15:37.2	BMC National Squad	1	Watford	30 Apr 97
15:37.4	SCAAA	3	Crystal Palace	12 Aug 73
15:52.0	BMC Junior Squad (British and Commonwealth Junior Record)	1r2	Watford	30 Apr 97
15:59.2	Ron Allison's Squad	2	Watford	30 Apr 97

7 performances to 16:00.0

#### Additional Age Group

16:03.2	BMC Junior Squad (British Junior Record)	2	Stretford	30 Apr 96
16:09.7	Solihull & SH U20	2r2	Watford	30 Apr 97
16:32.3	BMC Junior Squad 'B'	4r2	Watford	30 Apr 97
16:34.1	Milton Keynes U20	5r2	Watford	30 Apr 97
16:38.1	BMC U18 Squad	6r2	Watford	30 Apr 97
16:41.1	BMC Veteran Squad (World Veteran Record)	3	Watford	30 Apr 97
17:21.0	BMC Veteran Squad (World Veteran Record)	3	Stretford	30 Apr 96
17:30.4	RAF Veteran Squad (British Vets Club Record)	4	Watford	30 Apr 97

#### Men's 4 x 1 Mile Relay

16:21.1	BMC National Squad (UK All-Comers Record)	1	Oxford	10 Jul 93
16:27.8	BMC International	2	Oxford	10 Jul 93
16:28.9	BMC National Squad	1	Oxford	2 Sep 95
16:37.1	BMC National Squad	1	Oxford	17 Sep 94
16:40.0	BMC International	2	Oxford	2 Sep 95
16:44.2	BMC 'A'	1	Billingham	12 Jul 65
16:49.3	BMC South West	3	Oxford	10 Jul 93
16:51.8	BMC 'B'	2	Billingham	12 Jul 65
16:53.7	BMC North	4	Oxford	10 Jul 93
16:56.8	BMC Junior Squad (World Junior Record)	5	Oxford	10 Jul 93

10 performances to 17:00.0

#### Additional Age Group

17:13.9	BMC Junior Squad	1	Watford	11 Jun 97
18:08.5	BMC Veteran Squad (World Veteran Record)	2	Watford	11 Jun 97
18:11.9	BMC Veteran Squad (World Veteran Record)	5	Oxford	2 Sep 95

## Women

These statistics have been compiled from Athletics Weekly 1963 - 1991, and the BMC News from 1992 - 2000. Many thanks to Brian Boulton, David Cocksedge, Tim Grose and Martin Rix for their help.

Married names have been used where known. Unfortunately results of the Stretford meetings in the 1980s were often incomplete when published in AW. Where it is known from the NUTS rankings that a fast race took place at Stretford but the result has either not been found in AW or is listed as "Invitation" but makes no mention of the BMC, those performances have been listed in italics with a 'q' as questionable. We would welcome independent confirmation as to whether these were in fact BMC races.

#### Women's 600m

1:29.4	Linda Staines	1	Battersea Park	19 Apr 97
1:31.1	* Gowry Retchakan	1	Highgate	7 Aug 96
1:31.2	Rachel Jordan	2	Battersea Park	19 Apr 97
	1:31.3	2	Highgate	7 Aug 96
1:31.6	Cathy Dawson	3	Highgate	7 Aug 96
1:31.8+	Michelle Faherty	1+	Wythenshawe	30 Jul 96

