BMC News

Official Journal of the British Milers' Club
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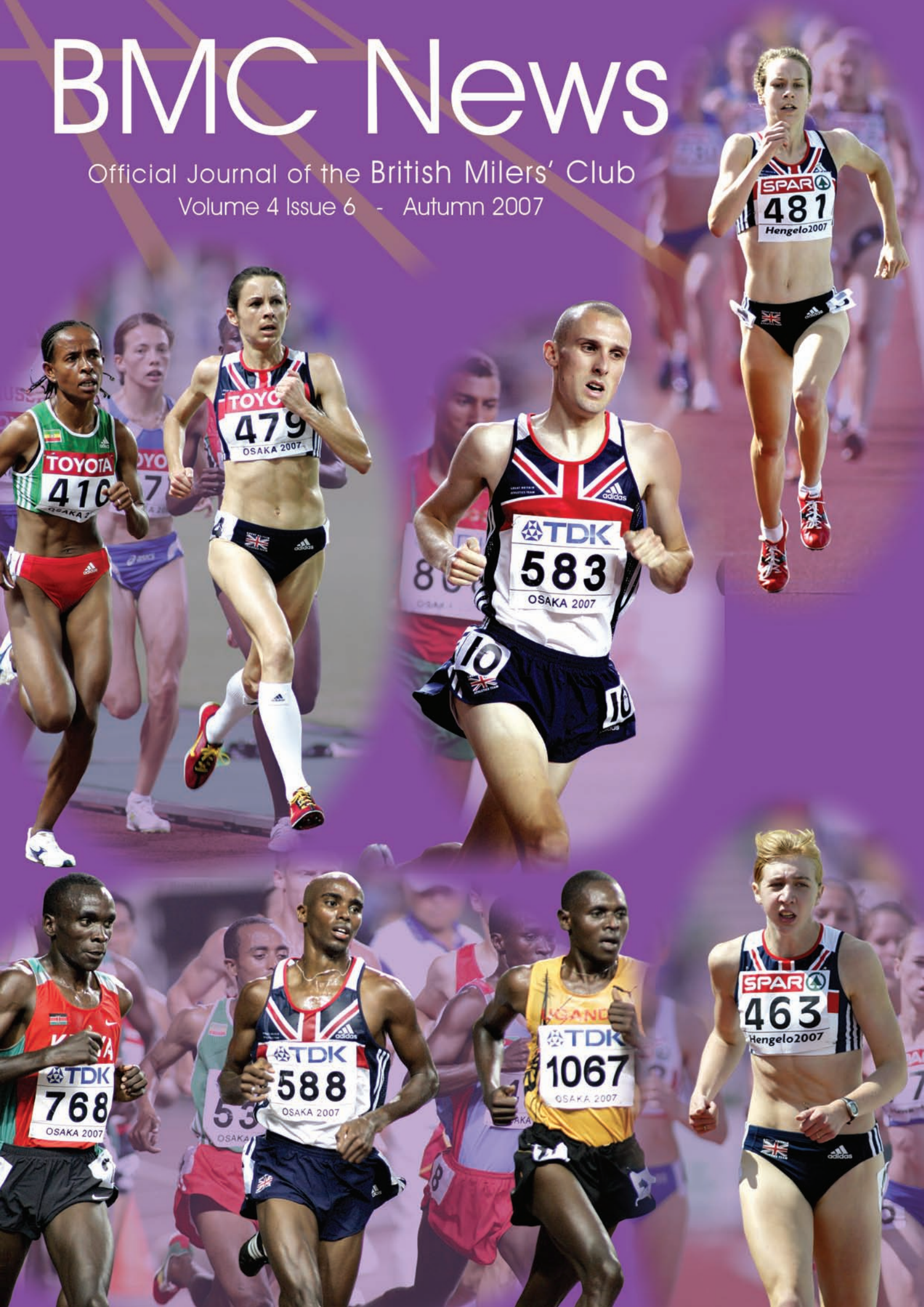

The British Milers' Club

Founded 1963

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All official correspondence to the BMC should be addressed to the National Secretary at the above address. All matters so received will be addressed by the national committee at their next meeting.

All other requests should be sent to the BMC Administrator Pat Fitzgerald and will be dealt with as soon as possible. Matters concerning specific areas of the club should be sent to the relevant person from the above list.

The BMC is always looking to expand its network of people and locations that host BMC races. If you feel that you can help or want to get involved then please contact the BMC Administrator Pat Fitzgerald.

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From the pen of the Chairman

by Tim Brennan

Welcome to the autumn addition of the BMC news. At this time of the year we always look back at the season just gone. In the World Championship we saw some fine runs particularly from Jo Pavey and Mo Farah, but alas no medals. However most of those in the endurance team are young and improving, and missing from the team were our two European 800m medallists from last year. In the European U20 and U23 championships we did pick up medals and further cause for optimism should come from the results of our own BMC Grand Prix. Elsewhere in the magazine you will find a full statistical summary and what it shows is a great rise in standard compared to previous Grand Prix seasons. The greatest improvement can be found in the Women's events where times close to 2 minutes or 4:10 are now common in our 800m and 1500m races.

At the Streford Grand Prix we hosted the Emsley Carr mile and also a celebration of the 50th anniversary of Derek Ibbotson's world mile record. The 3:54 winning time was a great result as befitted the occasion. At each staging of the Emsley Carr mile a book is signed by the athletes competing and it now includes most of the all time great of the event many of them British. The BMC is not a historic society but by recognising the achievements of those Brits who have led the world it may help today's runners realise what can be achieved.

Away from the Grand Prix we had our most comprehensive ever series of regional races. At Exeter we have built up over two years to stage meetings which regularly attract over a hundred entrants. Others such as Eltham have also built up numbers. With a growing membership and full Grand Prix meetings the regional races will fulfil an increasingly important role.

This autumn we will be the staging two training days for senior athletes at Watford and Trafford organised by Liam Cain. We felt that senior athletes outside of national squads were lacking opportunities to meet, train together and gain some coaching advice. The BMC academy has led the way in training courses for young athletes and hopefully the senior version will prove equally successful. To check our hunch we went direct to the athletes in a survey to gauge interest and received strong backing for the idea.

One area where the BMC sometimes receives criticism is that our paced races mean that athletes do not learn how to employ tactics in their racing. An article elsewhere in this magazine explains our thinking on this. We can also help by providing advice on tactics and David Lowes addresses this in another article.

Although this is now the close season, there is plenty happening with the BMC cross country at Bristol, our academy courses, senior training days, and the national endurance coaching symposium. I hope you will enjoy and benefit from these events.

BMC Coach of the Year 2008

BMC COACH OF THE YEAR 2008 - ANDY HOBDELL

Other Nominations George Gandy, Norman Poole, Trevor Painter and Gavin Pavey.

BMC ATHLETE OF THE YEAR 2008 - JO PAVEY

Other Nominations Mo Farah, Michael Rimmer, Elizabeth Brathwaite.

BMC YOUNG ATHLETE OF THE YEAR 2008 - STEPH TWELL

No other nominations.

FRANK HORWILL AWARD FOR OUTSTANDING SERVICE TO BMC - DAVID LOWES

BRITISH MILERS' CLUB

AUTUMN PROGRAMME

ANNUAL NATIONAL ENDURANCE COACHING SYMPOSIUM

STRATFORD UPON AVON HIGH SCHOOL, STRATFORD UPON AVON – SUNDAY 4 NOVEMBER 2007 10AM TO 4.30PM

SCOTT RACZKO
coach to Alan Webb(USA) worlds fastest 1500m runner 2007

Interview with GEORGE GANDY
coach to Abby Westley and Lisa Dobriskey

& COACHING CLINICS WITH TOP COACHES

COST: BMC Members £20, Non Members £30
Includes lunch & refreshments.

APPLICATIONS: with Stamped addressed envelope or email address. Cheques payable to *BMC*.

TO: Pat Fitzgerald, 47 Station Road, Cowley, Uxbridge, Middlesex, UB8 3AB.
Email: patfitzgerald@britishmilersclub.com

Supported by UK Athletics

YOUNG ATHLETES RESIDENTIAL TRAINING CAMP

IRTHLINGBOROUGH, NORTHAMPTON
FRIDAY 9 TO 11 NOVEMBER 2007

For 14 to 20 age groups. Coaches welcome.

See website for full details.

BMC CROSS COUNTRY CHAMPIONSHIPS

in cooperation with Bristol West Athletics Club

CLIFTON DOWNS, BRISTOL
SUNDAY 18 NOVEMBER 2007

Distances 1K to 4K Age Groups U15, U17, U20, Seniors

Online entry now open

See website or ring Steve Mosley 029 2030 6733
or Mike Down 0117 9733407 for more information

NEW FROM BMC

GOLD STANDARD TRAINING DAYS

for emerging SENIORS

SUNDAY 18 NOVEMBER 2007 – WATFORD

(supported by England Athletics, East of England Region)

&

SATURDAY 15 DECEMBER 2007 – TRAFFORD

See website or contact Liam Cain 07796 958808 for details

ENGLAND ATHLETICS
EAST REGION

THE BEST OF BRITISH FROM THE BMC

www.britishmilersclub.com

Permutations and Combinations

by Alistair Gordon

One athlete was heard to ask another, "What training are you doing tonight?" The other replied, "We are doing 200s again! I'm sick to death of the sight of them!" Apparently, his coach had a hang up for 16 x 200 with 200-jog recovery, which was being done three times a week for two months.

Now, that session is quite a good workout. Gerschler stated that running 200s six-seconds slower than one's best for the distance and letting the pulse drop to 120bpm within 90 seconds is a good way of improving endurance quickly. The problem here was that the session had become boring and it was not working other energy pathways. Can you devise different workouts using just 200 metre repetitions and can you suggest their specify for an event? Here are a few:

8 x 200 fast - 25 to 30secs, with 200job/90secs. A good introduction to 800 metres speed.
16 x 200 in 29 to 32 secs, with 100 jog/45secs. A good intro to 1500m speed.
32 x 200 in 32 to 35secs, with 50 job/22 secs. A good intro to 3k speed. Cones need to be placed between 100m markers.
8 x 200 at maximum speed, jog 400/3mins. Good 400m training.
24 x 200, first 100 in 16secs, second 100 in 14secs, jog 200.

Learning how to change speed when tactics demand it.

2 x 4 x 200 in 25 to 30secs with 30secs rest after 200s and 5mins rest after each set of four. Good build up of lactic acid to combat 800 metres fatigue.
3 x 8 x 200 9n 28secs with 100 jog and 5mins rest after sets.

Good introductory workout for the 1500m:
3-man relay, two at base, one out at 200m mark for 15mins. Good session for getting male and female working together at 800 and 1500m speed.

2-man relay for 10mins starting halfway down the home straight and handing over halfway down the back straight. Jog across the middle of the track to receive partner. MAKE SURE NO FIELD EVENT MISSILES ARE BEING USED. This is an extremely tough session for the recovery jog across the middle may have to be done from 25 to 35 sec. Excellent for the 1500m event.

Judge the pace. The athlete is asked to run 200s at varying speeds to learn pace judgement with 60secs rest. A specimen session could be: 1st - 40secs, 2nd - 30secs, 3rd - 45secs, 4th - 29secs, 5th - 35secs, 6th - 26secs, etc.

Multiple pace sessions are popular with athletes and they have the advantage of making the athlete run faster when tired. Five speeds can be done in one session, but the most popular is three or four speeds. Some specimens:

10k athlete:
1 x 4k at 10k speed 70 secs 400, 90secs rest
1 x 1500 at 5k speed, 68secs/400, 90secs rest
1 x 100 at 3k speed, 66secs/400, 90secs rest
1 x 800 at 1500 speed, 64secs/400, 90secs rest
1 x 600 at 800 speed, 62 secs/400.

1500 athlete:
1 x 1600 at 3k speed, 64 secs/400, 3 mins rest
1 x 1200 at 62seds/400, 3 mins rest
1 x 600 at 800 speed, 60secs/400, 3 mins rest.
1 x 400, full out.

800 athlete:
1 x 1200 at 1500 speed, 60secs/400, 4mins rest
3 x 500 at 800 speed, 56secs/400, 4mins rest
4 x 200 at 400 speed, 4mins rest.
4 x 100 full out, 4mins rest.

Watford, 30.6.07. JAMES BREWER (2) in the men's 800m. 'A' race. photo by Mark Shearman.

Hippocrates Answer a Query

by Amadeus

Question: I hear a lot about strength training for runners. What do you think are the key muscle groups to strengthen for injury prevention and to enhance performance?

Without doubt, the main concern for all runners is to enhance the power and flexibility of all leg muscles. While core stability has received much publicity over recent years leg injuries outnumber abdominal trauma by about thirty to one. That said a runner should not be content until sixty straight leg curls can be done in a minute.

