

# BMC News

Official Journal of the British Milers' Club

Volume 4 Issue 4 - Autumn 2006



# The British Milers' Club

Founded 1963

## National committee

**President** Frank Horwill, 4 Capstan House, Glangarnock Avenue, London E14 3DF

**Chairman** Dr. Norman Poole, 23 Burnside, Hale Barns, Altrincham WA15 0SG

**Vice Chairman** Matthew Fraser Moat, Ripple Court, Ripple, Deal, Kent CT14 8HX

**National Secretary** *Vacant*

**Treasurer & Administrator** Pat Fitzgerald, 47 Station Road, Cowley, Uxbridge, Middlesex UB8 3AB  
Telephone: 01895 811822  
Email: patfitzgerald@britishmilersclub.com

**Grand Prix Directors** Tim Brennan, 6 Belmont Drive, Maidenhead, Berks SL6 6JZ  
Telephone: 01628 415748  
Email: timbrennan@britishmilersclub.com

Steve Mosley, 95 Beale Close, Danescourt, Cardiff CF5 2RU  
Telephone: 029 2030 6733  
Email: steve.mosley1@ntlworld.com

**BMC News Editor** Les Crouch, Gentle Murmurs, Woodside, Wenvoe CF5 6EU  
Email: crouch\_leslie@hotmail.com

**Website & Statistician** Dr. Tim Grose, 17 Old Claygate Lane, Claygate, Esher, Surrey KT10 0ER  
Email: timgrose@britishmilersclub.com

## Regional secretaries

**East** Philip O'Dell Tel: 01234 852038  
Email: pj\_odell2000@yahoo.com

**Midlands** *Vacant*

**Northern Ireland** John Glover Tel: 02890 287246  
Email: johnt.glover@ntlworld.com

**North East** David Lowes Tel: 0190 384 6592  
Email: coachlowes@aol.com

**North West** Mike Harris Tel: 0161 437 9828

**Scotland** *Vacant*

**South** Pat Fitzgerald Tel: 01895 811822  
Email: patfitzgerald@britishmilersclub.com

**South West** Mike Down Tel: 0117 973 3407

**Wales** Steve Mosley Tel: 029 2030 6733  
Email: steve.mosley1@ntlworld.com

## BMC Academy

**Chairman** David Lowes, 2 Eggleston Close, Newton Hall, Durham DH1 5XR  
Rod Lock Tel: 023 8078 9041  
Email: rodli@800pb.fsnet.co.uk

## Cover photographs - Front

*from top:*  
Gothenburg, 10.8.06 - MO FARAH  
Beijing, 18.8.06 - STEPHANIE TWELL  
Gothenburg, 7-13.8.06 - REBECCA LYNN  
Gothenburg, 13.8.06 - SAM ELLIS (403) finishes third in the 800m final  
By Mark Shearman

## Cover photographs - Back

*Top:* Gothenburg, 12.8.06  
JO PAVEY (Gt. Britain, 1270) leads in the womens 5000m from LILIYA SHOBUKHOVA (Russia, 1631), ELVAN ABEYLEGESSE (Turkey, 726) and eventual winner MARTA DOMINGUEZ (Spain, 39)

*Bottom:* Loughborough, 20.5.06  
SIAN EDWARDS leads from GEMMA PHILLIPS and HATTIE DEAN in the 5km  
By Mark Shearman

## Printers

Beacon Printers (Penarth) Ltd.  
Leyslons Buildings, Cornerswell Road, Penarth, Vale of Glamorgan CF64 2XS  
Tel: (029) 2070 8415  
Fax: (029) 2070 3754  
Email: sales@beaconprinters.co.uk  
www.beaconprinters.co.uk

# Contents

From the pen of the Chairman .....	1
Notice of A.G.M. ....	3
Alastair Aitken talking to Derek Johnson (1985) .....	5
70 years ago today (John Woodruff) .....	9
European Championships - 2006 .....	11
Success at Cross Country .....	16
BMC girls break world record .....	18
Face to face: Steve Cram .....	19
BMC/Nike Grand Prix 2006 report .....	24
The Frank Horwill interview .....	30
No winter competition? .....	39
When will they ever learn .....	42
BMC rankings 2006 .....	54



Solihull, 24.6.06. HATTIE DEAN (337) leads in the women's 'B' 1500m. from eventual winner EMMA PALLANT (344), JESSICA COULSON (339) and SOPHIE MORRIS (342). photo by Mark Shearman.

# From the pen of the Chairman

In the Spring 2006 issue of the BMC News I referred to the assistance that the BMC would be investing in our "talent pool of the younger athletes in this (800) event". In particular I mentioned that "we aim to target high quality pacing/competition in the mens 800m" in the Nike GP events.

This significant investment was in high quality international, mainly Kenyan, pacemakers supplied by PACE Management and prize money dependent on the times achieved. We knew that success could only come if the athletes were committed and in shape and the weather was kind. As you know all these factors came together in the mens 800 A race at Watford in June bringing a big breakthrough from Richard Hill, Michael Rimmer and Sam Ellis. Many others followed the success of this talented trio and we subsequently continued with similar levels of investment in many other events during the BMC Nike GP season.

All of the BMC committee members felt that the additional financial costs, and some would say risks, were justified and wholly worthwhile when we witnessed such international class times at Watford and similarly huge pb's from Amanda Pritchard with her 2:00.9 at Solihull. UKA should also be recognised and congratulated for their continuing financial support for the endurance events and additional targeted financial support for certain other events within our GP series.

The 2006 results without doubt justify the commitment from all involved and I look forward in particular to the 2007 campaigns of all those athletes who made such marvellous improvements in our 2006 events. I also think that is important for us all to acknowledge the continuing dedication of Pat Fitzgerald, Tim Brennan and Steve Mosley to the growing success of the BMC Nike & UKA EI GP Series.

Although I have focussed on the GP



*Dr. Norman Poole, Chairman*

Series, it is important to point out that we have maintained our commitment to both the Young Athletes Meetings, such as the highly successful Millfield, Trafford & Watford venues, and the Young Athletes Residential Weekend Courses at Ardingley, Ogmire and Irthlingborough. It says much for the organisers of these residential weekends, in particular David Lowes, Ollie Wright & John Cooper, that all the courses were sold out.

During the 2006 season the BMC sent mens and womens teams to Tullamore, for the inaugural IMC (Irish Milers Club) v BMC Intl Match over 21500m. This match was held in conjunction with the Irish Schools Champs and was established to commemorate the 50th anniversary of Ronnie Delaney's 1500m victory at the Melbourne Olympics. The hospitality of our Irish colleagues was much appreciated and we hope to reciprocate in 2007 by inviting the IMC to a similar competition to celebrate the 50th anniversary of Derek Ibbotson's 1 mile world record.

We responded to a similar invitation to send senior and junior 1500m teams to compete at Grangemouth in the Celtic Cup as guests of the Scottish AA. Both teams competed well and many congratulations to Sara Hopkinson, Emily Pidgeon, Emily Pallant & Jessica Sparke on achieving a World Best Time for a Junior team.

Some months ago the BMC were commissioned by the world renowned Laureus Sports Foundation to design a Generic Fitness and Lifestyle Programme to introduce sport to young people, who have become troublesome within their own community, in a professional way that should be both demanding and fun. The pilot programme is currently being delivered in Newham. Many thanks to David Lowe, Liam Cain, and Pat Fitzgerald for the design, delivery and management of the project and for the benefits it has brought to the BMC.

Any of you who have accessed the BMC website will certainly have been impressed by the information and services on offer. This includes on-line race entries to community based rankings and athletes histories under the Athletics Data umbrella, [www.athleticsdata.com](http://www.athleticsdata.com). Many thanks once again to our webmaster Tim Grose for the many long hours and inspirational moments he has committed on our behalf.

These will be my final Chairmans Notes as I will be standing down as Chairman of the BMC, after 10 years, in December. I may have the grand title of Chairman but the truth is that I have just been a part of the BMC team who help to deliver. My thanks to all of the BMC officers, committee members and volunteers who have helped make things happen during my tenure. Many thanks to Nike, UKA and all the funders, officials and clubs who have placed their facilities and volunteers at our disposal.

Finally my personal congratulations to our Senior European medallists Mo Farah, Sam Ellis and Becky Lyne. I look forward to continuing being a BMC team member and helping the team place more UK middle-distance and endurance athletes on the winners rostrum.

# BMC Awards 2006

The winners of the 2006 BMC Awards are as follows:-

## ***BMC COACH OF THE YEAR***

**DAVID FARROW**

others nominated were Alan Storey, Dave Turnbull, Mick Woods and Norman Poole.

## ***BMC ATHLETE OF THE YEAR***

**BECKY LYNE**

others nominated Richard Hill and Mo Farah.

## ***BMC ACADEMY YOUNG ATHLETE OF THE YEAR***

**STEPHANIE TWELL**

others nominated Emily Pidgeon, Sara Hopkinson, Charlotte Purdue, Sian Edwards.

Congratulations to all and thank you for participating in the vote.

Editors Note. Comments in this magazine are not necessarily the views of the BMC committee.

## Subscriptions

ANNUAL SUBSCRIPTIONS for 2007 are due on the 1st January. Please pay promptly to ensure you receive your membership card for you to benefit from special low members rates for races and courses. Still £20.

Send to British Milers Club, Pat Fitzgerald, 47 Station Road, Cowley, Uxbridge, Middlesex, UB8 3AB.

## Free Nike spikes!

As part of BMC sponsorship deal Nike intend to supply a free pair of spikes to all members who meet the following criteria.

All paid up member athletes in under 20 age group track age group or younger age groups for 2007 who joined prior to 1 Jan 2007. You can claim by sending current name and address date of birth and membership number to Pat Fitzgerald.. And of course 2007 subscriptions will need to be up to date. Details will appear on the website nearer the time.

# Notice of AGM

## BRITISH MILERS CLUB

Administrator: Patrick Fitzgerald,  
47 Station Road, Cowley, Uxbridge, Middlesex UB8 3AB  
Tel: 01895 811822 Email: patfitzgerald@britishmilersclub.com

Notice is hereby given that the Annual General Meeting of the members of the above-named Club will be held at VIC STOKES ROOM, BIRMINGHAM ALEXANDER STADIUM, WALSALL ROAD, PERRY BARR, BIRMINGHAM B42 2LR

SUNDAY, 3 DECEMBER 2006 at 3pm.

### AGENDA

1. Apologies for absence
2. Consideration of Minutes of the Annual General Meeting held 20th, November, 2005
3. Matters arising from them.
4. Chairmans Report
5. Financial Report
6. Membership Report
7. Grand Prix Report
8. Regional Reports
9. Election of Officers
10. Any other business

Dated 20 October 2006  
Pat Fitzgerald

**By order of the Committee**

**Anyone wishing to put their name forward for election or wishing to assist the BMC in any way should make themselves known.**

**Would appreciate advise of attendance to ensure accommodation of numbers.**



Loughborough, 20.5.06. NORMAN POOLE (on left), chairman of the BMC, presents the BMC 'Coach of the year' trophy for 2005 to LINDSAY DUNN. photograph by Mark Shearman.



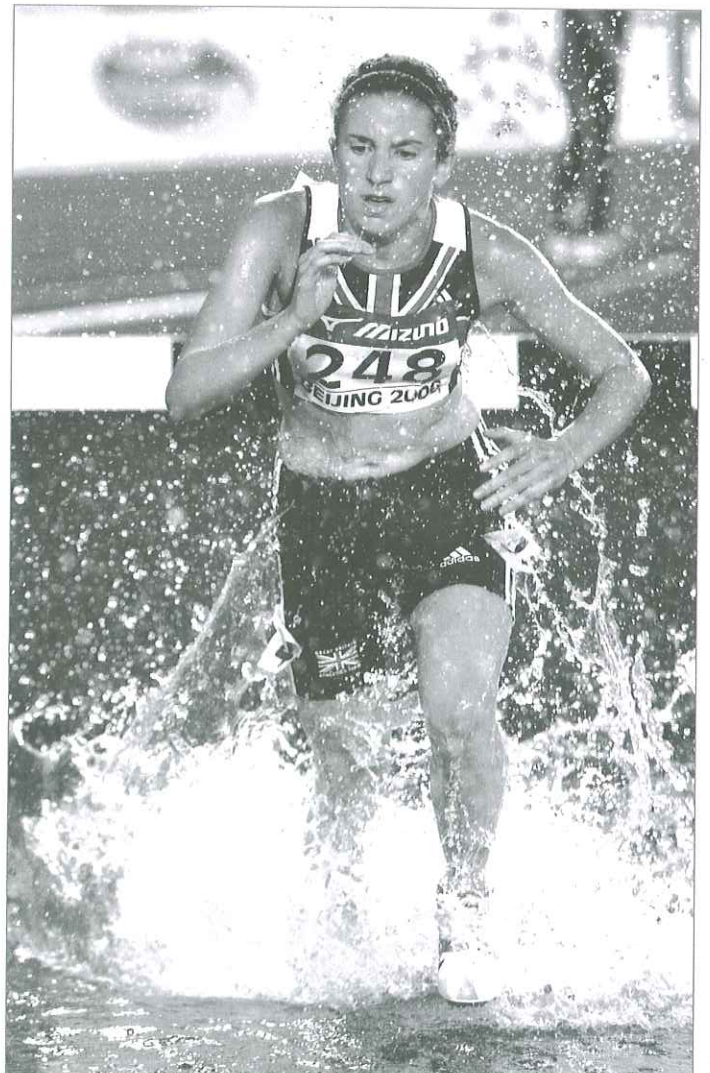
Sollhull, 24.6.06. DANIELLE CHRISTMAS (108) wins the women's 'B' 800m. with EMMA JACKSON (110) finishing second.  
photograph by Mark Shearman.



Sollhull, 24.6.06. HELEN CLITHEROE (333) leads from JO PAVEY (329) in the women's 'A' 1500m.  
photograph by Mark Shearman.



Gothenburg, 7.8.06. AMANDA PRITCHARD. photo by Mark Shearman.



Beijing, 15.8.06. RUTH SENIOR. photo by Mark Shearman.

# Alastair Aitken talking to Derek Johnson (1985)

**In the races you ran against the Olympic Champion Tom Courtney of the United States. In one of them you were injured or you would have beaten him?**

"I think my fastest season was in 1957 after the Olympic games. I trod on a hose when I was living in Stockholm and I wrecked the deltoid ligaments and I was not running for three weeks then, I ran again in a race and I was pushed onto a curb and did it again so, it took about six weeks of the Summer season and that was it but I ran my fastest time that year of 1:46.6 but I think quite honestly I was on for the World record that season for the 800 but considering I had six weeks off in the competitive season you don't often recover from it." (The World record at the time was 1:45.7 by Roger Moens done in 1955).

**You had some very good relays. 1954 you were in the 4x440 winning team in the Commonwealth Games in Vancouver and gained a bronze medal in 1956 Olympics for the 4x400 besides obtaining your 800 silver. You were a good medley man too as so often seen at the White City.**

One of the big thrills of my life was taking the baton from Arthur Wint in the race in which he retired and that was in the medley relay. (probably the British Empire V USA at the White City!). I was only 18 or 19 at the time but that was a big thrill.

**Do you ever compare with any people you have seen?**

I think, in a way I had a lot of fun out of my athletics because I could do anything really, I was an Oxford blue for cross-country and I ran for my county. I ran the third fastest steeplechase in the UK one year and it was the first steeplechase I ran in my life, which was about 9:16.4) and I was the third ranking for 440 yards hurdles in the UK with 53.7. I used to train over the hurdles but did not run the event as such but decided to get into the race. I could sprint. I even pole vaulted for my college (Lincoln, Oxford) but as a runner I had a range of ability for sprinting up to cross-country. Funnily enough I was fortunate that I was as good a sprinter as I was because I enjoyed it. In those days when I was young they were still talking about the dangers of burning out which was a load of rubbish and, that it was very important not to do the longer distances too soon and the longer distances were 800metres and I think, funnily enough, as I took a degree in physiology and I never really thought about the subject till I left, when it was in response to an article about middle distance running which I had thought was a load of rubbish written by Quercetani and it started me thinking about thinking of the physiology of running and, it suddenly dawned on me that physiologically

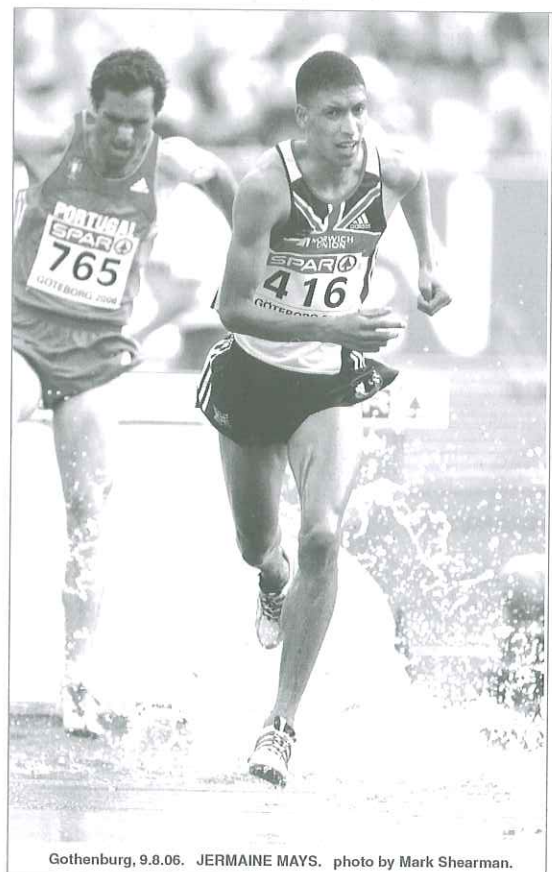
I was more typed as a middle to long-distance runner than I was as a sprinter. The year I actually stopped running when I had TB I was the fastest 1500 runner in the country.

**You were 25 when you had TB so to get back from that must have given you resolve for your whole life and motivation to do well in life again. You must have been worried when you knew you had that?**

I was lucky because I did not have it very badly, I had it badly enough to finish off my athletic career at the time. I had what was called pleural fusion and provided it is caught early – I was a medical student on a chest run and I undoubtedly caught it off a patient. I can almost place the week I got it because I went down with what I thought was flu but was not quite showing the proper symptoms of flu that was going round at the time. I think that was the initial infection.

**You did raise a few hats at the White City by coming back and running around 1:50 for the half mile. Was that something you wanted to do in order to prove you could get fit again?**

I did nothing for three years and by that time I was 28/29 and I thought I would have some running left in me. By that time you had to be an expert to see on an x-ray of my chest results. I had a slight loss of mobility, loss of elasticity really



Gothenburg, 9.8.06. JERMAINE MAYS. photo by Mark Shearman.

on one side but in fact I actually picked up Achilles tendonitis that year and a calf injury, which eventually, meant me getting an imbalance.

I was almost recovered from it and my previous best since returning had been 1:53 and I ran 1:50 in that race so I was back on the ladder really and then, the Achilles blew again. The ridiculous thing was I survived TB and eventually went out of the sport on Achilles tendonitis because I could not cure that. There was no knowledge around at the time and I can remember I limped out of a club race nine months later and that was about the end of it really.

However you are aware I have done 5 marathons.

**I know you are a Woodford Green Man but then you joined Serpentine and enjoyed your running again.**

I was inspired by the London Marathon and I will be eternally grateful to Chris Brasher because I had not really run since the early 1960's and I started running again and I now run recreationally and joined Serpentine running club. I decided to do the marathon and did 2:57 and then did 2:55 in the Poly. I did that when I was 50.

I was lucky because I did not have any joint problems. If think you have problems with joints that is the one thing that stops you doing a lot of things.

Derek pointed out though I enjoy running fast and being up on the balls of my feet though. I think maybe I was a runner because I was naturally competitive.

**Did Oxford University mean a lot to you?**

I got my degree in physiology there. I enjoyed being at Oxford. It was one of those experiences that were different really. I think it is a strange place in many ways. It was certainly an experience I would not want to be without. Oxford was very good athletically to start off with but because it had a year round track season, I think in the end it was not that much of an advantage and if anything a disadvantage as, it kept me off the country for about three years. My best season was virtually my first one and my last one, which were preceded by a cross-country season 54 and 58. My last season, in view of the fact I was carrying TB, was one of my best seasons.

**You were a brilliant athlete; you worked intensively for the International Athletes club. You learnt about computers and when I was attending some creative writing lectures at the City Literary Institute on a Saturday you were there learning Arabic. If someone wanted to get a balance with their life and they wanted to become an athlete and be successful in life too, what sort of advice would you give?**

I very rarely give advice to how someone should run their lives. All I would be prepared to offer is some advice about

getting the most out of athletics. I think everyone should be advised especially while they are young. I think it is important to get a wise coach. I had Ken Bone who was a very wise man. I think that it is important to get a wise coach, so the coach knows about your life and keeps you on the rails really. There is a danger if success comes very early and it is handled badly - you can get good coaches and wise coaches but they are not necessarily the same. People can get the best out of people athletically but put very little into them as far as experience of life and how they should handle it. That is difficult to find. Once people do have a bit of maturity and they reach international status they have got to talk to a lot of people and keep their eyes open about the sport. I think a lot of young athletes are blind to what is going on around them in the sport. They understand nothing of the political situation of the sport. I think it is very easy to find out something about it by keeping their eyes and ears open and talking to as many people as they can. As mature people at the end of their athletics career they can contribute towards the sport.

If I can make a distinction, the top athletes of today enjoy the sport but I don't think they get any fun out of it anymore. I think it is possible to enjoy the sport and I think the top athletes would not be without their sport. I think it is the same with tennis. Have you seen a happy looking tennis player in the last ten years? You occasionally see golfers, they seem to enjoy their sport. Have you seen a happy looking footballer, none the less I think they enjoy their sport but I don't think there is any fun in this not once you get to the top.

**Drugs in Sport?**

The trouble is it goes on but very few people know to what extent and very few people have any answers to it. Certainly more money has got to be spent on drug testing and it has got to be genuinely independent. I don't know whether testing by National Associations is independent or not. The only way one gets any real control is by random testing at any time of the year. I don't think there is much of a will on these problems.

**How old were you when you joined Woodford Green?**

I was sixteen when I went to Woodford Green. I was at East Ham Grammar. I started running very early on, I don't quite know why, just interest. I was always racing with a cousin of mine from the age of about 8 onwards. When I went to a grammar school at the age of eleven was the first time I came across organised athletics at about 12 but I was always being beaten by one particular boy who was bigger than me. He was always ahead of me for about three years but the by the time I was 14 I suddenly went past him. In the end I could run even time 100yards (10:01 was his



official fastest for the 100yards per the Achilles Club Book of athletics) – that makes you a sort of goodish average sprinter really but before I joined Woodford Green I was a member of Fairburn House Boy's Club and I used to go running over the recreation ground at West Ham and in particular, I used to run two or three times a week in the winter, round and round the outside, under the guidance of the grounds man who had also been a runner called 'Legs Lewis' and he then had a limp so called 'Leg Lewis' and I really did all my early running there. Suddenly after one of those seasons, at the age of fifteen, I came out and ran a 52 second quarter mile, which was really my start of my rise through the ranks as a junior. By the time I was sixteen I did 50 seconds and by the time I was 17 I did 48:8 (1950 Port Sunlight to win the AAA Junior) but cross-country was done with Fairburn House and I can remember the grounds man Legs Lewis saying to me after I said "What shall I do in this Race?" He would say, "well, you run along with them for about two miles and then at the 2 mile point there is a big steep hill" and he said " When you get to the bottom of this hill sprint for 100 yards. That will probably drop them off and I did religiously everything he told me and everything he told me worked, he was some 'God Like' creature to me. Talk about 'uninhibited' if someone said to me go at the bottom of the hill now I would turn round and run the other way!

#### **You won an English Schools Final**

I won the 200 in 22.6 (He went on to do a life time best of 21.8) – when I was seventeen and the quarter mile when I was eighteen I then won the quarter mile in the AAA's Junior the following week in 48.8 I held the 220 schools title. I went on to win the schools quarter mile the next year and the AAA's juniors as well. So, I started off as a sprinter. I think really looking back on my career I got stuck with it. Two things were, I was a good enough sprinter and I anchored the 4 x400 for four years. We really did quite well at that time. I don't think I was actually ever overtaken on a relay. I crossed the line first in the European 4x400 in 1954 then we were disqualified. At that time the incoming runner had to move out to a fixed lane position and my lane position was lane 8, which meant the people on the outside have a huge amount of distance to run. Peter Fryer had a Hungarian on his heels and innocently started moving out and unfortunately the Hungarian had to go inside and the Hungarian fell as he clipped the Hungarian or at least the Hungarian clipped him and the rules changed to be made where the present one is now. The leading runner takes the pole position and so on but it had not reached the statue books so we were disqualified (GB ran 3.08.2 and France took the gold in 3.08.7). We got the bronze medal in the Olympics (John Salisbury, Mike Wheeler, Peter H iggins and Derek Johnson). I think we won pretty well every match. We beat the Europeans out of sight.

**I bought a paper in Switzerland in 1954 when I was 14 and saw an interesting shot of the 800m Final in Bern with you in the picture but you just missed out on a medal.**

Lajos Szentagali won in 1:47.1 and you were fourth in 1.47.4 and Roger Moens was just behind you in 1:47.8 (Derek Szentagali and Rozsavolgyi at the White City on the eve of his departure to Melbourne where he gained that silver in the Olympics).

Regarding the European in Berne that was really the post war breakthrough because people like Mal Whitfield won the Olympic 800 in 48 and the 52 Olympics were still running around 1:49 for 800metres and suddenly we all went through in 1:47.4.

**In 1954 you ran in the Commonwealth Games and you won the 880 yards in Vancouver in 1:50.7 from Brian Hewson (1:51.2) and Ian Boyd (1:51.9). Hewson had a beautiful running action and went on to win the European 1500m. Hewson must have been a difficult man to beat.** Brian always was Brian and I always had ding-dong races.

**You won from Brian Hewson in a duel meet at the White City and also won from Mike Farrell in another one. Farrell of course gained fifth place in the 1956 Olympic 800m but who was the hardest runner you ran against in all those duel meets?**

It would be Brian Hewson!

**In the Olympics in Melbourne in 1956 you had three very good Americans up against you in the final and Auden Boysen of Norway, who was ahead of you in the European to contend with. The field went through in 52:09 and you were about fifth.**

I think I was actually third. Arnie Sowell was in front Tom Courtney was behind with a gap of about three metres. Boysen was outside me, those positions hardly changed till the final straight.

**You saw a gap?**

Courtney moved out. In the summer he had been disqualified for clashing with Sowell and I think he moved out to avoid any hint of that and I went through the gap. In a way I think it is a pity the gap opened that early. People normally drift out! The track was very very poor and I trained on the University track which was shale and very very hard and fast.

First six in the final in Melbourne, Australia:- November 26th 1956 – Tom Courtney 1:47.7, 2 Derek Johnson 1:47.8, 3 Audun Boysen 1:48.1, 4 Arnie Sowell 1:48.3, 5 Mike Farrell 1:49 .2, 6 Lon Spurrier 1:49.2.

# The king of fruits

Never mind about taking anyone of the post exercise, expensive drinks which are lavishly advertised. You can do no better than consume a BANANA immediately after training. It's high glycaemic and will replace low glucose levels quickly; later, you can work on getting low glycaemic carbs down you.

A banana contains: Protein – 1mg per 100 calories; calcium – 10mg; iron – 80mg; vitamin A – 230 IU, vitamin C – 12mg; niacin – 80mg; phosphorous – 31.2mg; magnesium – 39.6mg; potassium – 451mg. It is also a good source of tyrosine, which helps protein build up. Tryptophan is present and acts as an anti-depressant. The

phenylalanine in it also builds up protein.

Potassium loss in sweat is quite extensive and over a period of hot weather if not replaced can greatly affect heart efficiency. The ape, which shares 98% of its DNA with us, lives almost exclusively on bananas; they've been around a long time.

Why not start the day with a chopped up banana over your cereal and if you fancy a 11 a.m. snack; make a banana sandwich. If you are a hundred miles a week fanatic, you will burn off your stored carbohydrate levels like a Rolls Royce burns petrol. Part of the

replacement process is to consume low glycaemic carbs, which include apples, oranges, peaches, pears, grapes, sultanas, apricots, plums and grapefruit.

Soya beans have a very low GI index – 15 even lower than fructose – 20 which are considered pure glycogen.

The glycaemic index was developed by Dr. David Jenkins to assist diabetics. Basically, the glucose in high GI foods is in your blood within 15 minutes. Hardly any trace can be found after consuming low GI foods because it is stored in muscle and the liver for exercise lasting more than one hour.



Gothenburg, 13.8.06. Eventual winner JESUS ESPANA (Spain, 237) leads the final of the men's 5000m. from MO FARAH (Gt. Britain, 404), ALISTAIR CRAGG (Ireland, 53) and NICK McCORMICK (Gt. Britain, 417). photograph by Mark Shearman.

# 70 years ago today...

... Connellsville native John Woodruff sprinted from last to first to win gold at Berlin Olympics

Friday, 4th August, 2006

The stride is long gone. The stride that made him Long John Woodruff. The stride that was celebrated for covering 10 feet at once. The stride that 70 years ago today allowed him to come to almost a complete stop, extricate himself from a box of world-class runners and sprint from last to first and win the 1936 Olympic 800 meters under the Nazis' nose.

It was as a member of the "black auxiliaries," as Adolf Hitler lumped an entire race, that he captured one of the few track gold medals that Jesse Owens didn't in Berlin.

That stride ended five years ago. Poor circulation and complications from a broken hip caused doctors to amputate both of his legs above the knees.

Long John Woodruff, when he isn't bed-ridden, navigates in a wheelchair.

"What an irony and tragedy, huh?" said John Lucas, the Olympic movement's foremost historian and former Penn State professor in kinesiology. "The guy with the longest legs and the fastest legs."

Not that the feet made the man, nor even his feat. Quicksilver athletes come and go. Gold medallists fade. What differentiated Mr Woodruff was the force, the determination that whisked him from potential factory life in Connellsville to the first college education in his family, from a year at Pitt as a sinewy freshman to a world champion, from last to first in perhaps the most politically charged Olympics,

from racism to singular success, and now, turning 91 years old just one month ago, from aging to the ensuing hurdle.

He already has declared himself ready for his next race: He's going for 100.

"I'd rather be without my legs and have a good mind," Mr Woodruff said Wednesday from Fountain Hills, Ariz., where he and his wife, Rose, share an apartment in an assisted-living facility in which his mostly white neighbours still call him Long John. He had spoken by telephone the day before with Margaret Bergmann Lambert, a German high jumper excluded by the Nazis from those 1936 Olympics because she was Jewish. Mr Woodruff joked, "She's up in age, though: She's 93: I'm 91. We're still hanging in there."

"He sets little markers for himself." Added his son, John Jr., a trial lawyer in New York "When a grandchild is born, I want to be there when he graduates high school." He's an indomitable spirit. What he was as an athlete is what he is as a man. Just a powerful kind of person with a will and a spirit.

"My father, for me, was a towering giant. When I think what (racism and boundaries and later ill health) he went through, it's phenomenal. I now view him, very much so, as being my hero."

This is the story of an Olympic champion who was the grandson of former Virginia slaves and the son of hard-working Fayette County parents whom John Jr. described as "basically illiterate" – John Woodruff signed his own report cards for his father. There were a dozen Woodruff children, though not all survived infancy. Amid all this, Long John Woodruff grew into a star

by Chuck Finder, Pittsburgh Post-Gazette

athlete at Connellsville High, receiving a scholarship offer from Pitt. At that point, a Woodruff had never attended college. He didn't plan to either.

"It was kind of a given thing that once you graduated from high school you got positions at the glass factory," John Jr said of that Connellsville era. "He went to apply, and they said, we don't hire Negroes."

"Most of his friends were white and got hired there."

College became Mr Woodruff's best, if not only, option.

He remembers living for a time at the black YMCA on Francis Street, subsisting for a week on \$5 from Pitt track coach Carl Olson. He cleaned up Pitt Stadium after football games, worked on the campus grounds to earn pay and ate in the school cafeteria. When a team such as the U.S. Military Academy refused to compete against blacks, Mr Woodruff was left behind at Pitt. On the road, he had to find accommodation with a local black family or hotel.

As a freshman, he won gold medals at the Penn Relays and NCAA meets, and the adventure was just beginning in 1936. A spindly 21-year-old about to start his sophomore year, Mr Woodruff found himself in tense Germany that August on an Olympic track team consisting of the largest contingent of U.S. black athletes yet (12). In one Nazi newspaper, Hitler propagandist Joseph Goebbels wrote: "If America didn't have her black auxiliaries, where would she be in the Olympic Games..?" This at a time then the Nazis spread anti-Jewish hatred across Germany, placing these Summer Games in a racially charged environment.

"It was easy to sell the Germans on hating Jews," Olympic historian David Wallechinsky, who is Jewish, said of the scapegoat mentality. "But they looked at blacks (differently). It wasn't something they saw in their daily life. It wasn't threatening. They were actually admired. There's a funny story: Back then, in the days before security, people were going over to the Olympic Village and knocking on Jesse Owens' window to seek his autograph, they were so impressed."

Much of what was written about those 1936 Olympics proved mythical, Mr Wallechinsky continued, pointing out the tale about Hitler slighting Mr Owens after one of his then-record four gold-medal performances. Almost exclusively, Hitler greeted only German champions in his stadium box.