6 performances to 1:32.0 by 5 athletes

#### Women's 800m

2:00.7	* Shireen Bailey	1	Ipswich	19 Jun 85
	2:01.7	2	Stretford	24 Jul 83
	2:02.0	1	Aldershot	19 Jul 82
2:01.3	* Ann Purvis	1	Stretford	24 Jul 83
	2:03.2	2	Ipswich	19 Jun 85
2:01.5	* Janet Bell	1	Stretford	23 Jun 85
	2:03.0	1	Carlisle	4 May 87
	2:05.0	3	Blackpool	2 May 88
2:01.93	Diane Modahl	1	Solihull	5 Sep 98
	2:02.73mx	1mx	Stretford	5 Sep 00
	2:03.4	1	Swindon	7 Aug 97
	2:03.7	1	Wythenshawe	18 May 94
	2:03.9	1	Wythenshawe	17 May 93
2:02.0	* Jane Finch	3	Stretford	24 Jul 83
	2:02.6	1	Loughborough	1 Jun 78
	2:04.4	1	Loughborough	31 May 79
2:02.6	* Jackie Maranga KEN	1	Battersea Park	14 Jun 98
2:03.0	Kirsty Wade	2	Aldershot	19 Jul 82
	2:03.2	1	Aldershot	25 Jul 83
2:03.0	* Christina Boxer	4	Stretford	24 Jul 83
2:03.1mx	Dianne Henaghan	1mx	Jarrow	23 Jul 97
2:03.2mx	* Tanya Blake	1mx	Brighton	18 Aug 99
	(10)			
2:03.3mx	Ann Griffiths	1mx	Stretford	1 Aug 95
	2:03.5	1	Stretford	22 Jun 99
	2:04.3	2	Blackpool	2 May 88
	2:04.9mx	1mx	Stretford	18 Jul 95
2:03.48mx	Kelly Cffel	1mx	Watford	30 Aug 00
	2:04.35mx	1mx	Watford	6 Sep 00
2:03.6	Debra Russell	3	Ipswich	19 Jun 85
2:03.67	Angela Newport	1	Solihull	21 Aug 94
	2:04.6	1	Watford	5 Aug 98
2:03.7	Claire Raven	2	Swindon	7 Aug 97
2:03.78mx	Alexandra Carter	1mx	Stretford	5 Sep 00
2:03.8	* Lorraine Baker	4	Ipswich	19 Jun 85
2:03.8	Beverley Hartigan	1	Blackpool	2 May 88
2:03.9	* Janet Marlow	1	Stretford	19 Jun 79
2:03.9	* Paula Newnham	1	West London	3 May 78
	(20)			
2:04.0	Teena Colebrook	5	Stretford	24 Jul 83
2:04.1mx	Sonya Bowyer	1mx	Stretford	6 Aug 96
	2:04.75	1	Crawley	28 May 94
2:04.1mx	* Victoria Lawrence	1mx	Stretford	12 Aug 97
	2:04.1mx	1mx	Stretford	26 Aug 97
	2:04.8mx	2mx	Stretford	1 Aug 95
	2:04.8mx	2mx	Stretford	20 Aug 96
	2:04.9mx	1mx	Stretford	4 Jun 96
	2:05.0mx	1mx	Stretford	22 Jul 97
2:04.2	* Amanda Crowe IRE	3	Swindon	7 Aug 97
2:04.23	* Carmen Wustenhausen GER	1	Crawley	27 May 95
2:04.3	Angela Creamer	2	Stretford	19 Jun 79
2:04.3mx	Lynn Gibson	1mx	Watford	5 Jun 96
	2:04.61	1	Swindon	24 Jun 98
	2:04.8	1	Swindon	5 Aug 92