With regard to the correlation between performance and leg strength the BMC were the first to reveal that elite 800 metre runners could hop 25 metres in 10 hops minus on each leg and could squat fully and rise with a barbell loaded to bodyweight. Those who failed these two tests had significantly poorer two laps.

A fallacy that still echoes today is that big mileage is all that is required to strengthen leg muscles. Dave Bedford was an advocate of this belief and sadly in due course when athletes could keep up with him! He was easily out sprinted in a close race because his legs possessed no power for sprinting. However, many Kenyans have admitted to doing no specific weight training for their legs. It seems that frequent weekly excursions of 10k distance which start at 1500 metres above sea level and ascent to 5000 metres has provided sufficient overload on leg muscles to render them the perfect running machine.

This reminds me of an obscure and not well publicised bit of research conducted by the French some 25 years ago. Six athletes were asked to do specific leg strengthening exercises every other day and six others were asked to do the same frequency running up and down a 1 in 10 hill for 40 minutes. Both groups were tested before and after the 12 week trial and the hill runners improved their leg strength 10% more than the weight trainers. We can make a few generalisations about all round leg strength:

1. Women generally have strong quadriceps and weaker hamstrings.
2. Men generally have stronger hamstrings and weaker quadriceps.
3. Strong quadriceps which support the knee prevent cartilage less in the knee.
4. If the hamstrings are not 66% as strong as the quadriceps the hamstrings are prone to injury.
5. A diet lacking adequate iron, calcium, vitamin C and the mineral boron will undermine bone density and increase the possibility of injury. Vitamin C has an affinity for cartilage.
6. A diet lacking the vitamin B complex will undermine muscle status.

There are seven danger zones from the pelvis down:

The quadriceps from the knee upwards.

Osteoarthritis of the hip which is the progressive wearing of cartilage in the hip and affects mostly older runners.

Iliotibial band syndrome which causes pain from the outer side of the thigh to the knee.

The hamstrings at the back of the thigh can strain at the origin in the buttock or in the belly halfway down or in the insertion just behind the knee.

Iliopsoas strain can occur from the inside of the pelvis and the front of the lower part of the spine to the front of the thigh and is associated with over enthusiastic initial hill running. Gluteus group of the upper bum which can affect the sciatic nerve and down the outer hamstring.

The adductor which is the inner thigh muscle can be strained. Most of the above are caused by lack of strength and sudden changes in training and doing too much too soon.

Watford, 30.6.07. DARREN ST. CLAIR leads from ANDY BADDELEY (4) in the men's 800m. 'A' race. Following is JAMES BREWER (2) and MICHAEL COLTHERD (7). photograph by Mark Shearman.

Bill Marlowe, former national coach and mentor to Peter Radford who broke the 200 metres world record 45 years ago, was a big believer in power hopping on each leg since it sped running action where momentarily bodyweight rested on one leg. Start off by marking out 10 metres on grass or track, aim high and long. Repeat twice on each leg. Extend the distance weekly by 5 metres a time to 25 metres and then switch to a gradual gradient. This should be done every other day. STOP IF YOUR KNEES START ACHING. Leg up against resistance, other leg down against resistance in a back lying position. This is a favourite of the old Soviet coaches. A partner holds the raised leg under the heel at 45 degrees angle and the lower leg is pressed down by the partner's foot. On the command "Go" the athlete exerts maximum pressure against the partner's hand and foot for 10-seconds. Change positions with partner. The isometric contraction should be increased by 5-seconds weekly to a maximum of 30 secs and should be done three times weekly.

Research has proved that single leg strengthening work results in greater strength gains than two-legged efforts, and the single squat is where to start. Put weight on the bar of a Smith machine and rest the bar on the back of your shoulders and upper back. Squat down thighs parallel to the ground, knees above your ankles. As you lift yourself back up, lift one leg off the ground letting the other leg support all your weight. Once back, place the raised foot on the ground. Repeat the process taking the other leg off the ground and repeat 12 times alternating the legs. Start with half bodyweight on the barbell. This can be done without a Smith machine but squat stands will be required and work with a partner. Repeat three times weekly and increase the load by 10kg a week to maximum.

Use a hamstring curl machine and operate with one leg at a time curling your foot into the buttock. Start with 6 repetitions on each leg with a comfortable load. Add 5kg per leg per week to maximum. In the absence of the availability of a machine a substitute can be to lie face down on a table with knees over-hanging the edge. A partner provides resistance to the curl by applying pressure with the hand to the heel.

Watford, 30.6.07. TRACEY HINTON (143) with her 'guide' during the women's 800m. 'E' race.
photograph by Mark Shearman.

The superman exercise involves lying in the prone position with arms extended out in front. Arch your lower back so that your arms and legs come off the ground in a flying position. Hold this position to a maximum effort and rest and repeat. To toughen the exercise move the legs up and down not touching the ground.

To stretch the hamstrings effectively use the backside burn which involves lying on your back with the right foot on the floor, bend it back so that the knee is pointing up. Cross your left leg on your right knee and pull your right leg in towards your chest to stretch the hamstring. Hold for 20 seconds and repeat with the other leg.

It should be stressed here that the strengthening of weak legs is one of the most difficult parameters to improve. All the exercises listed should be done three times a week for 12 weeks, twice a week for 12 weeks and once a week throughout the rest of the year.

The sarjent jump is a quick way to measure leg strength gains. To do this face a wall with arms raised fully against the wall, make a mark with the fingertips end. Stand sideways and dampen the fingertips of the hand nearest the wall. Crouch down and leap up with maximum effort banging the moistened fingertips against the wall. Measure the distance between the two marks. A distance of 20 inches denotes moderate leg strength and above 30 inches exceptional power. It should be noted that the weight of an athlete must be considered in assessing the result. A runner of 11 stone who has a figure of 14 inches will have stronger legs than one of 10 stone with the same reading.

Are you really clued up on Running Knowledge?

by Nevern Russell

There is a danger when obtaining any qualification by exam that one considers that one has very little more to learn. One of the problems in becoming a qualified distance running coach over recent years is that emphasis is placed on attending official lecture courses and compulsory reading has been neglected.

The official AAA instructional manuals on distance running started around 1954, the first by Jim Alford who was a national coach and former Empire Games gold medallist. The booklet described fartlek, paarlaufs, repetition running for all distances, race tactics and successful steeple chasing. One item of interest in the manual was the fixing of the maximum time for jogging recovery distances after repetition running, this was not more than 45secs per 110yds or 3mins per 440yds.

About 15 years later Tony Ward was asked to rewrite the manual. At the time he was employed by the Southern Counties as an administrator and was formerly South Western Counties coaching secretary. He pioneered sand dune training weekends, the first at Braunton and the remainder at Merthyr Mawr, which were supported by athletes from all parts of the U.K.

Ward's book included more physiological data about running training and had some amusing quotes at the beginning of each chapter.

Watford, 30.6.07. TARA BIRD (117) wins the women's 800m. 'B' race from RACHEL STRINGER (111). photo by Mark Shearman.

The next AAA manual had no less than three contributors: Dr. Ray Watson dealt with the physiology of running which included a detailed analysis of blood requirements for successful running. Steve Hollings wrote perhaps the best section on steeple chasing yet produced in the UK and Harry Wilson comprehensively covered the needs for success from 800 to 10,000 metres.

The final official distance running handbook came around 1984 and had a new title - ENDURANCE RUNNING by Norman Brooks, the then national coach for Northern Ireland. This was universally claimed as a fact-packed work of great quality.

Coaches are recommended to obtain all the official handbooks listed from established athletics book dealers who advertise in AW.

Tony Ward also produced an excellent book - MODERN DISTANCE RUNNING around 1964 in which he forecast that world-class 800 metre runners would have to meet certain minimum strength standards and advocated strength training for all distance runners.

A year after Bannister's first sub 4 mile, his adviser, Franz Stampfl wrote a book simply calls Franz Stampfl on Running. The best recommendation for this book comes from Terrence Sullivan, a white police inspector in Southern Rhodesia, who, unable to find a coach there bought the book and did precisely everything listed and six months later became the first man on the African continent to break 4 minutes for the mile.

The book dispelled the common rumour that when one could do 10 x 440yds with 440yds jog in 2 minutes averaging 60secs per quarter one was ready to run sub 4. Other sessions required weekly were 5 x 880 yds with 880 jog averaging 2mins per rep and 1 x three quarters of a mile in 3 minutes minus.

Some 20 years later Stampfl reduced the recovery jog to half the distance of all repetitions. Thus we read that his protégé Ralph Doubell of Australia could rattle off 20 x 400 in 60secs with 200-jog recovery in one minute. Doubell equalled the 800m-world record and

won gold in the 1976 Olympics. Most of his training was at 1500 metres speed and surprisingly very little at 800 metres or 400 metres pace.

The coaches to Olympic gold medallists Herb Elliott and Peter Snell, Cerutty and Lydiard, were quick to write books about their methods. Lydiard's RUN TO THE TOP was badly reviewed by Chris Chataway who thought that running 100 miles a week in the winter in order to run a sub 3:55 mile in the summer was not necessary. Lydiard was also anti-weight training, however, Elliott's coach, Percy Cerutty, was a keen advocate. This confused coaches and athletes here. Percy seldom used a track for training sessions and most of his workouts were done over sand dunes by the sea at weekends. Such weekends were copied here.

Bannister's book THE FIRST FOUR MINUTES made interesting reading and revealed that there wasn't much difference between winter and summer training except that once a week in the winter he did 3 x 1.5 miles on the track which he described as "The Feared Session".

Fred Wilt of the USA edited a book called RUN RUN RUN in the late 1960s with about thirty contributions from coaches and physiologists around the world in including Gerschler, Holmer and Schade. This was a mine of information.

Hengelo, 22.7.07. EMMA PALLANT. photo by Mark Shearman.

Early in the 1970s RUNNER'S WORLD magazine was launched in the States and eventually franchises were issued around the world. During its formative years they issued a series called "Booklet of the Month". Each issue was devoted to one subject allied to the art and science of running. Some of the great issues included PSYCHOLOGY OF RUNNING AND COACHING, ENCYCLOPAEDIA OF SPORTS MEDICINE AND DIET AND DISTANCE RUNNING. Twelve booklets were issued and to possess the complete set to this day is a book collector's dream.

In 1972 THE COMPLETE MIDDLE DISTANCE RUNNER by Watts. Wilson and Horwill was published and went to four editions. In the foreword by Peter Snell, O.B.E. he stated that he wished he had read the book in his running days for there were several mistakes he would have avoided. During the boycott of South Africa from international athletics competition the 10k national record holder claimed that all his training was based on advice in the book.

THE JIM RYUN STORY hit the athletics world after the 1972 Olympics and made a big impact. No other book of this type had such a universal response from athletes to whom I loaned the book. It was always on the lines, "The most inspiring book on running I've ever read".

Two autobiographies were of special interest in the 1960s, IN THE LONG RUN by Jim Peters who broke the world marathon record three times. His training schedules were based on speed and not much volume. The second was RUNNING WILD by Gordon Pirie who broke world records for 3k and 5k and also ran a sub 4 mile. He exposes members of the British Amateur Athletics Board as incompetent clowns.

THE DAVE BEDFORD STORY was rushed into print immediately after he broke the 10k world record. This was good timing for shortly afterwards he went into steady decline due to injury and illness during the 1972 Olympics. However, his feat of winning the Southern Junior cross-country title and immediately afterwards winning the senior title is not likely to be repeated and his preparation for that history making day makes interesting reading. A flurry of books hit the athletics world after the 1980 Olympics. All the books about Coe and Ovett make fascinating reading as do all the books by their coaches which include A COACH'S DIALOGUE by Harry Wilson and TRAINING DISTANCE RUNNERS by Peter Coe and Dr. Martin, also WINNING RUNNING by Peter Coe.

A book of enormous reference value appeared in the 1990s by Prof. Tim Noakes titled THE LORE OF RUNNING, this was updated in 2000. Noakes, besides being a world-renowned sports physiologist has completed the Comrades Marathon, which is 54 miles, some thirty times and has won the special medal six times for completing the course inside six hours.

Although the book is primarily about road running with numerous pocket histories about great distance runners, the physiological date is vast with a very revealing section on alleged legal aids to performance, which appear to be a waste of money in the main.

Finally, there are some books of a biographical and autobiographical nature, which coaches should acquire of necessity and athletes are advised to read and these include:

THE LEGEND OF LOVELOCK, THE LIZ COLGAN STORY, and THE STORY OF ZATOPEK published in his county in English, THE 4-MINUTE SMILER, THE KELLY HOLMES STORY.