"He snubbed African-Americans," Mr Lucas said. "But he also snubbed Argentines, Icelandic's and everybody else. The German race was the only race and the superior race in the world in his eyes."

Accounts vary, but Mr Woodruff believes Hitler's eyes witnessed that 800-meter race on Aug 4, 1936. Canadian Phil Edwards set a slow pace, causing a mass of runners to enclose a 6-foot-3 American upstart. Mr Woodruff's next move was a daring one: "I had to stop and go out into the third lane. So I actually started the race twice." "Three hundred meters into the race, he was completely boxed in. Instead of pushing his way through"—and potentially earning a disqualification if he spiked or hindered another runner—"he just slowed down completely and let everybody get ahead of him. Everybody. Then he went outside and just passed everybody." Everybody.

Mr Edwards charged late, but Mr Woodruff held off that eventual bronze medallist and second-place silver medallist Mario Lanzi of Italy. He won in one minute, 52.9 seconds.

"He just finished his freshman year, and these were all pros he was running against," Mr Lucas said. "After the first lap, he was in last place and had a

bewildered look on his face, so we read. And then he probably ran 805 meters instead of 800. What he did in 1936 was amazing."

While his friend Jesse Owens (who attended his wedding) could hardly capitalize on his Olympic success, being reduced to paying promotions in which he raced against horses, Mr Woodruff maintained his amateur-track success. Through 1939, he swept up triumphs at the NCAA, Penn Relays and AAU national meets.

"I don't know where those gold medals are," said Mr Woodruff, who settled in New York, where he worked three jobs at once – as an Army lieutenant colonel, parole officer, salesman and others – to support his family, including son John Jr and daughter Randi, now self-employed in Chicago. "Somebody's got them, but I don't."

His Olympic gold medal hangs in Pitt's Hillman Library. Other track mementos are at Connellsville High, including a tree – awarded each Berlin winner – planted at the High School stadium. The black and white photo of Long John Woodruff finishing first in Berlin adorns a wall in his Arizona home.

For this anniversary, he said, he just might get in his wheelchair and take his wife, Rose, out to "one of the better Phoenix restaurants and celebrate a little bit. I'm hoping to be able to celebrate, at least."

"I have to say my father is a very spiritual man, a very religious man. I keep saying it's the only thing that's keeping him going, because he isn't in very good health," John Jr added wistfully. "It's really odd to me: This is the man they called Long John, he had a 10-foot-long stride. He was all leg. I could never even keep up with him walking. No one could."



Gothenburg, 13.8.06. SAM ELLIS celebrates after finishing third in the 800m. final. photo by Mark Shearman.

# European Championships

## Mens 800

Qualification from the opening round was first three plus three fastest losers from the four heats. With ever more nations being "in" Europe it is perhaps odd that in total Europe could only find enough two lappers for four heats and that sparcity on entries was reflected elsewhere. Is this caused by lack of talent or lack of interest?

Sam Ellis drew heat one, was third at 200, 23.5 and third at 400, 53.50 got to 600, in 81.60 looked good but was passed to finish out of the first three in a close up fourth by two hundredths of a second. Happily it was enough.

Michael Rimmer, running a similar time, off a 52.95 400, managed to win his heat.

Heat four had our third representative, Richard Hill. At the start the athletes will have worked out that 1:47.81, provided they were no worse than fifth was enough. Richard did not use his customary tactic of front-running and lacking that the mob trundled round for the slowest heat! Richard had lost some of his early season pep and could only manage sixth

We therefore had two men through to the semi-finals on the next day. These required, to reach the final, first three plus the two fastest losers.

Sam Ellis, in the first race, nailed third place after a 56.56 400. His 1:49.23 was perhaps slower than he might have expected.

Michael Rimmer caught the faster race, perhaps the runners jointly realized that the fastest loser places were within reach. A spirited opening 400 of 52.00 gave them all a chance. Michael managed to hold down fifth spot, the last qualifying spot.

Two days later our pair lined up for the final. As befitted the strongest 800 nation in Europe (?), GB was the only country with two men in the eight. The opening 200 was timed at 25.35, our two were toward the rear. A middling time of 53.07 at 400 saw Rimmer at third and Ellis at seventh. The 600 was at 80.29 with our two reasonably well placed. There was little to choose between them with 100/120 metres to go. Did Rimmer get a bump hereabouts? Sam Ellis went wild in the last 30/40 metres literally clawing his way through the pack to gain third in

*continued* ↪

## Womens 800

Same qualifying conditions ...three plus four.

Heat two, Rebecca Lyne won with some ease. An opening 400 of 60.93 followed by a second just a fraction faster.

Heat three, Jemma Simpson running at a faster pace saw the bell time at 58.19 and sub 90 at 600. She finished in third place so was through.

Heat four. Despite knowing what was needed for slowest loser places this race recorded 61.62 for the opening 400 and 93.60 at 600. With 120 to go Amanda Pritchard, going like a train, had swung wide and was passing others when an athlete was shoved into her path and she was knocked over. A successful appeal resulted her being allowed into the semi but sadly the injury she sustained did not allow her to run.

Jemma Simpson drew the first semi-final. A first 200 of 28.7 saw Jemma tailing the field, 58.86 and she had not changed her position and was again last at 600, 90.00. She improved her position in the final straight but could manage only sixth place. There was little more than a second between first and eighth in this nine girl semi.

Rebecca Lyne's semi was hotter. 200 in 27.57, the her in sixth place, the same position at 400 in 57.69. With the 600 at 88.31 she had moved a place or two ready for the run home which she did with aplomb running in second place in yet another sub 2 clocking.

Final day. This time Ms Lyne "got amongst them", Fourth at 200, 27.14, Again fourth at 400, 57.37, fifth at 600, 87.94 she went on to get third behind the all conquering Russians in another sub 2 clocking . Editors note. At the time of writing Rebecca has notched up five sub two minute clockings this summer. This elevates her close to the level of Kelly Holmes and Kirsty Wade in the number to be achieved in one season.

The sometimes overlooked Kirsty recorded EIGHT such runs in 1985. Editors moan time.....With the second strongest squad in Europe our 800 girls seem to have gone short of invites, Rebecca excepted, in post Gothenburg meets.

## Women's 1500

Again only two races prior to the final. Both were completed in similar times.

*continued* ↪

a race of great drama whilst Michael Rimmer had to be content with eighth place.

Editors Note:- The above account is from scribbled notes whilst watching so apologies if not 100% accurate. The same applies to all comments printed here.

### **Mens 1500**

As further evidence of decline some 50 nations could muster just enough men to stage two heats/semi-finals. A total of 28 bodies. First four plus five to go to the final.

The slow pace of the first race left it wide open for all the fastest losers to come from the other race.

Race one. A quality field but 400 at 64.78 followed by 800 in 2:10.44 told the story. The race sped up to a 3:07.76 three lap time but a final 400 of sub 54 left our men wallowing. Stephen Davies ran hard to finish only one and a half seconds down on the winner but down in eleventh place. Mike East, running toward the rear of the field with 300 to go tripped and fell.

Race two. As indicated the second race had easy pickings but it had to be done. A 60.64, then a 2:02.91 and 2:59.42 three lap time ensured that all the fastest losers would come from this race. A last lap of around 54 spread them all over the track but of course those up front knew they were safe. As it happened Andy Baddeley secured a place in the final finishing seventh.

Come the final the cream of Europe's best toed the line. Three Spaniards, reflecting their position at the top table in Europe, plus Heshko and Baala, both in the top echelon of world class men. The final left Andy as something of an outsider but he battled on to take sixth position. A creditable effort faced with class of opposition

### **Mens 5k.**

The first semi saw Chris Thompson, off form, and way outside his best in twelfth place.

The second race had Chris McCormick also not at his best and he could only manage eighth but he went through as a fastest loser. Up front Mo Farah took third to go through by right.

Final. Nick McCormick again not fit found it tough and found form only to get twelfth spot. Mo Farah had a colossal race, showing his sensational form that has been a feature

Race two. Perhaps oddly both our girls ran in race two. Won in 4:05.72 Helen Clitheroe took fifth place to go through as a fastest loser but Lisa Dobriskey was unable to find her best form and was back in seventh and out.

The final was a flat out battle by the East Europeans, with only two French girls and Helen from elsewhere. With the first three under four minutes Helen was way off the pace and ran on to take eleventh place. Whilst GB has a strong hand at 800 it is not balanced at this longer distance.

### **Womens 5k.**

There were not enough starters to justify heats. In fact the fifty federations could only muster a total of fifteen runners. Jo Pavey made a valiant effort to shake off the faster finishers, a time of 9:11 at 3k indicated her efforts were likely to be frustrated. So it proved, although pushing on from around half-way she saw three pass her to finish fourth. However Jo showed better form in later races to achieve some real success.

### **Womens 10k.**

Three GB girls toed the starting line in a 28 field. As a group they failed to reach their very best and although being with the pack early on gradually drifted back to being lapped, finishing in 12th, 13th and 15th position. Three in fifteen was a team "triumph" being second only to the Russians, but illustrated how far GB standards are behind the rest of the world. That said with no GB men on show their performances were well above their male counterparts. There is much to be done over the next six years if we are to contest finals in both these events come 2012.

### **Womens Steeple**

Hattie Dean, in S-F One ran within two seconds of her seasons best. A commendable effort but given the rise of standards in this event it left her seven seconds outside getting through with the other race being won in a faster time.

### **Womens Marathon**

In a, dare it be said, low level race Tracey Morris placed 16th. With only one entry the team prize was not a consideration.

*continued* ↩

of the season. His last lap battle with Espana of Spain was something to behold and he only yielded in the last few metres. His silver medal was a worthy reward for his fine running all summer.

### Mens 10k.

No GB entries.

### Mens Steeple

S-F One. Jermaine Mays would have needed to equal his seasons best to get through. It proved beyond him on the day.

S-T Two. Adam Bowden, not surprisingly given fastest loser places on offer, found the second race somewhat pacier. He would have needed to produce his best to qualify and a goodish run found him three seconds away from doing so.

### Mens Marathon

A fascinating race. Our men could not have expected to be in the mix for medals but with Dan Robinson 16th, Huw Lobb 20th and Tomas Abyu 27th gave a good account of themselves ( 5th in the team competition). Pete Riley did not finish.



Solihull, 24.6.06. EMILY PIDGEON (472) leads from SIAN EDWARDS in the women's 5000m. photograph by Mark Shearman.

## Be prepared

Some thirty years ago, there existed at Alperton track, Wembley, two famous female clubs; London Olympiads and Middlesex Ladies. Both clubs produced their quota of G.B. internationals and both were run mainly by two hardworking individuals. The man and wife workers for London Olympiads retired and went to live in the U.S.A. The club had no replacement for them and it folded up. The brother and sister who ran Middlesex Ladies died within a short time of each other and the club ceased to exist.

At present, the BMC has a committee of middle-aged experts; note that description – experts. An ace coach as Chairman and also a fighting diplomat for the BMC corner. The BMC administrator is a financial wizard and keeper of meticulous records. The two Grand Prix directors are the envy of all

other meet directors, so much so that the outgoing chief national coach, Max Jones, stated that their meetings were the best he had seen. However, one Bedford coach questioned the “success” of their meetings in a series of articles and e-mails which clearly reveal he has a vendetta against the BMC and this has warped his logic. The BMC website is run by a computer Einstein and all other systems are greatly inferior. The cost and value for money for all BMC young athletes’ courses are supreme. Such is the reputation of past and present issues of the BMC NEWS that one coach to outstanding junior internationals has declared that his collection of the journal has enabled him to formulate a no-fail system of coaching which has not been forthcoming in U.K.A. coaching lectures. All this is simply fantastic! But let us for a moment imagine the

macabre to occur. The whole BMC committee are killed in an air crash, including myself! Who will take over the BMC reins? The point of this article is that behind every BMC expert there should be a student learning from the master. In fact, we need to advertise for suitable apprentices drawn from retired athletes. While many coaches are suitable for various jobs, their main concern is to coach and their time for club administration may be strictly limited. So, if the BMC is not to go the same way as the two women's clubs mentioned it must make plans for its smooth continuation and start recruiting now for suitable replacements. If you would like to be considered as a BMC apprentice worker contact Pat Fitzgerald, the BMC administrator. The BMC has to be prepared.

# All out for sub 13 minutes 5k

by Frank Horn

Mohamed Farah's 13:09 5k run was a great breakthrough for British endurance running. Let us not forget that in 1992 Ian Hamer ran 13:09.80. Let us also remind ourselves that some twenty African runners have run near that time for 5k en route to a 10k performance, that's two sub 13:15 5ks back to back. As Winston Churchill once said during World War 11 after a victorious spell by the Allies, "It is not the beginning of the end, but it is the end of the beginning."

Mohamed's time was no surprise to 5k statistical pundits for his mile time of 3:56.59 converted to 1500 metres (3:38) fits into the top class formula of three times 1500 metres time plus 2mins.15secs. All British athletes who ran sub 3:40 for 1500 metres in 2005 are capable to times around 13:15 for 5k and this includes the likes of Chris Warburton, Andy Baddeley, Tom Carter, James Thie, Mat Shone, Mark Christie, Lee Merrien and Gary Murray.

The time to prepare for a fast 5k is NOW; it is a long haul. Volume has its place but don't rely on that alone. John Walker (NZ) a sub 3:50 miler was reported doing 125 miles a week for the 1984 Olympic 5k, he went out in the semi-finals, whereas Tim Hutchings (GB) on 60 miles a week not only made the final but ran a personal best by 11-seconds to finish 4th in 13:11.

The key to successful 5k performance is never forget that SUSTAINED running is required. One athlete at an Olympic games, training for the 5k was seen running repetition miles in 4:08; he had 20 minutes rest after each. Would he have done better running 4:16 miles with a minute's rest? It seems so, because he did not make the final.

Bannister's approach is worthy of repeated study. First of all, throughout

the winter he ran 3 x 1.5 miles once a week on the track. Three or four times a week he ran 10 x 440 yds starting with 66secs in October and getting down to near 56secs in April. Many thought his 440yds jog after each lap was excessive (it took 2 minutes.), however, he started joining them up, doing 5 x 880yds and 2 x three-quarters of a mile. The outcome of this simple progression in training was soon to be revealed. There was no talk of microcycles, macrocycles, etc., in fact, the word periodisation had not been heard of. His procedure was plain old commonsense and was aimed at running one mile faster than any other human being had thought possible. So, if we use a mathematical extension of his regime to run three times the distance we might think of the following:-

- 1) 3 x 4.5 miles at 10k pace, 400 jog in 3 mins.
- 2) 10 x 1200 at 3 mins. 30 secs with 1-minute rest.
- 3) 30 x 400 in 66 secs with 90 secs rest.

The aim with these three sessions is to reduce the time of the reps. each month. If the starting load seems too much, we can start with half of it for a month add a further quarter for the next month and be doing the whole in the third month. The day after each track session can be regarded as recovery runs starting with 35-minutes of easy running and progressing by 5-minutes each month to 1 hour. In due course, recovery runs can be repeated 10 hours later the same day.

At the beginning of April our old friend multi-pace training should take over. It is not commonly known that Sebastian

Coe became the first runner in middle-distance history to have held three particular world records at one time: 800 metres, 1500 metres and the mile. It was all achieved training at different speeds. Here is a blueprint target for a sub 13-minute 5k:-

## Day 1

10k pace – 5 x 2k in 68 secs per 400 with 2 mins rest.

## Day 2

a.m. 35 mins run.  
10 hours later p.m. 35 mins run.

## Day 3

3k pace – 4 x 1500 in sub 4 mins with 3 mins rest.

## Day 4

am. 35 mins run.  
p.m. 35 mins run.

## Day 5

1500m pace – 4 x 800 in 1:56 with 3 mins rest.

## Day 6

REST

## Day 7

5k pace – 6 x 1200 in 3 mins. 06 secs with 1 min rest.

## Day 8

a.m. 35 mins run.  
p.m. 35 mins run.

## Day 9

800m pace – 4 x 400 in 52 secs with 3 mins rest.

## Day 10

a.m. 35 mins run.  
p.m. 35 mins run.

## Day 11

Start day 1 again.



In 1982 Alastair Aitken, the well known interviewer of world renowned athletes was talking to Tim Hutchings and Frank Horwill in the Queens Hotel, Crystal Palace. A phone call came through for Alistair, when he returned he said,

"That was John Anderson, he says Moorcroft will break the 5k world record tomorrow in Sweden." He did, just a few tenths outside 13-minutes. Ovetv described it as "The greatest bit of running I've ever see." Some dozen

non-African runners have crashed through the 13-minute barrier; British runners need half a dozen through it by 2012.

## None so blind as the blind

A marathoner, noted for running a record from one Greek town to another, currently ranked in the lower half of the U.K. all time marathon rankings and unranked in the 10k, 10 miles and half-marathon, sought to criticise a 50 mile per week schedule for the marathon in AW. He failed to notice that two runs of 35 minutes were, in fact, RECOVERY RUNS from the previous days' severe sessions and observed, "What's the point of running at 8mins/mile when one wants to run at 5:20/mile." Well, we agree. In the schedule there was a marathon pace rehearsal run of 9 miles and a 10k pace session of 6 x 1600, plus a 3-hour slow run to get used to the time on one's feet in a race. When we read training schedules in journals it's necessary to use some commonsense in interpreting them. Commonsense, it seems, is not so common.

### Amazing strength gains in 6 weeks

It's called MUSCLE FATIGUE

SATURATION and this is how you execute it:-

- 1) You do one exercise a day every day.
- 2) Each exercise is done to maximum i.e. you cannot do anymore. You rest 60-seconds and repeat the exercise to maximum again twice more with 60-second breaks. This can read: exercise to max. x 3 with 60secs. Rest. For example – 1st attempt: 60 press-ups. 2nd attempt: 50 press-ups. 3rd attempt: 40 press-ups. Total press ups – 150.

- 3) Next day choose a different muscle group and repeat the process.
- 4) Exercises selected should be specific to the running action where possible.
- 5) Here is a specific 7-day regime to be repeated for six weeks:- Day 1 – Press ups. Day 2 – Bent-knee abdominals. Day 3 – Squat thrusts. Day 4 – Half squats onto a chair or bench 18 inches (45cms) high with a rucksack on your back containing one-third of your bodyweight or a barbell with weights. Day 5 – Press ups with feet raised. Day 6 – Abdominals with legs raised. Day 7 – Squat and leap banging haNd nearest to the wall to touch marker one foot (35cms) beyond full arm extension facing the wall.

### The Kent know-all

In the letters page of AW there appeared this gem of wisdom "...a distance runner needs a coach like a fish needs a bicycle..." Well, we decided to look this self-opinionated ex-athlete up in the records because in previous boring letters to AW he is always talking about, "In my day we did this and we did that.."

Here is his impressive record:-

UK RANKINGS – 800 metres – Not ranked (NR); 1K – NR; 1500M – NR; Mile – NR; 3k – NR; 5k – NR; 10k – NR; 10 miles – NR; half marathon – NR; Marathon – NR. It seems he was in need of a coach!

### The gloomy club chairman

In a letter to the EVENING STANDARD a club chairman and an official of a dissident body opposed to everything UKA does, forecast that the 2012 Olympics would be a disaster for British athletes. He based his prophecy on the fact that only one male turned up to run the 100 metres final in the Sussex county championships which indicated a decline in those pursuing the sport. Well, he should attend a BMC Grand Prix meeting, no shortage of athletes there. Perhaps the Sussex county championships committee should seek advice on how to make their event a little more appealing.

### The 800 metres coaching age

Not content with being the only British coach to have trained three sub 2-minute females, Norman Poole's athlete, MICHAEL RIMMER, wins the AAA 800 metres title using masterful tactics. Norman, frequently jets of to China to sell them security equipment and is, of course, an outstanding BMC Chairman.

### "Do you know who I am?"

Having been told the 5k field was full up and he couldn't enter, the athlete exclaimed, "Do you know who I am?" Yes, we knew who he was. Unfortunately, for him, everyone in the race had done a faster 5k time than he had done in 2006. He couldn't believe it; his best time being 15-minutes. This is not a good sign of the times.

# Success at cross-country

by Frank Horwill

When I first started serious running 70 years ago, it was an unwritten law that all endurance runners would race cross-country every week. These events were mainly two-club affairs e.g. Finchley Harriers -v- Blackheath Harriers, then came the County Champs, the Inter-Counties, the Southern and National. Most courses for senior men were over 7.5 miles and the National was 9 miles. Women's races rarely exceeded 5k. There were no World Cross-Country Championships but there was an IAAF international match once a year. A competing country had to be a member of the International Cross-Country Union and teams came largely from Europe and the U.S.A. with some from North Africa. An American woman, Doris Brown, won this event five times in succession and held national records at 800, 1500m, mile and 3k. She was 5ft 4" (1.266m) tall and weighed 110 pounds (49.8kg).

Around 1980, someone set in motion an anti-cross-country campaign in this country. It was argued that as it was not an Olympic event it was not that important. However the emergence of the W.C.C.C. raised its status and with its rich rewards for winners at other meetings.

Racing cross-country involves ever-changing terrain and routes and is certainly a change to running around in circles on a track. For every great tracker who does not do cross-country there is one who does. It's the meeting ground of the distance runner and middle-distance runner. They rarely race each other on the track.

Although cross-country is an endurance event it has a large element of speed involved. Many years ago, a statistician timed the first half-mile of the National which was covered in sub 2-minutes in the senior race. In the 1984 WCCC in New York, the first 5k was covered in 14 minutes. Today, most WCCC see the first 5k covered in 13 mins 30 secs. So, obviously, a good 5k time is a prerequisite for cross-country success. Since at the time of writing British runners cannot run 5k at world-class 10k speed, which would be around 13mins.30secs minus, our success at world-class cross-country has been extremely poor. We can now establish,

**Golden Rule No.1** – Males should train at 5k speed once a week. Females at 3k speed. The following 5k sessions can be done in this order:-

Week 1 – 3 x 2k with 300-jog recovery.

Week 2 – 6 x 1k with 100 walk.

Week 3 – 12 x 500 with 20secs rest.

Week 4 – 7 x 800 with 100 jog.

The 3k pace sessions might be:-

Week 1 – 4 x 1500 with 400m-jog recovery.

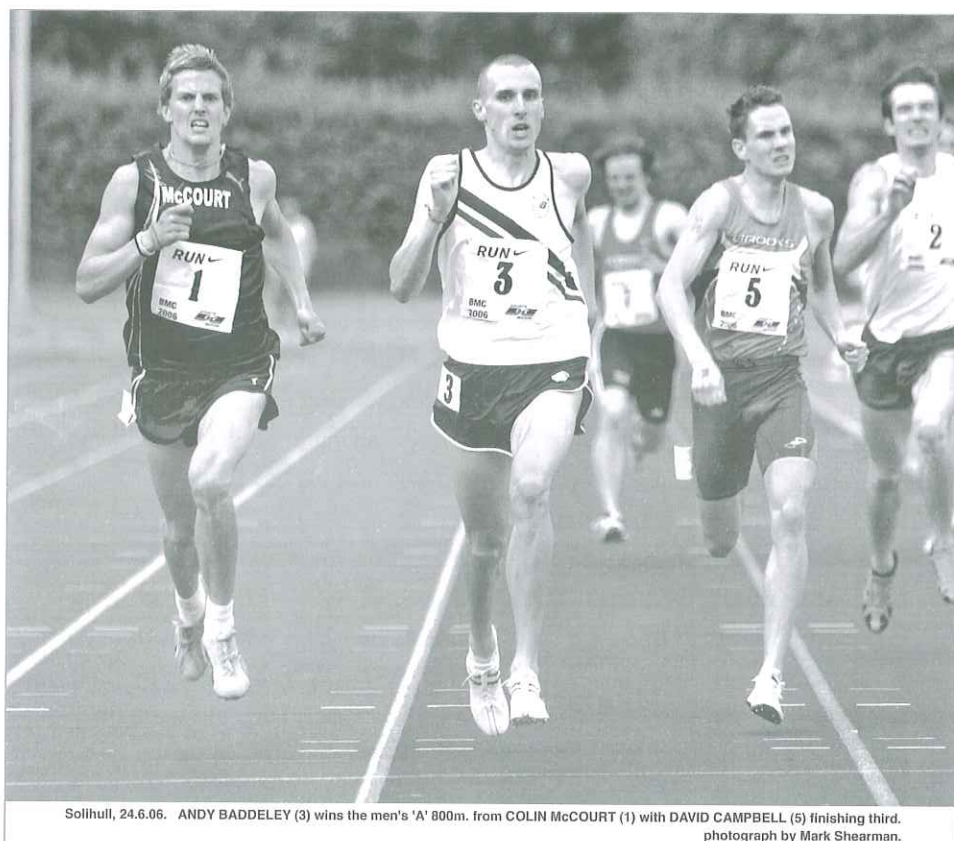
Week 2 – 5 x 1200 with 300m jog.

Week 3 – 10 x 600 with 100m walk.

Week 4 – 16 x 400 with 100m jog.

If all the 5k sessions are done at 67 secs/400 this is 13:57.5 5k pace. If all the 3k sessions are executed at 76secs/400 this is 9:30 3k speed.

**Golden Rule No.2** – Build up to running ON GRASS OVER CROSS-COUNTRY two to three times the distance of your national championship distance. For senior men this will be 18-24 miles; for women 10-15 miles. If all the training is done on the road and track where the surface is firm, it will be a shock when one's feet sink up to the ankles in mud.



Sollihull, 24.6.06. ANDY BADDELEY (3) wins the men's 'A' 800m. from COLIN McCOURT (1) with DAVID CAMPBELL (5) finishing third. photograph by Mark Shearman.

**Golden Rule No.4** – Hills are tough enough on the road, they are tougher still running up a cross-country hill where the ascent may resemble a quagmire. Train once a week up a grass hill and seek out different lengths, different levels of steepness. Vary the sessions as follows:-

- 1) Run full out up a hill and jog back until the ASCENTS equal 3k.
- 2) Run up and down steadily until ascents make up 3k.
- 3) Measure off 200m uphill and stride hard x 15 and jog back.
- 4) Measure off 100m uphill and sprint full out and walk back x 15.
- 5) Practise running DOWN hills fast; be careful, start with a shallow hill and increase the severity of gradient gradually.

**Golden Rule No.5** – Don't get into a hypnotic trance on steady runs. If you plan a 1 hour run, divide it up as follows:- 20 mins slow, 20mins steady, 20mins fast. This is called an acceleration run. Once you get used to this you will find in races you will become a fast finisher instead of dying on your feet near the end.

**Golden Rule No.6** – GET ORGANISED BEFORE A RACE.

This involves:-

- a) Locating the venue and the best way to get there.
- b) Study the weather forecast. Freezing runners don't do well, a long-sleeve vest and light gloves are indicated when the temperature nears 32 degrees f. (5 degrees C).
- c) Invest in a pair of waterproof socks (SealSkinz, obtainable from Porvair International, Estuary Road, Kings Lynn PE30 2HS, telephone 1553 622030).
- d) Don't forget your spike spanner and a set of longer spikes for waterlogged courses.
- e) Take a roll of toilet paper with you, toilets frequently are poorly serviced.
- f) If you're not too fit, avoid charging off with the field for the first 10 minutes then start passing others. If you think you are super-fit get up among the leaders and have a go.
- g) Take note of narrow passages on the route, which cause a bottleneck, get there first where possible.

**Golden Rule No.7** – Eat moderate-sized meals every 4 hours, you will get greater physical output and you will resist the cold more easily.

## Training sessions which will forecast your 800m potential

by John Will

### 1st set

2 x 300 metres + 1 x 200 metres, take 30secs rest after each 300m and 5-mintues rest after the 200m.

### 2nd set

2 x 300m + 1 x 200m, take 60secs rest after each 300m and 5mins after the 200m.

### 3rd set

2 x 300m + 1 x 200m, take 90secs rest after each 300m and 5mins after the 200m.

### 4th set

2 x 300m + 1 x 200m, take 2mins rest after each 300m.

Add up the total time for each set, divide by four (4) to get the average. Deduct 2-seconds from the average time; the result is what you can do in

your next 800 metres race, weather permitting. Here is an actual example, Clare ran;

**1st set** - 2:08 total

**2nd set** - 2:07

**3rd set** - 2:06

**4th set** - 2:03

**Total** - 8:24

**Average** - 2:06, minus 2 secs = 2:04. Two weeks later Clare ran a personal best of 2:04 dead.

Another forecasting session is:- 4 x 200 with 15 secs rest after each 200 and 5mins break after the set. The rest for each successive set increases by 15 secs after each 200m This will appear thus:-

**1st set** - 4 x 200 15 secs rest

**2nd set** - 4 x 200 30 secs rest

**3rd set** - 4 x 200 45 secs rest

**4th set** - 4 x 200 60 secs rest

Here is an actual example, Hussein ran;

**1st set** - 2:20 total

**2nd set** - 2:16

**3rd set** - 2:08

**4th set** - 1:56

**Total** - 8:40

**Average** - 2 mins.

Hussein ran 1:58/800 seven days later.

Another predicting session is 4 x 400 with 60 secs rest after the first 400; 2 mins rest after the second 400 and 4 mins rest after the third 400. The average for the four 400s is divided by two and this will be the forecast for the next race.

Example – **1st** 400 = 52 secs;

**2nd** 400 = 56 secs; **3rd** 400 = 58 secs; **4th** 400 = 54 secs.

**Total** = 220 secs divided by 2 = 110 secs = 1 min 50 secs.

# BMC girls break world record

BMC were invited to enter two teams for the Women's 4 x 1500 relay by Scottish AA at the Celtic Cup meeting at Grangemouth Stadium on 17 August. The meeting was one of the most innovative attempted at this level and BMC were pleased to be part of it. Our congratulations go to Scottish AA who attracted a 3000 crowd and 2-hour television coverage for the meeting.

Our senior team comprising of Jo Fenn, Claire Entwistle, Rachael Ogden and Katrina Wootton took on very strong senior teams from Ireland and Scotland. A number of records were under attack, including the world best of 17:09.75 set by Australia at Battersea Park in 2000 and the European best of 17:19.09 held by Ireland. In stiller conditions the marks were achievable, but the athletes' efforts against the gusty winds did not go unrewarded. Ireland won in 17:29.88 with a team consisting of Aoife Byrne, Deidre Byrne, Mary Cullen and Roisin McGettigan – with three of the quartet having competed at the European Championships in Gothenburg.

A Scottish quartet of Freya Murray, Susan Scott, Nicola Gauld and Hayley Ovens finished second in a British record of 17:34.58, beating the previous mark of 17:41.0, which was set by a BMC team containing Jo Pavey in 1997.

In fourth, the BMC junior team of Sarah Hopkinson, Emily Pidgeon, Emma Pallant and Jessica Sparke clocked a world junior record of 18:17.40. Breaking Australia's 15-year-old mark by 6 seconds. Three of the team will still by juniors next season.

Our team exceeded our BEST OF BRITISH slogan by producing a BEST IN THE WORLD performance.

## BMC Splits in running order

### Seniors:

Jo Fenn	4.32.2
Claire Entwistle	4.29.1
Rachael Ogden	4.27.1
Katrina Wootton	4.24.4

### Juniors:

Sara Hopkinson	4.30.7
Emily Pidgeon	4.33.7
Emma Pallant	4.36.9
Jessica Sparke	4.36.1



Sollihull, 24.6.06. NISHA DESAI (101) leads the women's 'A' 800m. from RACHAEL OGDEN (103), LISA DOBRISKEY (102) and eventual winner AMANDA PRITCHARD (107).  
photograph by Mark Shearman.

# Face to face: Steve Cram

Newcastle Evening Chronicle - 3rd May, 2006

## Bren tip pays off

An inside tip from a fellow Geordie Brendan Foster helped Steve Cram be crowned world champion over the metric mile destroying a relative unknown Said Aouita, who was destined for global domination.

While Steve Ovett was the pre-race favourite, it was Cram who out-thought and out-battled an assembled field of genuine quality.

"Aouita was relatively unknown then but I'd raced him in the heats," said Cram. "I thought I could outkick him".

Bren knew his coach Carlo Grippo and knew what kind of training Aouita was doing.

He was convinced that Said would go from 500m out which suited me fine – the longer the wind-up the better it would be for me. I made certain I was in the right place at the right time.

I worked off Aouita and kicked past him with 150m to go.

I expected a big battle down the final straight but no one came, and if they had I feel that I could have dug a little deeper.

When Cram and Aouita struck for the front Ovett was hemmed in the pack, tactically a desperate mistake.

The American Steve Scott took silver and Aouita bronze, with Ovett in fourth.

A couple of weeks later Ovett broke the world record running in ideal conditions while Cram hit poor weather in Norway.

However, it was pointless getting it right after the Worlds, and so it was the big Geordie who was voted the BBC Sports Personality of the Year 1983.

## Magic of the mile

The Mile High Club might be notorious, but it's the Mile Club that is elitist and Steve Cram is a fully paid-up member of a marvellous band of swaggering performers who have entertained us proudly down the years.

"The mile is very special to the public," Cram told me. Ever since the magic of Roger Bannister's first ever four-minute mile it has had a special place in the affections of so many.

It's a great little club and we get together every so often. We did it for the 50th anniversary of the Bannister mile.