2:04.3R	2:04.9 Michelle Faherty	2	Watford	5 Aug 98	4:14.3	Angela Tooby	2	Ipswich	19 Jun 85
	2:04.4mx	1mx	Stretford	20 Aug 96	4:14.6	Beverley Hartigan	2	Wythenshawe	18 May 94
2:04.3	* Gladys Wamuyu KEN	2	Battersea Park	14 Jun 98	4:20.0J	Stretford	1	Stretford	5 Aug 86
2:04.4	Thelwyn Bateman	1	Crystal Palace	24 Jul 71	4:14.62	* Alison Wyeth	1	Crawley	28 May 94
	(30)								
2:04.4	Suzanne Morley	3	Aldershot	19 Jul 82	4:14.78	* Hayley Haining	4	Scotstoun	21 Aug 99
	2:05.0	7	Stretford	24 Jul 83	4:14.8	Kim Lock	2	Derby	5 May 84
2:04.4	Paula Fryer	2	Stretford	22 Jun 99	4:14.80	Sonia McGeorge	2	Crawley	28 May 94
2:04.57	* Tanya Blake	1	Watford	23 Jun 99	4:14.84x	Lynn Gibson	1x	Solihull	5 Sep 98
2:04.6J	* Janet Lawrence	1	Stretford	26 Jul 77	4:14.9		2	Wythenshawe	18 May 94
2:04.6	* M Corcoran AUS	6	Stretford	24 Jul 83	4:15.8		1	Wythenshawe	30 Jul 96
2:04.6mx	Cathy Dawson	1mx	Ealing	13 Jul 94	4:16.4		2	Wythenshawe	15 May 96
2:04.7mx	Lynne Robinson	1mx	Solihull	6 Jul 94	4:17.7mx		1mx	Watford	10 Sep 97
2:04.75	Rachel Newcombe	1	Cardiff	15 Jul 98	4:18.17		2	Wythenshawe	3 Jun 98
2:04.8	* Penny Yule	2	West London	3 May 78	4:19.5mx		1mx	Watford	30 Jul 97
2:04.81	Victoria Sterne	2	Cardiff	15 Jul 98	4:15.0	Helen Pattinson	1	Stretford	1 Sep 98
	(40)				4:16.32		4	Wythenshawe	9 Jun 99
2:04.9mx	Susan Lamb	2mx	Stretford	4 Jun 96	4:17.05x		2x	Solihull	5 Sep 98
2:05.0	* Sinead Delahunty IRE	1	Stretford	26 Aug 97	4:17.51		1	Swindon	24 Jun 98
2:05.0mx	Helen Pattinson	1mx	Stretford	8 Aug 00	4:17.85		1	Wythenshawe	3 Jun 98
	71 performances to 2:05.0 by 43 athletes				4:15.2q	* Janet Marlow	1	Stretford	14 Jul 79
					4:15.3	* Nnenna Lynch USA	1	Wythenshawe	15 May 96
					4:19.3mx		1mx	Ealing	23 Aug 95
					4:15.4	Wendy Wright	2	Stretford	25 Jun 85
					4:15.66	* Una English IRE	3	Watford	22 Jul 00
					4:18.94		5	Wythenshawe	9 Jun 99
					4:15.7	Nicola Morris	1	West London	7 Sep 88
					(30)				
					4:15.8	Michelle Faherty	2	Loughborough	3 Jun 97
					4:16.90		4	Crawley	28 May 94
					4:16.16	Susan Scott	5	Scotstoun	21 Aug 99
					4:18.42		8	Watford	22 Jul 00
					4:18.63		5	Wythenshawe	14 Jun 00
					4:16.24	Joanne Colleran	3	Wythenshawe	9 Jun 99