The BMC NEWS is published twice a year and since 1963 eighty-eight editions have been issued. These invariably contain at least two instructional articles per issue and the quizzes are greatly appreciated. It says much for the content of the journal that twenty-one articles have been reproduced in the Track and Field News manuals LONG DISTANCE RUNNING and MIDDLE DISTANCE RUNNING. Both manuals are made up from contributions from around the world. Early editions contain very informative articles from Soviet coaches.

MODERN ATHLETE AND COACH published in Australia has also published articles that first appeared in the BMC NEWS.

One quiz published in the BMC NEWS 15 years ago consisting of twenty questions was so comprehensive that a Commonwealth country decided to adopt it wholesale as the test for what was called the Master Coach Award!

So, we can say that to be well read in middle distance knowledge your bookcase should contain from thirty to forty books if a novice and forty to fifty books if experienced and if a fanatic thirsting for the ultimate answer you will probably have over a hundred books allied to the subject of running faster.

Hippocratic opinion

Question – Is L-Carnitine taken as a supplement of use to endurance runners?

Theoretically it is. It's synthesized in the body from the amino acids lysine and methionine. Its natural source is found in avocados, dairy products, lamb, beef and tempeh.

The theory is that when glycogen runs out more fat is pushed into the mitochondria by l-carnitine for use as fuel. Research reveals that it only works with athletes who have very poor blood circulation of the legs. However, Dr. Michael Colgan in OPTIMUM SPORTS NUTRITION asserts that two grams a day significantly increased the use of fat in one trial with athletes. It also aids loss of weight in the obese. Since even moderate exercise depletes l-carnitine reserves, endurance runners need to have an adequate daily intake. Muscle fatigue and cramps are said to be symptoms of a deficiency.

L-carnitine is expensive and in theory might be useful to marathoners and ultra-marathoners.

Osaka, 25.8.07. JEMMA SIMPSON. photo by Mark Shearman.

Publicity Officer

The BMC are seeking to appoint publicity Officer.

We are looking for an enthusiastic supporter of the BMC who can help us make sure our activities are well reported across all forms of media including the athletics and national press.

Those interested should contact the Chairman at "timbrennan@britishmilersclub.com"

"None of you has a clue..."

by Cassandra

These derisory words came from a UK Athletics employed endurance coach sitting on a panel of coaching "experts" to advise how best to train junior athletes to Olympic level. The venue was St.Mary's College in Twickenham in late July 2007. The experts consisted of a group of three former GB internationals one of whom was an Olympic silver medallist, and a coaching administrator plus the aforementioned accuser. Only a dozen coaches attended, the mass of audience was made up from juveniles attending another course at the college.

Having told the coaches present that they were clueless on the subject he did not give one practical bit of helpful advice on how it could be best done! Nor did anyone on the panel produce a handout to peruse at leisure. A practice, which is routine on BMC seminars. There were no discussion groups organised to debate subjects from the panel, for instance, one group could have been given 10 minutes to discuss the frequency of training sessions from age 14 to 18 years, while another group could have discussed the progressive volume to be done during that age zone.

Our BMC observer commented after the seminar, "I did not come away with one useful bit of information. I also question the make up of the panel, just two practical coaches and the rest with no known coaching expertise."

Well, the writer has coached athletes from a young age to make the Olympics, Commonwealth Games and World Cross Country Championships, and here are his views.

Frequency of training
14-16 years - strictly every other day

16-18 years - two days consecutively with the third off

18 years onwards - four days consecutively with the fifth off

21 years onwards - twice a day on non track training days, a total of nine training sessions a week

Type of training through age groups
14-16 years - Emphasise importance of eating moderate sized meals every 4 hours and the avoidance of a high fat diet. Practical physiological testing every 12 weeks which will reveal possible weaknesses in flexibility, leg strength, general strength, endurance and speed.

Osaka, 31.9.07. LISA DOBRISKEY. photo by Mark Shearman.

The use of relays with large groups over varying distances, for instance, two at base and one at the 200m mark for 15 minutes, and a 5-man team with two at base and one other every 100 metres. Five minutes duration.

16-18 years - Planning a race programme. Discuss racing tactics. Continue testing procedures to discover weaknesses. Steady runs not less than 25 minutes duration and not more than 70 minutes.

18-21 years - Deciding best event. Correction of weaknesses revealed by testing. Summer volume - 45mpw. Winter - 60mpw.

21 years on wards - Emphasise importance of training at different percentages of the VO2 max. Include change of pace sessions. Always give pure sprint sessions. Keep testing. Summer volume - 50mpw. Winter - 70mpw.

Richard Amery, a well known athletics coach and writer from Australia believes, as did the late Harry Wilson, that young athletes should be taught good running technique at full speed and during steady running. The key word being relaxation and no body movements hindering forward propulsion. He also advocates a wide range of different activities to avoid boredom in the young.

Practical Testing

Endurance - How far can the athlete run in 15 minutes? The target for males is to run 5k distance as soon as possible. For females - 4,400 metres.

Speed - Sprint 40yds or 36.6 metres in under 5secs males, 6secs females.

Elastic leg strength - Hop 25 metres on each leg. The target is 9 hops for males and 10 for females. A poor hopper is ALWAYS a poor sprinter. A weaker leg MUST be corrected.

MUSCULAR ENDURANCE - Press-ups, straight leg abdominals, squat thrusts. The target is 60 of each in one minute.

Height/weight ratio - a 5ft.6ins/1.676m athlete should not weigh more than 117 pounts/53k female and 129 pounts/58kg, male.

Other useful tests include squat and rise with bodyweight on a barbell for leg strength and a vertical leap of over 20 inches measured from extended arm and fingertips facing a wall and marked, turn sideways and leap up making a further mark. Measure the distance between marks.
Note that improving leg strength is a most difficult process requiring dedicated every other day workouts for several months. Lack of leg strength is ALWAYS associated with poor sprint speed. An interesting observation by East German coaches is that if a boy of 14 years ran for 35 minutes daily five times a week for 4 years, his 1500 metres time would improve by 10 seconds a year without any specialised training. Why? Because during that time he is growing and getting stronger. Makes you think doesn't it?

Trafford, 11.8.07. left to right; TIM BRENNAN, FRANK HORWILL, DEREK IBBOTSON, NORMAN POOLE, TONY WARD and DAVID ISZATT. photograph by Mark Shearman.

Talking points

by Izak Van Nierkerk

Unfortunately, AW does not always publish letters, which seek to redress wrong information, and in this article some highly questionable statement by correspondents are challenged.

An anti-distance running coach article suggested that Dave Bedford who broke the 10k world record and won major cross-country titles was self-coached. Dave was coached by BOB PARKER of Parkside AC from the age of 14 and in the last two years of his career by John Anderson and Bob mutually.

An interview with a former female UK record holder from 800 and 1500 metres gave the impression that the late Harry Wilson was entirely responsible for her success. In fact, this athlete reached international selection years before Harry's appearance on the scene under the guidance of ANNE HILL a noted Welsh coach. Anne also had two GB international sisters who were taken over by Harry who at the time was a national coach. ANNE HILL also coached a European junior steeplechase medallist in spite of suffering from a chronic health problem.

An editorial observation in AW suggested that the Balke Test mentioned in an article was not as accurate as stated. The Balke Test is a 15-minute run around the track and the distance covered predicts the VO2 max with 95% accuracy. Dill of the American College of Sports Medicine tested six athletes on sophisticated treadmill equipment and a week later on the Balke Test and found not more than 5% difference overall. Frank Horwill compiled a handy graph to use for this test, you simply looked at the distance run, went up vertically to a line and then horizontally across to the VO2 max predication. Here is a table:

Distance Run	**Predicted VO2 max**
4,000m	56.5mls. kg. Min
4,400m	61mls
4,800m	65.5mls – Elite female
5,200m	70mls – Elite male

An article in AW by two doctors stressed the importance "… of having enough fuel in the tank…" and warned coaches not to tell athletes to lose weight even if they needed to. The inference being that most athletes are half-wits and would start going without food. However, let us not beat about the bush, the key factor in distance running is weight relative to height. The Dr.Stillman table is highly regarded by U.S. coaches and coaches and athletes here should get well acquainted with it. This is how to use it:

1. Find out the HEALTHY weight for your height with this formula: **Females** – Allocate 100 pounds for the first 5 feet in height and 5 pounds for every inch thereafter. So, if you are 5ft 6ins tall a HEALTHY weight would be not more than 176 pounds. Your racing weight should be LESS than this. **Males** – Allocate 110 pounds for the first 5 feet in height and 5.5 pounds for every inch thereafter. If you are 6 feet tall a HEALTHY weight would be not more than 176 pounds. Your racing weight should be LESS than this.
2. Don't start missing meals if you are not of a healthy weight, if you are running for 1 hour daily you will need 1,000 calories for that and another 2,500 calories to maintain bone and muscle health. This means moderate sized meals every 4 hours containing fruit, vegetables and whole grains, fish and some meat.
3. Train more in the morning. This will elevate the metabolic rate for several hours afterwards.
4. Don't snack between meals.
5. Obtain OPTIMUM SPORTS NUTRITION by Dr. Michael Colgan, which gives expert advice on how to

Hengelo, 22.7.07. MARK MITCHELL (442) and JAMES BREWER (43) lead the final of the men's 800m. photograph by Mark Shearman.

avoid "ugly fats". Females in severe training often do not menstruate which leads to loss of bone density and prone to fractures. This occurs when a female's healthy weight falls more than 10% below Slillman's specifications. The simple answer is to look at the latest scientific findings on prevention, which involve the BIG THREE – 1 – 1,000mg vitamin C daily. 2 – 1,000mg calcium daily. 3 – Boron mineral tablets as prescribed by chemists or health food shops. Boron research is truly amazing in preventing osteoporosis.

6. Don't eat the same food two days consecutively.

The great thing about THE COACH magazine issued quarterly under the auspices of AW is that our BMC man, Dave Lowes, is a regular writer with clarity and logic. Now, there are at least a hundred runners to every field-event athlete and according to the law of averages the journal's content should reflect this. We can also back up that fact with estimation that there are two hundred running coaches for every field-event trainer. However, the editor seems to have a bias for non-practical articles of a highly theoretical bent on everything bar running. One article was followed by nearly four pages of references! What a waste of space! This is a magazine for coaches, not scientists.

The first editor realised that letters from readers were an important item of debate; the second editor chose to ignore readers' views.

One regular contributor is a noted anti-BMC crank who has attached the club via various media outlets. It is amazing that the owner of this journal, who is a BMC Vice President, should permit this man space for his banal meanderings. He is currently writing on anatomy and physiology, which can be read in Frank Dick's book of 20 years standing.

Each issue should include interviews with some of the BMC's finest coaches, Poole, Gandy, Cain, Thompson, Coe and Turnball. A little tip if you want something published, if you use a typewriter no matter how good the content, it won't get published. It has to be on a word processor, too much bother to get it done again on a word processor. This didn't seem to bother the first editor, let us hope it doesn't worry the third editor just appointed. There may be a case for two different types of COACH magazine, one for field events and one for all aspects of running. We hear that a stuff-shirt Senior Coach complained to the BMC Administrator over the content of Frank Horwill's column in the last issue. Frank took to task the arrogant conduct of a paid UK Athletics coach at two meetings and his slimy tittle tattle to his immediate endurance boss. Strange to say, many thought it was something that should be aired and congratulations were forthcoming. The identity of the complaining coach has not been revealed but it seems he is the type who would have grovelled to the governing body in the past when faced with unfair criticism. Can a national coach serve two masters? We hear that a national coach for a running event for which he is paid a salary has also been appointed the endurance coach for a university and appears on their track three days a week. One hopes that the other days of the week are devoted to lectures, seminars and training days for the event for which he was appointed. Alas, his particular event is the weakest of all the endurance events. Perhaps UK Athletics should ask all national event coaches for a detailed report every month on how they have earned their salary.

Golden times

sub 1:45.0 marks.

Coe	23
Elliott	15
McKean	18
Cram	18

N.B. Johnny Gray 65!!!

sub 3:34.0 marks.

Ovett	12
Elliott	9
Cram	16
Coe	11

sub 3:53.0 (mile)

Ovett	12
Cram	16
Elliott	8
Coe	5

N.B. Walker 24, Scott 25, Maree 16

Letter to the editor

Dear Pat, Tim, Leslie and John

I read with interest the UKa report 'A future vision for track and field athletic competition' and in particular the key recommendations for competition change. The recommendations that particularly caught my eye were:

- More open meetings in evenings and in short formats.
- More event specific competition for athletes based on ability not age.

I immediately thought of the meetings organised by the BMC and in particular the regional meeting at Exeter. I coach a group of 20 athletes aged 12 to 18 who run 400/800/1500/3000 metes. We are based in Bristol. On 30 May 2006, 10 of my athletes accompanied me to the BMC Regional meeting at Exeter where a series of 1500mtr races awaiting. Most were first season athletes, for all bar one this was a new experience. At the end of that evening, 5 had run a PB, 4 had competed in their first 1500 race and 1 had had an off night. All agreed it had been a great evening, well organised, good competition and a fun time.