It's nice to be around and to meet greats like Herb Elliott and Peter Snell.

When Cram hit such a hot streak of form that he set three world records in the space of 19 days in 1985, one was the mile, of course, and it stood for almost nine years.

"In America they still run a lot of mile races and Hicham El Guerrouj was telling me that in Morocco every athlete wants to run a four-minute mile. That's the magic of it all," he added.

It's lights, Camera, action now for TV's Steve. Since Steve Cram retired from the track he has established himself as a distinguished broadcaster and sporting politician.

Cram has been chairman of the English Institute of Sport since May of 2000 and is currently hell-bent on producing London's gold medallists of 2012 and the way forward, he firmly believes, is the path he trod as a fledgling athlete 29 years ago.

"We have a £10.5m-a-year budget geared towards the London Olympics," Steve told me. That's £60m-plus to be

spent on all sports between now and 2012 on a medal programme.

It's the first time central government has given significant funding, and we'll be measured primarily by how well we do as a nation at the Games. Athletics has been going down rather than up and we have to reverse that trend. Six years may seem a long way off, but it isn't and our 2012 competitors must already be in the system. They need to be going to Beijing for the Olympic experience, just as I went to the Commonwealth Games of 1978 as a 17-year-old and the Olympics in Moscow.

"That was the foundation for my later success".

"Even for the Europeans later this summer we must pick only genuine medal hopes or young athletes of real potential who can gain invaluable experience."

With his superstar background, Cram entered broadcasting in 1995 as an athletics commentator for Eurosport.

He branched out to join Channel 4 in 1997 as presenter of British athletics and also co-presented their Planet Football programme.

Steve went mainstream with the BBC in January of 1999, fronting the Winter Olympics as well as the summer jamboree, and he'll be at Gateshead for the Norwich Union British Prix on 11th June.

## Fashion vice led to right royal rocket

When Steve Cram received his gold medal from the Queen as Commonwealth 1500m champion he was given a rocket by his mother!

Within a month in late summer 1982, Cram was crowned both European and

Commonwealth champion, in Athens and then Brisbane respectively. He had announced his arrival in devastating fashion.

Seb Coe, beaten in the 800m final in the Europeans, withdrew from the mile which 21-year-old Cram won in a cruise.

It was the same in Australia where this time the minor placings went to old champion John Walker and Mike Boit, both of whom surprisingly let Steve dominate the race.

"My mam loved the picture of me with the Queen at the medal ceremony", he revealed, but she told me off for having the sleeves of my tracksuit rolled up.

"Fancy meeting the Queen dressed like that", she said shame-faced. Me, I thought I was like Don Johnson in Miami Vice.

It was all the fashion at the time to roll up the sleeves of your jacket to the elbow.

If Cram went through a period when he

appeared invincible, his greatest single opponent throughout his career was injury. In the end it beat him.

"Very few competitors get a second wind in their career like Kelly Holmes." explained Steve.

The disappointing thing for me was that in the last three to four years I couldn't perform consistently at the highest level because of injuries.

When I was pushing 30 and beyond I'd like to have been more competitive but I was repeatedly injured and it became terribly frustrating. However, I can hardly complain, can I?

#### **Our Golden boy ruled the world**

Steve Cram headlined in the golden age of British athletics when he, Seb Coe and Steve Ovett were gladiators all and the globe belonged most definitely to us.

He was the Commonwealth, European and World champion in the blue riband event, the metric mile, and an Olympic silver medallist.

Never since has British dominance

been so all-consuming, so magical, that the rest of the world gawped in jealous admiration.

Cram was the young, long-striding Geordie who dared challenge – and eventually overpower – the elite domain of Coe and Ovett.

The nation couldn't get enough. Athletics even overtook football as the sport which dominated live television. Such was the fascination and

dripping drama that programmes would be delayed or even cancelled altogether to accommodate track head-to-heads which were running late.

Now chairman of the English Institute of Sport, Cram's job is to financially support, polish and direct Britain's young talent for an assault on the 2012 Olympics in London.

Try how he may, I very much doubt that a new Cram, Coe or Ovett is out there waiting, pimples and all, to burst upon our awareness.

Steve is still a significant part of athletics on TV as one of the BBC's big name commentators but he readily accepts that the early eighties was very much a different era when track was indeed a sport of kings.

"Of course the Olympics can still produce good viewing figures, but in those days you could get a 10 million audience to watch a meet in Nice on a Tuesday night," he smiled. "There's no way you could do that these days".

I recall running against Ovett at Crystal Palace on a Friday in September of 1983 after I'd won the World Championships – it was the last meeting of the BBC's contract and they delayed the news to beam out our race live.

It was a cat-and-mouse affair – we both started off running at the back of the field. I beat him by little more than the thickness of a vest. It was an epic encounter, the one most athletics buffs remember and always bring up when talking to me. Athletics was certainly huge back then.

There wasn't as much football on television and I suppose the public have always gone for the 100m, the fastest man on earth, or the metric mile because of the history and the drama. Perhaps 5000 or 10,000m are beyond



Gothenburg, 10.8.06. MICHAEL RIMMER (42). photo by Mark Shearman.

the natural attention span – but don't tell Bren!

Actually, Foster and others started off the whole live television thing and we were able to carry it on and increase the interest because Britain had the top three milers in the world.

Cram's description of his defeat of Ovett hardly does the race justice.

It was hailed as the most thrilling two-man battle seen in Britain since Chris Chattaway's epic dual with Vladimir Kuts at the White City in 1954.

Cram proved the theory that it was possible to run the finish out of Ovett whose lunge for the tape was recorded perfectly for posterity. It appeared to show the world record holder bowing to the new king. When Cram glanced over his shoulder for the first time in 1500 metres it was as though he were looking back at the passing of an era.

I asked Steve to give us a unique insight into the Coe, Ovett, Cram legend which mesmerised a generation.

"We were all different people but I related more to Ovett because we came from a similar background of cross country and the roads," Cram told me.

He had a simplistic approach to running whereas Coe was more scientific and clinical.

Seb was more likely to pull out because his blood tests were not right whereas Ovett would just say "b\*\*\*\*\*s" and so would I.

When we were younger, Steve and I spent more time together on trips arranged by Andy Norman.

Ovett was actually very helpful to me in those days but when I became more competitive he changed, which was understandable. I was a threat then. I never knew Coe at all during my

tracks days. He was polite but kept his distance.

I first actually saw him in the flesh when he was running in the yellow vest of Hallam at Nottingham. He was such a tiny figure I thought it couldn't be him. I was expecting a huge guy.

We didn't have a relationship as competitors but through the work we both do now, I've got to know Seb well and he's great company.

So what were the strengths of three of the best middle distance runners of all time?

"Ovett had an arrogance, a swagger," said Cram. He had a great barrel chest and was naturally gifted with a blistering change of pace.

Coe was the more natural middle distance runner from 400m up to 1500m.

No matter what the pace of a race he could accommodate it – he was probably the more difficult to run against. I always felt

that Ovett gave you a chance but Seb could kick off a slow pace or maintain a quick pace. I had a combination of all those things but my strength was a huge factor.

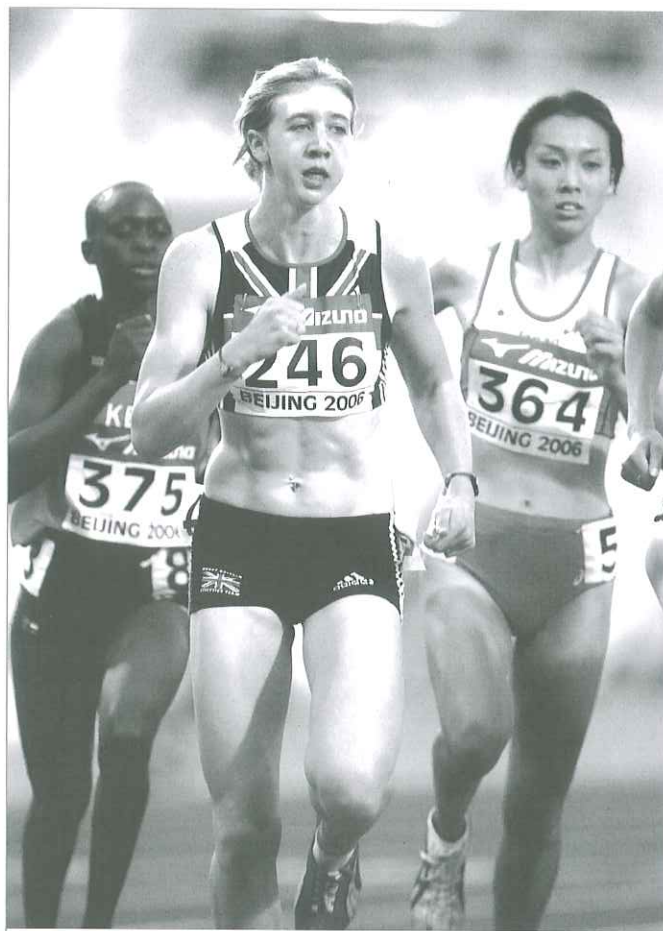
I wasn't blessed with natural speed – I was ponderous over 400m as a kid. I was long legged and at 17 or 19 I loped. Later my stride was an asset.

Cram went on: I was four or five years younger than Ovett and Coe which meant we didn't always face one

another.

The only time all three of us probably did over 1500m was in the Olympic final in Los Angeles when Seb won and I took silver.

"Ovett was ill and stepped off the track at the bell while I was nowhere near 100% fit and I would have needed to be to beat Coe that day. I'd been injured and I'd never raced in the build-up to Los Angeles. So I guess it wasn't a true



Beijing, 16.8.06. EMMA JACKSON in her semi-final of the 800m. photo by Mark Shearman.

race in many ways.

Coe went crackers at the finish, his face contorted as he pointed angrily towards the press box.

The reason was the controversy that raged in Britain before the Olympics, explained Cram.

Ovett and I were pre-selected and the third competitor was supposed to be the winner of the trials.

Peter Elliott beat Seb at the trials but a

huge campaign was launched in the newspapers. Some took up the cudgel that the reigning Olympic champion – Coe – must be allowed to defend his crown and suggested Elliott was a bit of a donkey from Yorkshire.

Others demanded Peter had earned the right to go which is why when he crossed the line Seb exploded.

Just as Crystal Palace proudly boasted of Cram v Ovett, the International Stadium in Gateshead was the venue of an epic Cram v Coe confrontation that has passed into Geordie folklore. A record of 15,000 was shoe-horned

into the bowl on the banks of the Tyne with local hero Cram taking on Coe over 800m.

There was a five-minute delay before the BBC were ready to beam out the race live on their Sunday Grandstand programme, but when it got under way it was dynamic.

Cram wasn't a renowned half-miler, whereas Coe was, but he beat him into fourth place amid pandemonium.

"It was my last race before the World Championships in Helsinki and afterwards Seb announced he wouldn't

be going," said Steve.

He was supposed to have a virus but I always kid him nowadays that what he had was myxomatosis!

Cram was to triumph in spectacular style that summer of 1983, beating Ovett to become the first ever 1500m world champion. A glittering place in history that can never be taken away from him.

## News from here and there

### How to look after our cross country potential

A promising junior international informed team management before going overseas that she was allergic to gluten found in all grains except corn and rice. Found in most cereals and baked goods. What did team management do? They issued her with bread sandwiches on the trip! For some unknown reason a GB junior's tracksuit didn't arrive before a race abroad. As it was a cold day she wore her own. Management didn't like this because it had a different logo to that of the GB suit. She was told to take it off! However, none of the non-competing management offered up their tracksuits.

A coach who accompanied his athlete to an international match was told by a GB official, "You have no authority to be here, your accreditation has not been passed." Well, we could say that such a ruling applies to one's parents who come to watch one run. One UKA official of high rank has sworn to get a particular coach out of the sport with the rider, "Even if his world-class juniors give up the sport in consequence." Here we come 2012 Olympics!

### Making time count

African, full-time runners have a tough and in some ways an easy life. They go for an hour's run before breakfast and then go to bed for an hour or two. They go for another run before lunch and rest for another couple of hours. Yet a third run takes place before supper and sleep follows for eight hours. It's possible to cover 30 miles a day with this regime or 180 miles a week for six days.

Athletes who work for a living or are studying have to plan

their time around training. The simple answer is to practise the THREE EIGHTS; eight hours work, eight hours sleep and eight hours free time. The free time is divided up into two – four hours for essentials, e.g. meals, travel and shopping. That leaves four hours for training and travel to training, which can also be divided, into half running and half strength training.

At weekends we can make up for lost time if we have no work or races on hand. Here is how you can spend a non-racing weekend:-

**Saturday** – 8am – 1 hour steady run.  
1pm – Strength training  
5pm – 45 minutes fast running.

*Meal times will be 9:15am, 2pm and 6pm.*

**Sunday** – 8am – 1.5 hours steady run.  
1pm – Hill running

*Meal times as for Saturday.*

If we miss the strength training out it's quite possible to run fifty miles in one weekend. However, Herb Elliott, 1960 Olympic gold medallist at 1500 metres and world-record on that occasion, never beaten in a mile race, managed thirty-five miles at weekends on sand dunes and strength-training workouts. Since the dunes were steep and the surface yielding one could say that fifty miles equivalent was executed. Strange to say, Elliott did not train twice a day during the week and according to reliable reports ran 10 miles a day at good speed. His speed work was done on the dunes, rarely doing track training. He suffered many defeats in the 800 and 3,000 metres, but when it came to the mile, he was the supreme master.



## BMC international entries

Members will be aware that the European circuit races throws together athletes from around the world. Those who scrutinize the results of BMC races may not, at first glance, realize the number of countries that have provided runners for our races. It may well exceed those who partake in the "glamour" circuit. Listed below are most of those who have seen their athletes race on our "circuit" this year.

Kenya, Holland, New Zealand, Australia, America, Sweden, Ireland, Canada, Belgium, Malta, Japan, Denmark, Norway and Uganda. No prizes for anybody spotting omissions but it reflects much credit on the BMC to note the interest and participation of many of these people who make the trip especially to compete whilst others are on their own European tour.

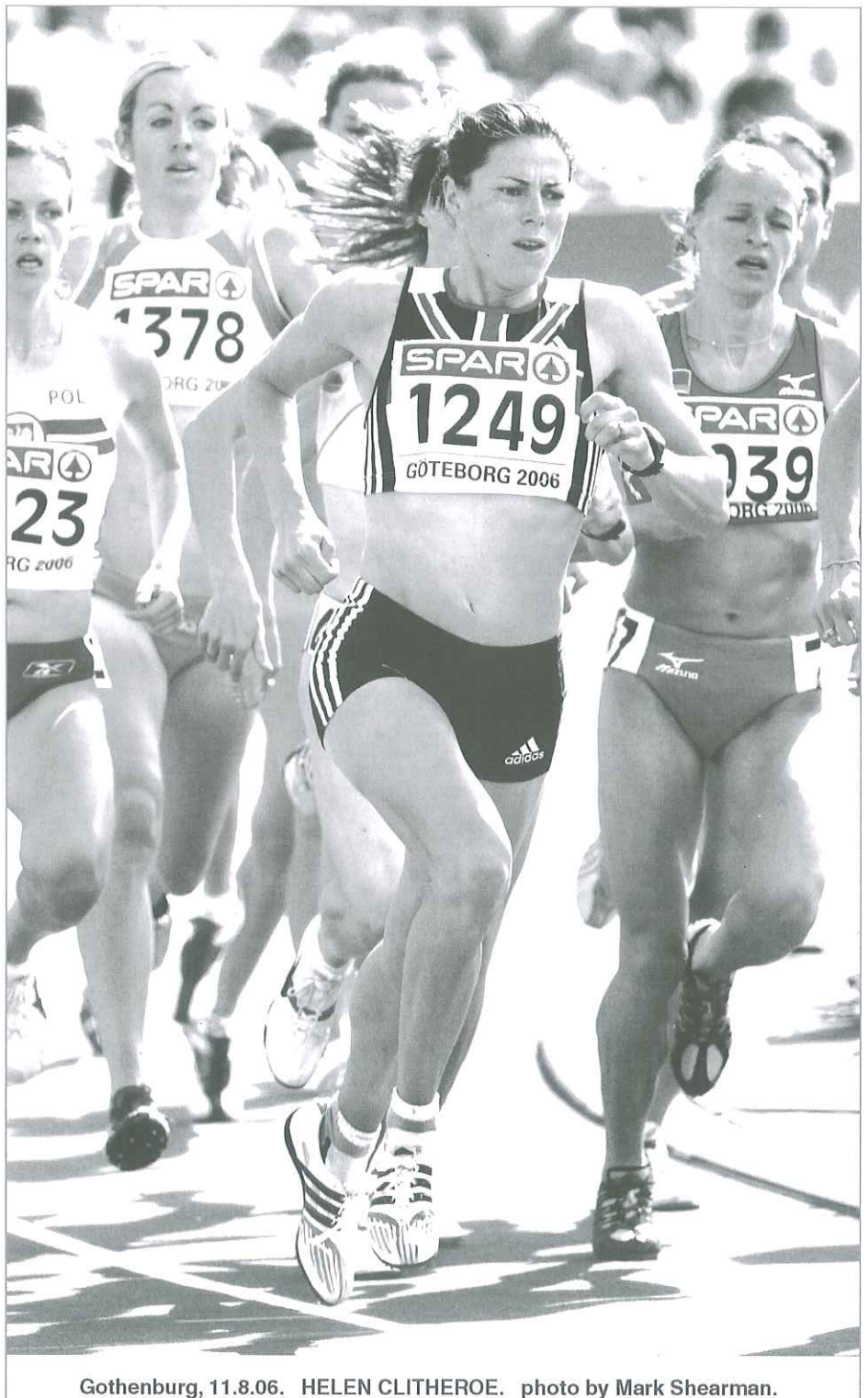
## Anyone for milk?

A scientist at Queensland University's School of Human Movement had 29 male cyclists measure their performance abilities before and after a 40k time-trial. They were then put on a regime of either bovine colostrum protein or a whey supplement for eight weeks. From there they took on five consecutive days of high-intensive training. Those on the colostrum drink performed better and had fewer signs of fatigue. The scientist thinks that the drink, for reasons that are not clear, reduces the effects of intense exercise.

This drink is not ordinary cows milk but the nutrient-rich "pre-milk" known as bovine colostrum. Produced in the early days after giving birth by cows.

## 10k road versus track

The annual best performance list for 10k has been the subject of much comment over recent years. It is not as quality laden as a decade or two ago. A look at the road list suggests, assuming road distances are true, that if some of those athletes were to tackle a track 10k (if they can find one?) then the former list would be raised in standard by some notches. It is said that road men do not like the track because of boredom etc. But why not give it a try? It might well suit some and encourage them to go on to better things. Here's hoping!



Gothenburg, 11.8.06. HELEN CLITHEROE. photo by Mark Shearman.

# BMC/NIKE Grand Prix 2006 report

## 2006 Overall

The GP series this year fluctuated with the weather. We had the sunshine of Watford and Solihull that produced some of the best times ever seen in the series, the rain at Loughborough and Cardiff that caused the fields in one to be decimated and slowed times in the other, and finally the grey clouds of Manchester where the fields assembled but didn't want to race.

Last year we saw a rise in numbers competing in the GP series over 800m and 1500m from 861 in 2004 to 1,034. In 2005 there was a consolidation of this 2006 total with 1,025 competitors in the 800m and 1500m. This was done with four of the five venues remaining the same and with only Loughborough replacing Crystal Palace in the series. This replacement resulted in approximately 70 fewer athletes competing. Considering that the overall total of athletes remained roughly the same, it shows what a large increase in turn out there was in the other venues. Manchester saw the largest increase, with 60 more competitors and is moving back towards the numbers that used to compete at Wythenshawe.

## Number of finishers in 800m and 1500m

	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006
Men	438	517	610	546	563	672	716	562	655	658
Women	146	212	255	229	233	284	345	328	379	367
<b>Total</b>	<b>584</b>	<b>729</b>	<b>865</b>	<b>775</b>	<b>796</b>	<b>956</b>	<b>1061</b>	<b>890</b>	<b>1034</b>	<b>1025</b>
<b>E.I.</b>					<b>235</b>	<b>233</b>	<b>210</b>	<b>201</b>	<b>276</b>	<b>252</b>

A lot of this years consolidation / rise can be attributed to the success seen at Watford. This had a huge knock on effect at Solihull, with entries closing 10 days in advance. At one stage Solihull had 200 entries in 3 days. The fact that they were all processed quickly is testament to the backroom teams, as the full time professionals would have struggled with the volume.

## The 2006 Racing Program

It would appear to the outsider that the series took a massive step forward in terms of quality. Like London buses you wait for 8 years to get a major championship qualifying time from the 800m and 1500m and four all roll up together. The BMC had finally done what it had never done before and actually had athletes running the Elite Standard Championship qualifying times over the core 800m and 1500m distances (as opposed to the EI events) within the series. These were Richard Hill, Michael Rimmer and Sam Ellis from the 800m at Watford and Amanda Pritchard from the 800m in Solihull. All four were eventually picked for Gothenburg and Sam Ellis picked up the bronze medal. Certainly the 2006 results bettered those from 2005 in terms of quality.

## Best Performances comparison over last 2 years

Event	Men	Women
800m	2005 - 1:47.09 – Andy Baddeley	2005 - 2:01.98 – Rebecca Lyne
	2006 - 1:45.10 – Richard Hill	2006 - 2:00.99 – Amanda Pritchard
1500m	2005 - 3:38.95 – Lachlan Chisholm (Aus)	2005 - 4:09.08 – Lisa Dobriskey
	2006 - 3:38.51 – Colin McCourt	2006 - 4:05.91 – Jo Pavey
Mile	2005 - 3:56.49 – Mo Farah	-----
	2006 - 4:04.60 – Paul Hamblyn (NZ)	
3000m	2005 - 7:56.57 – Nick McCormick	2005 - 9:09.60 – Renee Meivier (USA)
	2006 - 7:53.67 – Chris Thompson	2006 - 9:28.13 – Claire Entwistle
5000m	2005 - 13:21.17 – Micah Kogo (Ken)	2005 - 15:57.49 – Eleanor Baker
	2006 - 13:36.66 – Moses Kipsiro (Uga)	2006 - 15:28.58 – Mara Yamaouchi
10000m	2005 - 28:33.74 - Barnabas Kosgei (Ken)	2005 - 31:46.53 - Kathy Butler
	2006 - 28:58.29 - Vinny Mulvey (Ire)	2006 - 32:38.24 - Hayley Yelling
3000m Chase	2005 - 8:37.46 – Luke Gunn	2005 - 10:13.68 – Lizzy Hall
	2006 - 8:31.84 – Adam Bowden	2006 - 9:48.51 – Lizzy Hall

BUT - As always we need to look at the hard facts. Over 800m we did produce the fastest Male time seen in the series, but for the average 1st British male and 10th British male 2006 was ranked 7th in both categories from the 10 years of data that we have. For the Women, 2006 produced the second fastest 800m time seen in the series, but the first British female and 10th British female ranks 3rd in both categories.

#### First and tenth fastest British 800m times (1997 - 2006)

	800m					
	Male			Female		
	Best British	Av.1st British	Av.10th British	Best British	Av.1st British	Av.10th British
<b>1997</b>	1:46.87	1:48.13	1:51.04	2:03.4	2:05.21	2:13.58
<b>1998</b>	1:47.13	1:48.29	1:50.85	2:01.93	2:04.85	2:12.11
<b>1999</b>	1:48.00	1:48.27	1:50.21	2:04.57	2:05.94	2:12.74
<b>2000</b>	1:46.97	1:47.97	1:50.91	2:05.10	2:06.16	2:12.74
<b>2001</b>	1:47.67	1:48.99	1:51.64	2:04.94	2:05.80	2:12.77
<b>2002</b>	1:47.18	1:48.21	1:51.94	2:03.70	2:04.83	2:12.15
<b>2003</b>	1:46.68	1:47.72	1:50.90	2:04.55	2:05.14	2:10.20
<b>2004</b>	1:47.37	1:48.60	1:51.96	2:00.77	2:03.13	2:11.47
<b>2005</b>	1:47.09	1:48.73	1:50.66	2:01.98	2:03.05	2:08.14
<b>2006</b>	1:45.10	1:48.49	1:51.13	2:00.99	2:03.94	2:10.83

Over 1500m 2006 produced the 3rd best male time, but the average first and 10th fastest male British times ranked 9th in both categories. For the Women we again had the fastest time ever produced in the series with Jo Pavey running 4:05.91 in Solihull but the average 1st and 10th British placing ranked only 8th and 3rd respectively. There is still a long way to go.

#### First and tenth fastest British 1500m times (1997 - 2006)

	1500m					
	Male			Female		
	Best British	Av.1st British	Av.10th British	Best British	Av.1st British	Av.10th British
<b>1997</b>	3:37.5	3:41.05	3:45.40	4:15.2	4:18.18	4:42.2
<b>1998</b>	3:39.5	3:42.14	3:47.01	4:14.85	4:17.80	4:28.63
<b>1999</b>	3:41.83	3:42.85	3:45.51	4:10.84	4:17.02	4:27.82
<b>2000</b>	3:39.79	3:41.89	3:49.02	4:15.28	4:17.74	4:33.02
<b>2001</b>	3:39.27	3:43.19	3:47.62	4:13.02	4:16.23	4:32.03
<b>2002</b>	3:41.06	3:43.16	3:47.90	4:11.24	4:17.93	4:28.60
<b>2003</b>	3:39.72	3:41.62	3:48.85	4:14.82	4:16.81	4:25.95
<b>2004</b>	3:40.11	3:43.59	3:50.46	4:10.56	4:15.49	4:31.72
<b>2005</b>	3:38.49*	3:41.92	3:46.91	4:09.08	4:16.82	4:28.44
<b>2006</b>	3:38.51	3:43.27	3:49.93	4:05.91	4:17.85	4:28.13

This drop off in quality can also be seen in the number of athletes running inside the benchmark times of 1:50 and 3:45 for Men and 2:10 and 4:20 for Women.

#### Strength in depth – Totals of sub-1:50, sub-3:45, sub-2:10 & sub-4:20

	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006
Men	58	50	72	64	49	51	70	58	69	54
Women	34	43	45	50	50	49	63	70	103	79
<b>Total</b>	<b>92</b>	<b>93</b>	<b>117</b>	<b>114</b>	<b>99</b>	<b>100</b>	<b>133</b>	<b>128</b>	<b>172</b>	<b>133</b>

Using UKA's arbitrary "Power of Ten" the GP series as a whole had 95 times inside these standards. Review of Initiatives from 2006

## Overseas and Elite Entries

It has to remain an aim to always be trying to push up the standard of the A races. It's the area we should be putting a lot of effort into whilst minimising the administration in other areas.

- Proposal - We need to separate out the handling of overseas entries those who are truly elite and will enhance the standard of the 'A' races from other entries. We still should welcome the non-elite overseas entries and help them with information but this should not be the role of elite athlete's coordinator. We could distinguish elite by publicising standards. We also need to have some limits on the number of overseas in the 'A' and 'B' races or we defeat the purpose of providing opportunities for a wide number of members. We could limit to four in an 800m and six in a 1500.
- 2006 surprised us in that we could find a wholly domestic field being highly competitive at a world class level. If this continued to be the case we would have no need of overseas entries! However we can not assume this and the 'norm' of a Ricky Soos or Susan Scott ploughing a lone furrow may be more what we should expect. We did put more effort into chasing the top domestic runners this year by email and this seemed to be effective. For the first time nearly all the competitors in the European Championship had strong BMC links, (all but one had done a race this year or last) it is important that we maintain strong contacts with this group and have them in our races.

## Pace Making

Pace making remains the key part of what we do. The evidence is that having dedicated overseas pacemakers enhances the quality of the races. We should be prepared to spend additional money in this area. To help this we may need to commit up front in the season to pacemakers at certain races and then advertise them to ensure we get the right quality of athlete in the races.

- We spent the money, notably at Watford, and achieved the best 800m in the UK since 1992.

## Publicity

The BMC in general is getting a good exposure in AW and we need to make sure the Grand Prix is part of this. The initiative to have a publicity officer could be followed up in 2006 to produce greater benefit. A useful initiative would be to get some Grand Prix posters printed for local advertising.

- Did not happen but may do in 2007 as we have a volunteer!

## Seeding

We need to reinforce the seeding policy publicised in the hand book. One area we are weak in is rewarding people who front run by promotion to a higher race. Unfortunately those closest to the Grand Prix don't always get to watch many races. We need to get more information from other BMC people attending races as to who has contributed to races.

- We still need to improve on this.

## Overview of the Senior Grand Prix 1997-2006

Statistics are presented below. The headline statements on the progress of the Grand Prix since 1997 would be:-

- Numbers of competitors have risen dramatically, almost doubling.
- Proportionally the number of women competing has grown more than the men as they have more than doubled.
- The winning standards in our best races are now meeting Olympic or World 'A' qualifying standards.
- We get close to World or Olympic qualifying standards more frequently in the 800m rather than the 1500m for both Men and Women.
- Strength in depth has remained fairly static in the men's events but has shown a regular improvement in the Women's events. (Which may be levelling out?)

A general conclusion would be that our best meetings are excellent and popular. Our strength is organising 'athlete oriented', busy, high tempo meetings.

	Best years					
	Male			Female		
	Best British	Av.1st British	Av.10th British	Best British	Av.1st British	Av.10th British
800m Best	2006	2003	1999	2004	2005	2005
800m Worst	1999	2004	2004	2000	2000	1997
1500m Best	1997	1997	1997	2006	2004	2003
1500m Worst	1999	2004	2004	2000	1997	1997

### Best ever times in Grand Prix v Championship Qualifying 2005 & 2006

	Male 800m	Male 1500m	Women 800m	Women 1500m
<b>Worlds 2005</b>	1:45.40	3:36.20	2:00.00	4:05.80
<b>Europeans 2006</b>	1:46.00	3:37.00	2:01.00	4:05.00
<b>Best BMC GP</b>	1:45.10	3:37.5	2:00.77	4:05.91
	Watford in 2006	Swindon in 1997	Watford in 2004	Solihull in 2006
<b>2005 BMC GP</b>	1:47.09	3:38.49*	2:01.98	4:09.08
<b>2006 BMC GP</b>	1:45.10	3:38.51	2:00.99	4:05.91

\*Time from mile

### Grand Prix prizes

The prize structure is geared around the Elite qualifying marks for Gothenburg. These are 800m - 1:46.0 (Men) and 2:01.0 (Women), and 1500m - 3:37.0 (Men) and 4:05.0 (Women)

The following table shows how our top prize level matches UK and international standards. It indicates that the Women's 800m is easier than the other standards and should be made harder.

	01:45.5	03:35.0	02:01.0	04:06.0
<b>UK 6 years</b>	4th	5th	12th	7th
<b>Europe</b>	14th	6th	40th	23rd
<b>UK all time</b>	24th	18th	25th	19th
<b>World</b>	96th	114th	146th	89th

### PB's in The Grand Prix

	Total		
	PB's	Finishers	%
M800	62	255	24%
W800	54	165	33%
M1500	97	282	34%
W1500	49	148	33%
<b>Total</b>	<b>262</b>	<b>850</b>	<b>31%</b>
EI	86	203	42%
<b>Total</b>	<b>348</b>	<b>1053</b>	<b>33%</b>

### Age Groups in the GP for 800m and 1500m for 2004 to 2006

	Men					Women				
	SNR	U23	U20	U17	Tot	SNR	U23	U20	U17	Tot
<b>2004 Total</b>	219	147	121	42	529	105	79	70	78	332
<b>%</b>	41%	28%	23%	8%		32%	24%	21%	23%	
<b>2005 Total</b>	299	155	147	52	653	110	89	81	91	371
<b>%</b>	46%	24%	23%	8%		30%	24%	22%	25%	
<b>2006 Total</b>	285	163	161	49	658	118	81	87	82	368
<b>%</b>	43%	25%	24%	7%		32%	22%	24%	22%	

### Junior Grand Prix 2006 - Totals

2006 Events	Races	Total	U23 +	U20	U17	U15	U13
Stretford	20	144	0	52	50	35	8
Millfield	29	291	15	79	102	59	36
Watford	9	84	2	20	22	37	3
Manchester	5	37	0	6	18	13	0
<b>TOTAL</b>	<b>63</b>	<b>556</b>	<b>17</b>	<b>157</b>	<b>192</b>	<b>144</b>	<b>47</b>

The Academy goes from strength to strength with more races, more courses and more members joining. The traditional Millfield meeting continues to produce a plethora of pb's and Trafford, held on the same day, now in it's second year is beginning to show signs of being a meeting that could eventually rival Millfield in terms of numbers. The other meeting at Watford again shows signs that it could rival the 'big two' meetings in the future.

The national courses have increased in numbers tremendously over the last year with courses at Ardingly, Ogmere and Derbyshire - all sell outs, with many unfortunately unable to secure a place on a course due to being oversubscribed. This year (2006) courses have already been held at Ardingly (Sold Out), Ogmere (Sold Out) and in November we move to a new venue in Northants (already half full with two months to go). David Lowes, Academy Chairman and Course Director along with his hardworking team of John Cooper and Rod Lock have made these courses 'must dos' for the Academy members with many new and exciting additions to the courses. We have no doubt that our courses cannot be beaten for value, content and quality! We are also on the look out for new venues for future courses and hopefully within the next year we can secure a new facility.