					4:19.0		1	Stretford	18 Aug 98
					4:19.4		3	Stretford	1 Sep 98
					4:19.59x		3x	Solihull	5 Sep 98
					4:16.3	Susan Tooby	4	Derby	5 May 84
					4:16.3		1	Stretford	15 May 84
					4:18.6		3	Ipswich	19 Jun 85
					4:16.4J	* Julie Holland	2	Stretford	15 May 84
					4:16.50	Debbie Gunning	3	Crawley	28 May 94
					4:17.3		4	Wythenshawe	18 May 94
					4:17.4		4	Wythenshawe	30 Jul 96
					4:16.75	Liz Yelling	1	Watford	30 Aug 00
					4:17.50		2	Solihull	19 Aug 00
					4:16.82	Geraldine Nolan IRE	4	Watford	22 Jul 00
					4:19.93		3	Cardiff	4 Aug 99
					4:16.93J	* Jeruto Kiptum KEN	1	Solihull	19 Aug 00
					4:17.0q	Kathryn Carter	1	Stretford	19 Jul 87
					4:17.6		1	Stretford	9 Aug 83
					4:18.0q		1	Stretford	4 Aug 81
					(40)				
					4:17.0	Louise McGrillen IRE	3	Stretford	15 May 84
					4:17.38	Natalie Harvey AUS	2	Solihull	14 Jul 99
					4:20.0		1re1	Battersea Park	25 Jun 00
					4:17.4q	* Diane Modahl	1	Stretford	19 Apr 86
					4:18.36mx		1mx	Stretford	16 May 00
					4:18.7q		1	Stretford	11 Apr 87
					4:17.4mx	Susan Lamb	2mx	Stretford	16 Jul 96
					4:17.45	Amanda Parkinson	5	Watford	22 Jul 00
					4:18.6		3	Loughborough	3 Jun 97
					4:19.0		4	Wythenshawe	15 May 96
					4:19.7mx		1mx	Stretford	21 Jun 94
					4:19.96x		4x	Solihull	5 Sep 98
					4:17.48	* Maria McCambridge IRE	6	Watford	22 Jul 00
					4:17.6	Kerry Smithson	2	Stretford	1 Sep 98
					4:18.3		1	Watford	5 Aug 98
					4:18.32		1	Cardiff	5 Jul 00
					4:17.7	Kirsty Wade	5	Derby	5 May 84
					4:17.98	Alex Carter	3	Wythenshawe	14 Jun 00
					4:19.87		3	Cardiff	5 Jul 00
					4:18.04	Dianne Henaghan	7	Watford	22 Jul 00
					(50)				
					4:18.14	Kelly Caffel	4	Wythenshawe	14 Jun 00
					4:18.2q	Julie Asgill	1	Stretford	20 Jun 81
					4:18.3+	* Mia Gommers HOL	1+	Leicester	14 Jun 69
					4:18.5	* Maxine Newman	5	Wythenshawe	18 May 94
					4:18.61	Caroline Slimin	1	Solihull	21 Aug 94
					4:18.7	Wendy Sly	1	West London	2 Aug 78
					4:18.79	Maria Lynch IRE	9	Watford	22 Jul 00
					4:18.99	* Irene Limika KEN	2	Cardiff	5 Jul 00
					4:19.0	Janet Holt	5	Stretford	15 May 84
					4:19.2	* Alison Wright NZL	1	West London	1 Aug 79