Hengelo, 20.7.07. HANNAH BROOKS wins her semi-final of the 800m. photo by Mark Shearman.

We have continued to support this particular BMC meeting since that evening, all my athletes have competed, it forms a key plank in my group's competition diary.

The itinery for that and subsequent evenings is as follows.

5pm	leave Bristol
6.45pm	arrive at track
6.30pm to 8pm	register, socialise and warm up
8pm to 8.45pm	compete and/or cheer fellow group athletes on
9pm	collect official results
9pm	leave track
10.45pm	arrive home

So why do on average 15 athletes, parents and 2 coaches give up an evening for 45 minutes of action?

The meeting is well organised, it starts on time, it has an appropriate number of officials. The venue is spacious, clean, has good parking and spectator facilities and serves refreshments. There is first class competition based on ability. Competing benefits an individual athlete, (gain experience of hard racing in an environment that rewards effort). Competing benefits the group (teambuilding, travel and leave together, support each other on and off the track, shared experience to talk about in future)

To date my athletes have competed 120 times and recorded 64 PB's (53%) at this meeting. (The group average is 41% PB performances in all competitions). The confidence they gain through competing in a BMC environment stays with them when they subsequently compete for the club. Their new PB times become their new standard competition times; they become faster more confident athletes. Some of those who competed at the first BMC meeting I mentioned have graduated to national competition. Just as important, no-one has become traumatised or left the group because they didn't run a PB at a BMC meeting, they just put their heads down, train hard and get one the next time.

I hope that the BMC meeting model has influenced the UKa report, it should, it works.

Regards
Alan Thomas
Level 3 coach, BMC member - Yate and District Athletic Club

Dan Robinson Profile

by David Chalfen

Background and Introduction to Running

1998, living in Wimbledon, joined a gym in Putney; went 4 times a week, ran 10k in 37 mins each time, was football training on Tuesday evenings and playing a match Sat afternoons. Entered a few races, 1998 Wimbledon half- 1.23. Stroud, Wokingham, Camberly 1.16 - 1.14, after playing footie the day before. Breakthrough at a 10k in Cheltenham; was narrowly 2nd in around 32 minutes. (Autumn 1998). On the same training ran 2.38 in 1999 London Marathon, but progressed at shorter distances and ran 66.50 at GNR in 1999. (was running 6 times a week all on treadmill, 45 mins as fast as I could (prob starting at 5.30 min miling & finishing at 5.05). At this time was working as Duty Manager at health and Fitness Club in Henley on Thames. 2000 london Marathon, ran 2.24. End of 2000, moved back to Gloucestershire, and I linked up with Chris Frapwell. Dec 2000 broke 30 mins for 10k for 1st time at Leeds. 2001, ran for England at a half in Enschede, 64.40, then ran Half trial in Glasgow, 2nd brit, 64.27. World half, 52nd in 64.23. October 2001 ran 2.16.51 in Frankfurt Marathon.

Work, Lifestyle and Support Set Up

Currently I work part time at a local school, Beaudesert Park. 4 afternoons a week as a games teacher asssistant. Also work for family property development company based in Nailsworth - mornings, Monday to Friday.

Have some support from UKA; up to £3k per annum, to cover medical insurance, travel, training trips etc (haven't used all of it though). Supported by Stroud and District athletic Club and 1 or 2 local companies, Stag Developments and Griffiths Marshall accountants. Presentations at the club, photographs, Xmas party, AGM, mentions in local press. Fitness Mill Gym have supported me too, comp use of treadmill. Kit sponsorship with Adidas.

Try to eat healthily. Don't worry too much about it when running 120 miles a week; just eat a lot, plenty of carbs and not much rubbish. Breakfast at 8.30 after morning run. Lunch 12, baked pot or beans on toast + yog, fruit, energy bar. Bowl or cereal 4ish and supper around 7.30. Don't really drink alcohol when training hard, occasional beer or glass wine. Quite a lot more in down time after marathon.

No strength/conditioning/core (don't know what it is!) or stretching.

I try to be in bed by 10 and also have at least an hour kip in the day. Weekly massage and monthly chiropractor during marathon build up

Chris Frapwell is solely my coach now. Also receive input from Bud Baldaro who has been brilliant and very supportive for a number of years.

Chris has evolved my training quite gradually so that I can now cope with 2x runs of more than an hour so that after 2 or 3 weeks i don't break down or get ill. Now I can do this and still get some quality in my sessions (maybe not enough with my 10k and half pb's), and do a long run which some weeks is done as a fartlek session, or with the last 30 mins at a big effort.

A big reason for my 'success' is the support of Chris and Jess. I speak to Chris most days and see him at the Club as well as socially. Jess (my wife) has been the main bread winner since 2001. Think it is my settled lifestyle, that has allowed me to get on with running, and all the other things that you need to do (eat right/get enough rest etc) that has been a big factor.

Jon Brown Insights

Learnt a lot from Jon B in Cyprus in the build up to Olympics. The importance of recovery runs being a big thing. At that stage I don't think I quite understood this. He would run incredibly easy on non session days, and be able to produce fantastic sessions when he needed to. (When he did a measured 15 mile tempo going thru 13.1 in 63 odd I knew he was in great shape!). The ability to prepare very very well and produce a world class performance when it mattered was inspiring. Very professional, focused and confident in his training. You could see it a bit this autumn: 3 weeks from a 64.16 half in GNR he improved dramatically in 3 weeks to 47.16 at Great South on a filthy day. Before GNR he knew it would be a bit of a struggle but didn't expect too much and big improvements came quite quickly.

Sample Training Weeks

Training Nov 2006
(General endurance period)

Monday:
am - 45 mins easy/steady.
pm - 50-60 mins easy/steady.

Tuesday:
am - 45 mins e/s
pm - 8/10 x 3 mins w/ 60 sec recovs. (on cycle track) plus w/up and down)
or 6x5 mins w 90-2min recovs (recovs jogging slowly)

Wednesday:
am - 45 mins e/s
pm - 60 mins e/s

Thursday:
am - 45 mins e/s
pm - 70 mins e/s
(Stroud AC club run)

Friday:
am - 45 mins e/s
pm - 15-22 x 1 min w/30-60 sec recovs

Saturday:
am - 40 mins v v easy
pm - rest or 40 mins v v easy

Sunday:
am - 90 -120mins e/s
APPROX 105 MILES

Training July 2006
(Peak of build up for European Champs in August)
Monday:
am - 60 mins e/s
pm - 65 mins e/s

Tuesday:
am - 45 mins e/s
pm - 8-12 x 3 mins w/60 sec recovs or 6-8 x 5 mins w 90-2min recovs

Wednesday:
am - 60 mins e/s
pm - 65 mins e/s

Thursday:
am - 60 mins e/s
pm - 70 mins e/s
(Stroud AC club run)

Friday:
am - 45 mins e/s
pm - Out and back session - out for 50 mins back with 25x 60 secs, so 1hr 40 of running. Or tempo run - 8 -16 miles starting at just under marathon 'effort' and trying to finish strongly (on un metalled surface, bike track/ canal tow path) - Occasionally on treadmill, though when I became British record holder [treadmill only – he's not THAT good yet – DC] for 10k. half marathon and 20 miles I went by time and not distance covered!)

by Tim Brennan

Saturday:
am - 40 mins v v easy
pm - 40 mins v v easy

Sunday:
am - 2 - 2.5 hrs e/s.
pm - Go harder or easier depending on session done on Friday
APPROX 130/135 MILES

I train at 7.45am and again after school, depending on winter/summer timetable but usually around 4-5pm Easy runs can be slower than 7min miling or quicker than 6, just dependent on how I feel that day. Training mainly done on canal tow paths and cycle track (60%+) road and some runs on grass. Still some occasional trips to the treadmill

The Future
Not really thought about Osaka yet, focussed on London. As it's my first chance since 2004 to run a fast city marathon course am quite intrigued to see how a couple of 2.14 Championship performances translate. It's easy to say it must be worth 2.11/12 but obviously another challenge to actually do it!

I am unlikely to be around for 2012, will be 37 then, a big ask I think. Coming to sport late I may peak a bit later than some though. 2008 in Beijing is my major target. I want to make the team and produce as competitive a performance as possible.

Think I should have run quicker for half marathon. I haven't really targeted many whilst not in marathon training may be one reason. Managed to dip under 64 recently but really feel there is quite a lot more to come. I think that if I am to get anywhere near 2.10 I need to be able to run 63 low 'comfortably'. I think it is possible but realise I am still a bit away from that at the moment.

No real aspirations for the track. It would be nice to have a 5/10k track time to be proud of, but hasn't seemed to fit in. Running Champ marathons in August seems to prevent any sort of track season. Think that having a go to run a decent 10k (sub 29) would be beneficial to my marathon aspirations.

Self Assesment
Being small and light is physically well suited. Starting the sport late may have been helpful in bringing the mental skills to handle the event's unique nature. Motivationally, current standards whereby a 2.14 will usually ensure UKA selection to any major championships is a big spur to keep working intensely towards goals.

Ed's Comment
Many thanks to Dan for providing the insights on all the points I raised with him. Since this profile he has run two further marathons, placing 9th in London in 2.14.11 having run the last 20 miles in almost total isolation. Then in late August he excelled to place 11th (and 3rd European) in the World Championships in Osaka, in 2.20, running his usual patient style and picking off numerous men with much faster PBs who had not adapted so well to the very high heat and humidity.

Having had the not too wretched task of 'managing' him at a couple of ½ marathons in Spain, he's a great example of being highly driven whilst remaining a really affable and courteous guy.

He's a lucky boy to get this far without any S+C or stretching, must be the cross-sport benefits of football!

Trafford, 11.8.07. TOM LANCASHIRE (6) wins the men's 800m. 'A' race from GARETH BALCH (7), with DARREN ST. CLAIR (5) finishing third and WILL FITTS (USA. 2) fourth. photo by Mark Shearman.

Andy Norman Remembered

by Frank Horwill

Andy became an Associate member of the BMC in 1969 and as the then secretary of the Met Police AC asked the BMC to organise the Dave Prior Memorial Mile for five years when it was withdrawn at the request of Dave's widow who had remarried. Andy also invited the BMC to stage an invitation mile race in the Met Police AC championships.

As a promoter in South Africa I heard, just before the Commonwealth Games, that he had organised a class 800 in Cape Town. I rang him up to get BMC member Matt Shone into the race. He observed, "He's Welsh isn't he?" I replied that he was and wanted to get a qualifying time to run for Wales. Matt, who was staying with me in South Africa, ran a personal best of 1:46.6 to make the Welsh team. From 1969 to 1986 I often rang Andy to get my athletes into major races at home and abroad, he always obliged and they were treated generously.

Andy became manager to the British national police team which competed abroad frequently. Every Wednesday, at Crystal Palace, the Met team trained under his supervision for several years.

I would visit him every Friday afternoon at Chelsea police station where he was a station sergeant. Our conversations were frequently interrupted with a constable coming in and announcing, "Andy, a phone call from Sweden" or "a phone call from Norway". I deduced from this that he was acting as an agent for athletes and also assisting in the promotion of major meetings. This was brought to the attention of the Commissioner who asked for his resignation. He later became promotions officer to the BAF as well as agent to numerous world-class athletes. An unfortunate taped telephone conversation with a sports columnist which was highly publicised led to his exit from the BAF, it later went bankrupt.

He was a promoter in South Africa for ten years and then left for Jamaica to do a similar job.

I am greatly indebted to Andy for getting me off a charge! I had been attacked in the Portobello Market one evening whilst putting a bag of money into a night deposit safe. I was knocked to the floor, but got up and caught my assailant, who was charged. I then decided that I would, thereafter, carry a police truncheon in my car. Carelessly I left it in my car outside my Hampstead flat. It was spotted by an observant police sergeant who charged me with having an offensive weapon. I phoned Andy for advice, he contacted the processing Inspector, who happened to be a leading field-events coach, and the papers were destroyed.

Andy did not suffer fools lightly and he did not like greedy athletes and once on the wrong side of him he did not forget. His legacy is that he was the first athlete agent when such a position was unheard of. He was a self-made promoter to the point where no major meeting on the Continent could manage without his services.

Many who plotted his downfall with the BAF thought his exit would cleanse the sport. It did not. Others, less capable, were to replace him. There are many pocket Andy Norman imitators in UK athletics.

Osaka, 30.8.07. MICHAEL RIMMER. photo by Mark Shearman.

Are tacticts important for middle and long distance athletes?