Watford, 10.6.06. RICHARD HILL (2) wins the men's 'A' 800m. from MICHAEL RIMMER (7). photo by Mark Shearman.

# All that glitters is not gold

There appeared in August 2006 an article in a fitness magazine devoted to running 5k, 10k and the half-marathon. There were three grades – BEGINNER, INTERMEDIATE and ADVANCED. For each grade there was a six-week build up to the specific race. It's difficult to know what the writer classed as an advanced runner, however, let us assume it's one who has been training six times a week for nine months.

The total volume of running for the 5k event (6 weeks) came to 161km (96 miles), that's an average of 16 miles a week. In the first week there was no track session; in the second week it consisted of 6 x 400 with no recovery stated; in the third week no track training again and in the fourth week a session of 4 x 800, recovery not stated. No track work in the fifth and sixth weeks. The longest run in the whole six weeks was 13km (8 miles). Well, of course, it's better than nothing, however, 6 x 400 at race pace is unlikely to incur one to the pain of running 12.5 laps with no rest after each lap, nor will 4 x 800 which totals two miles of the 3 miles and 188yds. There is also no work at faster than 5k speed, in fact, pace does not seem to enter the writer's head and since it's an "advanced" schedule one must imagine that the athlete must have some target pace in view.

A meaningful, minimum 5k-track schedule for a week can look like this:-

- Day 1** – 16k (10miles) steady run.
- Day 2** – Target 5k pace – 4 x 1600 with 200-jog recovery (90secs).
- Day 3** – 35mins recovery run.
- Day 4** – 3k-pace session – two to four seconds faster per 400m than 5k pace – 6 x 800 with 200 jog.
- Day 5** – 35mins recovery run.
- Day 6** – REST
- Day 7** – 10k fast.

When the writer comes to the advanced schedules for 10k, the total mileage for the six weeks leading up to the race comes to 204km (121 miles) an average of 20mpw. Only one-track session appears in the six-week cycle – 8 x 400; 10k is 25 x 400! The longest run throughout the programme is 12!; 20k would be more realistic.

A minimum 10k weekly schedule can look like this:-

- Day 1** – 20k steady run.
- Day 2** – 10k pace rehearsal – 5 x 2k with 100m walk (60secs).
- Day 3** – 45mins recovery run.
- Day 4** – 5k pace session (faster per 400m than 10k pace) – 6 x 1k with 100m walk recovery.
- Day 5** – 45mins recovery run.
- Day 6** – REST
- Day 7** – 16k acceleration run – 4k slow, 4k steady, 8, fast.

The advanced half-marathon build up of six weeks totals 156 miles, that's 26 mpw. There is one long run of 20km only in the second week; the others do not exceed 16km. There are no track sessions. A minimum weekly schedule for the half-marathon might be:-

- Day 1** – 2 hour steady run.
- Day 2** – 1-hour recovery run.
- Day 3** – 8 miles at target half-marathon pace.
- Day 4** – 1-hour recovery run.
- Day 5** – 10k pace session (faster per mile than half-marathon pace) – 8 x 1200 30secs standing rest.
- Day 6** – REST
- Day 7** – 13 mile acceleration run – 4 slow, 4 steady, 5 fast.

The writer of the article in question, a female, does not disclose her coaching qualifications nor her own times for these events. It appears she is primarily a journalist out to earn a few pounds writing utter nonsense for a magazine that has decided to cater for those interested in the road running boom. If you want to learn about running techniques, read specialist-running magazines.

# The Frank Horwill interview

*The British Milers' Club founder Frank Horwill was interviewed by David Lowes at a BMC Training Weekend in the Derbyshire Peak District. His knowledge, sense of humour and amusing stories captivated the audience of young athletes and coaches and the interview is published here in full exclusively for The Coach.*

**David Lowes: When did you first start to have an interest in athletics and how did that come about?**

Frank Horwill: Well I went to a private school and we had a thing called the Paper Chase which is quite illegal now. A chap would go out with a satchel full of torn up newspaper 15 minutes before everyone else and chuck the paper over the course. I soon discovered that the secret of winning was to pick the paper up and put it in my pocket so that the people behind couldn't find their way around the course! If it rained and we couldn't do that we would do 3 x 3 minute rounds of boxing indoors which I found useful later on. Also, I was influenced by the fact that from a very early age in the dining room was a great big silver cup and inscribed on it was Fleet Obstacle Race 1911. My father was a naval officer and he'd entered this race, so that encouraged me. Either side of this cup were a series of certificates from my brothers for winning the Middlesex Schools titles, long jump, hurdles and so forth. When I was 11 years of age I joined the Boy Scouts which was very athletic orientated and once you'd achieved the second class badge you could take a proficiency exam which was an athletics badge. You had to run a mile in 5 minutes 30 seconds, throw a cricket ball a certain distance and also throw a hammer a certain distance as well, it was not the hammer we know today, but a mallet used for knocking in tent pegs. You also had to

do a specified distance for the standing broad jump. Once you had achieved all of those tests you got your athletes badge. You were also expected to take the Master of Arms Badge which involved three rounds of single sticks. You had to wear a wire mask and have chest padding and they gave you a scout's stave and you had to hold it with both hands and you weren't allowed to hit the other chap on the arms or legs but you could whack the other person on the bonce! You could only hit him with both hands holding the stave and you were also allowed to dig him in the ribs but he had protection for that as well. After that you had to go three rounds of boxing and then some gymnastics and that was your Masters of Arms Badge and that was my introduction to sport. I was 11 when we had to do that time for the mile, we were very tough then!

**DL: Who were your inspirations in the sport at the time?**

FH: The News of The World newspaper devoted quite a lot of space to athletics and the whole of the back page was basically athletics and there was a chap who used to write called Joe Binks, who was an ex-holder of the British mile record. He would write about the current miling situation which was basically between Cambridge and Oxford and there was a young medical student at Oxford called Jack Lovelock from New Zealand. He openly stated that he had come to Oxford to get a third class degree and a first class Olympic gold medal! He was a big rival of Sydney Wooderson, who was from Blackheath Harriers and was a very



short, bespectacled fellow and they both had very contrasting styles with Wooderson having his arms held very high whilst Lovelock looked very smooth. They both inspired me, with one so small I couldn't understand how he could run so fast and the other one would commit himself from the word go. Lovelock won the 1936 Olympic Games in a world record time of 3-47 and they worked it out that it was worth 4-04 for a mile and the world record stood at 4-06 at the time.

**DL: Were you a competitor and if so, what events did you participate in?**

FH: I did the 880 yards, 1 mile, 2 miles, 3 miles, 6 miles, 10 miles, 12 miles, 15 miles, the Belgrave 20 miles where I nearly died (metaphorically of course)! I also did the Harlow marathon where I ran 2-41. All of these were over a long span of time though. When I was a 17 year old I was badly burnt on my leg and I didn't run for two years. I came back when I was 19 years old and packed it up at 25 years old before coming back again at 35 years old on the roads. But I was always a team cross country runner as that was something I got great satisfaction from.



**DL: How did you become involved in coaching?**

FH: Around 1960, it was a toss-up between should I coach boxing or should I coach running? I was already coaching boxing with a Boys' Club and the 1960 Rome Olympics made the decision for me - running! I joined Queens Park Harriers and started coaching there with some young athletes and I found things had moved on a bit since I was running and I didn't particularly like the club so I joined Thames Valley Harriers. My first ever club was Finchley Harriers as an athlete which looked like a Jewish club as it had the Star of David as its logo and I always thought that was why many fascist people tried to run me over!

**DL: How long did it take before you realized you had a talent for coaching athletics?**

FH: Perhaps that is a little conceited but I soon realized there were some damned fool ideas around at that time. For example, a 400m repetition session always had the same recovery of 400m and whatever distance you did in a session it always had the same recovery and I thought that's time for a cup of tea and a bun before the next repetition. I can understand that type of recovery is alright for an 800m pace session but to run 400m and jog 400m seemed ridiculous to me, so I thought I'd put that right! I used to have a scale which for a 1500m pace session meant you jogged half the distance of the repetition and for 3000m pace you jogged one-quarter of the distance ran. For 5000m pace you jogged one-eighth of the distance and for 10000m pace you jogged one-sixteenth of the distance. When you're running at those speeds you should be thinking you're training for those distances. For 800m paced sessions you should jog the same distance as the repetition and for 400m paced sessions, which are flat-out efforts you should jog double the distance ran. That was the first thing I changed and to my astonishment in my

first year coaching I got a chap to break the British record for 800m indoors and then the next year I got a women to break the UK record for 1500m indoors and I thought I'm getting to be a bit of an indoor king here! In my third year of coaching I had a chap who equalled the UK U20 800m record and then the following year I had a girl who broke the world record for 3000m indoors and by that time I thought to myself 'Frank Horwill, you're the cat's whiskers!' And in 1971 I got a chap to break the UK record for 1500m and I thought 'Frank, you're the bees knees!' And then when another of my athletes broke a record I said 'Frank, you can walk on water!' So I went down to the Thames and started walking, and when I came to in hospital after the Thames River Police had rescued me, I realized I only spent 6 hours a week with my athletes which was 3 x 2 hour sessions. And as there are 168 hours in a week, my contribution to my athletes success was 5% of their total time. So I've come to the conclusion that if you've coached an athlete for four years and they don't know what to do by then, they must be idiots! It's 90% down to the athlete and 10% the coach. There are some coaches who think it's all down to them! It is the athlete who has to run the race, do the training, eat the correct food, get the right amount of sleep etc. As coaches we are greatly over estimated, but we are very important for the first four years, after that we can sit on the sidelines and smoke a pipe!

**DL: Where did you accrue your vast knowledge of the sport?**

FH: Well I took the AAA Coaching Exam and in those days it was called the AAA Honorary Coaching Exam and the National Coach used to come down to the track and give you an oral test. They were pretty strict and then you had to wait a year before doing the Senior Coaching Exam which was a three hour written paper and if you passed that you had a one hour oral test with a National Coach. I had been

'tipped off' that Tom McNab was going to take me for my oral test and they said he's terrible! You'll have to read every book under the sun they said, so that set me off. I bought Track Technique from America, Track and Field Manual from America, I became a member of the British Association of Sport and Medicine and I got their monthly newsletter and I started to build up a huge library before the test, as I'd got the wind up! When I eventually got to the track for the oral test, the first thing he said to me was 'What do you think of Lydiard's book Run To The Top?' Then he said what do you think of 'Run, Run, Run' and I said I'd read them all! He commented that I'd been doing a lot of reading and I kept it up and I've always kept up with information and videos and instructional films also. A full wall in one of my room's at home is entirely devoted to athletic literature and I've learned that when athletes come to my house one or two books go missing and never come back!

**DL: You devised multi-pace sessions, how did that come about?**

FH: Well, I noticed that at one time the British mile record was held by a 5000m runner, Ian Stewart, and he didn't break the record when he was a miler but as a 5000m runner, just as David Moorcroft was when he did the then world record of 13-00.41. So I thought, that's interesting, 5k training must compliment the mile and I also noticed some good 400m runners moved up to the 800m with great success and also those training for 800m were accomplished at the 1500m. So I began to think, why not use all of these paces in a training plan? Starting with 5k pace, miss a day; 3k pace, miss a day; 1500m pace, miss a day; 800m pace, miss a day; 400m pace, miss a day and this would take 10 days to get through (the missing day's were recovery runs and not rest days). And in 1971 the first athlete I tried this on was a Royal

Marine called Jim Douglas and he broke the British record for 1500m after being on it for three months. He also got the trophy for the Best Serviceman in NATO and I remember he came up to London and the Minister of Defence presented him with the trophy outside the War Office. Also in the same year I got a letter from a man who said: 'I've heard about your 5 pace system, please go into detail and send me the notes'. It took me quite a long time to type it all out. Then in 1980 after the Moscow Olympics the same man attended an international coaching conference in Russia and he said his son won his gold medal at 1500m and silver at 800m by using the 5 pace system. After that my whole life changed, my head became so big I could hardly get it through the door! I then started getting letters from all over the world, can I come and coach here, can I coach there? And all this was because of that one letter. And in his letter he said 'the 5 pace system is all embracing, leaving nothing undone, everything is covered'.

I thought this was very nice of him. The man was of course, Peter Coe, father and coach to the great Seb Coe!

**DL: Have you changed your coaching philosophy over the years?**

FH: Yes! I've been coaching now for 45 years and I still do the 5 pace system training. But I follow on with what I call Fartlek Equivalent, so for example if the session is 4 x 1600m at 5k speed that would be translated as 4 x 5 minutes on grass with 60 seconds jog. The other thing I've introduced over the last eight years after talking with the late Harry Wilson (Steve Ovett's coach) who said: 'you know, athletes have to sprint at the end of a race when tired' is to include sprinting in a session at the end when highly fatigued. Some coaches say that is a recipe for injuries, but I always say they're more than well warmed up by that time. It is wise to include some sprinting at the end of every middle distance training session and I tend to use the Russian method of pure speed which is a 20m run up

and a 30m flat-out and that tunes up the sprinting fibres and you can add 5m at a time as they get stronger. There is a 400m session which is 1 x 350, 1 x 300m, 1 x 200m flat out with good recovery which I like.

**DL: Your lecture style is an individual one! Is that something you have worked on?**

FH: Yes, I studied Hitler for a while, I was very impressed with him! I also studied the evangelist, Billy Graham. I think that when you give a lecture you have to believe in what you're saying and be enthusiastic. So I started taping my lectures and listened to them via playback, my cat used to be quite fascinated! I learned you had to avoid saying repeatedly 'errr' and 'mmm' and that took a while to get out of a bad habit. I like confrontational lectures where you say something and then pick on someone and say 'what you're smiling at?' This gets them involved and although they might be reticent at first it usually puts them at ease.



Solihull, 24.6.06. Start of the men's 'A' 1500m. photo by Mark Shearman.

**DL: Who is the best athlete you have coached and why?**

FH: That's a very difficult question! You know I've coached 47 GB internationals at senior and junior level. And of those, five broke UK records and 5 ran sub four minutes for the mile and as mentioned before, one broke a world record indoors. I was very impressed with Tim Hutchings though. He came to me when he was 16 and went onto Loughborough University where he learned to drink heavily and do other outrageous things and I thought that place should be shut down! He got his degree and had the courage to say 'I'm not going to work for two years and if I don't make it, okay'. His mother and father helped him and he tried to get some sponsorship. In 1984 he fortunately came second in the World Cross Country Championships in New York behind Lopes of Portugal and Porterhouse of USA. It was quite significant that race, because he missed the trial for that race because of a cold, but they still picked him. When they picked the team in the Midlands after the National Cross Country, a lot of the athletes booed him because he was selected but hadn't done the trial. So a couple of days before he left for New York I said to him 'you know they booed you' and he said 'yes Frank'. I said to him 'make sure they boo the other side of their faces', and Tim said 'don't worry, I will!' I watched the race on TV and the first three went through 5k in 14 minutes which included Tim and you needed a pair of binoculars to see the next British runner! In the 1984 Olympics he went there with a pb of 13-26 and came back with a fourth place and 13-11. In 1989 he again finished second in the World Cross Country Championships in Norway, beating all of the Kenyans. Jim Douglas was also a great athlete who came to me and said he kept breaking down. I put him on the five pace system during the winter and I also found out he suffered from a deficiency in vitamin B because he used to have cracks in the

corner of his mouth when his training became severe. I put him on a high powered vitamin B complex and that completely changed him and he went on to run a 3-56 mile and a 3-38 1500m which was a UK record but it only lasted for 14 days!

**DL: How did you come to form the BMC back in 1963 and how was it accepted?**

FH: In 1963 the situation of British miling was terrible! No one had broken 4 minutes for the mile in that year and I think we were ranked 5th or 6th in Europe. So I just wrote a letter to Athletics Weekly saying 'are you interested in doing something about it?' And amazingly I got 35 replies and called a meeting and formed the club. Then I got a letter from a commander saying I was invited to attend the Specialist Clubs committee meeting which included hammer throwers, long jumpers, high jumpers etc. So I turned up and the commander proposed that we become members of the committee and some bloke called Arthur Gold objected to the British Milers' Club being elected to the committee. The objection was that we weren't a specialist club in the true sense of the word, anyway, he lost the vote and we were elected. I had him figured out for retribution!

**DL: Did you think the BMC would be where it is today?**

FH: We got off to a flying start, we had a good committee. From 1969-1980 we really pushed ahead and had regional secretaries in Scotland, North East, North West, Midlands etc. who put on races and we also had national training and educational weekends such as we have now under your direction. In 1982 the UK Coaching Committee had its own National Event coach, who did not like us. They thought we were a nuisance and didn't co-operate with us in anyway. So there was a virtual war between us and it lasted for 10 years! In the end, it was the UK Coaching

Committee which came crawling on its hands and knees to us saying 'let's get together and work together!' The reason was that the UK Director was about to get the sack and he was trying to hang on to his job and he came to us in a peaceful state.

**DL: Frank, in my time with the BMC Coaching Committee and now the exciting Young Athletes Academy we have moved on at a tremendous pace. We are no longer just providers of fast, paced races. We now have more athlete/coach weekends than ever, coach education days all over the country and have an excellent sponsorship package and link well with UKA. Are you surprised at what we've achieved and where can we go from here?**

FH: No I'm not surprised! We have excellent, hardworking and honest people in the BMC. I would like to see the BMC doing some research and the only research done is by some universities and most of any research has been done by Russia, Sweden and Germany. But we are now in a position to work with physiologists. We did try about 15 years ago getting a group of athletes together and took data from them at the beginning of the winter such as pulse, weight etc. We tried to get a group just to build up their mileage through the winter to around 100 miles a week and holding it. We asked another group of athletes to do around 50 miles a week with training of a particular type. At the end of the six month period we compared how the different athletes and types of training had worked, but that needs more in-depth research. I would like to see some day all of our training courses to become free to our members as a package because you athletes here today at this course (100) are superhuman! There are many people of your ages knocking back ecstasy, cannabis, beer and they are absolute idiots of course. But you are special, we have to look after you, we need to give

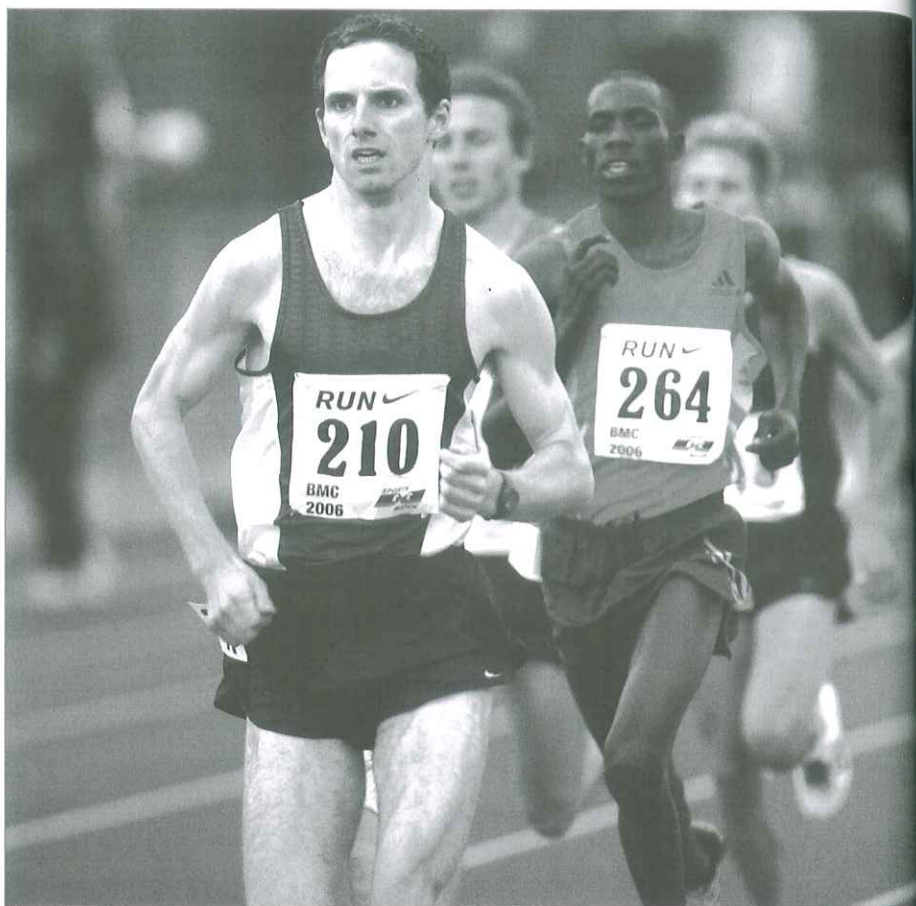
you more and more support, this support isn't going to come from anywhere else I'm afraid.

**DL: Do you think the BMC is in good hands now and is perhaps the only way forward for ambitious endurance athletes in this country?**

FH: With around 1,400 members in the club, 180 of whom are coaches, we have a number of experts within our ranks. Tim Grose, for instance is a wizard with statistical information and UKA have even offered us a fee to use some of this which they cannot get! The IAAF Official Manual on endurance running is written by BMC member, Peter Thompson who also trains tutors for different levels of coaching delivery. The Chairman, Norman Poole and other leading BMC coaches (6) have coached a plethora of great GB runners over the last 40 years. So, in spite of a few crackpots who like to knock the BMC in stupid e-mails and articles on a magazine website, we are the ONLY way forward. Those who are against us are simply against the improvement of British distance running full stop.

**DL: You've been described by some, as controversial! Why is that, and would you change anything if you could?**

FH: No! Years ago, I had a GB international woman who was doing some repetitions on the track, her name was Hanson. She was doing 4 x 1600m reps and when she'd finished a coach came up to her and said 'what you're doing?' She replied 'this is my big endurance session'. The coach asked who was coaching her and of course she said Frank Horwill. 'Oh, that idiot, the man's a maniac' was the coach's reply. She told me this and I wrote him a letter saying I'd smash his face in! The following week I went to the track and he was there and he left faster than Linford Christie! So that's why I've got a bit of a reputation and you know I'm only controversial if people are unfair to me. Some fool wrote a book called



Loughborough, 20.5.06. MATT BARNES (210) leads in the men's 'A' 1500m. from the eventual winner LEONARD KIBET (Kenya, 264). photograph by Mark Shearman

Today's Athlete, 25 years ago, and in it he wrote the BMC has much to answer for, encouraging young people to run fast times accompanied by whistle blasts to keep them on pace. We wrote to him and said we don't blow whistles in races and what's the crime with trying to get youngsters running fast times? It's like encouraging youngsters not to score any goals at a football match, just being content with knocking the ball around! We were going to sue him for libel but we backed out, but that is the kind of unfair comment we have had to put up with. It's a bit like ABAC accusing the BMC of getting vast sums of money from UKA to put on training weekends etc. In fact it costs us money to put on thing like this!

**DL: You are well-respected worldwide, which countries have you been to coach and lecture and which one was the best in your opinion?**

FH: Well I went to South Africa, Poland, Canada, Kenya, Southern Rhodesia, Lesotho, Australia, Eire, Portugal and Spain. I think I got the best reception

from Poland and Zimbabwe. In 1984 I went to Zimbabwe and attended a race meeting where my brother-in-law had a horse running. The woman who was looking after me introduced me to the entire Zimbabwe cabinet including President Mugabe. She was responsible for furnishing the flats after the civil war. I was minding my own business in the enclosure when she said 'Mr President, this is Frank Horwill who has come from England to do some coaching'. I met the cabinet one by one, so that was a real shock to me! In Poland, they hadn't had any British coaches there because of the communist problem and I was very well looked after. I had a Secret Policeman as my interpreter and he looked after me with vodka, there was certainly plenty of vodka flowing on that trip! The worst place I visited was Kenya about 12 years ago. The Kenyan officials were very arrogant and they didn't like a British coach being there. I've a nice house in South Africa, it has six bedrooms, so if you want to come over there you're welcome. It has a

swimming pool, sauna, is one mile from the athletics track and is surrounded by mountains, a very beautiful area.

**DL: You've had many health problems over the years and indeed, I'm surprised you are here at this course today with your recent scare in South Africa. Could you tell us about your poor health and why you still keep going when others would call it a day?**

FH: I'm awaiting an appointment with a consultant to see what can be done. I've had some funny experiences you know with health. About 10 years ago I had some stomach problems and received a letter from a London hospital to come in for some tests. I thought this is a bit of a nuisance, so I went in with my bag for the weekend. There was this young doctor at the end of my bed and I said to him 'when are you going to start these tests?' He said 'I don't know!' But behind him I could see the registrar who was an Australian. He said 'Giddy, what about the vomiting?' I told him I wasn't vomiting. 'What about the diarrhoea?' I told him I didn't have diarrhoea. So I asked him 'When are you going to start the tests?' 'Tests?' he said, 'you're for the knife tomorrow morning!' I thought, bloody hell, you've got a fantastic bedside manner! That was my first operation for cancer. After the operation the registrar came to see me and asked how I was? I told him I was fine. He said the cancer hadn't reached my liver, so I thought good, I've got two-thirds of my stomach intact! 'No, no' he said. 'We've cut away two-thirds, you've only got a third of your stomach left!' He was an amazing fellow, I'll never forget him. At the moment I've got an artery blocked up and a couple of others aren't too good either. So I'm taking alternative medicine at the moment to try and get rid of the cholesterol and I'm drinking apple cider vinegar and taking huge quantities of vitamin C. I'm looking forward to the operation, although a couple of my friends who had it, both died!

**DL: From your viewpoint over the year's and up to the present day, which athletes male and female globally have impressed you the most and why?**

FH: I've always been a big admirer of Seb Coe. Also Svetlana Masterkova, Steve Ovett, Mary Decker-Slaney and Elana Meyer who broke the world record for the half-marathon, which is still a world record today by the way. Coe's achievements were fantastic with 12 world records and 4 Olympic medals.

**DL: So why is it, from a British stance, that our male endurance athletes in particular are so poor today?**

FH: It is a very difficult question, but in South Africa we are known as 'the land of dope and glory!' It's because we are a declining nation and that is why these youngsters here at this BMC Training Weekend are an exception and should be given every support. Attitude and training aside, a lot is down to the society we live in. You know there is a park opposite where I live and in that park last week two cars were driven in and set on fire, also three motorcycles were ridden in and set on fire. The boys who did it, had a key to the park and they kindly locked the gate behind them so the Fire Brigade couldn't get in! Also the council planted three small trees and no sooner had they been put in, they were ripped up by these vandals. Youngsters, particularly in East London have a strange mentality, they need to drop an atomic bomb on it really, it is in a terrible state! That's the reason why we're declining rapidly, fullstop. We need something quite fantastic to remedy the situation.

**DL: What can be done and how long will it take to get us back on an equal stance with the African athletes and is it possible?**

FH: Yes, it is possible! It has been said by a high ranking UK employee that we will never ever get back on an equal

footing with the Africans. He should have been sacked, it is totally defeatist. It's like Montgomery addressing the British Army and saying 'look boys we'll attack the Italian divisions, there's no point in attacking the German's as they're far too good for us.' So for a man in charge of endurance to turn around and say we'll never catch up the Kenyans and Ethiopians is total and utter defeatism. If our women can, why can't our men?

**DL: As a coach what makes you more happy, a medalist at a championship or an athlete who perhaps hasn't much talent but through perseverance gets the best out of themselves?**

FH: There's no doubt about it, the greatest pleasure is getting somebody to improve who thinks they cannot improve. There was a chap I was talking to in a wine bar, aged around 30, and he said he'd like to break 2 minutes for 800m. I asked him what he'd done and he replied 2-05 and he also wanted to break 4 minutes for 1500m with a current pb of 4-15. I told him that he could do it if he turned up and trained with me for 12 weeks. He did of course! And he said 'I cannot believe it!' And as a reward he gave me a huge box of Havana cigars in order to kill me!! What gives me the greatest displeasure is having a talented athlete who is a lazy blighter who knows he/she is talented but neglects their endurance work in favour of only speedwork. That annoys me. What also makes me very satisfied is when a not so talented athlete eventually overtakes a talented athlete through much hard work and determination.

**DL: What about drug users in sport? What would be your stance?**

FH: Well two years isn't enough, it should be four years. This two year ban is ridiculous. Give them just long enough so they'd find it hard to come back. And if they're younger, say 20, why not ban them for ten years, so if they decide to come back again, they'll

be 30, and it would be almost impossible to run well again.

**DL: Which coach over the year's has impressed you the most and why?**

FH: I liked Harry Wilson and in many ways he was a strange little fellow. He came up with some good things. I remember once we were on a training weekend at Crystal Palace and were staying at the Queen's Hotel and Harry was in conversation with the Tancred brothers, who were GB discus throwers. They were talking about weight training at the bar while I was chatting up Harry's girlfriend! I then heard some raised voices and a man, who was about 40, said he'd overheard them talking about weight training. He said he was very interested in this subject and said he was one of the top football coaches in the country! Harry asked

him what his team was? The guy said Crystal Palace and Harry retorted 'hang on a minute, they're bottom of the league, so you can't be one of the top coaches in the country!' I thought there was going to be a punch-up and the coach still maintained he was one of the top coaches in the country. At that point Harry went to the toilet and as he went past me he told me there was indeed going to be a punch-up! There wasn't of course, but when Harry came back he said 'it's results that count' and that was true then and it is true now and always will be. Other coaches whom I admire are Mihaly Igloi who was at the Los Angeles Track Club and he was a bit of a disciplinarian and he used to say meet me at the track at 6am and come back again at 6pm and his warm-up was always 30 minutes steady running and all his sessions

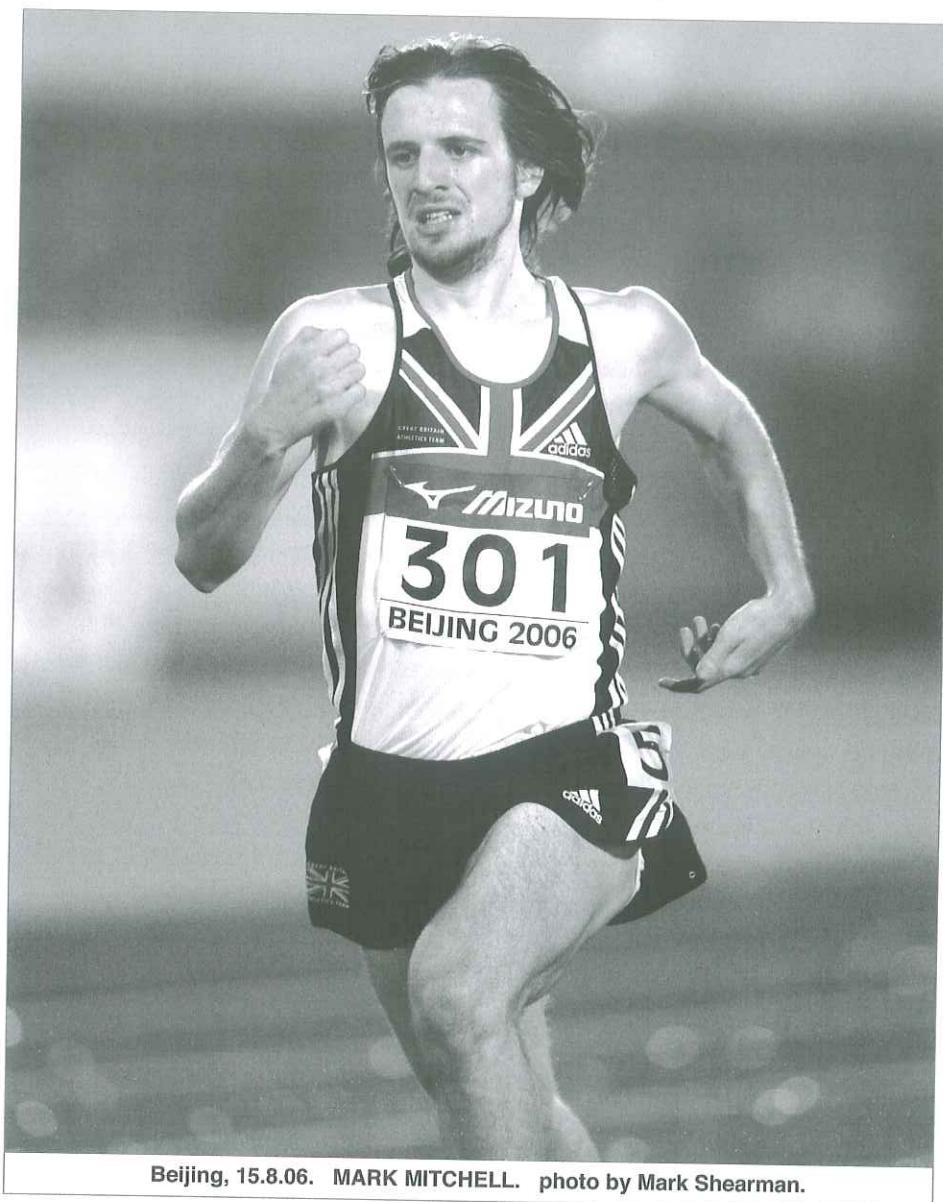
were on the track, but he produced 22 sub- 4 minute milers. He was a bit of an autocrat, if someone said this training is too hard or too much he would reply 'you train, I think!' Franz Stampf who coached Roger Bannister, Geoff Dyson who was the former national coach who had some marvellous sayings. Someone argued about strength training with him and he replied 'what's wrong with being strong?' I also respect Peter Thompson who as I've said has written the IAAF Endurance Manual and I also admire yourself and your writing and that has had an influence on me also!