15:33.37	* Rosemary Ryan IRE	2	Stretford	11 Jul 00	33:33.7	* Theresa Duffy IRE	1	Loughborough	3 Jun 97
15:39.40	* Maria McCambridge IRE	3	Stretford	11 Jul 00	35:22.5		13	Watford	22 Jul 00
15:40.85	* Sarah Wilkinson	4	Stretford	11 Jul 00	33:49.1v	* Jo Thompson	2	Loughborough	3 Jun 97
	15:53.81	4	Wythenshawe	3 Jun 98	35:45.5		3	Coventry	5 May 90
	16:28.5	2mx	Loughborough	11 Jun 97	(10)				
15:42.64	* Valerie Vaughan IRE	3	Battersea Park	25 Jun 00	33:49.8	* Beverley Jenkins	9	Watford	22 Jul 00
15:42.93	* Hayley Yelling	4	Battersea Park	25 Jun 00	34:25.1mx	* Carol Galea MAL	1mx	Watford	30 Apr 97
	16:09.54	3	Solihull	19 Aug 00	(Maltese Record)				
	16:29.43	9	Wythenshawe	9 Jun 99	34:30.9	* Debbie Sullivan	10	Watford	22 Jul 00
15:43.99	Angela Newport	1	Wythenshawe	9 Jun 99	34:37.3v	Bronwen Cardy-Wise	11	Watford	22 Jul 00
	15:48.50	1	Solihull	19 Aug 00	34:44.9	Heather Heasman	3	Loughborough	3 Jun 97
	15:50.59	1	Wythenshawe	3 Jun 98	35:00.4	* Mary Donoghue IRE	1	Coventry	5 May 90
15:47.9	* Andrea Wallace	1	Crystal Palace	25 Apr 90	35:21.9	Jo Newcombe	12	Watford	22 Jul 00
	(10)				35:22.8	Ceri Pritchard	2	Coventry	5 May 90
15:48.1x	* Tara Krzywicki	1	Watford	5 Aug 98	35:45.7	Sue Harrison	14	Watford	22 Jul 00
	15:54.35	2	Wythenshawe	9 Jun 99	36:00.0	* Tracy Swindell	4	Loughborough	3 Jun 97
	16:00.1	1	Battersea Park	14 Jun 98	22 performances to 36:00.0 by 20 athletes				
	16:00.84	6	Wythenshawe	3 Jun 98	<b>Women's 2,000m SteepleChase</b>				
	16:10.95	4	Solihull	19 Aug 00	6:36.02	* Jayne Spark	1	Stretford	8 Aug 00
	16:12.2	1	Birmingham	23 Aug 98	(British Record)				
15:51.7	* Lynne MacDougall	1	Glasgow	18 Jun 97	1 performance to 6:45.0 by 1 athlete				
15:52.4	* Lesley Morton NZ	1	Cheltenham	21 Jul 93	<b>Women's 3,000m SteepleChase</b>				
15:52.61	* Liz Yelling	2	Wythenshawe	3 Jun 98	10:08.11	* Tara Krzywicki	1	Stretford	5 Sep 00
	16:03.75	6	Battersea Park	25 Jun 00	(British and Commonwealth Record)				
	16:16.48	4	Watford	23 Jun 99	1 performance to 8:45.0 by 1 athlete				
	16:21.60	7	Wythenshawe	9 Jun 99	<b>Women's 4 x 800m Relay</b>				
15:55.64	Katie Skorupska	3	Wythenshawe	9 Jun 99	8:39.6	BMC Junior Squad	1	Watford	17 Jul 96
15:55.83	* Lucy Elliott	1	Loughborough	18 May 97	(British and European Junior Record)				
15:56.15	* Birhan Dagne	1	Watford	23 Jun 99	8:41.1	BMC National Squad	2	Watford	17 Jul 96
15:56.64	Amanda Parkinson	5	Stretford	11 Jul 00	2 performances to 8:50.0				
15:56.8	Vicki McPherson	1mx	Loughborough	11 Jun 97	<b>Women's 3 x 1,500m Relay</b>				
	16:06.2	1mx	Loughborough	1 Jun 96	13:38.4	Southern BMC	1	Crystal Palace	20 Aug 69
	16:07.7	1	Southampton	11 Jul 98	(World Best)				
	16:09.23	2	Loughborough	18 May 97	13:44.2	Northern BMC	2	Crystal Palace	20 Aug 69
15:57.24	Heather Heasman	5	Wythenshawe	3 Jun 98	13:47.0	Scottish BMC	1	Harlow	4 Jul 70
	16:20.58	4	Loughborough	18 May 97	13:47.6	English BMC	2	Harlow	4 Jul 70
	(20)				4 performances to 14:00.0				
15:58.7	* Suzanne Rigg	1	Stretford	14 Aug 94	<b>Women's 4 x 1,500m Relay</b>				
15:59.00	Jilly Ingman	2	Watford	23 Jun 99	17:09.75	Australia	1	Battersea Park	25 Jun 00