Well thought out competition strategies win races. Good physical and mental conditioning will give you the edge over other competitors but without an excellent tactical brain, success rates will fluctuate immensely.

Athletes can be extremely well prepared for an event through hard work and be highly confident of success, but if the effort isn't produced at the right time, physical and mental attributes can be undermined.

Good tactics can be only successful if fitness levels are high and self-belief matches them. Tactics are therefore vital to success and are part of the triumvirate that is needed for the perfect performance.

There is a lot more to success than good tactics in a race and in some cases these can be pre-empted before a race, but more about that later!

Tactics are defined as: 'An expedient for achieving a goal'; 'A manoeuvre' and also 'A technique for securing an objective'. Therefore training and mindsets must be fine-tuned to cope with personal tactics and tactics that the opposition may enact.

Some say you should go into a race with Plan A and Plan B so that you are prepared in case it is not run the way you had premeditated. But in reality, perhaps if you have Plan C and Plan D as back-ups it may be helpful so that nothing will upset the rhythm and delivery towards a positive result.

Although nowadays athletes are unfortunately judged by how fast they run by the media, with slow times being given negativity even if the athlete has won his or her race, the art of tactics has lost some of its credibility. World records may be the icing on the top of the cake, but tactics and winning championships are the main ingredients and the essential mix for running faster than the opposition.

Osaka, 29.8.07. ABBY WESTLEY. photo by Mark Shearman.

Even if an athlete goes into a race without a preconceived plan, their success or failure will centre on not only physical attributes, but how they distribute their effort over the distance of the competition.

In this article, I will look at possible tactics and scenarios encountered at 800m, 1500m, 5000m/10000m, marathon and cross country events plus indoor running.

Tactics are rarely practised in training sessions and the more instances of differing paces and positional awareness the better. There are many imponderables that dictate what tactics should be employed and these include: athlete capability, opposition capability, weather conditions, course layout and geographical location, underfoot conditions, number of competitors in race, qualifying round or final plus qualifying times.

In an ideal world an athlete should be running their race feeling relaxed, balanced and in control and ready to respond to any manoeuvre or change in pace. Because of this the athlete should be in a position to go with an increase in pace from the front or further down the field. An instance where athletes get caught out is when running behind the leader and someone goes past quickly and the rest of the field follows. From being in a good position the athlete can end up at the back and boxed in whilst the new leaders take off and usually it is race over due to the loss of momentum. This is particularly relevant at the shorter distances when response time is minimal. One of the biggest sins an athlete can commit is to either leave space on their inside or move out into lane two when it is not necessary in the final 100m and allowing a rival to steal a march with no effort or extra distance covered on their part. This usually demoralises an athlete especially when another athlete goes past on the outside at the same time and any impetus they had is lost.

Athlete capability

This is not necessarily the ultimate potential of the athlete but what shape the athlete is in at the time of a

Trafford, 11.8.07. MOUMIN GEELE (254) finishes second in the 'Emsley Carr Mile' with LACHLAN CHISHOLM (Australia, 251) third, BERNARD KIPTUM (Kenya, 259) fourth and CHRIS WARBURTON (253) fifth. photograph by Mark Shearman.

particular race. If the athlete is not as fit as they could be due to a previous illness or injury they may have to consider running a much different race to their normal plan to get as good a result as possible.

Opposition capability

How any one applies themselves in a race is down to the quality of the opposition and what tactics they may employ. Although some athletes are self-confessed 'kickers' preferring to follow the pace and sprint for home using their superior speed, no one should ever expect any race to be run one dimensionally. Always expect the unexpected is the best way to approach tactics and don't enter any race with only one plan, unless you are a Bekele or Dibaba, and even they prepare themselves for anything the opposition may throw at them.

Weather conditions

Climatic conditions can affect individuals dramatically and change the outcome of races significantly. Running in hot and humid conditions doesn't suit anyone, but some cope much better than others and those that live in those environments have a distinct advantage. So if you are an international running in a major games in those type of conditions some sort of acclimatisation will be needed to offset this disadvantage. Adverse temperature isn't always heat related and extremes of cold can be encountered in a winter season, this usually affects athletes the least, although some find it difficult to operate efficiently. Rain very rarely hinders athletes though if it is freezing cold as well then improperly attired athletes will suffer. Wind is probably an athlete's worst natural enemy and if the tactic is to run from the front then the strength will be drained from them if the wind is particularly strong by battling two elements, the field and the resistance of the wind. Obviously all of these things are exacerbated by the longer the racing distance, heat in particular will affect an 800m athlete much less than an athlete competing in a marathon. Those running indoors may find the smaller running area and sloping bends problematic but one advantage is that the temperature is constant and there is no problem with the wind, so front running is a much easier option and indeed many do this as they can control and dictate the pace to their satisfaction.

Course layout and geographical location

All cross country and road courses are different and some may be flat, some may be hilly and others will incorporate both. Add to this twists and turns, single and multiple laps and varying underfoot conditions for cross country and tactics probably play an integral part as much as physical attributes. Races at altitude for sea-level athletes are very difficult indeed and although altitude acclimatisation is essential, those that are born and live there have an underlying advantage. 5000m and 10000m races in particular are very difficult for sea level athletes though races at the marathon at medium altitudes are not so difficult due to the aerobic requirements of the event.

Underfoot conditions

Just like racehorses some athletes run well in heavy conditions whilst others only perform well on firm ground and the lucky ones are adept on either. Deciding where to make a break or increase the pace in such conditions must be given a lot of thought so that maximum impact can be made and maintained.

Number of competitors in race

Although not usually a problem for the elite athlete, mass fields in cross country and road races can hinder progress and pace judgement. However in track events the number of competitors especially in 800m and 1500m races dictates where the athlete needs to be to strike for home. In indoor races this requires even greater attention due to the smaller and more difficult running circuit and intelligent positioning is almost as important for success as physical prowess. Elbows are pointed and arms bend at right angles for a reason! They prevent competitors running too closely and make them run wide around bends especially in an indoor competition.

Qualification race

Track championships usually involve a minimum of heats and a final and qualifying is an essentiality and more

often than not heats are run erratically and this can cause problems with bumping and in some cases accidental tripping due to the uncertainty of the pace with athletes only wanting to do enough to qualify. It must be remembered that in track races athletes run very closely together with minimum gaps between the athlete in front and everyone is trying to occupy the inside lane so some sort of body contact is inevitable. Some races which athletes run in are a last chance to reach a qualifying time and the pace needed must be exactly what is required so that the athlete can maintain a strong pace right to the tape.

800m Tactics

Standard championship two lap races have eight competitors whilst some grand prix races may have 10 on the start line. As the first 200m is often the fastest, this is where jostling for position and settling in occurs and where most danger of accidental heel clipping can happen due to the speed of the athletes and no one wanting to give any quarter. After breaking from the lane draws the athletes should aim to reach the 200m distance in lane one or two in as straight a line as possible. Many youngsters tend to break almost at right angles which has two effects: extra distance covered and dangerous in respect of impeding other athletes.

The 800m is probably one of the most difficult races to run tactically with positional awareness vital for success. It is one race where it would be rare in a championship if anyone actually ran exactly 800m due to the manoeuvring to gain the position the athlete requires. To run the perfect race requires a smooth passage with little or no slowing down or sudden increases in pace and no radical re-positioning. As the race is often termed an 'extended sprint' any tactical errors will therefore be costly.

Championships can involve at least heat, semi and final and planning how to qualify safely without too much energy loss can be a problem. Slow tactical races can present major difficulties and qualifying takes on as much importance as winning a medal in the final. Some qualifying standards can be tough with only the first or second to go forward to the next round with a large amount of fastest losers also qualifying. Those in the first round heats will have no idea how fast the remaining heats are going to be run, so decisions will have to be made if automatic qualifying is going to be difficult.

Many close run races usually necessitate athletes finishing in lanes 2, 3 or 4 to gain a clear run to the tape. In world record attempts the athlete may run much nearer 800m in distance due to simply following a pacemaker. It is a fallacy that an athlete must hug the kerb to save energy and not run over distance in the two lap race, positioning is always more important than getting boxed in with no chance of getting out of that box. Obviously in 5000m and 10000m races running wide for long periods will incur much extra distance and energy wastage. An 800m athlete must be strong, fast, positive, intelligent and aggressive, without those qualities success will be difficult.

Depending on an athlete's strengths: front runner, breaks with 200m to go or someone who waits until the final 100m, being in the position that allows those things to happen is crucial. As the race is only over 800m any major tactical faux pas usually results in a negative outcome. A 3 or 4 metre gap may be nothing over 1500m and above but at this distance it can feel like the proverbial mile. Running on the leader's right shoulder is a wise move and allows an easy vantage point to move past when ready and also allows a position to cover any breaks from behind. Most male races involve much faster first laps than last laps with the first 200m usually run far too quickly. Most females tend to run more economically, although there are always exceptions.

If you study various races and athletes as examples you will notice extremes of tactics but all with the same outcome - victory. In the Athens Olympics Kelly Holmes ran from the rear of the field and ran at her pace which was virtually the same for each 200m split and finished faster than anyone else.
This was a supremely confident performance and needed great mental strength to be successful.
Yuri Borzakovsky is a profound run at the back athlete and a notoriously fast finisher, it works sometimes and sometimes it doesn't, it worked at the 2004 Athens Olympics though!

The 1980 Moscow Olympics was infamous for two reasons: the favourite Seb Coe ran a totally inept tactical race whilst Steve Ovett bossed the race and reigned supreme. Indeed, Ovett in his earlier days ran only to win and burst past his rivals at 200m with such speed and power that he opened up insurmountable gaps before the opposition could respond.

At the top level, male races can be ran at 49-50 seconds for the first lap which will stretch the field out with the athletes working hard, but slower 53-54 second paces will have the field much closer together with the athletes running in lane one and two at the bell ready for any early strike for home.

Indoor 800m races need even more tactical awareness with fewer passing opportunities due to the smaller arena. A good tip for running the distance indoors is to never be out of the top two places to cover any breaks or mishaps. Getting boxed in usually means disaster no matter what the ability of the athlete and those that can lead around the final bend and finish strongly will

usually be successful. Accidental bumping and tripping are part and parcel of indoor running and disqualifications are not uncommon.

1500m Tactics

As you will see as I go through the tactical scenarios of each event that the longer the distance competed over, the importance of being in immediate contact with the leaders has lesser importance, but tactical awareness is vital to success no matter what distance is run.

As the 1500m is the first middle distance event to start on a curved line, close contact is inevitable in the first 100m of the race. Many athletes will invariably target the inside lane as quickly as possible, but in a fast race in particular, athletes would be better advised to run the shortest distance possible to the first bend and then settle into the position that is appropriate to their plan.

Energy conservation is important in the 1500m and those that have adequate energy supplies left for the last lap usually have a good chance of attaining their goals.

Concentration is important in the 1500m and the number of competitors in a race will usually be 12, although some invitational events will fit in many more. If the field is strung out, the distance between first and last can be much larger than in an 800m race and although the pace is generally slower, the gap cannot be allowed to get too big if a strike for home is planned with much 'traffic' to negotiate to hit the front.

Some races over the years such as the Europa Cup have produced unbelievably slow paces for three laps before ending up as a 400m sprint. Other races like the 1974 Commonwealth Games where Filbert Bayi set an incredible pace over the first two laps which hadn't been seen before seemed foolish, but he prevailed and with a world record! Athletes like Steve Cram regularly upped the pace significantly over the final 500m-600m with great success. Current world record holder Hicham El Guerrouj has the innate ability to subtly increase the pace over the final 600m-800m in a way that is energy efficient but also damaging to his opponents. Kelly Holmes' Athens Olympic winning run replicated her 800m tactics, staying at the back and covering any moves when necessary, what it did allow her to do was conserve energy for her final surge over the final 150m. Athletes like Riu Silva and Fermin Cacho are noted 'kickers' and like to follow and finish very quickly and have been very successful with those tactics at the highest levels.

In the 800m you probably aren't allowed any tactical errors with so little time to respond, but perhaps the 1500m allows for some minor indiscretions with more time to react to these providing the athlete has the physical attributes to react to the situation at the time. Most situations require a 'cool-head' and those that panic usually end up at the back of the field and the only way of learning how to handle these is through practice and experience. Pace distribution is therefore crucial to the execution of any race and unnecessary increases in tempo early or mid-race will have adverse effects with anaerobic deficiencies and lactate accumulation which needs to be reserved for the end of the race.

Indoor races over 7½ laps need much concentration and a fixation on where the athlete wants and needs to be in the competition. If most of the field tends to pick up the pace outdoors with 400m remaining then indoors this will be with 2 laps to go and this can be psychologically difficult with the judgement of effort different as there will be 4 straights and 4 bends to negotiate. Pace distribution should be easier however with times being given every 200m as opposed to 400m outdoors.