**DL: Is there any one race which has stuck in your memory as an all-time classic?**

FH: Yes, the first man to break 13 minutes for 3 miles in 1965 at the White City Stadium was Ron Clarke from Australia. Clarke and Gerry Lindgren from the USA both went through 3000m in the fastest time ever and it's the only time I've seen a crowd at the White City swaying with excitement because they couldn't believe what they were witnessing. They used to get packed stadiums in those days you see. Lindgren went through the first mile in 4-10 and then Clarke went through the next mile in around 4-12 and in the end the runner in the race who'd dropped out lined the home straight to cheer them on. That was certainly the most memorable race I've ever seen and I've seen quite a few

**DL: You are a prolific writer in athletic journals and as I write myself, I know how much time and effort that takes, but have you any hobbies that help you relax from coaching?**

FH: Yes! I write short stories about people I meet. I like to go to restaurants and look at the diners, taking note of novice diners trying to impress their girlfriends. I take a few notes, fascinating you know. Also things in everyday life. Some of these stories get published, the first one I wrote was in



Beijing, 15.8.06. MARK MITCHELL. photo by Mark Shearman.

an animal welfare magazine. The second was in The Elizabethan and another was in Autocar.

**DL: What characteristics do you look for in an athlete that sets them apart from the rest?**

FH: Attend training regularly, make sure they're coachable, have short and long term targets and very strong willpower. Some athletes will use excuses for missing training, for example if they're going to a party they'll say they can't train that evening, the dedicated athlete will do the session earlier! Willpower is all important.

**DL: What made Seb Coe so special in your opinion?**

FH: He had a fantastic memory about things which I'd said, which was very unfortunate! One day he came down with his father to a BMC race at Hendon when he was 15 to specifically break 2 minutes for 800m. I got all the field together because they were all getting their expenses paid and I made it clear they hadn't come down to muck about. The gun went and I was on the start line on the outside of the track and I looked at my stopwatch and I thought: 'bloody hell, this is slow!' As they

approached the bell it was obvious it was going to be around 64 seconds and I didn't remember this, but Coe told me later that I stepped on to the track and shouted: 'If you can't do better than this, step off the track'. And they all proceeded to run the second lap like startled rabbits in around 56 seconds and he just ducked under 2 minutes. Also, I went down to the track one day and Daley Thompson and Tim Hutchings were there also. Tim was there to do 7x800m in 2-08 with 30 seconds recovery and this is a very difficult 5k pace session. Coe was also there with his father, Peter, and Coe came across and asked what I was doing as he said he was due for a 5k pace session. I felt sorry for him because 7x800mm with 30 seconds recovery is a severe test. Anyway, they began the session, the first rep was 2-08, the next 2-06, then 2-04, 2-02, 2-00, 1-58, 1-56. The 5k specialist was eyeballs out to an 800m/1500 specialist. I remember Daley coming across halfway through the session asking what was going on? 'I said 'I'm not quite sure?' Unfortunately Seb went down with a virus 14 days later just before the Commonwealth Games. I would have thought that nobody in the

world had that sort of endurance for 800m/1500m and it was something he worked on a lot. And what made Seb so special to me was that he went out of his way to speak to me!

**DL: Finally, what piece of advice would you give to any youngster who wants to succeed?**

FH: Three things. When I was in hospital for the first time I went without food and water for eight weeks while they were searching for the problem. At the end of the eight weeks I said to my lady friend 'I'm dying you know, I came in at 11sts 7lbs and I'm now 8sts 7lbs, another month of this and you won't be able to see me!' She told me I'd be alright and the next day she bought me a book by a man called Louis Proteo and it was called Taking Charge Of Your Life. At the end of the first chapter it said when you wake up in the morning make a declaration of intent: I Am Going To Enjoy This Day, write it down, put it up on the wall and believe it! That can transform your life. The second thing is a little saying: 'Keep on, keep on, until a little something inside of you says keep on'. And finally, never say 'I can't, always say I will try'.

## Viagra...

### ...is it listed and if not should it be?

A recent report from Stanford University medical school showed that when a group of males took the drug before riding stationary bicycles, and breathing through masks to stimulate high altitude the following was noted.

The drug improved their times, over a 6k ride, by an average of 39%!!!!



Solihull, 24.6.06. BMC chairman NORMAN POOLE presents the BMC 'Young Athlete of the Year Award' for 2005 to EMILY PIDGEON. photograph by Mark Shearman.

# 2012

It's a long way away but a moments thought might pay dividends. It, following current trends, almost certainly demand high standard performances to be considered for selection. What they will be can only be guessed at in 2006 but are, I suspect, unlikely to be softer than the Osaka marks for next year. That being so the men's 800, as of now, offers hope. We can boast a string of young men at less than 1:47 from whom we can hope that at least three will be sub 1:45 by then. The ladies offers an even stronger hand with five already qualified for Osaka and we can reasonably hope that at least three will make it to the Olympics.

The two 1500's present a cloudier picture. There are a number of men from whom we might expect 3:35/3:36 marks next year but they will have to push hard to be make Osaka/Beijing and then London. But we have had this situation before and if they can make the sort of progress the 800 men have ????? The ladies, regrettably, have fallen back a little. At least two of our leading 1500 people may be out of the sport in six years time.. However the under 20 group have a clutch of promising juniors on whom our hopes may be pinned.

The tail piece to this review is that UKA have set a target of finalists in 50% of events in 2012. Given that some events eg walks and some field events are light years away from looking like having qualifiers much will fall on the middle-distance events to achieve that target. Given the attention BMC pay to raise the standard in the middle-distance events I am more than confident that we can raise full teams for "our" events and that must be first step to reaching finals. However to be realistic, to reach the finals, unless luck plays an even bigger part than usual, let me suggest that to reach the final athletes will need to be of the following caliber to get there.

800 - Men 1:44.5      Women 1:57.5  
1500 - Men 3:33      Women 4:01

The longer races allow a greater number of finalists of course.

The 5k, 10k and the two chases present bigger problems. There has been something of an upsurge at 5k this year but to get through to the final I would suggest an athlete would need to be of sub 13:10 vintage at least and the women to be sub 14:50. As to 10k, need more be said? It is going to take a tremendous upsurge even to get anybody to the starting line and with, as in the 5k, most of the final places "reserved" for Africans the task is colossal. The women also have an immense task to achieve a first fifteen placing. The same goes for both the 'chases but the task, given a re-location of resources, not, I hope, impossible.



Solihull, 24.6.06. STEPHANIE ROE (115) wins the women's 'C' 800m. followed by BODIL HAVE (Denmark, 123), EMILY GOODALL (124), CERI MITCHELL (116) and KATE HINDLE (117). photo by Mark Shearman.



# No winter competition?

by John Francis

## ...then get organised

There are several MUSTS for all endurance runners and if you are one of those who do not like cross-country or indoor competition these MUSTS are essential if you wish to make an impact on the track in 2007.

The MUSTS ARE:-

- 1) Maximise your VO<sub>2</sub> max. Don't listen to the physiologists who say this doesn't matter! Most physiologists have not been coaches or are not coaches. World-class endurance runners have figures of around 80mls.kg.min. male and 70mls.kg.min. female. You can have this assessed at a reputable human performance laboratory. Be warned! Some P.E. colleges appear to have faulty equipment and or incompetent operators. One girl who had only been back training for 6 weeks was told she had a figure of 70mls, the same as Paula Radcliffe. A week later, she ran a 3k and did not break 11-minutes! The test was conducted at a university which is described as "a centre of sporting excellence." A non-lab. test is the 15-minute run which predicts the VO<sub>2</sub> max with 95% accuracy (Dill – American College of Sports Medicine).
- 2) Maximise your lactate threshold. This has come in for some stick lately with accusations that it cannot be measured accurately nor can the speed of running to improve it. Basically, it means running faster and delaying the onset of a lactic acid invasion. If you read Astrand's TEXTBOOK OF WORK PHYSIOLOGY and research from Belgium, you will quickly realise that training at YOUR 3k speed will boost your lactate threshold.
- 3) Maximise your general and specific strength. There is nothing wrong

with being strong. We don't need to look like Hercules and we don't necessarily have to lift weights to gain strength. There aren't many weight-training facilities in Kenya and Ethiopia, they cannot afford them. There are, however, some 10k runs, which start at 2,000 metres above sea level and end up at 10,000 metres. It takes an hour to get up there. Leg muscles, all of them, and abdominal muscles, all of them, need to be in superb condition.

- 4) Maximise your basic speed. Did you know that some MD runners NEVER run at maximum speed all winter! Maximum speed is around 20-25mph. It's reached after about 60 metres of full effort. We can all run plenty of distances at 10-12mph, but when it comes to doubling that speed we are in unfamiliar territory and are unlikely to crack 50secs/400 as a male or 56secs/400 for a female.

So start now and find out precisely what physical condition you are in and enter all your attainments in a diary and six weeks later test yourself again and repeat the process every six weeks.

Here are the tests:-

- 1) Predicting your VO<sub>2</sub> max – Run for 15-minutes around the track and cover as much distance as you can in that time. THE DISTANCE COVERED IS THE KEY FACTOR, the VO<sub>2</sub> max reading is academic. Don't bother with the Cooper run test or the Bleep shuttle test; the first over estimates and the second is for footballers. Here are some indicators:-  
4k run = 56.5mls (fair for females, poor for men under 35 years).  
4,400m run = 61mls (good for females, fair for men).

4,800m run = 65.5mls (very good – females, good for men).  
5,200m run = 70mls (world class – females, very good – men).

## How to improve your VO<sub>2</sub> Max

- a) Halve the total distance run on the test and once a week run that distance three times in 7 mins 15 secs with 2 mins recovery. Example – Distance run – 4k. Run 3 x 2k in 7 mins 15 secs with 2 mins rest.
- b) Run twice the distance on the test in 32 minutes once a week. Example – distance run – 4k. Run 10k in 32 mins.
- c) Ascertain the speed per lap done on the test by dividing the number of laps into 900 seconds (15 mins). Then run 16 x 400 four seconds a lap faster than on the test with 45 secs rest once a week. Example – distance run = 4k = 90 secs per 400m minus 4 secs = 86 secs = 16 x 400 in 86 secs with 45 secs rest.

## How to improve your lactate threshold

Do a one off maximum effort run of 6-minutes. Rest 6mins and then run half the distance run on the test in 3 minutes with 90secs rest and repeat until the time cannot be achieved. This is done weekly. Example – 2k run in 6mins. Run 1k in 3mins with 90secs rest x 6 or more or less. The 6-minute run is only repeated every six weeks.

The above two specific systems will occupy four days of the week, a long slow run should make up the fifth day starting with 45-minutes and increasing by 5-minutes per week for 12 weeks.

## Testing your basic speed

Measure 40yds (36.9m) on the track. Two assistants will be required, one to start you and one for timing. From a standing start, sprint the distance three

times with suitable rest and record the fastest time. Statistical work done by the BMC reveals that the time recorded will predict one's 400 metres time with 95% accuracy with these formulae:-  
 Male – sprint time x 10 plus 2-seconds.  
 Female – sprint time x 10 plus 3-seconds.

A male who records 5-seconds on the test has a predicted 400m time of 52sec. A female who records 5.5 seconds has a predicted 400m time of 58secs.

### How to improve basic speed

Speed is rate of stride x length of stride. Given a rate of four (4) strides a second and a stride length of one metre, the basic speed will be 4 metres a second. If the legs are strengthened and the stride length becomes one and a half metres and the rate of stride remains the same, speed will be increased to 6 metres a second. Improving leg-strength is a vital ingredient to increased sprinting speed.

The Borzov (Russian Olympic sprint gold medallist) method of improving pure speed was a 20 metre fast run up

and 30m full out sprint x 10. Each week the sprint zone is increased by 5 metres (30-35-50,etc) to 80m.

Good technique should be ensured by a skilled observer. Where possible, sprinting on the flat should be alternated with uphill sprinting where the gradient is not too steep to alter technique.

The total running workouts in a week will be six and will cater for improving the VO2 max, the lactate threshold and basic speed; not bad for a non-competing athlete in the winter!

### Testing general/specific strength

Adamson and Morgan arbitrarily fixed minimum strength parameters as follows:-

- 1) Clean and press overhead seven-tenths of bodyweight.
- 2) Squat fully with bodyweight.
- 3) Lift six-tenths of bodyweight from the thighs to the chest as an arm curl.

Good as these measures are the BMC have ascertained that elastic leg strength is a better indicator of middle-

distance speed and the 25 metre hop on each leg is all revealing with top-class females covering the distance in 10 hops and males in 9 hops. Often it is found that one leg is weaker and this should be the first thing to be corrected. Power-hopping uphill can be done every other day.

Within the last 5 years there has been much emphasis on core stability of which the abdominals have assumed greater importance. The long abdominal (straight legs, palms on thighs sliding the knees) once thought to be bad for the back has returned to favour. Once again the BMC ascertained that elite runners could rattle off sixty in a minute and the same for press-ups and squat thrusts. Hamstring strain and rupture now known to be more common when the hamstrings are not two-thirds as strong as the quadriceps; a hamstring machine, which is also a quadricep machine, should be sought to check on the strength ratio.

Excellent strength increases have been reported by doing one exercise daily to exhaustion (failure) three times with 60 seconds rest after each effort. A different muscle group is used the following day. As stated, retesting is done every six weeks and fresh calculations will have to be made to continue improvement in all parameters. Make up your mind to emerge from your winter with the slogan – JOY THROUGH STRENGTH.

How the suggestions can look as a weekly schedule can be as follows:-

- Day 1 - Build up a long slow run.
- Day 2 - Run half the 15-minute test distance three times.
- Day 3 - Run double the test distance.
- Day 4 - Rest
- Day 5 - 16 x 400 each 400 faster than per 400m on test
- Day 6 - 6 x 3 minute lactate threshold runs.
- Day 7 - Sprint training.



Watford, 10.6.06. ADAM BOWDEN (435) leads from JERMAINE MAYS (433) in the 3km. steeplechase. photo by Mark Shearman.

# Osaka 2007

Average late August temperatures, based on last ten years, range from 30 at 10.00 up to 33 at 13.00 down to 27 at 21.00. Perhaps as important humidity at 60% at 10.00 down to 52% at 14.00 and up to 70% at 21.00.

Time-table.

25/8	10.15	Women's steeplechase	First round
	12.05	Men's 1500	First round
	19.30	Women's 800	First round
	21.50	Men's 10k	Final
26/8	10.00	Men's Steeplechase	First round
	19.35	Women's 800	Semi-final
27/8	20.20	Women's chase	Final
	20.40	Men's 1500	Semi-final
	21.40	Men's 10k	Final
28/8	10.15	Men's chase	Final
29/8	10.00	Women's 1500	First round
	20.50	Women's 5k	First round

30/8	22.50	Men's 1500	Final
	19.40	Men's 800	First round
	20.45	Men's 5k	First round
31/8	19.30	Women's 1500	Semi-final
	20.05	Men's 800	Semi-final
1/9	20.30	Women's 5k	Final
2/9	19.30	Men's 5k	Final
	19.55	Men's 800	Final
	20.10	Women's 1500	Final

It is possible of course that there may be changes to this programme but it was rec'd from the IAAF on October 22nd this year so it must be considered as the likely one. Men's marathon planned for a 07.00 start on 2/9 and the women's at 07.00 on 25/8. At this time average temps around 25 and humidity around 77%. In 2005, latest figures available both figures were somewhat higher at this hour and indeed were above the figures shown above.

## BMC Pace-making

My friends, perhaps better described as those who are prepared to argue/discuss athletics with me, are often critical, of the pace-making that takes place in BMC promoted races. They invariably claim that such events do nothing to prepare athletes for "real" races and especially championship races. Such debates usually occur following major championship events where our middle-distance people have not done as well as the public have been led to expect by our "knowledgeable" media friends.

I respond to these remarks by pointing out, in MY view, that BMC races are set up to allow runners to achieve their optimum performance. They are not lessons in race-craft but there are always lessons to be learned. Their popularity is evidenced from their being often over-subscribed.

I then ask these critics to consider the wider, global stage. Most, if not all, the world's best performers take part in the European "circuit" where pace-making is ever present. Some will race in their National championships but to earn a living their focus for most of the season is the circuit. I then say does this regular chasing the hare detract from their efforts in the International championships? Clearly not as it is from the ranks of these performers that the finalists and medallists surface!

My next ploy is to ask them if running in a paced race denies the athlete the chance of displaying tactical skills? My answer is NO.

Judgement of pace, spatial awareness, use of "elbows" to hold position or win position are just as important in a paced race as any other. At this point these "Colonel Blimps" bluster and puff but, regrettably, do not concede ...at least I tried!



Watford, 10.6.06. LIZZY HALL (465) and HATTIE DEAN (467) in the 3,000m. steeplechase. photo by Mark Shearman.

# When will they ever learn...

by David Thur

While watching the slowest ever run Emsley Carr Mile at Birmingham the words of an old Marlene Dietrich song kept scratching through my mind: 'when will they ever learn?' she trilled in a different context.

But it was equally true of milers Michael East and Andrew Baddeley.

Just over a week before they had run in the European 1500ms and unfortunately learnt absolutely nothing from their experience.

Michael East who had a pb of 3.32.7, past Commonwealth champion, renowned for his tactical ability, was in a heat with Ivan Heshko, a couple of nippy Spaniards and Stephen Davies ((pb 3.39.62).

The first four and four fastest losers from the two heats went through to the final.

East who has been injured knew that his only hope was to have a fast heat. It was a jog and when the field started to run his chances and those of Davies – who like the 10,000m women and later Clitheroe in the women's 1500m final – were gone because neither competed. Heshko did the last lap in 53.23.

East fell over himself and Davies came in 10th with a sad 3.48.64.

In the next heat Baddeley (pb 3.36.43) moved along around the back as it was run eight seconds faster but when Baala of France turned on some real heat Baddeley started running too and managed to go through to the final with seventh place (picking up four in the straight) in 3.41.92, the third fastest loser, with Baala doing a 53.35 for 3.39.74.

In the final he hung on in the pack and then made a run for the line and finished a creditable sixth in 4.42.3 behind the Frenchman's 3.39.02 with a 52.74 with the second and third hundred splits of 12.5 and 12.4!

I think it is fair to say that there was one very clear lesson to learn for the British three: if you want to qualify, if you want to have any chance of qualifying and then go for gold, you have to go with the pace. All three were capable but they did not compete (I really don't know why unless they had been speaking to the men and women steeplechasers and two of the 5k men who also did not take part in their races,

just running round) and although Baddeley woke up at the end they should have gone away thinking that Baala showed them how to do it.

Did they learn? Did they hell!

East a previous winner in 3.52 and Baddeley lined up for the Emsley Carr mile in the match against Russia, China and the USA and showed that Gothenburg was not even a distant blur. It was forgotten.

For two laps the field jogged round with 67 laps and then 62 – and the East went and guess what? He was taken on the line by American Gabe Jennings and Baddeley who came alive (as if waking from a dream) 100 metres out.

The winner did the appalling time of 4.10.02 (slightly slower than Sydney Wooderson's southern championship record on a grass track at Chelmsford 70 years ago) with the English pair fractions behind.

Someone really needs to get hold of them, shake them and show them an action slomo video of Baala and Henshko on the last lap at Gothenburg.

Both are talented athletes but who on earth advises them to run like that. They must have known that they were going to be run out of it on the last lap. They just don't have the finishing speed and when a little know American can out sprint them what does that say for the future? Baddeley does not seem bothered. He was quoted as saying that he hoped his performance would make people think that he was now a contender and not a young hopeful.

I was there (old man talking) at the first Emsley Carr mile when Joe Binks, Paavo Nurmi, Gunder Hagg and Wooderson were driven round the track as former world record holders before the race in memory of the owner of the News of the World who sponsored the meetings in those days.

It was won by the man who signed the winner's page by – he said, ho ho ho - mistake before the start, Douglas Alistair Pirie, a cussed three and six miler, in cut down RAF shorts, long legged and argumentative but on his day the finest runner in the world.

He beat the arrogant (and why not?) American cowboy Wes Santee, one of the three with Bannister and Landy in the race to beat the four minute mile, sprinting like a crab up the

straight in 4.06.8.

Both East and Baddeley can do that. Why don't they?

I think there is a mindset in British athletics that affects both runners and coaches. I am not sure why it should be so but it is obvious what the result is when athletes of Baddeley and East's class run like they did in Sweden and Birmingham.

They were not the only ones. The three women in the 10k, the two men and one woman steeplechasers, two of the 5k runners (when was the last time we had two men running over 14.10 in a major championships?) and our sole representative in the women's 1500ms.

None of them took part in the race. Who were their coaches? Who told them not to take part, to just make up the numbers? Are they on the sponsorships scheme and why and how much do they get? Who are on earth decided to taken them to Gothenburg and allowed them to run?



Gothenburg, 7-13.8.06. ADAM BOWDEN. photo by Mark Shearman.

There is much in the papers about the wonders of what is going to be there for the 2012 OG (although nothing has been done yet in the first year and no planning permissions have been obtained and there is Wembley Stadium as a shining example of British enterprise) but there seems to be no real pressure to produce all these medallists that Dave Collins is talking about.

There are some good hopes and in contrast to those mentioned above they are stars.

Mo Farah who has started training with the Africans and Mottram and made world beating strides, Rebecca Lyne, twice bumped but who came again for bronze, Sam Ellis (who was lucky to get through the first round after easing before the tape), and Michael Rimmer with Dave Hill as eager as ever and youngsters like Rhys Williams in the 400mh and relay and Andy Turner in the 110mh

If they can do it and learn from it why can't the others? Time is running out.....



Watford, 10.6.06. FRANCES BRISCOE on her way to winning the women's 'D' 1500m. photograph by Mark Shearman.

# Some thoughts from Tim Bayley

I think that my time in America has definitely helped me to progress over the past year with my 800m time dropping by nearly 2 secs and my 1500m time dropping by 7secs. One of the big factors in my improvements this season is firstly-consistency, ive been able to train relatively uninterrupted for 4 years now as a middle distance runner. I also think that training with Kenyans (at Iona College) during my base phase, and the quality of races throughout the season, combined with some perfect racing weather and mondo tracks have really helped out a lot as well.

I would definitely recommend Iona College and coach Mick Byrne to anyone in Britain with ability from 800m upwards. The cross country team is seriously strong finishing 4th at NCAA championships this year led by Kenyan Richard Kiplagat. I know that there are god knows how many horror stories in circulation around Britain about burnout and injury in the states but I just think that is more likely to be associated with some of the larger state schools possibly but Tom Lancashire and Lemoncello are both doing great things down in Florida so I have no idea where that whole think came from. I heard all of that myself over the past few years, but have honestly had no problems with anything like that over the last year.

I settled in really easily overall and people are really friendly and welcoming. Coach Byrne's training philosophies are very similar to those of my coach here, Jon Bigg so that helped with me settling into a good training routine from the start.

An average day during the base phase consists of a morning run and some core work or circuit training, some studying and hanging out with friends and lunch, then a 3pm workout session which finishes in time for night class at 6:30pm-9:30pm (im in grad school) I think that the training has really helped me along this season but the main factor is how consistent i have been over the past 4 years. Training in a large group has really helped me to increase my mileage a bit and an easy run for me is about 1 min per mile faster than it was before i went when i was training on my own a lot.

I was never asked to race anymore at one meet than I would do over in Britain. I think my toughest meet was running a 800m indoors followed by a 4x400m relay.

I think that I have a lot of unfinished business with 800m and believe i can take it much further than where i am at at the moment. I dont really put any pressure on it though and

just try take it one race at a time. My 1500m has improved a lot dropping from 3:48 to 3:41 and i think that one of the factors behind this was running 2:21.65s indoors which gave me more belief in my strenth. I would like to see what i can do over 1500m in the future because i only ran one race at that distance this season. my 400m pb is 47.52s which i ran a few years ago but i tend to be good for a 47point realy split most of the time as long as the race is competitive.

I am only out here at Iona for 2 years total so one year left as I am doing a 2 year masters degree in public relations.

Osaka and Beiijing are definitely targets but I am not placing too much pressure on it and am just training as hard as i can so hopefully with further improvement i will have a chance of making the team. It is great to see how the standard of our 800m running has come on this year and hopefully we will all be pushing each other on towards big things over the next few years.

Ultimate pbs.....i would like to think that i can get down to 1:45 low if not 1:44s. 1500m....3:33-34 has to be the target.

I came into the sport slightly late at 18years old so as long as i am improving, or have reached a top level and can consistantly perform at that I will go on until I am happy in the believe that I have fulfilled my potential in the sport.



Gothenburg, 8.8.06. JEMMA SIMPSON. photo by Mark Shearman.

# The innovator

When Peter Coe gave a lecture to an International gathering of coaches shortly after the 1980 Olympics, he acknowledged the role of his son's success to the 5-pace system of training invented by Frank Horwill. In two subsequent books he further confirmed that the 5-pace system of training was "all embracing".

Owen Andersen, writing in PEAK PERFORMANCE described Horwill, "As one who challenges cherished beliefs. His book OBSESSION FOR RUNNING, is outstanding for its questioning of long held training concepts".

In 1991, in a lecture to the Western Province Coaching Association of South Africa, Frank was at it again. He declared, "The marathon is the most run event and the worst trained for". He then launched into a revolutionary approach to the training for the distance which was sparked off by Jim Peter's training methods which involved a speed regime of full out 10 mile runs and outings just below racing speed. Volume was not the main criteria. So, if you have ambitions of becoming a world-class marathoner one day, this is Frank's system which he described as being an exact science.

1) Your 10k time will decide your marathon potential. The formula being  $5 \times 10k \text{ time} - 10 \text{ minutes}$ , this equals your best possible time. If you have a time of 28 minutes for the 10k you can run 2:10; given a time of 29 minutes you can rattle out a 2:15; with a time of 30 minutes you can expect to run 2:20 and if your best is 35 minutes then you will do well to run 2:45.

2) Given the facts of (1) all

marathoners need to improve their 10k time while training for the marathon which involve regular track sessions at 10k pace, 5k pace and 3k pace. Each pace gets 2-4 seconds faster per 400m as the distance decreases. Each faster speed is an aid to improving the 10k speed. These sessions are severe and need to be followed next day by a recovery run.

3) If an athlete wishes to run a marathon at 5 mins/mile or 6min/mile, that speed must be rehearsed regularly so that it is firmly instilled in the mind and body. The starting distance is 9 miles (one-third marathon distance) and should be extended by mile increments when comfortable to 18 miles.

4) The marathon distance of 26 miles has a strange psychological effect on many athletes; some believe that running more than 100 miles will solve it. Others think that a 2-hour regular outing will meet the problem. However Bikele had a simple answer, run slowly more than the marathon distance, ie 40 miles. Kenny Moore, former holder of the USA marathon record (fourth in the 1992 Olympic race with a best of 2:11), ran 35 miles once a fortnight. The psychological impact once achieved is colossal. Bikele declared after his first marathon gold medal, "Twenty-six miles is nothing to me, I could run around the course again now".

5) This is how the above will look over a 14-day cycle for an athlete with a 10k time of 28 minutes.

**Day 1** - Build up gradually to running

26 miles at a comfortable speed.

**Day 2** - 35 minute recovery run.

**Day 3** - Marathon pace rehearsal starting at 9 miles and increasing to 18 miles.

**Day 4** - 35 minute recovery run

**Day 5** - 10k pace session-7 x 1600 in 4:24, 100 jog rest in 45 secs.

**Day 6** - REST

**Day 7** - 3k pace session-6 x 1k in 2:30 with 2 mins rest.

**Day 8** - 35 min recovery run

**Day 9** - 5k pace session-7 x 800 in 2:08 with 100m jog in 45 seconds.

**Day 10** - 35 min recovery run  
.....repeat 10 hours later.

**Day 11** - Start day 1 again

The volume for 10 days will be 92 miles maximum, 15 miles faster than marathon speed.

One coach, a member of the Western Province Coaches Association, after listening to Frank's lecture went back to his female protégé, ranked fifth in South Africa and explained the regime to her which she adopted for six months. She won the South Africa title, on a boiling hot day in 2:39.

On his return to England, one of Frank's athletes, Wendy Llewellyn, a New Zealander also followed the system and ran 2:37, to gain her first International vest. Another woman, Lucy Hassell, following the system ran 2:38 and won a GB vest. Yet another runner, Huw Lobb, was second GB athlete home (out of four) in the recent Europeans. Novice female athletes also ran sub 2:50 to 2:55. Love him or hate him Frank Horwill is an innovator.

Apologies to Bill Adcocks who thought the recovery days were part of the actual training process in his critique of an article by Frank in A.W.

# Hippocratic opinion

Question -- can collagen help repair muscle injuries?

Answer -- The first thing to remember when ANY injury occurs is to build up the body's vitamin C status. Gradjean established many years ago that injuries healed three times faster in the presence of a high vitamin C intake. A common opinion is that this vitamin is not stored in the body - wrong! A store is found in the eyes and adrenal glands. The latter is responsible for the secretion of ACTH, an anti-stress hormone. A symptom of advanced deficiency is proneness to easy bruising and when a hair is pulled out from the calf it will coil up immediately. A conservative plan is to take 1,000 mg of effervescent vitamin first thing in the morning AND just before going to bed at night. The question is a complex one and we need to take a look at muscle structure to get a better understanding. Muscle tissue is comprised of 15-20 % protein, 70-75% water and glycogen, fat, vitamins, and minerals make up the remainder.

Many people assume that it is muscle (the flesh or meat) that is most likely to sustain damage. But if you were to look at a cross- section of a muscle you will notice that the muscle part forms "the copper cables" and connective tissues forms the "insulating sheaths" around the these cables. This connective tissue, made up of COLLAGEN, Protects and reinforces the muscle fibres from stress and trauma. It is therefore the protective sheaths (collagen) that receive all the transference of force that occurs during muscle use, and carry the bulk of the stress associated with all types of running.

Following an injury, even a minor one like a sore muscle, the body needs to make more collagen to repair the damaged tissue because collagen provides structure to our bodies, protecting and supporting the softer tissues and connecting them with the skeleton, About one quarter of all the protein in your body is collagen.

As we exceed thirty-five years of age and every decade thereafter, our connective tissue tend to lose its flexibility. This is due in part to decreased stability of the cell membranes and collagen fibres. This loss of flexibility contributes towards the risk of injury during running. When the body needs to build any new cellular structure as in the healing process, for example, collagen or collagen fragments play a central role. Although the role of collagen as scaffolding has been known for some time, we know that collagen controls cell shape and differentiation,

migration, and the synthesis of a number of proteins. This is why broken bones regenerate and wounds heal. Why blood vessels grow to feed healing areas . The collagen mesh provides the blueprint, the road map and the way.

The problem with many commercially available collagens is that it is very difficult to process and without added preservatives the product will have a very limited shelf life. However, after 20 years research and development and evolution, DirectLab of Canada has perfected a hydrolysation process, taking 2-3 months, the end result of which is GENACOL (for more information visit [www.genacolsa.co.za](http://www.genacolsa.co.za) 1SMS 082 556 1722 1 Tel 021 701 2597) a 100% pure bio-active collagen complex with no added preservatives and with the optimum bio-activity level to enhance the body's natural mechanism of rejuvenation and repair. It is a pre-digested, or micronized form of protein whose smaller size peptides readily penetrate the villi in the small intestines. In other words, it is an exceptionally high quality natural supplement that allows your body to rebuild areas deteriorated with age or have been damaged. GENACOL is supplied in capsules and it takes 15-20 minutes after intake for the collagen to enter the blood-stream. For best results the capsules should be taken last thing at night because the peak period of repair and regeneration is during the first two hours of sleep. Known as the alpha cycle. THE CAPSULES CAN ALSO BE TAKEN BEFORE RUNNING AS COLLAGEN CAN HAVE A POWERFUL ANABOLIC EFFECT, increasing both energy and performance; being a natural substance and non-toxic, it is safe and legal to use.



Watford, 10.6.06. JOANNA ROSS (103) leads from CHARLENE SNELGROVE (105) in the women's 800m. 'A' race. photograph by Mark Shearman.



# Zatopek the greatest?

Emil Zatopek's record at major championships is outstanding. He is best remembered for winning the 5000m 10000metres and the marathon in the Helsinki Olympics of 1952, the winning time in the marathon was 2hours 23mins 3 seconds. He also won the 10,000m and finished 2nd in the 5000m at the London Olympics of 1948 and as a swansong finished 5th in the Melbourne Olympic marathon of 1956. He also won the European 10000m in 1950 and 1954 as well as gold in the 5000m in 1950 and bronze over the same distance in 1954.

He started training in 1945 at a time when most of the top 20 athletes in the distance rankings were Swedes and Finns. How times have changed! Another thing that made him stand out was his way of running. His style was ungainly, his head would roll and his face could be contorted.

After starting work in the Bata shoe factory in Zlin, he then trained to be an officer in the Czechoslovakian army. He rose to the rank of colonel and always fitted in his training around his work as an army officer.

Zatopek was some times known as 'the locomotive' and affectionately as 'the Bouncing Czech'. All of his performances were done on cinder tracks. But what of his times? He set twenty world records over ten different distances. His top 5000m was a world record of 13mins 57.2 secs and his best 10000metres was 28mins 54.2 secs. He was also the first man to run under 20km in an hour. His aim in races was to take the lead and force the pace to unsettle the opposition.