	16:10.25	9	Battersea Park	25 Jun 00	(World Record)				
15:59.04	Amy Waterlow	4	Wythenshawe	9 Jun 99	17:19.09	BMC Ireland	2	Battersea Park	25 Jun 00
	16:09.22	3	Watford	23 Jun 99	(Irish Record)				
	16:19.72	10	Wythenshawe	3 Jun 98	17:41.0	BMC National Squad	1	Watford	30 Apr 97
16:00.65	* Ann Keenan-Buckley IRE	5	Battersea Park	25 Jun 00	(British, Commonwealth and All-Comers Record)				
16:01.96	Dianne Henaghan	6	Stretford	11 Jul 00	18:12.1	BMC National Squad	1	Stretford	30 Apr 96
16:03.30	* Lucy Wright	7	Wythenshawe	3 Jun 98	(British and All-Comers Record)				
	16:06.49	7	Stretford	11 Jul 00	18:38.0	BMC Junior Squad	2	Watford	30 Apr 97
	16:20.5	2	Birmingham	23 Aug 98	(British and European Junior Record)				
16:04.99	* Susan Kirui KEN	7	Battersea Park	25 Jun 00	3 performances to 19:00.0				
16:05.6	Laura Adam	2	Crystal Palace	25 Apr 90	<b>Additional Age Group</b>				
16:05.81	* Karen Hind	8	Battersea Park	25 Jun 00	19:06.7	BMC Junior Squad	2	Stretford	30 Apr 96
16:07.34	Sheila Fairweather	8	Wythenshawe	3 Jun 98	(British Junior Record)				
	(30)				19:12.9	BMC U17 Squad	3	Watford	30 Apr 97
16:08.54	* Gillian Palmer	2	Solihull	19 Aug 00	(British U17 Record)				
16:08.96	* Beverley Jenkins	5	Wythenshawe	9 Jun 99	19:35.1	Bristol AC U20	4	Watford	30 Apr 97
	16:21.39	8	Stretford	11 Jul 00	(British U20 Club Record)				
16:10.08	Debbie Gunning	9	Wythenshawe	3 Jun 98	20:13.0	BMC Veterans Squad	5	Watford	30 Apr 97
16:12.1	Jayne Spark	2	Stretford	14 Aug 94	(World Veterans Record)				
16:13.43	* Jo Thompson	1	Crawley	28 May 94	<b>Women's 4 x 1 Mile Relay</b>				
16:14.55	Sarah Bentley	3	Loughborough	18 May 97	19:17.3	BMC National Squad	1	Oxford	10 Jul 93
16:19.57	* Alison Wyeth	6	Wythenshawe	9 Jun 99	(British, Commonwealth and All-Comers Record)				
16:23.87	Angela Joiner	8	Wythenshawe	9 Jun 99	20:07.5	BMC Midlands	2	Oxford	10 Jul 93
	16:25.22	5	Loughborough	18 May 97	20:08.3	BMC North	3	Oxford	10 Jul 93
16:25.2	* Lucy Martin	3	Crystal Palace	25 Apr 90	20:16.2	BMC Junior Squad	1	Watford	11 Jun 97
16:25.4	Ceri Pritchard	1	Tooting	10 Sep 89	(World Junior Record)				
	(40)				20:22.9	BMC South West	4	Oxford	10 Jul 93
16:25.7	* Angie Hulley	1	Stretford	29 May 94	5 performances to 20:30.0				
16:26.32	* Debbie Sullivan	5	Watford	23 Jun 99	<b>Additional Age Group</b>				
16:27.96	* Louise Cavanagh IRE	9	Stretford	11 Jul 00	21:13.3	BMC Veteran Squad	6	Oxford	10 Jul 93
16:28.0	* Nnenna Lynch USA	1mx	Stretford	16 May 95	(World Veterans Record)				
16:28.22	* Emma Ford	6	Watford	23 Jun 99					
16:29.57	Penny Thackray	11	Wythenshawe	3 Jun 98					
	72 performances to 16:30.0 by 46 athletes								
<b>Women's 10,000m</b>									
31:41.1	* Elana Meyer RSA	1	Watford	22 Jul 00					
32:30.4	* Birhan Dagne	2	Watford	22 Jul 00					
32:31.9	* Rosemary Ryan IRE	3	Watford	22 Jul 00					
32:34.7	* Sarah Wilkinson	4	Watford	22 Jul 00					
32:52.5	* Hayley Yelling	5	Watford	22 Jul 00					
32:57.3	* Bente Landoy NOR	6	Watford	22 Jul 00					
33:05.5	* Ann Keenan Buckley IRE	7	Watford	22 Jul 00					
33:07.9	Liz Yelling	8	Watford	22 Jul 00					