5000m/10000m

These events are now becoming some of the hardest to be successful at due to the awesome performances of the African athletes at the highest level. They are almost turning out to be 11½ and 24 laps of hard running and then a 400m at break-neck speed and that goes for both male and female races.

These races require great concentration levels no matter what level the athlete is at. It is amazing how many athletes can run good 5k and 10k races at cross country and on the roads but

Trafford, 11.8.07. VICTORIA BARCELLO (115) from Cardiff leads in the women's 800m. 'B' race from the eventual winner SARAH HOPKINSON (110). photo by Mark Shearman.

cannot run well once on a track. Every step is the same on the track and the athlete knows exactly where they are and how far they have done and have to go and this can be very daunting for many. Pace judgement is extremely important for these events and too fast a pace in the early stages may prove to be unwise later on. It is rare that athlete's come back from running too fast and they will suffer greatly with lap times reflecting that.

These events will have around 18 athletes or more in them and it is now common to see 'double start lines' to avoid congestion in the first 100m. Due to the extra laps to be negotiated it is important to run as efficiently as possible with lap times being mirrored as much as possible until the bell lap. Being in a comfortable position, covering the leaders is vital and a smooth run is the best way to save energy for the final 400m. However, mid-race bursts, surges and breaks with 1000m or so remaining must be expected, so positional and race awareness is vital as in any other race. There are some athletes who will stay near the front for the entirety of the race but never take the lead until the final lap. Their sole aim is damage limitation to their own energy reserves and saving their 'kicks' for maximum effect. One of the greatest at this type of tactic was the incredible Miruts Yifter who ran unbelievable speeds over the last 300m and Deratu Tulu also used similar tactics in her great races.

Looking at some past races illustrates what ammunition a top athlete needs to be successful at these events which are not only endurance events but ones that require great speed and mental toughness. My all-time favourite race is the 1976 Olympic 5000m final with Lasse Viren running the last four laps close to 4 minutes and 'outlasting' and demoralising the 1500m specialists who were queuing up behind him with 100m remaining and it was he who finished the strongest and also the fastest in the sprint for the line running 55 seconds for the final 400m and 13 seconds for the last 100m. Brendan Foster liked to incorporate mid-race surges of fast 400m efforts or longer to totally take the field apart, a tactic which was necessary due to his poor basic speed. Eamonn Coghlan's World Championship victory in 1973 was special in that he not only won, but with 150m to go he started to celebrate whilst in second place due to his absolute confidence of winning! A modern day great like Kenenisa Bekele can run the race anyway that is necessary, world record pace, mid race surges or a blistering finish and that is why, at the moment, he is virtually unbeatable.

The 5000m is not a championship event indoors but the 3000m is and the 15 laps requires an unfluctuating pace and being in close contact with the leaders to cover any sudden increase in pace. So total concentration is vital with a constant focus on the front of the field to anticipate any change in tempo or personnel. A strong final 4 laps is necessary to get a good result along with a flat out last 200m.

Marathon

The classic road distance of 26 miles 385 yards is one where many top class athletes over the half marathon distance have failed miserably. Endurance is needed in abundance, but concentration, patience and mental toughness are three other vital ingredients in this event. As pace judgement is more important than in any other event to prevent energy levels running out before the finish, carefully planned race strategies are vital. This is not easy when the athlete is feeling fresh in the early stages and holding back is imperative. It is the one event where an athlete can be looking and feeling great at 22 miles for example, and be totally exhausted at 23 miles. The mindset of a marathoner must be totally focussed on where they are in the race and looking and thinking ahead too far can be disastrous.

Although most will have pre-set pace targets for each mile, the problem for many is deciding and knowing what to do when someone goes off much quicker or breaks away at some point in the race. Can the athlete be sure that the breakaway athlete will come back to them? This is where experience and patience come to play a major role.

For many marathoners the first 13 miles is purely a settling in phase for them, making sure they get to that point as fresh as possible and then re-evaluating their plans. Their next objective may be to get to 18 miles in a similar state and then start thinking about where or when they can make a push to win the race.

As rhythm and pace judgement is paramount to success, even a slight increase in pace at certain times in a race can be counter-productive. In a big city marathon it can be quite easy to get caught up in the atmosphere with an adrenalin rush once the spectators start cheering you on and before you realise it you have picked up the pace too quickly and begin to suffer soon afterwards.

Marathon's can have close finishes so speed is also needed to ensure victory. Probably the most famous close finish was the 2003 London marathon where five athletes entered the Mall together and at the finish only 14 seconds separated the first seven, with only 1 second between first and third.

The 2005 New York marathon required a sprint finish with a dip on the line to ensure victory for Paul Tergat over Hendrik Ramala. The present world best of 2-04.55 by Paul Tergat was set in Berlin in 2003 and he only won by 1 second from compatriot Sammy Korir. Paula Radcliffe, the 2004 Athen's

Olympics apart, has dominated her races by huge margins and has run her own race plans and set gruelling paces that no one else could match which shows how confident she is in her own physical and mental strengths.

Cross Country

This discipline is different to track events and usually there are no 'cat and mouse' tactics with races mostly run at an 'honest' pace. Invariably cross country races start off fast and the front runners pursue a hard pace throughout trying to drop the opposition through better strength levels or breaking away on an uphill or downhill section of the course. However, pace judgement is imperative for success with racing distances much longer for the 800m and 1500m specialists. Those in the leading pack especially will use some kind of 'sit and wait' tactics, deciding

Trafford, 11.8.07. Eventual winner JON RANKIN (USA, 257) leads in the 'Emsley Carr Mile' from LACHLAN CHISHOLM (Australia, 259) and BERNARD KIPTUM (Kenya, 259). photograph by Mark Shearman.

whether to wait until the final 100m - 400m or make a break with 800m or more to go. A common way of breaking away from the pack is to keep an eye on the opposition's body language, are they suddenly breathing hard, are they slowing down dramatically on a hill for example?

Whereas breaks from the opposition on the track are usually positive, decisive moves, on the country these breaks can be subtle and more of a 'wearing down' of the opposition and also demoralising them on a certain section of the course. Obviously the size of the entrants for cross country events can vary from around 50 to 3000 competitors and because of this and the nature of the course, getting into a reasonable position after the start is very important for a positive result. The pace in cross country varies immensely with uphills, downhills, turns and underfoot conditions and because of this a smooth steady run cannot be expected and an athlete could be running at 4-20 mile pace at some stage and 6-20 mile pace at others!

A useful tactic in cross country races is to try and get 15m-20m on a rival going up a hill and make a huge effort off the top of the hill and try to keep it going for at least another 400m and the 15m-20m can quite easily grow to 50m or more due to the rival getting disheartened. In track races once the field has settled everyone is running in the confined space of one lane, but in cross country the leading bunch can be spread over a much wider area and concentration may be even more important with a fixation on the leaders and also the course geography.

Finishing speed is just as important as in track events and even after 12k it may come down to the final 50m to decide the medals. Most cross country specialists are usually successful 5k and 10k track specialists and both the winter and summer disciplines can compliment each other. The pace the top athletes run over firm, muddy, flat or hilly courses is phenomenal and the speed over the closing stages can be brutal and to watch someone like Bekele is an education in itself. I always tell athletes and coaches alike to watch him at his best from the hips down and you would swear he was running on a track and not strength sapping grass and mud.

Overview

Going back to the start of this article and summing up tactics as a means of achieving an objective and a plan or skill to trick your competitors, it is clear that a race is akin to a game of chess with the moves to win similar, but how they unfold depends on the opposition and how you approach the event.

Pre-race tactics or in some cases 'gamesmanship' by fair means can be used to fool the opposition into a false sense of superiority and these can be the tricks in an athletes repertoire. Dialogues with other athletes conning them into believing that you've been injured or ill and haven't trained can dupe them into believing that they will have no problems in beating you. I'm sure sprinters deliberately false start to upset certain competitors and have planned those manoeuvres weeks before to unsettle their rivals. Throwers may intentionally throw a big practice throw or a poor throw before the competition starts to mislead the entrants of the actual outcome. Some athletes warm-up in a different place to where the opposition are and only get to the start line when necessary, this can elate or deflate the opposition and put their tactical plans in tatters. Other athletes will appear arrogant, non-talkative, unfriendly in the warm-up zone, so the athlete must learn how to dispel any negativity from these mannerisms. It's all kidology of course, but as long as it's fair, it is part and parcel of tactical psychology. Athletes have to be one step ahead of the opposition physically and mentally and it is often said that a race is won and lost in the warm-up area.

Whatever race distance you run, if you are leading entering the home straight, stick to the inside lane and don't move from it! It is amazing how many athletes drift into the second lane and allow a hopelessly boxed in athlete a free run to the tape.

Train hard and get in fantastic physical shape but think long and hard how you will get the best out of yourself and how you will react to different situations in competitions, in other words be ready for anything!

Energy sources training prescription by Fox and Matthews

by Anton Timoshenko

EVENT	ATP_PC and LA	LA-O2	O2
800	30%	65%	5
1500	20%	55%	25
3k	20%	40%	40
5k	10%	20%	70
10k	5%	15%	80

Specimen Sessions

ATP-PC and LA

16x200 in sets of 4 with three times the time of rel as rest. Lap jog after a set. 8x 400 in sets of 4with twice the time of rep as rest. Lap jog after set.

LA-O2

5x600 with twice the time of rep as rest. 4x800 insets of 2 with the same time as rep as rest. Lap jog after each set.

O2

3x1000 with half the time of rep as rest. 3x1200 with half the time of rel as rest

Examples

800m
- Day 1 - LA-O2 -4x800 in sets of 2.
- Day 2 - LA-O2 -5x600
- Day 3 - ATP-PC-LA -16x299 in sets of 4.
- Day 4 - LA-O2-Repeat Day 1.
- Day 5 - LA-O2- Repeat Day 2
- Day 6 - Rest
- Day 7 - O2-3x1200

1600m
- Day 1 - LA-O2-4x800 in sets of 2x800
- Day 2 - LA-O2-5x600
- Day 3 - O2-3x1200
- Day 4 - LA-O2-As for Day 1
- Day 5 - ATP-PC and LA -8x400 in sets of 4x400
- Day 6 - Rest
- Day 7 - O2-3x1000

5000m
- Day 1 - O2-6x1200
- Day 2 - O2-5x1000
- Day 3 - LA-O2-4x800 in sets of 2x800
- Day 4 - O2-As for Day 1.
- Day 5 - O2-As for Day2.
- Day 6 - Rest
- Day 7 - ATP-PC and LA-16x200 in sets of 4x200

10000m
- Day 1 - O2-6x1600 jog 800 after each rep
- Day 2 - O2-10x1k jog 500 after each rep
- Day 3 - O2-4x3k jog 1500m after each rep
- Day 4 - O2-2x5k jog 2500m after each rep
- Day 5 - O2-8x1200 jog 600
- Day 6 - Rest
- Day 7 - LA-O2-8x400 in sets of 4x400

In another section of their work, they suggest an alternative recovery system after each repetition, when the pulse drops to 130 beats a minute start another rep.

Athletes and coaches should not follow the stated schedules too literally but use their own interpretation on how energy systems are best utilised.

Osaka, 26.8.07. ANDREW LEMONCELLO. photo by Mark Shearman.

Training sessions

800 metres

Week 1

16 x 100 with 100 jog (45secs) or 2 x 8 x 100 with 20secs rest and 5mins rest after first set.

Week 2

8 x 200 with 200 jog(90secs) or 2 x 4 x 200 with 100 jog(45secs) with 5mins rest after first set.

Week 3

6 x 267m (one-third of 800, 33m ahead of 1500 start) with 3mins rest or 2 x 3 x 267m with 90secs rest and 5mins rest after first set.

Week 4

4 x 4 x 200 as follows:- 15secs rest after 200 for the first set, 5mins rest. 30secs rest after 200 for the second set, 5mins rest. 45secs rest after 200 for third set, 5mins rest. 560secs rest after 200 for final set.

Week 5

4 x 534m(two-thirds of 800, finish 34m in front of 1500m start). Cruise to 400m and ACCELERATE over last 134m. 5mins rest after each rep.

Week 6

1 x 60-0 full out, 2mins rest, 1 x 200 full out. 5 mins rest. 4 x 300 60 secs rest. 5mins rest. 4 x 150 60secs rest.

Week 7

3 x 1,000 ACCELERATION RUNS, 1st 200 – 64secs 2nd 200 – 62secs; 3rd 200 – 60secs; 4th 200 –58secs; final 200 – 56secs. Aim to start at 62secs and end with 52 secs; 5mins rest after each 1k

Week 8

4 sets of 2 x 300 + 1 x 200. 30secs rest after 300s and 5mins rest after each set.