His basic speed was not great He only had a pb 800m of just under 2mins

and his 1500m best was only 3mins 52.8 secs set in 1947. It was not a distance that he raced much after that time. His racing record over 10000m is nothing short of incredible. He had a winning streak of 38 races between May 1948 and July 1954. Even then he had only one defeat in 48 races.

He nearly didn't get started in running; he had to be persuaded to take part in a race for apprentices when he worked in a shoe factory in Zlin and his parents thought that running was a frivolous activity. After his first 10km world record his father did not try to stop him running anymore and even started to collect press cuttings! This was according to his biographer Frantisek Kozik in 'Zatopek the Marathon Victor'. He almost gave up in the early days because even though he worked in a shoe factory he couldn't get hold of any running shoes. It was probably his childhood and background that helped to make him so tough. It was his mental toughness and determination that helped him to become a great athlete.

It was this toughness that set Zatopek apart from his contemporaries. Zatopek was introduced to interval training on a course in Prague by Joseph Hron, although it seems that he developed his own schedules. He also had medical back up and supervision from doctors at the Charles University in Prague. His belief in progress in training is shown in his statement that "I can't reach the second floor without a ladder". His belief in interval training is indicated when he is quoted as saying "Why should I practice running slow? I already know how to run slow, I want to run fast".

When training for his first 10000 world record his session would be 5x 200m 20x 400m and 5x 200m. The fast

intervals would be at what he thought would be race pace and the intervals would be at a fast jog.

Another Zatopek quote says much about his views. "When a person trains once nothing happens. When a person forces himself to do something a hundred or a thousand times then he has certainly developed in more ways that physical. Is it raining? It doesn't matter. Am I tired? That doesn't matter either. Then will power will be no problem."

Zatopek invariably trained alone and often at night. Adverse weather rarely presented a problem to him. He realised that he had to train a far more intense level that anyone had done before to make for what he lacked in natural ability.

On a number of occasions he ran sessions of 5x200m, 60x400m 5x200m. He even managed this on ten consecutive days before a major record attempt. All of this was done on the track and he often ran in hob nailed boots. No stopwatch was used. Why train on the track so much? Because the woods were too far away and he couldn't afford to waste the time travelling to them. No wonder the races seemed easy after these mind boggling sessions. He even tried running while holding his breathe to develop his will power. He tried this until once he became unconscious.

"It is at the borders of pain and suffering that men are separated from boys" is another quote attributed to him. It has been calculated that his weekly mileage when he was completing the greatest volume of his training was often 120 and sometimes reached 160 miles. This is what set him apart from other runners. He did

things that no one had done before. While the Swedes and the Finns did a lot of fartlek running in the 1940s in the woods and on soft surfaces Zatopek introduced the more intense interval training on a scale never seen before.

Although Zatopek set 20 world records and won four Olympic gold medals he was still an amateur. Another view of his that might have some relevance today was his comment that "A runner

must run with dreams in his heart, not money in his pocket".

At the peak of his success he lived in a two roomed flat in Prague. No Grand Prix and prize money in those days.

What was he like as a person? He was charming, personable and was able to speak six languages. Anyone who met him was impressed by his warmth and good humour. I had the pleasure of

meeting once at St Mary's College in Twickenham in 1967, he ran a lap of the track with his old rival Gordon Pirie. Incidentally, his wife Dana set a world javelin record and was herself an Olympic champion.

Is Emil Zatopek the greatest distance runner ever? I don't know, but if there is ever a discussion on the subject then you can hardly leave him out of it.



Solihull, 24.6.06. KATE REED leads the women's 5000m. from ROSEMARY RYAN (Ireland, 480), EMILY PIDGEON (472), MARA YAMAUCHI and ORLA O'MAHONEY (Ireland, 476). photograph by Mark Shearman.



Watford, 10.6.06. CHRIS REYNOLDS (14) wins the men's 'B' 800m. from NEIL DOUGAL (11) with JAMES BREWER (15) finishing third. photograph by Mark Shearman.

# Standards for Osaka 2007

## A Standard

800/	Men 1:45.40	Women 2:00.0
1500/	Men 3:36.60	Women 4:06.50
5k/	Men 13:21.50	Women 15:08.70
10k/	Men 27:49.00	Women 31:40.00
S/C/	Men 8:24.60	Women 9:48.00

Performances from 1.1.06 can be considered although current (2007) form is presumably more likely to curry favour with the selectors. It will be noted that GB has no less than five ladies already qualified at 800. The other events, on 2006 form, present a much tougher task. However the B qualifying times are not as tough, allowing only one competitor per event:-  
1:46:60 / 2:01.30 / 3:30.00 / 4:10.00 / 13:28.00 /

15:24.00 / 28:06.00 / 32:00.00 / 8:32.00 / 9:58.00

It would require a major effort to field full (3) teams for all events next year but we must hope that those currently close to these times can go the extra mile(sic) in 2007. If standards for World and Olympic meetings remain as they are for the next five/six years then there must be a great chance that given the investment being made it will allow the country to provide sufficient backing for endurance athletes, at least, to fill all three places per event in 2012. However it is also possible that entry standards will be raised and automatic entry becoming more difficult. As of now the men's 10k, for example, would seem to be currently out of reach. We must hope that the surge reflected this year at both 800 levels is maintained.

# World junior finalists

## 1986

800 men	1st D. Sharpe
1500 men	3rd J. Boakes 5th D. Sharpe

## 1988

800 men	2nd K. Mckay
---------	--------------

## 1990

800 men	5th A. Lill
---------	-------------

## 1994

1500 men	8th. B. Witchalls
----------	-------------------

## 1996

800 men	2nd T. Lerwill
---------	----------------

## 1998

800 men	6th C. Moss
---------	-------------

## 2004

800 men	6th M. Rimmer
1500 men	8th T. Lancashire

## 1986

800 women	4th L. Robinson
-----------	-----------------

*Nothing til....*

## 2002

800 women	4th J. Simpson
1500 women	4th L. Dobriskey

## 2004

800 women	7th L. Finucane
1500 women	4th D. Barnes

## 2006

1500 women	8th S. Twell
------------	--------------

This event is clearly the highest level available for Juniors. Only four medals in twenty one years and none in the last five meetings. However a measure of relative success in the last three

is perhaps a sign of promise. One noteworthy feature is that most of those named went on to play a role at senior level although none, as yet, have medalled at the same level. (It might be argued that Lisa Dobriskey, in the Commonwealth Games, has come closest).



Gothenburg, 13.8.06. MO FARAH (Gt. Britain, 404) leads in the men's 5000m. final from KHALID ZOUBAA (France, 381) and NICK McCORMICK (Gt. Britain, 417). photograph by Mark Shearman.

# Relays

The success of the Junior Girls 4 x 1500 team in setting world best figures once again draws our attention to British relay records that were mentioned in this magazine a year or so ago. With one exception, the recently deposed 4 x 800 world record of the senior men, ALL are within reach, including the aforementioned world best.

## 4 x 800

Men 7:03.89 (average 1:46 approx)  
 Women 8:19.9 (average 2:5 approx)  
 Junior men 7:26.2 (av. 1:52 approx)  
 Junior women 8:39.6 (av. 2:10 approx)

## 4 x 1500

Men 15:04.6 (av. 3:48 approx)  
 Women 17:34.58 (av. 4:24 approx)  
 Junior men 15:52.0 (av. 3:58 approx)  
 Junior women 18:17.40 (av. 4:34 approx)

## 4 x 1 mile

Men 16:21.1 (av.4:5 approx)  
 Women 19:17.3 (av.4:50 approx)  
 Junior men 16:58.8 (av.4:15 approx)  
 Junior women 20:16.2 (av 5:4 approx)

Some of these records were set by BMC teams and a look at the ranking lists

indicate most are "ready for plucking". Aside from the new world best mark the most recent was set in 1997,( less the senior 4x15 set the same day) an indication that no serious attempt has been made since then to up-date them. Perhaps an enterprising promoter might like to invest into staging such attempts next year. Sounds easy enough but we need to consider that other teams have to be assembled to make competition keen and encourage athletes to concentrate on running fast and winning.

# Winzenried (part 2)

Some interest was shown in response to the article on the a/n. Below is a list of his European races in 1973, over a four month period. Athletes and coaches may reflect on this programme and also consider this followed indoor/outdoor outings in the USA earlier in the year.

June 2	Ludenscheid	(Ger)	1:47.8	(1)	Aug 7	Stockholm	(Swe)	1:46.2	(3)
4	Varnamo	(Swe)	48.?		8	Karlstad	(Swe)	2:20 ?	
5	Boras	(Swe)	48.?		9	Umea	(Swe)	1:47.5	(1)
6	Strangas	(Swe)	48.?		14	Copenhagen	(Den)	47.8	(1)
9	Trier	(Ger)	1:47.1	(1)	15	Copenhagen	(Den)	2:18.4	(3)
10	Rehlingen	(Ger)	1:47.4	(1)	18	Edinburgh		1:48.4	(1)
12	Stockholm	(Swe)	1:47.9	(1)	25	London		1:48.0	(1)
16	Edinburgh		1:47.4	(3)	26	Merksem	(Bel)	1:48.1	(1)
20	Haiger	(Ger)	1:51.0		27	Eskilstuna	(Swe)	3:50 ?	
22	Rechweiller	(Ger)	1:46.6	(1)	28	Bergen	(Nor)	1:48.9	(3)
25	Aarhus	(Den)	2:17.9	(1) 1k	Sep 1	Edinburgh		?????	(2) 880
27	Helsinki	(Fin)	1:46.4	(3)	12	Aarhus	(Den)	1:47.9	(2)
July 3	Stockholm	(Swe)	1:46.9	(4)	14	Brussels	(Bel)	1:48.5	(3)
5	Koblentz	(Ger)	2:18.1	(2)	16	Dormagen	(Ger)	1:49.6	(1)
14	London		1:46.2	(4)	22	St Etienne	(Fra)	1:50.0	(1)
24	Oulo	(Fin)	3.45?	(3)	23	Barcelona	(Spa)	1:50.?	(1)
25	Stockholm	(Swe)	1:46.5	(3)	25	Paris	(Fra)	48.4	(3)
26	Turku	(Fin)	1:48.9	(4)					
29	Karlskrona	(Swe)	1:46.4	(2)					
31	Molndal	(Swe)	1:48.5	(1)					

*note...*

Also he had two meets (5 races) in Trinidad in 1973. Amongst those who won races in which he ran that year were Mike Boit... five times (ouch), Rick Wolhuter, twice, Dave Wottle and Danie Malan. I keep on wondering what he might have achieved if he had "rationed" his races that year.

# Strictly personal

*Frank Horwill's reflections on the past year. The views in this column do not necessarily represent the views of the BMC national committee.*

Shortly after Dave Moorcroft became the Chief Executive to U.K.A. he visited our Grand Prix at Wythenshawe and spotted me. He came over and greeted me, shaking my hand. Some of the old guard from the British Athletics Federation were astounded to see the new chief fraternising with a man known for his hostility to the governing body over the past thirty years. Make no mistake about it, there were good reasons for that antagonism. First of all, in 1970, the BMC was asked to appear before three members of the British Amateur Athletics Board to answer charges of contravening the procedure for paying expenses to athletes taking part in invitation miles. Basically, a sponsor sought the aid of the BMC to organise a mile race. They gave us the money and we assembled the field from the Top 50 milers in the country, paid their expenses and saw that the first three home got prizes. We had some constant fixtures – The Brigg Mile, The Upjohn Mile, The City Charity Mile. Now, according to the Rules we had to write to the athlete's Area Secretary (N.C.A.A., MCAAA, THE SCAAA) and ask permission to pay such expenses and state the amount payable.

In 1974, the BMC advertised that a day of fitness tests would be conducted at West London Stadium. A letter was received from the Women's Amateur Athletic Association's Secretary, Marea Hartman, asking for the names of the "doctors" conducting the tests. Apparently the WAAA did not know the difference between medical tests and fitness tests. They had visions of female athletes stripping off and being manhandled by male coaches when, in

fact, all they had to do was the Balke Test, the Speed Test, and Strength Tests.

When, in 1969, the BMC planned a Mile of the Century for Women at Leicester, the MCAAA secretary wrote to the BMC to say that invites for the race could not be sent out on BMC headed paper since the BMC was not affiliated to the AAA. We replied that we were acting as agents for Leicester Corinthians who were organising the meeting. By the way, the world mile record was broken by Maria Gommers of the Netherlands, but the editor of A.W. a Board creep, actually denigrated the race.

When, in 1980, the U.K. Coaching Committee came into being, the Secretary of the B.A.A.B. told me, "Now that we have a UK coaching Scheme, the BMC is obsolete and should be disbanded." Just imagine what things would be like today if his advice had been heeded.

What a lot of people didn't know is that Dave Moorcroft joined the BMC as a boy athlete and was later to be voted BMC ATHLETE OF THE YEAR after his 5k record in 1982 which automatically made him a Life BMC Vice President.

A prominent BMC committee member, after his experiences this year of UKA interference by its pocket dictators has published a paper – FIVE REASONS WHY THE BMC DOES NOT NEED U.K.A. Well, let us go back a few years. There is a thing called the Fixtures Committee on which the BMC's representative Norman Poole sits. He gave a list of all the BMC Grand Prix dates. When the fixtures for that year were published, not a single BMC Grand Prix date was published. We were considered of no importance.

This year, on two occasions, a coach employed by UKA has caused a scene at BMC fixtures because races were not organised to suit his particular athletes. We have news for this upstart – he does not exist. He will get no favours from us whatsoever even though he thinks his position warrants it. We also suspect that he is a bit of a creep. When Pat Fitzgerald, our hardworking genius of an administrator, wrote to one of this coach's female athletes asking if she wanted to run in a 4 x 1500 BMC junior attempt on the world record, Mr Creep, phoned a pocket endurance dictator with the news. Pat Fitzgerald's phone rang, "What is the BMC doing putting on a relay meeting?" "We aren't putting on a relay meeting, the Scottish AAA have invited us to send teams to the Celtic Games at Grangemouth." The pocket dictator replied, "I don't know anything about this." Pat replied, "It has been advertised in A.W." Mr Endurance Dictator observed, "I don't read A.W." there are a few observations to make about this incident. If the BMC wanted to put on a 4 x 1500 relay for women it does not have to seek permission from anyone in UKA. For an endurance orientated official to admit that he does not read the premier athletics journal in the country suggests a colossal conceit where his knowledge of what's going on is superior to all – a veritable oracle.

Congratulations to Alan Storey for his part in Mohamed Farah's 5K breakthrough. Many years ago Alan was invited to a BMC training day in the Midlands; he spoke on the marathon. I remember that day well. "I insist on three vital sessions a week, after that, they can do what they like." This suggests that those three sessions are so tough there isn't much energy left for anything else! My selection of the Big Three would be:-

1) Run 30 miles 30 secs a mile slower

than per mile in one's best marathon. (Kenny Moore, a 2:11 performer 35 years ago, and former holder of the USA marathon record, ran 35 miles once a fortnight.)

- 2) Run 21k flat out.
- 3) Run 7 x 1600 faster than best 10k time with 100 metres jog after each mile.

An endurance guru from UKA phoned Pat Fitzgerald in high dudgeon, "What is the BMC doing putting in pacemakers in our 3k Endurance Initiative race? Athletes must learn how to race." Well, if this blockhead doesn't know by now that BMC meetings are for fast times he had better keep his Endurance Initiative races out of our meetings. Athletes can learn to race in other meetings, for instance, the Emsley Carr Mile, the field for which was restricted to the competing teams from Russia, etc. with no guests. Time at 880 yds was 2:15, the winning time - 4:10. The slowest time in the history of the event. A great experience for the British athletes! In the 3k under discussion, 47% of the field ran personal bests. UKA gurus can keep their non-paced races, we will provide what athletes want. All the medallists in the European Champs graduated from BMC paced races:

Mohamed Farah, Rebecca Lyne and Sam Ellis.

So let us have a look at BMC work so far in 2006.

- 1) Three young athletes' courses over-subscribed.
- 2) An endurance symposium.
- 3) Monthly races in the North West.
- 4) Monthly races in Watford.
- 5) Races at Eltham.
- 6) Grand Prix races at Manchester, Solihull, Watford and Cardiff.
- 7) Races in Northern Ireland.
- 8) Youth Fitness Development Scheme in Newham.
- 9) Two issues of the informative BMC News.
- 10) BMC coaches training two of the bronze medallists in the MD events in the European Champs.
- 11) 4 x 1500 junior women's world record.

Not bad when you consider that the BMC has only ONE paid official and not paid more than the national minimum wage.

Let us have a look at the full-time staff devoted to endurance improvement. It's difficult to know who is doing what

because unlike the BMC they do not issue a periodical which on the first page lists the names of officers and how to contact them. In the old days everyone knew who the area national coach was. Well, at H.Q. there appears to be four full-time officials. Outside there is another two. There are two part-time paid officials and area development officers number around ten and their chief; they undertake endurance activities on occasion. It looks like around eighteen people are involved in improving British middle-distance running, it could be twice that number for all we know, however, let us assume they are all getting £20,000 a year, plus expenses of £5,000 a year, that's £450,000 a year. Five times the BMC's annual income. Which gives value for money?

Here is a challenge for the new UKA director; publish the names and phone numbers of all the endurance heads of departments and state precisely what they are supposed to do and to whom are they answerable. Should make fascinating reading.



# Coach profile

John Cooper, Mansfield Harriers, has had over 30 years experience in coaching. Been at level four over twenty years. He has concentrated on 800 through to 5k, steeplechase and the road.

English School medallists are included in his impressive list of successful athletes. Amongst senior achievers are Ricky Soos (Olympic semi-finalist) and Juliet Potter. He has been invited to lecture at an Scottish Athletics function and has been a BMC Coach of the Year

His track sessions are normally held at the Berry Hill track on Tuesday and Thursday evenings from 6.30 plus a Sunday morning session at a nearby woods.

# Dave Sunderland

Over 40 years coaching experience. 800m through to marathon. His CV includes medallists at AAA, plus people who have made finals at European champs and Commonwealth games and at World and Olympic level. Has had team manager experience at all global meets.

Normally coaches at Cannock on Tuesday and Thursday at 6.30 plus Birmingham at 2pm on Wednesday plus either venue at 11am on a Saturday.

# Book review

**BOWERMAN and the men of Oregon** by Kenny Moore, published by Rodale at \$29.

At one single time Bowerman had eleven sub 4-minute milers under his wing. The author, was the exception becoming an accomplished marathoner with a best of 2:11:26 and en route creating an American record for the distance with 2:13:29 in 1969. He placed 4th in the Munich Olympic marathon and was one of the few Americans to beat Frank Shorter at the distance who won gold in the 1972 Olympics.

Moore co-wrote the 1998 Warner Bros. film WITHOUT LIMITS about Oregon distance runner Steve Prefontaine and his coach Bill Bowerman (BB). BB it appears had a somewhat strange sense of humour which included an initiation ceremony for newcomers in the shower who, while rinsing soap off their heads, had their legs urinated upon from behind! This rite was to be replaced by BB placing his bunch of keys under a

towel in the sauna on a marble bench until red hot and then pressed on the inside thigh of the novice which was accompanied by roars of laughter from his elite squad.

BB's athletes were to break the 4 x 1 mile world relay record twice; on the first occasion each man averaged 4:02. In the second attempt, the favoured team were well behind, so BB switched the leading runners to the other team, knowing the last runner in the favoured team would rattle off a sub 4-mile. As both teams were Oregon milers, the record was valid by 5 seconds.

BB was a founder member of the NIKE shoe company and was himself an accomplished cobbler making different types of shoes for his athletes. All his athletes trained twice a day and most worked part-time in a timber mill to pay off their college fees; very few were awarded a full scholarship. He favoured a severe training day followed by a recuperative day, thus there were three severe days

a week. If he suspected an athlete was night hawking he would be warned once and if it continued he was out with no discussion.

He was great friends with Arthur Lydiard but did not apply Lydiard's system carte blanche to his athletes, some only doing 40 miles a week in the winter. He studied the individual needs of athletes.

Some of his pre-race instructions to athletes saw many in his squad defeat some big names, which were, regarded as major upsets.

The book is a must for coaches interested in the psychology of coaching. Athletes will find Steve Prefontaine's time under BB's supervision fascinating. No other runner has captured the imagination of the American public, as did Pre. He broke every American record from 3k to 10k and although he never won an Olympic medal before his tragic death all America loved him and his coach.

*by Nevern Russell*

# BMC Rankings 2006

Performances set in BMC races only  
Compiled by Tim Grose

Visit Athletics Data

www.athleticsdata.com for the latest  
UK rankings

## Men 600

1:22.5 Dan Samuels  
1:22.7 Andrew Stanton  
1:23.5 Jonathan Young  
1:23.8 Craig Crawford-Glanville  
1:26.6 Neil Robinson  
1:29.3 Christopher Howey  
1:29.8 Zak Scott  
1:33.1 Chris Gaffney  
1:37.0 Adam Greenwood  
1:40.4 Thomas West

## Men 800

1:45.10 Richard Hill  
1:45.47 Michael Rimmer  
1:45.67 Sam Ellis  
1:46.33 Jimmy Watkins  
1:46.34 Michael Coltherd  
1:46.62 Andy Baddeley  
1:46.73 Colin McCourt  
1:46.99 David Campbell  
1:47.43 Ed Jackson  
1:47.47 Ben Green  
1:47.57 Chris Reynolds  
1:47.83 Neil Dougal  
1:47.85 Paul Laslett  
1:48.27 James Brewer  
1:48.48 Leonard Kibet  
1:48.69 Jonathon Johnson  
1:48.79 Mark Mitchell  
1:49.05 Jonas Dufwenberg  
1:49.10 Ed Aston  
1:49.15 Eoin Everard  
1:49.38 Gavin Massingham  
1:49.40 Kieran Flannery  
1:49.41 Tom Carter  
1:49.53 Tom Settle  
1:49.57 William Chirchir  
1:49.61 James Mills  
1:49.86 Andy Whetstone  
1:49.96 Darren St. Clair  
1:50.28 Kevin Kane  
1:50.45 Kris Gauson  
1:50.47 Andrew Brown  
1:50.68 Chris Brown  
1:50.73 Chris Hart  
1:50.77 Feidhlim Kelly  
1:50.77 Chris Gowell

1:50.77 Graeme Oudney  
1:50.84 Rob Watkinson  
1:50.93 Jamie McCullagh  
1:51.06 Ian Lowthian  
1:51.11 Alan Wales  
1:51.12 Tom Gayle  
1:51.28 Chris Bryant  
1:51.29 Jason Stewart  
1:51.37 Matthew Bowser  
1:51.44 Paul Miles  
1:51.57 Garry Bristow  
1:51.62 Warren Frey  
1:51.73 Matt Warley  
1:51.76 Ben Harding  
1:51.77 Martyn Gibbons  
1:51.87 Frank Baddick  
1:51.94 Adam Mitchell  
1:52.0 Tom Holden  
1:52.04 Andy Teate  
1:52.06 Rick Ward  
1:52.11 Steve Turvill  
1:52.11 Tom Druce  
1:52.12 Stuart Morland  
1:52.16 Oliver Teasel  
1:52.17 Gregg Taylor  
1:52.19 Fredrik Karlsson  
1:52.26 James Bailey  
1:52.31 Jonathan Taylor  
1:52.35 Paul Bradshaw  
1:52.41 Chris Mackay  
1:52.46 David Proctor  
1:52.48 Gareth Balch  
1:52.49 James Tydeman  
1:52.49 Ben Styles  
1:52.49 Joe Thomas  
1:52.58 Richard Ashe  
1:52.58 Joe Van Der Toorn  
1:52.65 Jacob Carstenen  
1:52.68 Daniel Stepney  
1:52.74 Chris Parr  
1:52.82 Phil Winfield  
1:52.93 Michael Cole  
1:53.09 Neil Hawkins  
1:53.16 Martin Flook  
1:53.17 Steven Morrow  
1:53.17 Eoin Flynn  
1:53.17 Tom Doe  
1:53.19 Adam Vandenberg  
1:53.20 Tom Marley  
1:53.25 Matthew Nicholson  
1:53.27 Conor Murphy  
1:53.3 Ben Wiffen  
1:53.34 Adam Mole  
1:53.4 Jonathan Blackledge  
1:53.43 Colin Miles

1:53.46 Ian Rawlinson  
1:53.50 Paul Hutton  
1:53.54 Peter Bridger  
1:53.58 Ben Jones  
1:53.58 Ricky Stevenson  
1:53.6 Ryan Stephenson  
1:53.61 Jeppe Thomsen  
1:53.64 Henry Hammond  
1:53.7 Jonathan Mellor  
1:53.73 Ben Craddock  
1:53.87 Simon Bullock  
1:53.95 Danny Crates  
1:53.97 Sam Walsh  
1:53.98 Andrew de-Camps  
1:53.99 Oliver Blake  
1:53.99 Michael Dyer  
1:54.02 Nicky Moore  
1:54.06 Rob Banjac  
1:54.1 Gary Davenport  
1:54.16 Andrew Gibson  
1:54.19 Dan Samuels  
1:54.19 Andrew Stanton  
1:54.22 Tom Love  
1:54.27 William Strangeway  
1:54.3 John Mannion  
1:54.36 Nick Samuels  
1:54.36 Sean Dirrane  
1:54.37 Bobby Whittaker  
1:54.40 Lewis Timmins  
1:54.41 Nick Bradley  
1:54.42 Jacob Harman  
1:54.44 Tim Prendergast  
1:54.54 Steve Gregory  
1:54.57 Ric Sumner  
1:54.58 David Bishop  
1:54.58 Terry Feasey  
1:54.63 Lee Taylor  
1:54.64 Ben Scarlett  
1:54.67 Michael Sawrey  
1:54.69 Matt Wood  
1:54.74 Tom Penfold  
1:54.76 James McCully  
1:54.79 Thomas Boardman  
1:54.85 Simon Marwood  
1:54.85 Phil Wicks  
1:54.86 Conor Healy  
1:54.87 Alex Felce  
1:54.87 Mike Buntin  
1:55.05 Liam McCully  
1:55.10 Chris Smith  
1:55.13 James Griffiths  
1:55.14 Fintan Mc Gee  
1:55.16 Matt Furber  
1:55.21 Jamie Atkinson  
1:55.27 David Thornton  
1:55.40 Gareth Allott  
1:55.42 Anthony Bird  
1:55.42 Richard Menzies  
1:55.44 Alastair Smith  
1:55.50 Mark Pollard  
1:55.51 Joe Brocklehurst  
1:55.52 James Phillips  
1:55.57 Richard Warburton  
1:55.61 Tom Warrender  
1:55.62 Ciaran McCaughey  
1:55.63 Alex Pritchard  
1:55.7 Jamie Fenaroli  
1:55.75 Tito Phiri  
1:55.79 Andy Knight  
1:55.82 Laurence Cox  
1:55.83 Fabian Downs  
1:55.86 Ieuan Thomas  
1:55.9 Thomas Meakin  
1:55.92 Nick Lyster  
1:56.0 Simon Minting  
1:56.04 Rick Beardsell  
1:56.05 Dave Ragan  
1:56.08 Robert Cole  
1:56.11 James Poole  
1:56.11 Ben Lindsay  
1:56.12 Andy East  
1:56.15 Simon Rusbridge  
1:56.16 Richard Morrell  
1:56.19 Chris Gillespie  
1:56.2 Phil Norman  
1:56.21 Richard Larsen  
1:56.23 Ian Whitaker  
1:56.26 Nigel Malkin  
1:56.27 Anthony Gray  
1:56.3 Andrew Dunwoody  
1:56.32 Jason Black  
1:56.38 Rob Berry  
1:56.39 Joe Holden  
1:56.43 Ivan Kinahan  
1:56.46 David Hall  
1:56.53 Carl Goose  
1:56.57 Martin Airey  
1:56.58 Sam Bradley  
1:56.62 Chris Watson  
1:56.63 Benjamin Brand  
1:56.63 John McCole  
1:56.64 Andy Wiles  
1:56.64 Sam Evans  
1:56.64 William Goudie  
1:56.7 John Millington  
1:56.70 Chris Davies  
1:56.7 Andrew Ingle  
1:56.79 Tim Coates  
1:56.83 Karl Fahy  
1:56.85 Ben Moreau



1:56.86	Nick Bates	1:58.6	Dean Lacy	1:59.70	Jack Hallas	2:01.33	Jonathan Butler
1:56.86	Nathan Bibby	1:58.60	Christopher Curtis	1:59.7	Mike Roberts	2:01.4	Harvey Speed
1:56.86	Dominic McAlister	1:58.63	Jordan Wildrianne	1:59.7	Lee Slater	2:01.4	Raulston Morian
1:56.87	Daniel Griffiths	1:58.7	Paul Martin	1:59.7	Khalil Thompson	2:01.5	Eamonn Prendergast
1:56.9	Robert Ingham	1:58.72	Luke Evans	1:59.78	Thomas Barry	2:01.50	Allister Woods
1:56.9	Chris Baddick	1:58.75	Ciaran Hopper	1:59.80	Charlie Eastaugh	2:01.5	Mark Linskill
1:56.9	Christian Booker	1:58.81	Joshua Moody	1:59.8	Steven Tester	2:01.63	Matthew Nagy
1:56.91	Martin Reid	1:58.89	Luke Browning	1:59.80	Daragh McDaid	2:01.67	Huw Adams
1:56.95	Michael Hunt	1:58.90	Ian Tinsley	1:59.97	Harry Webb	2:01.7	Charles Gunning
1:56.95	Ben Sumner	1:58.91	Stephen Broadhurst	1:59.97	Dominic Baxter	2:01.71	David Cooper
1:56.96	Stuart King	1:58.96	Graham Hogg	2:00.01	Steven Bonnington	2:01.74	Nico Constanti
1:57.0	Marc Docherty	1:59.02	George Martin	2:00.1	Carl Smith	2:01.75	Andrew Heyes
1:57.01	Andrew Maguire	1:59.07	Lloyd Collier	2:00.1	Joe Townsend	2:01.76	Ethan Cross
1:57.02	Nathaniel Quigley	1:59.09	Craig Pearson	2:00.12	Jamie Smith	2:01.8	Mark Fenwick
1:57.15	Tim Harris	1:59.1	Owen Walpole	2:00.15	Michael Corbishley	2:01.8	Edwin Cawthorne
1:57.16	Udobi Nzelu	1:59.1	Simon Fraser	2:00.2	Geraint Davies	2:01.80	Francis Marsh
1:57.20	Richard Mace	1:59.1	Richard Scott	2:00.30	Michael Smith	2:01.9	Aiden Dourneen
1:57.2	Davey Platt	1:59.17	Steven Phillips	2:00.36	Gareth Klepacz	2:01.93	Martyn Cryer
1:57.23	Mike Tallis	1:59.19	James Senior	2:00.41	Pajo Hamilton	2:01.94	Nicholas Goolab
1:57.30	Tom Bell	1:59.22	Henri Lawson	2:00.47	Marcus Ely	2:02.00	Renato Veraj
1:57.30	Louis Forbes	1:59.24	James Teuten	2:00.6	Chris Dobson	2:02.1	Anthony Wilson
1:57.3	Steven Sinclair	1:59.27	Richard Davies	2:00.62	Steven Fox	2:02.11	Mark Challen
1:57.3	David Reader	1:59.3	Alex Bostock	2:00.7	Nick Hurren	2:02.2	Simon May
1:57.34	Steve Evison	1:59.31	Tom Grimley	2:00.77	Shane Cowzer	2:02.27	Mark Fowles
1:57.36	Michael Hobson	1:59.36	Christopher McGurk	2:00.8	Tom Graham	2:02.30	Jon Norris
1:57.43	James Hood	1:59.37	Simon McCluney	2:00.81	Keith Dunlop	2:02.3	Phil Clamp
1:57.45	Stephen Borrill	1:59.42	David Keogh	2:00.90	Ken Harker	2:02.3	Richard Belton
1:57.5	Patrick Hambley	1:59.45	Ketan Desai	2:00.9	Chris McQuillen-Wright	2:02.32	Mark Norris
1:57.5	Andrew Renfree	1:59.47	Andrew Harris	2:00.91	Ross Glover	2:02.32	Duncan Stevenson
1:57.60	Greg Norman	1:59.5	Philip Almond	2:01.1	Dominic Henry	2:02.34	Jonathan Thewlis
1:57.61	Josh Fairclough	1:59.5	Frederic Tremblay	2:01.17	Nick Jarvis	2:02.4	Scott Jarred
1:57.65	Ronan Kearns	1:59.5	Ben Paviour	2:01.2	Neil Robinson	2:02.51	Nathan Riding
1:57.67	Robert Holbrow	1:59.52	Robert Jowett	2:01.2	Simon King	2:02.51	Adam Peers
1:57.69	Alan McDonnell	1:59.6	Nick Browning	2:01.23	Jack Cutsforth	2:02.55	Cathal Jenkinson
1:57.73	John Slade	1:59.6	Duncan Marsden	2:01.3	Lewis Bostock	2:02.59	Kenny O'Neill
1:57.73	Michael Salter						
1:57.8	Daniel Ryan						
1:57.84	Tommy Davies						
1:57.89	Max Roberts						
1:57.89	James Wardman						
1:57.9	Jonathan Young						
1:57.92	Peter Whitehouse						
1:58.0	Warren Roberts						
1:58.06	Oli Williams						
1:58.09	James Budd						
1:58.13	Peter Matthews						
1:58.14	Sam Hutchinson						
1:58.17	Robert Ridley						
1:58.18	Curtis Pearce						
1:58.2	Alistair Smith						
1:58.2	Daniel Beier						
1:58.23	James Houghton						
1:58.28	William Nicholson						
1:58.3	Marc Turner						
1:58.33	Callum Cullen						
1:58.49	Nathan Elliott						
1:58.5	James Trollope						
1:58.51	Jordan Donnelly						
1:58.54	Peter Street						



Solihull, 24.6.06. DEREK WATSON (229) leads the men's 'B' 1500m. from JONATHAN BLACKLEDGE (222), HENRY HAMMOND (227) and eventual winner JERMAINE MAYS (219). photo by Mark Shearman.