## BMC NIKE GRAND PRIX

**Overall Grand Prix Directors - Steve Mosley 029 2030 6733 and Tim Brennan 01628 415 748**

Wed 23rd May	18:30	GP1 Wythenshawe	M800, W800, M1500, W1500	Norman Poole	0161 980 8358
Sat 9th June	17:30	GP2 Watford	M800, W800, M1500, W1500	Tim Brennan (M800)	01628 415 748
				Philip O'Dell (M1500)	01234 852 038
				Liam Cain (Women)	01438 712 170
Sat 23rd June	19:00	GP3 Solihull	M800, W800, M1500, W1500	Toby Gosnall (Men)	0121 689 4558
				Paul Wallace (Women)	0121 684 0471
Wed 4th July	19:00	GP4 Cardiff	M800, W800, M1500, W1500	Steve Mosley	029 2030 6733
Sat 11th Aug	14:00	GP5 Glasgow	M800, W800, M Mile, W1500	Keith Redpath (Men)	01501 823 816
				John Montgomery (Women)	01560 483 225

## LONDON MARATHON ENDURANCE INITIATIVE

**Mike Down 0117 973 3407**

Wed 23rd May	Wythenshawe	M5000, W5000, M3000S/c
Sat 9th June	Watford	M10000 AAA Champs, W10000 AAA Champs, M2000 S/c, W2000 S/c
Sat 23rd June	Solihull	M5000, W5000, M3000StC
Wed 4th July	Cardiff	M3000, W3000
Sat 11th Aug	Glasgow	M3000, W3000, W3000StC



## BMC YOUNG ATHLETE RACES

Mon 7th May	Millfield	JM800, JW800, JM1500, JW1500, JM3000, JW3000	Mike Down	01179 733 407
Sat 5th May	Chester-le-Street	JM800, JW800, JM1500, JW1500	David Lowes	0191 384 6592
Wed 18th July	Crawley	M800, W800	Andy Pitcairn	07941 412445
TBA	TBA	Peter Coe Junior Mile for Boys		
TBA	TBA	Frank Horwill Junior Mile for Girls		

## BMC MILE OF MILES

TBA	SW Grand Prix	TBA M Mile	Mike Down	01179 733 407
TBA	SW Grand Prix	TBA M Mile	Mike Down	01179 733 407
TBA	SW Grand Prix	TBA M Mile	Mike Down	01179 733 407

## BMC GOLD STANDARD MEETINGS

**Scotland Chris Pobinson 0131 317 7320**

Wed 16 May	Scotstoun	M800, W800
Wed 6 June	Grangemouth	M5000, W5000
Wed 13 June	Meadowbank	M800, W800
Wed 18 July	Scotstoun	Scotstoun Mile

**North of England: Mike Harris: 0161 437 9828**

Tue 24th Apr	Stretford	M800, W800, M1500, M1500S/c, MW3000
Tue 8th May	Stretford	M800, W800, M1500, M2000S/c, MW3000
Tue 22nd May	Stretford	M1500S/c, MW3000
Tue 5th June	Stretford	M800, W800, M1500, M2000S/c, MW3000
Tue 19th June	Stretford	M800, W800, M1500, M1500S/c, MW3000
Tue 3rd July	Stretford	W3000S/c, MW3000
Tue 17th July	Stretford	M800, W800, M1500, MW3000
Tue 31st July	Stretford	M800, W800, M1500, MW3000
Tue 14th Aug	Stretford	M800, W800, M1500, W1500, MW3000
Tue 28th Aug	Stretford	M800, W800, M1500, MW3000
Tue 11th Sept	Stretford	M800, W800, M1500, MW3000

### South of England:

Wed 30th May	Watford	TBA
Wed 27th June	Watford	M800, W800, M1500, W1500
Wed 25th July	Watford	TBA
Wed 15th Aug	Watford	M800, W800, M1500, W1500
Wed 22nd Aug	Bedford	TBA
Wed 29th Aug	Watford	M800, M1500, W800, W1500