1500m/Mile

Week 1

32 x 100 with 50m jog (20secs) or 2 x 16 x 100 with 10secs stationary rest and 3mins rest after first set.

Week 2

16 x 200 with 100m jog (45secs) or 2 x 8 x 200 with 50m jog and 3mins rest after first set.

Week 3

10 x 300 with 60secs rest or 2 x 5 x 300 with 30secs rest and 3mins rest after first set.

Week 4

8 x 400 with 60secs rest or 2 x 4 x 400 with 100 jog(30secs) and 3mins rest between sets.

Week 5

6 x 500 with 100 walk(75secs) or 2 x 3 x 500 with 30secs rest and 4mins rest AND 4mins rest between sets.

Week 6

5 x 600 with 200 jog(75secs) or 2 x 3 x 600 with 30secs rest and 5mins between sets.

Week 7

4 x 800 with 200 jog(90secs) or 2 x 2 x 800 with 100 jog(45secs) and 5mins between sets.

Week 8

1 x 1200, 600 jog(4.5), 8 x 150 with 30secs rest, or 2 x 2 x 1,000 with 200 jog(90secs) and 5mins between sets.

Week 9

2 x 2k acceleration runs as follows:- 1st lap – 80secs; 2nd lap – 76secs; 3rd lap – 72secs; 4th lap – 68secs; 5th lap – 64secs. 5mins rest after first 2k. Aim to start 2k in 68secs and finish in 52secs.

3,000 metres

Week 1

16 X 400, 200 Jog(45secs).

Week 2

12 X 500, 100 walk (60secs).

Week 3

10 X 600, 100 walk(75secs).

Week 4

8 x 800, 200 jog(90secs).

Watford, 30.6.07. ANDY BADDELEY (4) wins the men's 800m. 'A' from JAMES McILROY (5) with MICHAEL COLTHERD (7) third. photo by Mark Shearman.

Week 5
6 x 1,000, 200 walk(2mins).

Week 6
5 x 1200, 300 jog(2mins.15secs)

Week 7
4 x 1500, 400 jog(3mins).

Week 8
3 x 2,000, 500 jog(4mins).

Week 9
1 x 800 + 1 x 2000 + 1 x 200, jog 200 after 800, jog 500 after 800, jog 5mins after 200 and repeat. Halve the recovery time in due course when time achieved totals BETTER than current best 3k time. For instance, if 1 x 800 is done in 2:16 and 1 x 2k is done in 5:40 and 1 x 200 in 34 secs TWICE, and your best 3k is 8:45(70/400). Half the rest time.

Week 10
1 x 400, jog 100, 2 x 800, jog 200, 3 x 1k, jog 300.

5,000 metres
Week 1
12 x 500, 20secs rest.

Week 2
10 x 600, 100 jog.

Week 3
7 x 800, 100 jog.

Week 4
6 x 1,000, 75secs rest

Week 5
4 X 1600, jog 200.

Week 6
3 x 2k, jog 300.

Week 7
1 x 2,500, jog 300, 2 x 1200, jog 200, 1 x 3200, jog 400, 1 x 400.

Week 8
1 x 800, jog 100, 1 x 1600, jog 200, 1 x 3200, jog 400, 1 x 400.

Week 9
5 x 1200, walk 100(60secs).

Week 10
20 x 400 with decreasing recovery starting with 90secs rest and decreasing by 15secs per lap (90-75-60-45-30-15) and then start the recovery system again with 90-75-60,etc. N.B. Tim Hutchings who placed 4th in the 1985 Los Angeles Olympic 5k in a PB of 13:11, rattled off 20 x 400 in an average of 61.5secs at West London stadium 14 days before his departure to the Games. That's sub 12mins/5k pace.

10,000 metres
Week 1
25 x 400, 10secs rest.

Week 2
13 x 800, 20secs rest.

Week 3
7 x 1600, 100 jog(45secs).
Week 4
3 x 3,200, 200 jog(90secs).

Week 5
10 x 1k, 30secs rest.

Week 6
9 x 1200, 40secs rest.

Week 7
25 x 400 as follows: one lap in 67secs, next lap in 75secs, repeated throughout. This will give an accumulated time of 29:34. When achieved, go for 67secs 400m followed by 70secs which will give a total time of 28:32. Finally, go for a 65 lap followed by a 70secs one which will total 28:07.

NB – sub 27mins is 25 x 64secs per 400m. Better get used to it or take up golf!

Trafford, 11.8.07. EMILY PIDGEON wins the women's 1500m. 'B' race. photo by Mark Shearman.

Why the BMC organises paced races

by Tim Brennan

Look through the summer race schedule and you will find BMC races up and down the country. Such is the popularity of the races that many of our meetings are sold out. A common theme in all of them is that they are paced races.

From time to time we are challenged on this policy, sometimes by people who have a good knowledge of the sport and a genuine belief that holding non-paced races would improve the championship racing ability of our athletes. The argument goes that today's athletes have lost the tactical ability that our runners of the past had, and that this is because they only experience paced races. So why then do we reject these arguments and continue with our pacemakers?

Osaka, 26.8.07. JENNIFER MEADOWS. photo by Mark Shearman.

The first thing to say is that our race programme is geared up to the championships. When we sit down to plan the seasons races we look for the qualification dates of all the major championships, be it the national schools, the Olympics or the international age group championships. To run in these championships you generally need to do well in a trials race but you also need to have the relevant qualification time. The aim of our races is to provide the best possible opportunity for athletes to achieve these times. The intention of the BMC races is therefore to complement the championship races not to be an alternative. No one would argue that an athlete should plan a race programme that only included BMC races or that a season's success should be measured only on the time produced rather than the championships won.

We could of course keep our paced race programme and on top of it organise some non-paced races. If we did this however we would be setting ourselves up as an alternative to the existing championships, leagues, and open graded races and fighting for dates in an already busy calendar. Better then to allow the existing providers of non-paced races to continue. Sadly some of the territorial and county championships have declined in standard and numbers, and are badly in need of reform or replacement. Hopefully the BMC can contribute ideas on what those reforms should be, but as far as our own race programme goes we will stick to a clear proposition of paced races and leave it to the athlete and coach to plan a balanced schedule of races to best prepare for their target championship.

One strange aspect that I have found when listening to criticism of our paced races is that you quite often find the critic has never been to a BMC meeting! Consequently they may imagine a series of races which are a procession of runners running in single file behind a pacemaker till they get in sight of the line and feel safe to make a dash for it. The reality is different and there is no shortage of competition taking place. For a start all our races are graded by time, meaning that an athlete is very likely to find their closest rivals lining up along side them. Pacemaking is generally to half way and then the tactics come in to play, often with some bold front running to take the leader clear or with a mass sprint finish involving careful tactical positioning. Probably this type of race provides better preparation for the international championships of today, (which are often fast from the start) than would be had from a slow race in a league or minor championship.

So was there a Golden era now lost when our top runners spurned pacemakers and consequently always performed with tactical brilliance in the major championships? I would say not as paced competition has been the mainstay of the major European meetings since at least the late 1970s and these meetings even during Britain's domination of middle distance provided the majority of the races for

Hengelo, 22.7.07. EMMA JACKSON with her silver medal won in the 800m. photo by Mark Shearman.

our most successful athletes. During that Golden era we saw both good and bad tactical performances in the major championships from our very best. Let's not forget that Coe's glorious Olympic career started with a relative failure when not winning despite being favourite and world record holder.

If abandoning the pacemakers is not a sensible way forward then how should an athlete learn tactics? The clue is in the word 'learn'. Understanding tactical positioning and the right and wrong things to do in a race is something that has to be taught. If you equate it to education then you do not sit the exam over and over again and hope one day to get it right. Instead you have a teacher who explains the subject, gives you some practice and then (hopefully) you sit the exam just once. In the same way coaches need to understand the tactics that might best suit a particular athlete, explain what they need to do, and then offer an opportunity to practice in a few well targeted training sessions and low key races. Recordings of races can be a great aid to explaining tactics particularly positioning. Either videos of major championships or recordings of the athletes own races can be used. BMC Grand Prix and some academy meetings are now filmed giving at least one such opportunity.

In order to carry through on a tactical plan and also to have the ability to respond to rivals tactics the athlete needs to develop a few weapons in their armoury. This means training at paces above and below race pace and so building a capability to handle a sprint finish or extended break.

Apart from tactics perhaps the biggest challenge to being a successful championship athlete is to perform at your best on a given date and time which are not in your control. This is very different to chasing a PB in a BMC race where you will get several opportunities in a season. We know that if you are an improving athlete you have a better than one in three chance of improving your best in a Grand Prix meeting, so over a season of say four Grand Prix races it means you have a 70% chance of at least one PB. For a championship you get only one chance, so peeking at the right time of the season is going to be key. Beyond that the preparation in the weeks and days running up to the championship are also vital. Lessons have to be learnt about what routine works for an athlete. The athlete also needs to be prepared for the different environment of a championship where they may be away from home and where restrictions are imposed in many ways such as where and when you can warm up. They need to have the strength of character to stick to their trusted routine when officialdom or team managers direct otherwise and if this is not possible the adaptability to vary it without being phased.

In conclusion we do not believe the BMC's role should be to organise non-paced races, but we do think that we have a role to play through coach education and athlete development. Tactical racing, training for tactics, and championship racing are all large and important subjects that we plan to include in future seminars, training courses, and publications.

A new BMC strategy

Five Drivers to Success

What does the BMC do?
What is it purpose?
What does it use to judge its success?
Where do I fit in?
How can this be communicated inside and outside the organisation?

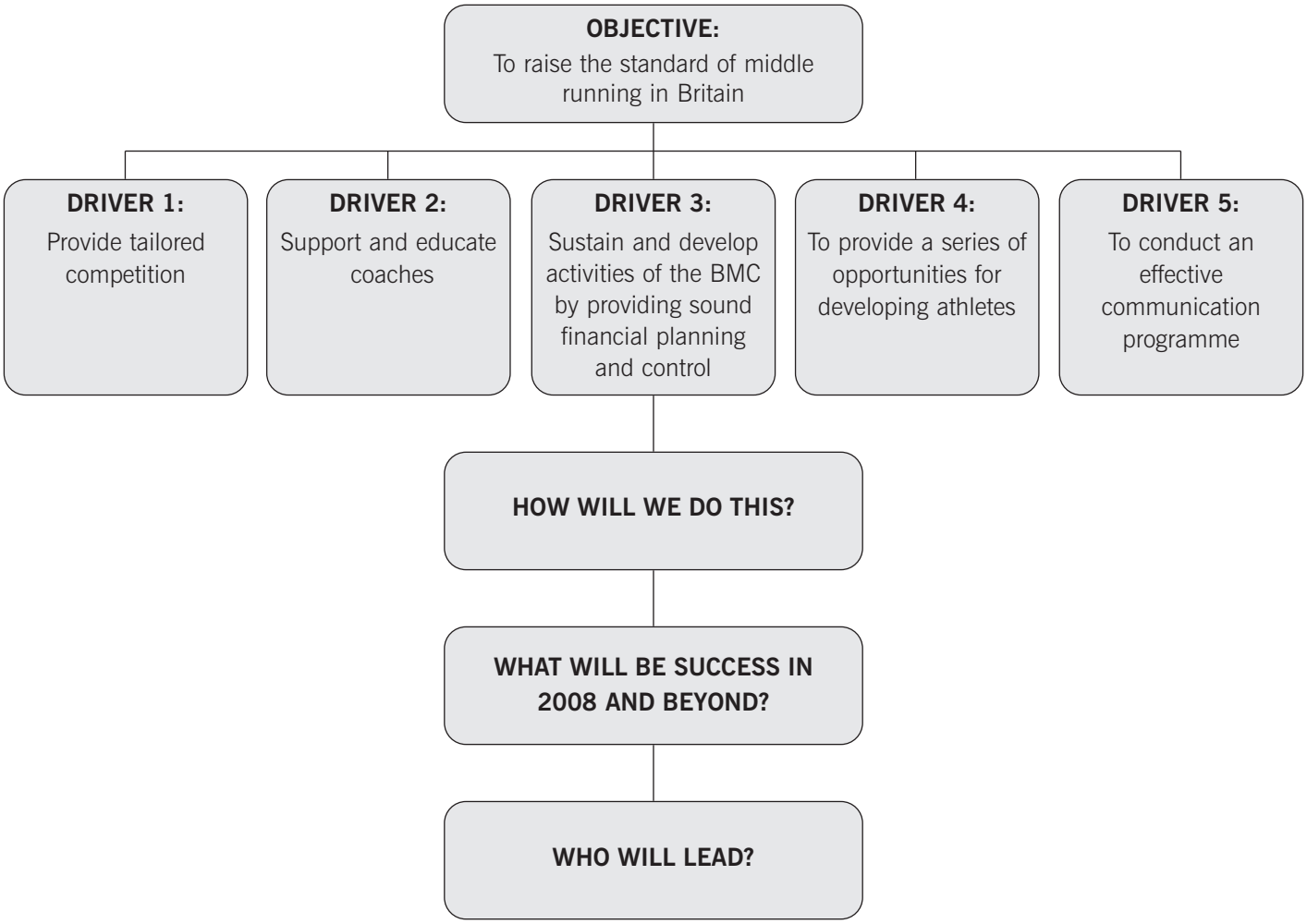
These are some of the questions that have been asked over the years of the BMC and they are questions the committee have asked over recent months. It has been decided there is a need to simply state what we do, why we do it and how we measure what we are doing. It is easy to make assumptions about what we do and should do, both for those inside the organisation and outside. It is also considered important that the club has a point of reference, so that whoever comes and goes, there is always some consistency about what we should be doing. We have therefore embarked on drawing up a strategy to guide our activities over the coming years.