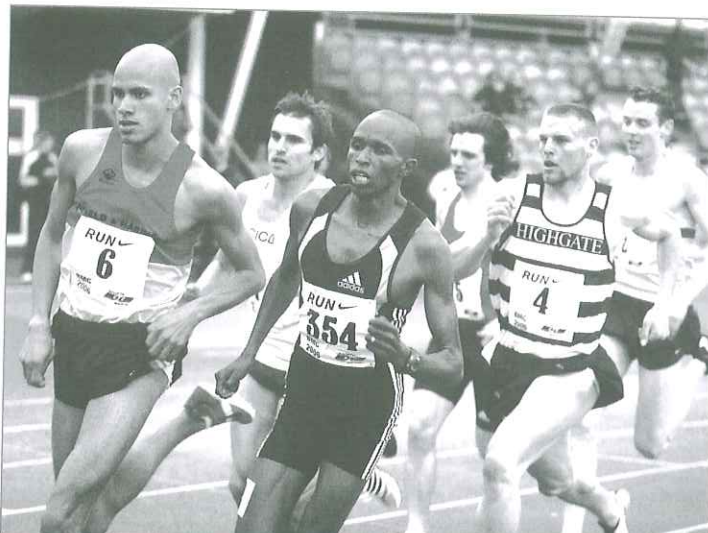
2:02.61	Adam Morrell	2:06.8	Darren Rimmer	2:12.71	Robert Poulter	2:26.29	Harry Thornton
2:02.63	Sean Price	2:06.9	Ollie Starr	2:12.77	Marcus Bridger-Wilkinson	2:26.8	Alex Kavanagh
2:02.64	Russell North	2:07.05	Niall Robinson	2:12.8	Dean Scott	2:27.69	James Gardner
2:02.72	Andrew McDonagh	2:07.25	Ross Williams	2:12.81	Patrick Linden	2:27.7	Bob Chapman
2:02.83	Dan Lester	2:07.28	Nicholas Lingley	2:13.0	Christopher Smith	2:27.91	Blair Brown
2:02.88	Grant Tilley	2:07.3	Tom Mahon	2:13.1	Alex Babbage	2:27.92	Jamie Davies
2:02.89	Ross Davey	2:07.35	Richard Clansey	2:13.1	Sam Petty	2:28.8	David McDermott
2:02.9	Nicholas Gasson	2:07.39	Dominic Swords	2:13.2	Stephen Lang	2:28.9	Matthew Peer
2:02.9	Ryan Waterman	2:07.49	James Bowness	2:13.20	Mike Bayliss	2:29.12	James Lynch
2:02.92	Daniel Altendorff	2:07.52	Matt Grant	2:13.2	Fraser Babbage	2:29.18	Nathan Miskelly
2:03.2	Rowistan Monian	2:07.86	Jack Skeet	2:13.3	Phil Moore	2:29.7	Tom Hilder
2:03.20	Adam Roberts	2:07.88	Richard de-Camps	2:13.4	Chris Peacock	2:30.06	Mark Armstrong
2:03.21	Matthew Lloyd	2:08.0	Bob Minting	2:13.4	Michael Shute	2:30.39	Lee Sharkey
2:03.40	Nick Phillips	2:08.09	Robin Brown	2:13.6	Ray Ashford	2:31.6	Hugo Sackes
2:03.4	David Boyce	2:08.2	Duncan Adamson	2:13.8	Tom Warr	2:32.91	Kyran Hale
2:03.4	Richard Wallace	2:08.22	Stuart Batsford	2:13.9	Jack Hutchens	2:33.5	Ian Page
2:03.42	Andrew Clement	2:08.25	Harry Preston	2:14.30	Ian Yates	2:33.83	Alex Watson
2:03.5	Jamie Davies	2:08.4	Freddie Bolton	2:14.5	Ollie Jose	2:34.4	Simon Robson
2:03.8	Jamie Walker	2:08.5	Gareth Morris	2:14.5	Brian Hickey	2:34.6	Roger Lock
2:03.82	Mike Carroll	2:08.6	Lewis Rodgers	2:14.6	Billy Rutherford	2:35.9	Oliver Syrett
2:03.9	Alexander Smith	2:08.6	Thomas West	2:14.67	Ben Jones	2:37.0	James Barker
2:04.06	Matthew Wreford	2:08.66	Joe Basquill	2:14.8	Mark Ince	2:38.0	Tom Gladwin
2:04.08	Colm Healy	2:08.7	Peter Arnold	2:14.89	Connor Vine	2:39.03	Jamie Bayliss
2:04.2	John Cullen	2:08.7	Patrick Day	2:15.25	Thomas Purnell	2:39.2	Matthew Bennett
2:04.34	Owen Carleton	2:08.82	Tom Cropp	2:15.7	Ben Anderson	2:39.99	Alex Massey
2:04.48	Michael Batiste	2:08.9	Luke Rigler	2:15.9	Brett Halliwell	2:40.3	Robert Overley
2:04.51	Jeremy Gilmour	2:09.0	Jack Moxley	2:15.93	Michael Aspden	2:41.50	Daniel Jackson
2:04.60	Matt Barrie	2:09.1	Joe Rutherford	2:16.05	William Millsopp	2:41.8	Oscar Tully
2:04.66	Damien Holcombe	2:09.2	Andrew Downing	2:16.06	Harry Cox	2:41.96	Jordan Frapwell
2:04.75	Eoghan Furey	2:09.3	Matthew Parker	2:16.8	Ken Daniel	2:44.29	Jamie Kirkwood
2:04.8	Christopher Parker	2:09.4	Eric Crane	2:17.11	Steve Leigh	2:44.9	Kevin Burnett
2:04.8	Iain Stewart	2:09.53	Greg Parsons	2:17.4	Dave Barlow	2:45.4	Oliver Bennett
2:04.89	Mark Vardy	2:09.55	Robbie Schofield	2:17.89	Andrew Kaighin	2:47.1	Matthew Turnbull
2:04.89	Adrian Iszatt	2:09.60	Kieran Smith	2:18.79	William Massey	2:50.25	David Scott
2:04.99	Thomas Atkinson	2:09.75	Tom Taylor	2:18.79	Josh McHugh	2:50.58	Louis Pearson
2:05.02	Aiden Brown	2:09.9	Nick Woollett	2:19.20	Richard Rodgers	2:50.61	Conall Kirk
2:05.03	Stephen Cavey	2:10.07	Christopher Fullerton	2:19.26	Andrew Monaghan	2:50.83	Joe Frey
2:05.20	John Carlisle	2:10.29	Elliot Haywood	2:19.6	Mark Shaw	2:52.52	Frank Sharkey
2:05.31	Richard Felton	2:10.3	Craig Cadwallader	2:19.9	Tristan Sellors	2:52.94	Ryan Sharkey
2:05.4	Michael Cardew	2:10.6	Paul Green	2:20.3	Matthew Hill	2:54.3	John Graham
2:05.4	Oliver Ziff	2:10.70	Tom Woods	2:20.9	Ben Grant	2:54.73	James Massey
2:05.50	Harvey Jones	2:10.7	Ian Goldsmith	2:21.16	Peter Budden	2:55.32	Jordan Lyttle
2:05.5	Simon Anderson	2:10.8	Nick Daniel	2:21.20	Steven Clarke	2:55.7	Chris James
2:05.54	Lee Davenport	2:10.87	Matthew Slaney	2:21.47	Patrick Monaghan		
2:05.56	Daniel Holiday	2:11.0	Jacob Landers	2:22.15	Kiefer Toolan	Men 1500	
2:05.8	Chris Prothero	2:11.0	Nicholas Johnson	2:22.2	Ben Golding	3:38.51	Colin McCourt
2:05.9	Nick Hardy	2:11.1	Liam Lavender	2:23.1	Chris Sykes	3:39.27	Mohamed Farah
2:06.0	Dan Bartlam	2:11.1	Scott Wooder	2:23.1	David Robinson	3:39.28	Tom Carter
2:06.03	Rhys Glastonbury	2:11.1	Greg Halliwell	2:23.15	Patrick McCann	3:39.36	Wesley Cheruiyot
2:06.1	Nathan Young	2:11.4	Simon Findlay	2:23.2	Graeme Kay	3:39.62	Stephen Davies
2:06.1	Bobby Smale	2:11.6	Aaron Aplin	2:23.61	Michael Pollock	3:39.90	Tom Van Rooy
2:06.2	David Old	2:11.65	Corbyn Munnick	2:23.9	Jon Barlow	3:41.18	Chris Bolt
2:06.2	Josh Newton	2:11.9	Peter Clark	2:24.12	Greg Rendell	3:41.33	Chris Thompson
2:06.3	Sylvan Kiwanumka	2:12.05	Daniel Diamond	2:24.13	Sam Bedwell	3:41.63	Paul Miles
2:06.3	Liam Baister	2:12.1	Sam Murphy	2:24.6	Miles Warren	3:41.79	Adam Bowden
2:06.31	Alex Donald	2:12.17	Adam Ingram	2:25.0	TJ Watson	3:41.92	Gareth Price
2:06.48	Michael McKillop	2:12.3	Andrew Holland	2:25.1	Elliot Buckner	3:42.13	Chris Parr
2:06.7	Darren Franklin	2:12.58	Mark Patterson	2:25.6	Tyler Westby	3:42.48	Matthew Barnes
2:06.74	Ben McDaniel	2:12.7	Dean Parker	2:25.65	James Brock	3:42.63	Mark Christie

3:42.75	Lee Merrien	3:48.16	Shaun Moralee	3:50.64	John McCole	3:53.77	Ieuan Thomas
3:43.00	Ben Tickner	3:48.20	Mark Pollard	3:50.66	Rob Watkinson	3:53.77	Mark Sanford
3:43.38	Bob Winter	3:48.21	Richard Ward	3:50.66	Matthew Bowser	3:53.84	Brian Lindberg
3:43.65	Corey Tucker	3:48.31	Jamie Atkinson	3:50.82	David McCarthy	3:53.94	Ryan McLeod
3:43.88	Gary Murray	3:48.34	Emmett Dunleavy	3:50.85	Garry Bristow	3:53.95	Brenton Rowe
3:43.88	Richard Weir	3:48.37	Michel Butter	3:50.98	Chris Warburton	3:54.03	Ryan Stephenson
3:43.90	Michael Skinner	3:48.41	Jonathan Blackledge	3:50.98	Peter Bridger	3:54.1	Royston Green
3:43.97	Richard Ashe	3:48.46	Paul Richardson	3:51.03	Adam Vandenberg	3:54.2	Tim Prendergast
3:45.09	Kris Gauson	3:48.46	Darren Gauson	3:51.16	Matthew Ashton	3:54.20	Mathew Almond
3:45.10	Nick Goodliffe	3:48.48	Søren Molbech	3:51.27	Lee Carey	3:54.29	Lewis Moses
3:45.23	Grant Robison	3:48.56	Chris Mackay	3:51.32	Dave Webb	3:54.36	Dáire Bermingham
3:45.27	Leonard Kibet	3:48.58	David Proctor	3:51.5	Frank Baddick	3:54.45	Robert Cole
3:45.33	Steve Sharp	3:48.74	Scott Overall	3:51.56	Ben Moreau	3:54.52	Tom Warrender
3:45.50	Jermaine Mays	3:48.87	Martin Conroy	3:51.77	David Bishop	3:54.65	Adam Michell
3:45.60	Alan Wales	3:48.95	Derek Watson	3:51.79	Tom Holden	3:54.81	Robert Hodges
3:45.65	Tom Snow	3:48.95	Tom Doe	3:51.81	David Kelly	3:54.90	John Rogers
3:46.12	Ian Rawlinson	3:49.02	Henry Hammond	3:51.81	Sean Dirrane	3:55.30	Andrew Renfree
3:46.13	Luke Watson	3:49.26	Christian Clement	3:51.84	Gary O'Hanlon	3:55.31	David Forrester
3:46.58	Tom Humphries	3:49.26	Brian Farrell	3:52.00	Simon Deakin	3:55.38	Matthew Addison
3:46.67	Gavin Massingham	3:49.39	Luke Gunn	3:52.11	Phil Nicholls	3:55.39	Kojo Kyereme
3:46.78	Dan Samuels	3:49.41	Rory Fraser	3:52.13	Jonathan Taylor	3:55.58	Gary Thornton
3:46.83	Tom Penfold	3:49.66	Daniel Vogeli	3:52.32	John Millington	3:55.74	Rob Mullett
3:46.83	Chris Hart	3:49.69	Simon Plummer	3:52.33	Jakob Hannibal	3:55.84	Benjamin Wolthers
3:46.88	Gareth Turnbull	3:49.70	James Bailey	3:52.44	Mark Buckingham	3:55.93	Ben Harding
3:47.00	Mark Draper	3:49.74	Rob Bugden	3:52.61	Gareth Raven	3:56.00	Nick Samuels
3:47.14	Ross Toole	3:49.86	Colin Miles	3:52.70	Gary Davenport	3:56.05	Kelvin Hardy
3:47.28	Daniel Pettit	3:50.01	Ross Millington	3:52.72	Ricky Stevenson	3:56.08	Chris Brown
3:47.40	Tom Settle	3:50.02	Martin Williams	3:52.78	Laurence Cox	3:56.12	Neilson Hall
3:47.41	Andrew Baker	3:50.02	Ben Jones	3:52.84	Rob Whittle	3:56.19	Feidhlim Kelly
3:47.56	Phil Wicks	3:50.05	James Williams	3:52.88	Gary Hynes	3:56.2	Patrick Hambley
3:47.73	Andy Whetstone	3:50.19	Matt Warley	3:52.9	Noel Pollock	3:56.41	Alex Felce
3:47.77	Martin Mashford	3:50.20	Scott Sterling	3:52.93	Dean Lacy	3:56.50	Michael Morris
3:47.89	Dale Summerville	3:50.22	Matthew Nicholson	3:52.94	Morten Toft Munkholm	3:56.53	John Laselle
3:47.96	Bruce Raeside	3:50.22	Mikkel Kleis	3:53.1	Ben Warren	3:56.54	Darren Talbot
3:48.00	Thomas Minshull	3:50.27	Jonathan Mellor	3:53.13	Rob Berry	3:56.57	Chris Smith
3:48.03	Colm Rooney	3:50.39	Michael Coltherd	3:53.34	Mike Tallis	3:56.62	Daniel Beier
3:48.15	Tom Gayle	3:50.45	Dave Taylor	3:53.47	Tommy Davies	3:56.62	Garrett Coughlan
						3:56.62	Brendan O'Neill
						3:56.68	Dan Dalmedo
						3:56.83	Lewis Timmins
						3:56.99	Martin Hilton
						3:57.01	Desmond Earls
						3:57.36	James McCully
						3:57.38	Tom Russell
						3:57.41	Michael Dyer
						3:57.43	Tim Egerton
						3:57.58	Tom Marley
						3:57.62	Karl O'Connell
						3:57.83	Steven Phillips
						3:57.93	John Hutchins
						3:57.96	Joe Van Der Toorn
						3:57.96	Joe Durrant
						3:58.12	Michael Wullings
						3:58.13	Ben Paviour
						3:58.17	Edward Lumley
						3:58.22	Jordan Donnelly
						3:58.28	Conor Mc Gee
						3:58.46	Christopher Harvey
						3:58.56	Ben Green



Loughborough, 20.5.06. ADAM BOWDEN leads from CHRIS THOMPSON (307) in the men's 5km. photo by Mark Shearman.

3:58.56 Nathaniel Quigley	4:02.73 Richard Franzese	4:05.20 Allan Ramsay	4:08.77 Francis Marsh
3:58.74 Joe Holden	4:02.77 Daniel Edwards	4:05.26 Neil Gamester	4:08.9 Phil Norman
3:58.78 Nigel Malkin	4:02.87 Geraint Davies	4:05.42 Martijn Van Leeuwen	4:09.05 Michael Hunt
3:58.97 James Poole	4:02.97 Adam Thomas	4:05.68 Lawrence Walker	4:09.06 Matthew Jackson
3:59.02 Ben Lindsay	4:03.03 Jack Hallas	4:05.9 Michael Hobson	4:09.10 Josh Arnold
3:59.02 Dominic Bannister	4:03.05 Stephen Trainer	4:06.04 Bobby Whittaker	4:09.3 Nicholas Gasson
3:59.04 Adam Grice	4:03.1 Kofi Agyei	4:06.08 Rob Banjac	4:09.40 Michael Johnson
3:59.1 Mark Woodley	4:03.12 Graeme Mason	4:06.13 Thomas Maunsell	4:09.5 Matt Dawson
3:59.12 Andy Barber	4:03.13 James Russell	4:06.13 Thomas Cornthwaite	4:09.60 Ronan Kearns
3:59.16 Thomas Meakin	4:03.17 Matt Blunden	4:06.18 Harry Harper	4:09.66 Ruahan Crichton
3:59.18 Richard Burney	4:03.19 James Houghton	4:06.26 Phil Williams	4:10.2 Matt Barrie
3:59.34 Martin Gostling	4:03.20 Richard Stones	4:06.30 James Douglas	4:10.40 Douglas Selman
3:59.44 Nathan Bibby	4:03.2 Dave McKinlay	4:06.32 John Cooke	4:10.65 Tom Cunningham
3:59.47 Jamie Nunn	4:03.21 Ben Robinson	4:06.57 Stephen Scullion	4:10.8 Tom Kingsnorth
3:59.53 Craig Gundersen	4:03.25 Jamie Smith	4:06.61 Edward Womersley	4:10.9 Lee Hine
3:59.69 Paul Green	4:03.34 Richard Lee	4:06.62 Phil Clamp	4:11.14 Khalil Thompson
3:59.70 Ciaran McCaughey	4:03.37 Alasdair Russell	4:06.67 Michael Salter	4:11.27 Robert Jowett
3:59.86 Rick Ward	4:03.54 Tom Madden	4:06.7 Simon Anderson	4:11.30 Nathan Young
3:59.88 James King	4:03.58 Russell Betts	4:06.80 Stephen Smith	4:11.72 Adam Bowers
3:59.92 Alexander Smith			4:12.05 Oliver Berry
3:59.96 Christian Booker			4:12.2 Edwin Cawthorne
3:59.98 Andy Nixon			4:12.23 Matthew Clough
4:00.02 Sam Godfrey			4:12.3 Philip Almond
4:00.17 Michael Wilsmore			4:12.34 Matthew Withey
4:00.2 Dave Ragan			4:12.89 Edward Takata
4:00.49 Russell Osborn			4:13.04 Gearoid O'Connor
4:00.54 Gareth Klepacz			4:13.10 Torsten Chandler
4:00.56 Abdirisak Ahmed			4:13.11 Nathan Elliott
4:00.59 Peter Street			4:13.6 Mike Roberts
4:00.70 Eddie King			4:13.9 Phil Parry
4:00.83 Tom Payn			4:14.05 Pajo Hamilton
4:00.84 Jonathan Thewlis			4:14.1 Michael Cole
4:00.88 Phil McGlory			4:14.11 Ben Proctor
4:01.13 Ashley Rymer			4:14.43 James Bleakley
4:01.13 Andy Wiles			4:14.7 Sam Bradley
4:01.16 Daniel Clorley			4:14.8 Daniel Ryan
4:01.17 James Mills			4:14.9 Luke Evans
4:01.21 Stephen Gill	4:03.61 Callum Cullen	4:06.93 William Strangeway	4:15.2 Adrian Lowther
4:01.31 Stephen Lisgo	4:03.62 John Mannion	4:07.15 Stephen Broadhurst	4:15.27 Allister Woods
4:01.32 James Griffiths	4:03.92 Steve Millward	4:07.45 Glen George	4:15.73 Tom Carpenter
4:01.33 Jonathan Young	4:04.02 Hywel Care	4:07.5 Richard Mace	4:16.04 Matt Evans
4:01.36 Andrew Pickett	4:04.04 David Catt	4:07.59 Jack Cutsforth	4:16.1 Chris Dobson
4:01.40 Neil Phillips	4:04.1 Chris McQuillen-Wright	4:07.7 Josh Fairclough	4:16.33 Greg Hull
4:01.67 Karl McCulloch	4:04.16 Daniel Griffiths	4:07.72 Nick Hooker	4:17.36 Cathal Jenkinson
4:01.73 Richard Warburton	4:04.20 Adam Elliott	4:07.72 James Trollope	4:17.47 Matt Bennett
4:01.77 Ander Russell	4:04.4 Ian Hough	4:07.76 Luke Cragg	4:17.69 Matthew Livingstone
4:01.85 Mike Buntin	4:04.40 Alex Byrne	4:07.79 John Shine	4:17.79 Oliver Ziff
4:01.95 Stuart Morland	4:04.43 Rob Dewhurst	4:07.9 Davey Platt	4:18.22 Connor Darby
4:02.02 Gavin Wilcox	4:04.48 Stephen Feasey	4:07.95 Stephen Borrill	4:18.50 Richard Mann
4:02.03 Stephen Mitchell	4:04.53 Ryan Faulkner	4:08.19 Andrew Stanton	4:19.29 Daniel Diamond
4:02.21 Martyn Cryer	4:04.66 Robert Corbally	4:08.26 Eoin Hamilton	4:19.4 Charles Gunning
4:02.24 Stuart King	4:04.84 Martyn Gibbons	4:08.4 Tim Watson	4:19.7 Dan Evans
4:02.24 Craig Murphy	4:04.84 Jeremy Gilmour	4:08.42 Jake Shelley	4:20.17 Sam Winters
4:02.27 Jacob Harman	4:04.85 Josh Holland	4:08.47 Adam Hurley	4:20.3 Peter Stockman
4:02.50 Aidan Reid	4:05.0 Andrew Ingle	4:08.50 Chris Bounds	4:20.68 Eamon Sweeney
4:02.52 David Reader	4:05.06 Nathan Riding	4:08.51 Graham Hogg	4:21.7 Dafydd Jenkins
4:02.54 Andrew Blair	4:05.07 Damian Nicholls	4:08.55 Joe Townsend	4:21.72 Eamon Gallagher
4:02.63 James Wilkinson	4:05.07 Peter Matthews	4:08.61 Michael Holden	4:21.8 Matthew Parker
4:02.65 Ben Craddock	4:05.17 Scott Rollason	4:08.7 Chris Baddick	4:22.06 Jonathan Peters



Loughborough, 20.5.06. DARREN ST. CLAIR (6) leads in the men's 'A' 800m. from the eventual winner WILLIAM CHIRCHR (Kenya, 354) and WARREN FREY (South Africa, 4). photograph by Mark Shearman.



Beijing, 18.8.06. Watching the action at the World Junior Athletic Champs., left to right; EMMA JACKSON, DAME KELLY HOLMES, SIAN EDWARDS and DANIELLE CHRISTMAS. photograph by Mark Shearman.

- 5:17.7 Ian Page
- 5:18.2 Tom Gladwin
- 5:19.0 Daniel Clapp
- 5:19.66 Isaac Taschimowitz
- 5:22.03 Conor Liddy
- 5:26.84 Luke Jacobs
- 5:31.1 John Perratt
- 5:31.3 TJ Watson
- 5:32.98 Ryan Hurley
- 5:43.92 Robert Kemp

Men Mile

- 4:04.60 Paul Hamblyn
- 4:05.07 Matthew Barnes
- 4:05.29 Michael Skinner
- 4:05.48 Gary Murray
- 4:05.49 Gareth Price
- 4:05.55 James Thie
- 4:05.66 Lee Merrien
- 4:05.89 Ben Tickner
- 4:06.59 Chris Warburton
- 4:07.07 Chris Moss
- 4:12.90 Mark Christie
- 4:17.56 Tom Marley
- 4:18.07 Mike Tallis
- 4:18.78 Rick Ward
- 4:20.19 Neil Speaight
- 4:21.12 Robert Hodges
- 4:22.10 Paul Miles
- 4:30.11 Stephen Broadhurst
- 4:30.95 Richard Stones
- 4:42.68 Richard Mann
- 4:47.42 Oliver Aitchison
- 4:52.38 Jack Skeet
- 5:00.36 Alex Wiltshire

Men 3000

- 7:53.67 Chris Thompson
- 7:57.54 Adam Bowden
- 8:00.58 Andy Baddeley
- 8:06.12 Mark Miles
- 8:10.62 Michael Skinner
- 8:11.06 Steve Sharp
- 8:11.39 Lee Merrien
- 8:11.72 Chris Bolt
- 8:12.02 Simon Deakin
- 8:13.14 Jeremiah Ziak
- 8:13.68 Luke Gunn
- 8:14.06 Stuart Stokes
- 8:16.53 Ryan McLeod
- 8:16.73 Paul Richardson
- 8:17.20 Flemming Bjerre
- 8:17.72 Ed Jackson
- 8:18.03 Dave Webb
- 8:18.07 Gary Thornton
- 8:18.88 Dave Mitchinson
- 8:18.93 Alan Buckley
- 8:20.17 Dan Samuels
- 8:20.40 Henrik Them Andersen

- |                              |                          |                           |
|------------------------------|--------------------------|---------------------------|
| 4:22.72 Oliver Aitchison     | 4:33.5 Fraser Babbage    | 4:43.47 Matthew Peters    |
| 4:23.1 Nick Woollett         | 4:33.54 Ben Connor       | 4:43.82 Ross Thomas       |
| 4:23.21 Daniel Brocklehurst  | 4:33.67 Ben Barnes       | 4:43.90 Andrew Clews      |
| 4:24.22 Alexander Davy       | 4:33.78 Liam Holiday     | 4:44.1 Tom Barr           |
| 4:24.34 Patrick Hannah       | 4:34.17 Cuinn McAllister | 4:44.28 Allan Stewart     |
| 4:24.38 Daniel Layton        | 4:34.26 Jacob Landers    | 4:44.31 William Millsopp  |
| 4:24.7 Alex Bruce-Littlewood | 4:35.08 Robert Galt      | 4:44.9 Joe Toomey         |
| 4:25.27 Phil Leybourne       | 4:35.5 Philip Tugwell    | 4:46.28 Kristian Robinson |
| 4:25.43 Scott Williams       | 4:36.27 Patrick Day      | 4:46.4 Peter Clark        |
| 4:25.63 Michael Belcher      | 4:37.55 Brendan Chadwick | 4:47.65 Ryan Chidley      |
| 4:25.9 Mark Humphrey         | 4:37.86 Tom Curr         | 4:48.69 Ben Grant         |
| 4:26.27 Richard Felton       | 4:37.87 Pete Skinner     | 4:48.88 Alan Keys         |
| 4:26.30 Tom Hayward          | 4:37.95 Joshua Grace     | 4:50.32 Daniel Loach      |
| 4:26.51 James Kraft          | 4:38.1 Nick Daniel       | 4:50.60 Gari Brown        |
| 4:26.59 Cameron Ward         | 4:38.90 Elliott Woolmer  | 4:50.7 Michael Shute      |
| 4:26.65 Ben Coldray          | 4:38.9 Jack Hutchens     | 4:51.2 Brett Halliwell    |
| 4:26.7 Freddie Bolton        | 4:39.14 Chris Sykes      | 4:51.25 Freddy Cook       |
| 4:26.76 Alex Shelley         | 4:39.20 Oliver Maskell   | 4:51.62 Toby Brimcombe    |
| 4:27.31 Jack Skeet           | 4:39.4 Ross Williams     | 4:51.7 Andrew Holland     |
| 4:28.0 Sam Petty             | 4:39.50 Zach Cross       | 4:52.2 Mike Bayliss       |
| 4:28.29 Richard Rodgers      | 4:39.5 Matthew Hill      | 4:52.31 Tim Attwell       |
| 4:28.85 Jack Bibbings        | 4:39.6 Craig Cadwallader | 4:52.78 Alistair Massie   |
| 4:28.88 Sam Deathe           | 4:39.9 Bobby Smale       | 4:52.9 Leif Chandler      |
| 4:28.96 Alex Wiltshire       | 4:39.93 Nathan Ditton    | 4:52.98 Sam Fowler        |
| 4:29.72 Michael Cripps       | 4:39.97 Simon Findlay    | 4:55.02 Ciaran McKeown    |
| 4:29.77 Ashley Williams      | 4:40.02 Neil Alderdice   | 4:55.6 Josh Snow          |
| 4:29.87 Joe Hargreaves       | 4:40.04 Nathan Reed      | 4:57.13 Alex Kavanagh     |
| 4:30.0 Greg Halliwell        | 4:40.42 Alexander Teuten | 4:57.77 Steven Atty       |
| 4:30.2 Dan Bartlam           | 4:40.49 Mike Stores      | 4:57.96 Rhys Park         |
| 4:30.22 Sean Walsh           | 4:40.56 Carl Frapwell    | 4:58.93 James Speight     |
| 4:30.29 Danny Beckett        | 4:40.77 Finn McNally     | 4:59.04 Joe Beattie       |
| 4:31.60 Dean Scott           | 4:40.83 James Tidd       | 5:02.9 Bob Chapman        |
| 4:31.68 Joe Gratton          | 4:41.41 Dan Francis      | 5:03.61 Phillip Gilliland |
| 4:31.80 Conall Magee         | 4:41.59 James Dawson     | 5:03.88 Ben Pawson        |
| 4:31.88 Freddie Slemeck      | 4:41.75 Nathan Bolton    | 5:06.16 Kieran Young      |
| 4:32.12 Daniel Studley       | 4:41.94 Thomas Lawson    | 5:07.19 Adam Speake       |
| 4:32.38 Louis Humphries      | 4:42.1 Alex Babbage      | 5:07.3 Sam Bedwell        |
| 4:32.56 Tom Taylor           | 4:42.19 Steve Nash       | 5:12.3 Ben Golding        |
| 4:32.59 Josh Basford         | 4:42.86 Jonathan Burgess | 5:16.1 Tom White          |
| 4:33.21 Paul Rooney          | 4:43.0 Andrew Bishop     | 5:16.27 Jamie Robinson    |