### Midlands:

Sat 28th Apr	Loughborough	M800, W800, M1500, W1500
Wed 13th June	Loughborough	M800, W800, M1500, W1500

**Men - Philip O'Dell 01234 852 038**

**Women - Liam Cain 01438 712 170**

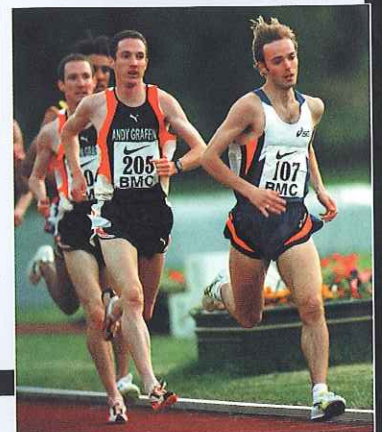
TBA	M800, W800, M1500, W1500
TBA	M800, W800, M1500, W1500
TBA	M800, M1500, W800, W1500

**George Gandy 01509 230 176**

Sat 28th Apr	Loughborough	M800, W800, M1500, W1500
Wed 13th June	Loughborough	M800, W800, M1500, W1500

## Grand Prix Entries

- Please register 7 days before each meeting using the phone numbers listed.
- Watford, Solihull, Cardiff and Glasgow entries can be taken online
- Enter online at [www.britishmilersclub.com](http://www.britishmilersclub.com)
- Online entries close 7 days before the meeting
- Event information including timetables will be posted on the website.
- Maps showing the exact location of each venue plus comprehensive details of every track in the UK can be found on the UK Running Track Directory [www.runtrackdir.com](http://www.runtrackdir.com)



## BMC REGIONAL RACES

**BMC South: Ray Thompson 01737 554 450**

Wed 30th May	Sutton Arena	M1500, W1500
Wed 4th July	Tooting Bec	M800, W800
Wed 18th July	Tooting Bec	M1500, W1500
Wed 1st Aug	Battersea Park	M800, W800
Wed 22nd Aug	Tooting Bec	M1500, W1500

**Chris Carter 01273 503 446**

Wed 22nd Aug	Brighton	M800, W800, W1500, W1500
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**BMC South West: Men - Chris Wooldridge 01637 831021**

**Women - Les Pittwood 01237 424691**

Tue 29th May	Exeter	M1500, W1500
Tue 26th June	Exeter	M800, W800
Tue 31st July	Exeter	M1500, W1500
Tue 28th Aug	Exeter	M800, W800



### BMC Midlands:

Wed 16th May	Solihull	M1500, W1500
Wed 13th June	Solihull	M800, W800
Wed 11th July	Sutton Park	M1500, W1500, M1500S/c
Wed 5th Aug	Solihull	M800, W800

### BMC North East:

**Phil Hayes 01207 505 892**

Sat 5th May	Chester-le-Street	M1000, W1000
Wed 6th June	Jarrow	M800, W800
Wed 8th Aug	Jarrow	M Mile, W Mile



Maps showing the exact location of each venue plus comprehensive details of every track in the UK can be found on the UK Running Track Directory <http://www.runtrackdir.com>

[www.britishmilersclub.com](http://www.britishmilersclub.com)

The dates and venues of the races must be regarded as provisional, so you are advised to register with the race organiser at least eight days beforehand. BMC Membership is limited to those athletes who have achieved the required qualifying times, and to qualified Coaches and Associate Members.

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

BMC qualifying times for senior women are W800 2:20.0, W1500 4:45.0, W3000 10:15.0, W5000 18:00.0

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

All applications to join the BMC should be sent to the Membership Secretary, Andy Anderson, 49 Paulsgrove Road, North End, Portsmouth, Hampshire PO2 7HP, enclosing an A4 SAE. Annual subscriptions are £15, and there is a £10 joining fee which includes a free BMC vest (athletes) or T-shirt (coaches / associate members).