8:21.17	Tom Russell	8:58.54	Adam Elliott	10:16.1	Michael Barton	14:51.29	Henry Dodwell
8:21.35	Simon Horsfield	8:58.87	Nick Jones	10:17.22	Bradley Marsh	14:52.41	Martin Gostling
8:21.36	Phil Nicholls	8:58.98	Nigel Leighton	10:17.60	Andrew McMurray	14:56.59	Tim Prendergast
8:21.91	Ryan Stephenson	8:59.47	Andrew Rooke	10:19.50	Robert Ineson	15:01.41	James Ellis
8:23.25	Martin Williams	8:59.53	James Douglas	10:19.5	Adam Stobbs	15:02.67	Thomas Cornthwaite
8:24.01	Paddy Hamilton	8:59.66	Ryan Trew	10:21.1	Jeremy Randall	15:10.46	Dean Lacy
8:24.12	Mark Sanford	9:00.15	Thomas Farrell	10:21.70	Stephen McComiskey	15:13.46	Jamie Atkinson
8:24.54	Chris Hart	9:00.38	Steve Davies	10:48.9	Nick Jellema	15:15.00	Adam Grice
8:24.79	Daniel Pettit	9:03.47	Tom Cunningham	10:49.3	Mark Cross	15:18.70	Brian MacMahon
8:25.11	John Beattie	9:03.98	Edward Womersley	11:09.4	Paul Kent	15:55.66	Slavomir Kosik
8:26.48	Martin Gostling	9:05.84	Tim Dalton	11:11.1	Stanley Connell		
8:26.94	Kevin Heywood	9:06.72	Matthew Jackson	11:11.9	Josh Trigwell	Men 10000	
8:27.77	Rob Bugden	9:08.20	Francis Marsh	11:26.5	Peter Hadley	28:58.29	Vinny Mulvey
8:28.67	Darren Gauson	9:09.1	Simon Anderson	11:27.5	Paul Cullen	29:31.26	Dominic Bannister
8:29.10	Tim Prendergast	9:11.2	Mark Ryall	11:41.0	Neil Denner	29:33.39	Simon Arusei
8:29.15	Michael Morris	9:11.65	Matt Barrie	11:51.70	John Glover	29:40.64	Gareth Raven
8:29.19	Ben Jones	9:13.72	Jake Shelley	12:05.2	Mark Newell	29:42.95	David Wardle
8:29.39	Paul Green	9:14.1	Kofi Agyei	12:24.8	Keith Dungate	29:54.98	Matthew Ashton
8:30.47	Tommy Davies	9:14.50	Owen Carleton	13:11.1	Steve Waddington	29:56.14	Dave Mitchinson
8:30.66	Scott Sterling	9:15.75	Tom Woodhouse	14:06.1	Les Pullen	29:57.99	Dave Norman
8:31.69	Laurence Cox	9:16.14	Chris Rooke			30:07.11	Richard Kay
8:32.21	Martin Hilton	9:17.12	Chris Bull	Men 5000		30:08.58	Huw Lobb
8:32.33	Adrian Marriott	9:17.8	Mark Humphrey	13:36.66	Moses Kipsiro	30:11.71	Ben Moreau
8:32.56	Mike Tallis	9:17.90	Andrew Agnew	13:41.59	Isaac Kiprop	30:16.36	Paul McNamara
8:33.19	Thomas Cornthwaite	9:18.1	David Reader	13:50.34	Mark Warmby	30:25.90	Mark Kenneally
8:33.45	Jerome Brooks	9:18.16	Dominic Kiralyfi	13:51.61	Michael Skinner	30:41.47	John Beattie
8:33.82	Mark Pollard	9:18.60	Gregory Roberts	13:54.66	Nick Goodliffe	30:42.18	Jonny Gilby
8:34.14	John Hutchins	9:18.7	Adrian Lowther	13:55.08	Moumin Geele	30:42.83	Benjamin Romkes
8:34.49	Brendan O'Neill	9:20.14	Richard Batsford	13:56.18	Nick Talbot	30:58.45	Ronald Schröer
8:34.59	Steffan North	9:21.6	David Lipscomb	13:58.44	Vinny Mulvey	31:03.37	Ben Fish
8:35.24	Guy Amos	9:22.36	Tom Marshall	13:59.04	Rob Detart Oude Weme	31:38.46	Nigel Leighton
8:35.45	Adam Grice	9:24.5	Barry Royden	14:00.01	Ben Tickner	31:47.06	Neil Burton
8:36.11	Ander Russell	9:24.58	Joe Dalgleish	14:06.37	Adam Bowden	33:34.97	Steve Hallas
8:36.37	Craig Peters	9:27.1	Dave Alcock	14:06.98	Phil Wicks		
8:37.33	Rory Fraser	9:30.90	Dan Cliffe	14:08.18	Phil Nicholls	Men 3000SC	
8:37.78	Josh Lilly	9:32.1	Peter Stockman	14:09.50	Mark Kenneally	8:31.84	Adam Bowden
8:37.82	Matthew Pierson	9:32.25	Scott Monk	14:09.65	Gary Thornton	8:40.02	Jermaine Mays
8:39.08	David Kelly	9:32.7	Robert Dennis	14:09.96	Ben Moreau	8:44.78	Chris Hart
8:39.48	Scott Hazell	9:35.1	Lee Hine Seminar	14:10.55	Dave Mitchinson	8:45.78	Frank Tickner
8:40.35	Lewis Moses	9:37.75	Matt Willmott	14:11.96	Dave Webb	8:47.86	James Bailey
8:41.49	Louis Jones	9:39.56	Ben Snowball	14:13.07	Dominic Bannister	8:48.59	Luke Gunn
8:41.84	Martin Hula	9:40.13	William Barnes-Smith	14:14.42	Ben Fish	8:49.22	Tom Payn
8:43.0	Ieuan Thomas	9:41.8	Chris Holmes	14:14.56	David Wardle	8:49.24	Nick Talbot
8:43.47	Afan Humphries	9:43.2	Jamie Palmer	14:14.77	Simon Deakin	8:51.15	Per Jacobsen
8:44.72	Mark Powell	9:44.8	Robert Jackaman	14:22.62	Matthew Ashton	8:52.62	Steen Walter
8:45.98	Matt Blunden	9:48.3	Matt Winn-Smith	14:24.06	Joseph Sweeney	8:52.65	Mark Draper
8:46.21	Gregory Billington	9:51.20	Max Kiralyfi	14:24.91	Tom Russell	8:55.80	Keith Kelly
8:46.37	Luke Cragg	9:51.9	Peter Heathman	14:28.86	Mick Clohisey	8:56.89	Mark Kirwan
8:48.44	Sam Dalgleish	9:52.3	Tim Kemp	14:29.10	John Beattie	8:58.43	Rob Berry
8:48.91	Ashley Humphreys	9:53.7	Matthew Hill	14:29.69	Neil Burton	8:58.77	Glen Comish
8:50.53	Richard Peters	9:53.8	Greg Norman	14:31.05	Mark Hood	9:02.29	Mark Buckingham
8:51.11	Dewi Griffiths	9:55.84	Grant Tilley	14:32.30	Dan Dalmedo	9:03.05	Eugene O'Neill
8:52.8	Dean Lacy	9:56.21	Ed Ponsonby	14:38.00	Martyn Cryer	9:05.61	Paolo Natali
8:54.52	Matthew Withey	10:00.6	Andrew Sheridan	14:38.66	Tommy Davies	9:10.85	Tom Doe
8:54.67	Phil Parry	10:00.90	Eddie Cooke	14:41.97	Phillip Tulba	9:16.99	Rob Mullett
8:56.48	Greg Smith	10:03.01	Lee Jones	14:44.31	John Eves	9:18.28	Adrian Holliday
8:57.00	Andrew Ingle	10:08.40	Neil Larken	14:47.24	Kelvin Hardy	9:23.87	Stephen Scullion
8:57.57	Richard Harper	10:08.4	Liam Corcoran	14:47.51	Jon André Preststulen	9:28.46	Matt Blunden
8:57.9	Darren Talbot	10:08.82	Jack Partridge	14:48.12	Alan McCormack	9:31.55	Eoin Healy

9:38.61 Tarus Elly  
 9:38.77 Eoin Mc Cormack  
 9:38.88 David Moller  
 9:56.2 Peter Norris  
 10:02.79 Masaaki Nomura

Women 600

1:38.2 Sigourney Bell  
 1:38.8 Stephanie Loraine  
 1:42.6 Natalie Young  
 1:43.6 Emma Toogood  
 1:44.0 Abby Wilson  
 1:48.7 Amy Bell

Women 800

2:00.99 Amanda Pritchard  
 2:02.58 Joanna Ross  
 2:02.79 Catherine Riley  
 2:02.95 Lisa Dobriskey  
 2:03.10 Liz Brathwaite  
 2:03.14 Rachael Ogden  
 2:04.51 Charlotte Best  
 2:04.62 Hayley Ovens  
 2:04.64 Charlene Snelgrove  
 2:04.78 Nisha Desai  
 2:04.98 Claire Gibson  
 2:05.02 Katrina Wootton  
 2:05.18 Claire Robinson  
 2:05.25 Abby Westley  
 2:05.54 Nicola Gauld  
 2:05.67 Danielle Christmas  
 2:05.75 Ellie Childs  
 2:05.93 Emma Jackson  
 2:06.16 Hannah Brooks  
 2:06.60 Kelly Reid  
 2:06.74 Alison Leonard  
 2:06.87 Emma McIntyre  
 2:07.55 Sarah Hopkinson  
 2:07.84 Michaela Hutchison

2:08.73 Victoria Barcello  
 2:08.8 Joanne Finch  
 2:08.97 Lucy Dowsett  
 2:09.00 Bella Clayton  
 2:09.09 Phillippa Aukett  
 2:09.25 Hannah Whitmore  
 2:09.41 Karen Hill  
 2:09.46 Laura Siddall  
 2:09.53 Helena Tobin  
 2:09.60 Jessica Sparke  
 2:09.60 Amy Campbell  
 2:09.65 Ceri Mitchell  
 2:09.7 Emily Goodall  
 2:09.76 Annika Gerner  
 2:09.78 Ruth Watson  
 2:09.88 Sarah Hood  
 2:09.98 Rachael Thompson  
 2:10.12 Stephanie Roe  
 2:10.14 Phillippa McCrea  
 2:10.52 Kate Hindle  
 2:10.56 Rachel Stringer  
 2:10.56 Bodil Møller Have  
 2:10.67 Emma Cloggie  
 2:11.00 Marlin Brown  
 2:11.06 Kelly Johnson  
 2:11.14 Niki Tribe  
 2:11.69 Sian Davies  
 2:11.74 Claire Tarplee  
 2:12.09 Jordan Kinney  
 2:12.47 Hannah Jeanes  
 2:12.54 Natalie Shaw  
 2:12.69 Jane Potter  
 2:12.73 Kaye Kirkham  
 2:12.77 Elizabeth Ogunde  
 2:12.83 Louise Durman  
 2:12.88 Victoria O'Donnell  
 2:12.95 Harriet Scott  
 2:13.05 Kirsty Drabble  
 2:13.47 Emily Adams

2:13.50 Claire Taylor  
 2:13.69 Helen Singleton  
 2:13.71 Helen Bloomfield  
 2:13.72 Jenny Harnett  
 2:13.74 Sam Hart  
 2:13.83 Stevie Stockton  
 2:13.86 Lucy McLoughlin  
 2:13.90 Catherine Bryson  
 2:13.95 Jade Allen  
 2:14.05 Lyndsey Monteith  
 2:14.07 Charlotte Browning  
 2:14.1 Sheila Coyle  
 2:14.17 Rosy Cooper  
 2:14.2 Katie Richardson  
 2:14.21 Rosanna Iannone  
 2:14.34 Stephanie James  
 2:14.35 Julia Cooke  
 2:14.37 Stephanie Barnes  
 2:14.38 India Lee  
 2:14.48 Rebecca Hall  
 2:14.78 Gemma Marrs  
 2:14.82 Leigh Lennon  
 2:14.95 Claire Duck  
 2:15.08 Emma Reed  
 2:15.14 Dani Barnes  
 2:15.24 Gemma Coe  
 2:15.26 Joanne Safe  
 2:15.28 Julia Russell  
 2:15.30 Tara Bird  
 2:15.3 Katie Knowles  
 2:15.32 Charlotte Woods  
 2:15.43 Joanne Duxbury  
 2:15.6 Jessica Burns  
 2:15.61 Katie Parkes  
 2:15.75 Sigourney Bell  
 2:16.0 Alex Snook  
 2:16.04 Jaki Fairchild  
 2:16.07 Emma-Leigh Heighway  
 2:16.10 Louise Webb  
 2:16.15 Kate Wiltshire  
 2:16.20 Sally Read-Cayton  
 2:16.30 Bea Swords  
 2:16.41 Victoria Currie  
 2:16.46 Sara Dobler  
 2:16.5 Danielle Walker  
 2:16.5 Leonie Woodfinden  
 2:16.56 Silla Dührkop  
 2:16.68 Lisa Palmer  
 2:16.68 Clare Craddock  
 2:16.71 Heather Timmins  
 2:16.86 Jenna Hill  
 2:16.90 Charlie Gaspar  
 2:16.90 Sarah Hayward  
 2:17.04 Anna Rainey  
 2:17.09 Kayleigh Brown  
 2:17.16 Bernadine Pritchett  
 2:17.2 Stacey Johnson  
 2:17.30 Lucy Mayho  
 2:17.39 Brogan Percy

2:17.42 Alex Wheatman  
 2:17.50 Kerry Harty  
 2:17.54 Laura Dowsing  
 2:17.6 Gemma Phillips  
 2:17.6 Jayne Mould  
 2:17.7 Ruth Mitchell  
 2:17.7 Alice Lewtas  
 2:17.74 Jennifer Davies  
 2:17.78 Hayley Stibbs  
 2:17.82 Nicola Morgan  
 2:17.82 Sarah Bell  
 2:17.85 Jessica Dickson  
 2:17.89 Bethan Strange  
 2:17.89 Catriona McCourt  
 2:18.1 Angharad Owen  
 2:18.29 Rebecca Craigie  
 2:18.30 Kirsty Hamilton  
 2:18.31 Ellen Butler  
 2:18.34 Lyndsey Fairweather  
 2:18.51 Kirsty Milner  
 2:18.7 Natalie Young  
 2:18.73 Emily Brown  
 2:18.8 Bethan Davies  
 2:18.81 Natalie Yates  
 2:18.9 Tracey Hinton  
 2:18.95 Abby Glover  
 2:19.0 Natasha Doel  
 2:19.03 Helen Hadjam  
 2:19.1 Vicky Tester  
 2:19.13 Emma Grant  
 2:19.16 Wendy Davis  
 2:19.44 Sophie Fletcher  
 2:19.45 Jo Benham  
 2:19.51 Benytta Doman  
 2:19.8 Claire Burgoyne  
 2:19.9 Emma Toogood  
 2:19.95 Joanne English  
 2:19.96 Laura Johnson  
 2:20.13 Georgia Peel  
 2:20.23 Erin Lafferty  
 2:20.29 Kristie Leybourne  
 2:20.3 Anna Sharrock  
 2:20.30 Michelle Stone  
 2:20.4 Danielle Cinderey-Smith  
 2:20.46 Natalie Hills  
 2:20.67 Lara Thomas  
 2:20.68 Jo Harper  
 2:20.7 Amanda Evans  
 2:20.81 Amanda Jukes  
 2:20.9 Emily Weeks  
 2:20.94 Jessica Fawcett  
 2:21.10 Laura Burke  
 2:21.3 Sarah Pickering  
 2:21.4 Megan Andrew  
 2:21.49 Alison Drew  
 2:21.78 Amy Regan  
 2:21.8 Abby Wilson  
 2:21.8 Robyn Keane  
 2:21.87 Georgia Bell



Watford, 10.6.06. JOANNA ROSS (103) leads from CHARLENE SNELGROVE (106) in the women's 800m. 'A' race. photograph by Mark Shearman.

2:21.9	Sam Daley	2:29.4	Annabel Gummow
2:22.08	Jodie Spencer	2:29.5	Rebekah Ansell
2:22.1	Laura Parker	2:29.56	Carla Bowyer
2:22.20	Lucy Gemmell	2:29.58	Susan Byrne
2:22.3	Karen Gear	2:29.61	Lucy McDermott
2:22.41	Siobhan Harrison	2:29.9	Sadie Hambly
2:22.50	Zofie Okuniewska	2:30.1	Esther Harrill
2:22.5	Caroline Steven	2:30.10	Heather McClarnon
2:22.76	Frederica Foster	2:30.19	Dea-Anna Davey
2:22.8	Anna Ford	2:30.23	Kate Howard
2:22.8	Lydia Patton	2:30.3	Joy Fenwick
2:22.96	Maisie Bonney	2:30.4	Catherine Samuelson
2:23.18	Katie Trehwella	2:30.49	Chloe Dowson
2:23.51	Keely Gunn	2:30.5	Aimee Davies
2:23.60	Cerys Morgan	2:30.51	Sarah Crossley
2:23.77	Sarah Neary	2:30.54	Georgina Twist
2:23.86	Sinead Denny	2:30.58	Hannah Isles
2:23.88	Jade Surman	2:31.00	Rebecca Devney
2:23.96	Ellie Ley	2:31.2	Ellie Starr
2:23.96	Danielle McCann	2:31.5	Bridget Tidball
2:24.25	Rebecca Nuttall	2:31.7	Rebecca Ferguson
2:24.26	Sundai Boulton	2:31.8	Sarah Mackness
2:24.29	Angharad Davies	2:31.86	Maddie Vicary
2:24.5	Amanda Dipple	2:31.98	Suzanne Bailey
2:24.61	Nicola George	2:31.99	Lucy Sumner
2:24.61	Abigail Mackley	2:32.37	Louisa Lingley
2:24.7	Helen Patton	2:32.60	Beth Swords
2:24.7	Jessica Booth	2:32.77	Gemma Curley
2:24.81	Alexandra Firth	2:33.38	Zoe Ridd
2:24.97	Ashleigh Williams	2:33.5	Rachel Sykes
2:25.03	Anne-Marie Keast	2:33.71	Christie Woodford
2:25.06	Kathy Stringer	2:33.80	Jo Fairclough
2:25.23	Rachel Gibson	2:33.9	Jennifer George
2:25.5	Emily Fitzhugh	2:34.0	Beth Parsons
2:25.88	Lauren Howarth	2:34.1	Sophie Bridges
2:25.95	Sara Kofoed	2:34.1	Lucy Taylor
2:26.15	Kyra Hawkins	2:34.27	Lauren Whitford
2:26.15	Kate Wilson	2:34.5	Amy Bell
2:26.2	Tania White	2:34.55	Iona Macey-Lillie
2:26.44	Tyra Watson	2:35.05	Grace Hughes
2:26.5	Eloise Pittwood	2:35.2	Barbara Lock
2:26.60	Laura Jones	2:35.54	Lauren Rayment
2:26.68	Billie Attard	2:35.61	Katie Kirk
2:26.74	Joanne Mills	2:35.70	Joelle Drummond
2:27.09	Laura Lambert	2:35.99	Rebecca Sleep
2:27.51	Emma McShane	2:36.13	Alice Vage
2:27.52	Leigh Barker	2:36.3	Joedy Platt
2:27.58	Hester Talbot	2:36.5	Lucy Flanner
2:27.70	Nicola Barnes	2:37.0	Alison Evans
2:27.71	Corinne Hunter	2:37.34	Georgia Hall
2:27.8	Linda Dabbs	2:37.5	Cara Tucker
2:28.0	Ellie Grant	2:37.68	Louise Harrison
2:28.3	Emily Dulson	2:37.9	Hollie Wright
2:28.40	Kathryn Mellor	2:37.91	Annie Walker-Trafford
2:28.64	Stephanie Davies	2:37.95	Rachel Devney
2:28.8	Alexia Trafford	2:38.24	Ruth Nutter
2:29.00	Juliette Knights	2:38.38	Rachel Griffiths
2:29.10	Charlotte Maxted	2:39.15	Nadine Rowe
2:29.3	Jade Norton	2:39.4	Alice Round



Gothenburg, 12.8.06. JO PAVEY (Gt. Britain, 1270) leads in the 5000m. final. photo by Mark Shearman.

2:39.79	Sophie Hunt	2:59.2	Imogen Fleming
2:39.82	Becky Kepe	2:59.39	Jessica Davison
2:39.84	Zara Lyttle	3:04.3	Emily Hutchens
2:40.46	Jessica Crook	3:12.09	Siobhan McCann
2:40.72	Amy Crabtree	3:13.39	Sinead Boyle
2:41.03	Louise Hughes	3:18.28	Rebecca Pettigrew
2:41.1	Rebecca Turner	3:24.25	Nicole Deegan
2:41.48	Ciara Halley		
2:41.99	Caroline O'Hare		Women 1500
2:42.02	Lizzie Hadley	4:05.91	Jo Pavey
2:42.22	Jasmine Ward	4:07.72	Helen Clitheroe
2:42.50	Abby Dowling	4:12.39	Rachael Ogden
2:43.0	Fran Norman	4:12.76	Stephanie Twell
2:43.60	Natasha Miskelly	4:13.70	Rebecca Lyne
2:44.6	Sophie Gordon	4:14.01	Marina Muncan
2:45.46	Annie Ashworth	4:16.23	Abby Westley
2:45.9	Emily Bliss	4:16.41	Lauren Fleshman
2:46.34	Sara Louise Pearson	4:16.99	Tina Brown
2:46.5	Zara Turner	4:17.11	Aoife Byrne
2:47.0	Emma Jolliff	4:17.32	Flo Jonsson
2:48.35	Jennifer Quinn	4:17.42	Faye Fullerton
2:48.39	Hally Wicks	4:17.46	Catherine Riley
2:49.26	Patricia Brady	4:17.60	Jessica Sparke
2:49.31	Emma Sharkey	4:17.63	Linda Byrne
2:50.12	Bethan Davies	4:18.80	Hannah England
2:50.4	Sally Edwards	4:18.97	Ulrika Johansson
2:50.4	Jenny Anderson	4:19.00	Freya Murray
2:50.6	Jessica Bennett	4:19.53	Eleanor Baker
2:50.85	Rebecca Blundell	4:19.76	Orla Drumm
2:50.9	Laura Hawksworth	4:19.78	Laura Kenney
2:54.35	Leah Carlisle	4:20.99	Morag MacLarty
2:55.1	Jess Saunders	4:21.56	Jo Fenn
2:55.53	Chloe Darroch	4:22.20	Hannah Whitmore
2:56.71	Cydnie McCullough	4:22.28	Natalie Lewis



4:22.61	Emma Pallant	4:37.66	Claire Martin	4:43.93	Sarah Bird	4:50.50	Michelle Stone
4:22.74	Sarah Hopkinson	4:37.67	Celia De Maria	4:44.23	Jenny Binks	4:50.51	Claire Pring
4:22.87	Jess Coulson	4:37.74	Blue Haywood	4:44.32	Melissa Hawtin	4:50.58	Rachel Gibson
4:22.9	Lisa Corrigan	4:37.8	Kirsty Hamilton	4:44.33	Melissa Ronan	4:50.6	Leah Dixon
4:23.07	Nikki Hamblin	4:38.1	Ashley Gibson	4:44.67	Kate Avery	4:51.13	Georgie Bruinvels
4:23.09	Jo Ankier	4:38.33	Suzanne Huet	4:45.00	Ashlee McGuigan	4:51.2	Charlotte Arter
4:23.52	Emily Pidgeon	4:38.53	Lucy Mayho	4:45.36	Hollie Knight	4:51.26	Hannah Patmore
4:23.54	Joanne Harvey	4:38.6	Susie Hignett	4:45.5	Anna Sharrock	4:51.6	Alice Lewtas
4:23.55	Sophie Morris	4:38.6	Ruth Mitchell	4:45.55	Ashling Baker	4:51.7	Lily Martin
4:23.69	Hayley Beard	4:38.61	Lucy Dowsett	4:45.57	Heather Timmins	4:51.78	Zoe Armstrong
4:23.80	Hattie Dean	4:38.67	Claire Taylor	4:45.92	Leanne Fitzgerald	4:52.00	Megan Andrew
4:23.91	Alvilde Ossum	4:38.97	Eilish McColgan	4:46.12	Kate Hindle	4:52.07	Georgia Ball
4:24.05	Jane Potter	4:39.26	Alyson Dixon	4:46.20	Kaye Kirkham	4:52.52	Stevie Stockton
4:24.36	Claire Holme	4:39.51	Joanne Maddick	4:46.23	Gemma Hillier	4:52.98	Laura Spence
4:24.61	Non Stanford	4:39.70	Helen Singleton	4:46.29	Lyndsey Monteith	4:53.1	Emily Fitzhugh
4:24.71	Linzi Snow	4:39.9	Nicola Squires	4:46.48	Nicola Morgan	4:53.12	Jo Harper
4:24.78	Sarah Maude	4:40.34	Catherine Tomaney	4:46.7	Lisa Palmer	4:53.14	Emma McShane
4:25.02	Ellie Childs	4:40.38	Sarah Burgin	4:47.06	Nicole Roberts	4:53.2	Eloise Pittwood
4:25.32	Deirdre Byrne	4:40.47	Danielle Sale	4:47.84	India Lee	4:53.58	Caroline Harney
4:25.76	Debbie Jones	4:40.58	Emma-Leigh Heighway	4:47.88	Grace Nicholls	4:53.89	Nadia Fidler
4:25.85	Juliet Potter	4:40.68	Laura Huet	4:48.12	Vicky Tester	4:53.96	Jade Llewellyn
4:26.62	Delilah DiCrescenzo	4:40.94	Josephine Rhodes	4:48.18	Natalie Young	4:54.0	Charlie Coffey
4:27.19	Ellen Diskin	4:40.95	Ellie Sprake	4:48.22	Bethan Strange	4:54.35	Martha Reynolds
4:27.31	Karen Hill	4:41.08	Nicola Bamford	4:48.23	Katie Trehwella	4:54.60	Ciara Baker
4:27.59	Gemma Turtle	4:41.17	Rosie Betts	4:48.25	Bea Swords	4:54.92	Hannah Weedall
4:27.89	Sian Davies	4:41.76	Rosie Edwards	4:48.41	Rebecca Craigie	4:55.05	Sam Daley
4:28.19	Liz Muggeridge	4:41.92	Charlie Gaspar	4:48.72	Alex Snook	4:55.06	Emma Satterly
4:28.28	Carolyn Boosey	4:41.96	Sarah Barker	4:48.85	Jessica Fawcett	4:55.3	Amanda Jukes
4:28.76	Olivia Kenney	4:42.01	Elinor Kirk	4:48.99	Kathryn Maunder	4:55.5	Katherine Humphreys
4:28.85	Josephine Moultrie	4:43.08	Emma Langdell	4:50.13	Leonie Woodfinden	4:55.70	Paris Williams
4:29.01	Danielle Woods	4:43.8	Emma Reed	4:50.42	Sarah Wiblin	4:56.40	Hollie Turtle
4:29.05	Claire Duck						
4:29.20	Jordan Kinney						
4:29.49	Kerry Harty						
4:30.08	Hanna Karlsson						
4:30.86	Rachel Gibbs						
4:31.20	Lucy O'Gorman						
4:31.4	Charlotte Purdue						
4:32.05	Emily Adams						
4:33.01	Julia Russell						
4:33.5	Vicky Callaway						
4:33.91	Anna Simmonds						
4:34.13	Marbeth Shiell						
4:34.17	Andrea Woodvine						
4:34.19	Natalie Grant						
4:34.56	Katie Knowles						
4:34.85	Michaela Hutchison						
4:34.93	Frances Briscoe						
4:35.18	Bethan Davies						
4:35.47	Rosanna Iannone						
4:35.57	Jessica Burns						
4:35.78	Stacey Preston						
4:35.83	Danielle Walker						
4:36.3	Louise Durman						
4:36.35	Alexa Joel						
4:36.44	Emma Whittaker						
4:37.23	Jade Allen						
4:37.30	Emily Clarke						
4:37.57	Jenna Hill						



Watford, 10.6.06. ABBY WESTLEY (314) wins the women's 'A' 1500m. from STEPHANIE TWELL (305). photo by Mark Shearman.

4:56.41 Naomi Speake	5:21.09 Megan Huxley	9:53.85 Louise Mørch	16:36.68 Juliet Potter
4:56.72 Rachel Atherton	5:21.77 Nicole Bissett	9:57.90 Kate Goodhead	16:43.06 Sarah Willmott
4:57.2 Chloe Anderson	5:22.25 Abbie Letherby	9:58.78 Claire Tarplee	16:44.15 Sarah Waldron
4:57.59 Samantha Duffy	5:22.3 Leanne James	9:59.98 Nikki Hamblin	16:46.03 Charlotte Purdue
4:57.6 Alexia Trafford	5:23.78 Robyn Ellis	10:01.96 Katie Knowles	16:50.01 Suzanne Benyon
4:57.7 Sian Monahan	5:25.1 Vicki Cronin	10:02.3 Danielle Sale	16:53.72 Karin Sennvall
4:58.30 Rachel Driver	5:25.49 Lucy Edmunds	10:03.77 Ellie Sprake	16:55.15 Niamh Devlin
4:58.53 Emma Grant	5:25.78 Isla Ness	10:06.20 Breffni Twohig	17:01.84 Andrea Woodvine
4:58.58 Natalie Sharp	5:26.1 Hannah Isles	10:07.3 Louise Watson	17:02.80 Abigail Wilshire
4:59.40 Lara Thomas	5:26.14 Angela Speight	10:14.98 Emma Langdell	17:04.92 Laura McCreesh
4:59.9 Anna Ford	5:26.6 Sophie Bridges	10:15.56 Nicola Bamford	17:07.38 Catherine Dugdale
5:00.76 Alex Wheatman	5:27.01 Rebecca Butler	10:16.66 Chloe Patchett	17:12.72 Rachel Gibbs
5:00.8 Caroline Steven	5:28.06 Christie Jones	10:22.1 Natalie Gray	17:17.16 Laura Carney
5:01.1 Karen Gear	5:28.81 Kelly Driscoll	10:28.23 Rebecca Gough	17:18.40 Nicola Bamford
5:01.22 Elizabeth Durman	5:30.57 Melissa Chidley	10:28.70 Leanne Fitzgerald	17:23.93 Emma Phillips
5:01.8 Laura Parker	5:31.64 Chloe Bithell	10:28.93 Hayley Pointer	17:24.39 Alex Gostling
5:02.32 Sarah Neary	5:31.75 Clara Evans	10:31.97 Karen Buckley	17:36.57 Louise Perrio
5:02.55 Faith Taylor	5:33.30 Stephanie Hambling	10:43.28 Gemma Hillier	18:14.85 Sarah Bird
5:02.64 Lucy Millett	5:33.98 Ruby Kelly	10:43.29 Dani Nimmock	
5:03.1 Fleur Ross-Harris	5:34.0 Nelida Montes	10:48.96 Leanne Renshaw	Women 10000
5:03.28 Emma Blackwell	5:34.30 Mauven Baker	10:52.9 Megan Andrew	32:38.24 Hayley Yelling
5:03.38 Holly-Anne Horsley	5:34.37 Alice Round	10:53.80 Rachel Marfleet	33:53.68 Anita Looper
5:03.65 Amber Watson	5:34.39 Samantha Roberts	10:56.12 Sarah Cartwright	34:01.75 Wendy Jones
5:03.7 Stephanie Wright	5:34.6 Sophie Gordon	10:56.90 Claire Conway	34:06.03 Morag McDonnell
5:04.36 Caitriona Hooper	5:35.68 Fran Norman	10:56.9 Claire Gibson	34:09.32 Gemma Phillips
5:04.58 Beth Swords	5:35.9 Natalie Taylor	11:01.68 Danielle Johnson	35:56.76 Erica Sheldon
5:04.6 Ellie Grant	5:36.64 Mhairi Hall	11:14.51 Julie Bailey	
5:04.66 Bex Myers	5:37.37 Nikki Meadows	11:39.00 Louise Bosson	Women 3000SC
5:04.78 Jade Williams	5:38.17 Kirsty Kee	11:43.20 Heather Martin	9:48.51 Lizzy Hall
5:04.86 Ruth Haynes	5:39.3 Louise Hughes	11:46.52 Rebecca Skelton	9:52.22 Hattie Dean
5:05.3 Annabel Gummow	5:40.84 Keiley MacDonald	12:07.37 Danielle Paige	10:13.24 Emily Pidgeon
5:05.33 Hester Talbot	5:42.6 Esther Harrill	12:11.89 Zoe Lamb	10:24.91 Ruth Senior
5:05.39 Olivia Larcombe	5:44.4 Jessica Bennett	12:19.22 Jo Batson	10:50.39 Carolyn Boosey
5:05.93 Justine Bowers	5:47.2 Rebecca Turner	12:28.1 Lena Hermansson	11:26.78 Shavaun Henry
5:07.20 Emma Willits	5:48.0 Jenny Anderson	12:40.3 Charlotte Edmonds	11:28.92 Louise Bardsley
5:07.24 Danielle Johnson	5:50.08 Natasha Doel	12:40.9 Grace Rowland	12:03.36 Heather Martin
5:08.02 Carley Rose		12:53.29 Leanne Selman	12:43.65 Helena Dalzell
5:08.10 Sarah Mackness	Women Mile	13:04.9 Tracey Tompkin	
5:08.58 Sarah Hector	4:58.25 Emma Pallant	13:09.2 Natalie Mann	
5:08.96 Jessica Booth	5:10.05 Blue Haywood	13:26.3 Jo Winn-Smith	
5:09.06 Zoe Thomas	5:14.67 Sarah Barker		
5:09.6 Aimee Davies	5:27.75 Leigh Lennon		
5:09.94 Katherine Barker			
5:10.61 Emily Merrick	Women 3000	Women 5000	
5:11.7 Lucy Taylor	9:11.57 Emily Pidgeon	15:28.58 Mara Yamauchi	
5:12.2 Amy Rundle	9:15.70 Sian Edwards	15:29.08 Monica Jepkoech	
5:13.4 Jade Norton	9:28.13 Claire Entwistle	15:41.00 Emily Pidgeon	
5:13.9 Jessica Harvey	9:31.38 Gemma Phillips	15:50.69 Sian Edwards	
5:14.2 Beth Parsons	9:33.11 Non Stanford	16:00.79 Rosemary Ryan	
5:15.50 Emma Gilmore	9:35.81 Rachel Felton	16:04.46 Kate Ramsey	
5:16.6 Linda Dabbs	9:39.43 Jane Potter	16:09.61 Jenny Blizard	
5:17.06 Cloe Campbell	9:41.44 Olivia Kenney	16:17.49 Laura Kenney	
5:17.08 Emily Furber	9:41.98 Sarah Waldron	16:19.32 Freya Murray	
5:17.97 Laura Meech	9:42.61 Ruth Senior	16:19.80 Gemma Phillips	
5:18.02 Hannah Paver	9:43.54 Suzanne Benyon	16:20.31 Hattie Dean	
5:19.41 Lorna Hill	9:46.28 Erica Sheldon	16:20.53 Orla O'Mahoney	
5:20.7 Nikki Smith	9:46.48 Carolyn Boosey	16:23.92 Morag McDonnell	
5:20.74 Georeia Miansarow	9:46.57 Charlotte Purdue	16:24.18 Sonia Thomas	
5:20.89 Sarah Barnes	9:47.17 Stephanie Twell	16:33.89 Claire Holme	
		16:34.78 Sarah Maude	



Pronation is perfectly natural. It's only when shoes interfere that things can start going wrong. Or more precisely, when the rate of pronation becomes w-a-a-a-y too fast. By mimicking your foot's natural motion, Nike's new Zoom Air Equalon slows the rate back down again – to where it should naturally be. Pronation is not some dreaded curse. Well, not when your feet are the ones in control.

[nikerunning.com](http://nikerunning.com)

for runners by runners

 **RUN** 