What's in it?
We have established 'Five Drivers' that will form the framework for our strategy. Underneath these comes the detail and in essence the important bit. We are halfway working through this detail and over the next six months we hope to complete this and publish the complete document in the next BMC News.

Your views?
Have a look at the Drivers below and let us know what you think. Also if you get time, you can view the strategy in more detail at www.britishmilersclub.com. Again views on this are welcome. The BMC prides itself on being a members club – serving their interests, so please do comment.

Email your comments to davidreader@britishmilersclub.com

BMC Strategy & Focus – Five Drivers to Success



Osaka

Women's 800

All three girls, Jenny Meadows (2:00.14), Jenny Simpson (2:00.47) and Marilyn Okoro (2:01.79) qualified in second place in their opening heats. (Temp 31oC and humidity 65%). Note that all three were close to their personal bests.

Next day they faced the second round (semi-finals) in the same temp but somewhat easier humidity, 54%. In the first semi Jenny Simpson found the opposition electric with three finding personal bests and one a seasons best…all ahead of her! Her 2:00.48 only good enough for sixth. In the second race Marilyn found a 1:59.63 for fourth place but even this PB wqs not enough! Lastly Jenny Meadows drew the front running Jepkosgei so it was "hold on to your hats"! 26.71 then 56.54……Jenny dug deep for a PB of 1:59.39 but it was only for fifth place. Not surprisingly the two fastest losers were in this race. A 1:58.62 did not go through(first semi).

There can be no criticism of any, whilst probably our strongest event , the girls did all that could be asked of them. The next step must be , hopefully, to clock regular 1:58's so that when its needed a sub 1:58 can be dug out.

Men's 800

Michael Rimmer in 29oC and 71% humidity ran close to his best time in a heat led at 51.08 to gain second place in 1:45.6. Two days later (27oC.63%h) he found himself lining up in semi-final three. With only two fastest losers to go through it was therefore possible that four men could progress. The opening laps of the other races were 50.33 and 51.57 with winning times of 1:44.54 and 1:44.92 respectively. At this point 1:45.35 would be needed to get through outside the first two. As he toed the line he was , on 2007 times, the sixth fastest of the eight. Would they as a group emulate the fast start and between them go for the four finalist places open to them, an advantage to being in the last race. Sadly no, Michael went off hard but he was alone and he found himself some distance ahead of the field. Going through the bell in 51.42 he was matching the other races but ultimately the effort of running solo proved too much and he was reined in to finish sixth in 1:47.39.

A brave effort, he has now climbed half way up the ladder and we must hope he can mount the next several rungs next year.

Women's 1500

Both British girls moved from the opening heats with some ease, being clear of other qualifiers who were some distance behind them. Abby Westley found her semi perplexing. The first lap was 74.07 and she found herself last. She confessed in a post race interview that she did not know what to do! But she plugged on to run 4:16.21 which would have been a PB at the start of the season but here served only good enough for eighth. Lisa Dobriskey , in her semi, ran within a couple of seconds of her season's best but the race was run much faster and she found herself tenth and out with 4:08.39.

Osaka, 31.8.07. ABBY WESTLEY. photo by Mark Shearman.

Men's 1500

Andrew Baddeley ran in the second, and fastest, heat. Qualifying comfortably in fifth place with 3:39.60. The final had greater pace, an opening lap of 58.63 was followed by an 800 metre time of 1:58.08, not sensational and it allowed all to keep within ten metres or so of each other. The bell rung at 2:41.51, our man was toward the rear of the field at 1200 metres, reached by the leader in 2:55.21, as all upped the pace. He was able to close to ninth spot, just 1.18 behind the winner , running in my view the last 400 at least as fast as the winner and possibly faster. Creditable but he has shown, through the season that more is possible.

Franz Stampfl

by Brendon Byrne

Franz Stampfl is one of those half forgotten coaches who made an immense contribution to middle distance running. He was also a great character in the sport. Among the athletes he coached included Roger Bannister – the first man to run a sub four minute mile. The list continues with Chris Chataway who held the 5000m world record and Chris Brasher the 3,000 steeplechase Olympic champion from 1956. He also coached Ralph Doubell to the Olympic 800m title in Mexico in 1968. Doubell`s time of 1m 44.3 secs is still the Australian record and come to think of it would still be world class time today.

So who was Stampfl? He was an Austrian, who after going to the 1936 Olympics in Berlin decided to seek his fortune as a coach in England. He was given a job eventually by the AAA and was interned during World War 2 as an enemy alien. He was then transported to Australia. Stampfl returned to England after the war.

Without doubt he was a formidable character who developed a scientific approach to training based on interval training. In later years when he coached in Australia he was badly injured in a car accident and even as a quadriplegic he continued to coach. Ralph Doubell later described him as determined, non conformist and confrontational. He certainly had strong views; on organisation he said "You can be a Jesus Christ of a coach but you will never produce any performances worth talking about if you have bad organization behind you"

As the only professional coach in Australia he was approached by Doubell for coaching in Melbourne. Ralph Doubell asked to train three days a week and wanted to break 48 seconds for 400m. Stampfl`s response gives a big clue to his character. He said "Very well, I will tell how to train and when to train and how often, so let`s start training". "You can only have one standard and that is world standard". Doubell`s comments in a later radio interview are also quite revealing. "Franz had complete faith in himself and he was never wrong!" He also said, "He had the ability to inspire me, to motivate me to do the extra 20% of training". Commenting on his preparations for the Mexico Olympics during which he had suffered injury problems he said " After an earful of Stampfl I believed I could beat anyone in the world". Doubell stated that he could not have won the Olympics without Franz Stampfl and that as a coach he was certainly ahead of his time. It is interesting that Stampfl was active in Australia at the same time as Percy Cerutty, the coach of Herb Elliot. More about him in a later article.

Trafford, 11.8.07. JENNIFER MEADOWS on her way to winning the women's 'A' 800m. following closely is CELIA BROWN who finished third. photo by Mark Shearman.

Earlier though, Stampfl had worked with the trio of Bannister, Chataway and Brasher in England. It is interesting in his book"The First four Minutes" that Bannisters comments about Stampfl and his methods are limited but they are still quite revealing "He had magic and he worked it with me"."Stampfl`s greatness as a coach rests on his adaptability and his patience. He watches and waits for the moment when the athlete really needs him". On the day of the first sub four minute mile at Iffley Road Oxford in 1954 Bannister travelled by train with Stampfl. Bannister stated later that "I had reached my peak both physically and psychologically. There would never be another day like this. I had to drive myself to the limits of my power without the stimulus of competitive opposition". Stampfl`s contribution on the journey was to convince Bannister that his training indicated that he was capable of running 3mins 56 secs.

If Bannister`s sub four minute mile was one of the most memorable achievements in athletics then Chataway`s victory over Vladimir Kuts at the old White City (London) in 1954 was also one of the most talked about races. Kuts was the front runner and later to be the Olympic champion in the 1956 Olympics in Melbourne. Chataway knew that he had to stay with him to have a chance of winning the race. Kuts applied fast bursts to drop Chataway. To quote Norris Mc Whirters description of the race " Despite the profligate torture which was applied in sustained bursts during the

Osaka, 26.8.07. MARILYN OKORO. photo by Mark Shearman.

next 6 laps Chataway, the man nobody beats twice, refused to unlatch his haunting grip. Laps of 62.4, 69.0 70.0 and 69.6 brought the two iron men to the two mile mark in 8mins;54.8 – still3.6 secs inside a level world record schedule....the bell clanged in 12:51.4..... Was Kuts going to defy all natural laws for a second time by running away from his opponents? Could a spare time amateur business man who trains 35 miles per week live with a full time `State` athlete who trains 135 miles per week in this waging of total sport? ... Chataway switched over to the super human. With sheer savagery he struck late but decisively and with consummate timing swept past his quarry five tantalizing yards before he could claim the asylum of the tape." The time was 13mins 51.6 secs for a new world 5000m record.". Needless to say the crowd was ecstatic.

The time may well be modest by todays standards but the point is that although Bannister and Chataway`s mileage was incredibly slight their spirit was everything. One thing is for sure they certainly don't write race reports like that anymore!

Stampfl devised a series of schedules for all events from 100m to 10,000m. The sessions indicated were simple but progressive.

A miler aiming to break 4minutes the following summer would start off in November with the following weekly schedule:

Day 1 - warm up then 10x 440 yards in 70 secs with 2 1/2 to 3 minutes recovery

Day 2 - warm up then 5 miles easy

Day 3 - 10 x 440y in 70 secs

Day 4 - 6 x 880y in 2mins 20 secs with 10 minutes recovery

Day 5 - indoor calisthenics

Day 6 - 6 – 8 miles fartlek

Day 7 - rest

In January this would develop to;

Day 1 - 10 x 440y in 66 secs

Day 2 - 15x 100y sprints

Day 3 - 6 x 880y in 2 mins 12 secs with 10 mins recovery

Day 4 - 4 x ¾ mile in 3 mins 30 secs with 10 mins recovery

Day 5 - Indoor calisthenics

Day 6 - 8-10 miles fartlrek

Day 7 - Rest

May developed to:

Day 1 - 10x 440 yards in 60 secs

Day 2 - 10 x 440y in 60secs
Day 3 - 30 mins warm up

Day 4 - ¾ mile time trial

Day 5 - warm up

Day 6 - 3-5 miles fartlek

Day 7 - rest

Racing would start about this time and the build up to a race would be:

Day 1 - 30 minutes easy running

Day 2 - 10 x 440 yards in 65 secs with 2 ½ minutes recovery

Day 3 - 10 x 440 y in 62 secs

Day 4 - 4 x 880y in 2 mins 6 secs

Day 5 - 30 minutes running

Day 6 - rest

Day 7 - race

Such a training programme was very light by today`s standards, but it was carried out at a time when athletes were strictly amateurs. Bannister for instance was a medical student during much of his racing career and often fitted in sessions during his lunch break. He did indicate that during his time trials over ¾ mile he once recorded 2 mins 52 secs.

On occasions progress during the 440 yard intervals `stuck` and he and Brasher would go off climbing in Scotland to clear their minds. When they came back the intervals improved! It is interesting as well that before the first sub 4 minute mile at Oxford it was Bannister`s first race for eight months. Interesting too is that weekly mileage was rarely more than 25.

Was Stampfl a great coach? Yes, without a doubt, certainly both Roger Bannister and Ralph Doubell thought so.

BMC/nike grand prix 2007

Steve Mosley and Tim Brennan

Introduction

Once again we reach the point in the season where we review the Grand Prix series as a whole, not just in the context of 2007 but how it holds up against the previous 11 years that the series has been running. In 2007 only two meetings were before the various Championship qualification dates and the series produced:-
02 World Championships "A"-standard qualifying times.
04 World Championships "B"-standard qualifying times.
15 European U23 Championships qualifying times.
12 European U20 Championships qualifying times.
(plus a British record)

2007 Overall

While last years series fluctuated with the weather, this year had a much more constant feel. Every meeting stood up in its own right and as a whole the series took a step forward. The rise in numbers from last year remained. Trafford was an excellent venue addition. The GP series hosted the Emsley Carr mile – and hosted it well – producing a winning time of 3:54 that was watched by the former world record holder Derek Ibbotson.

Number of finishers in 800m and 1500m

	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
Men	438	517	610	546	563	672	716	562	655	658	675
Women	146	212	255	229	233	284	345	328	379	367	382
Total	**584**	**729**	**865**	**775**	**796**	**956**	**1061**	**890**	**1034**	**1025**	**1057**
	-	-	-	-	-	-	-	-	-	-	-
E.I.					**235**	**233**	**210**	**201**	**276**	**252**	**280***

*includes BMC 5000m and UK Challenge finalists

2007 was the first year that the BMC series hosted the endurance events at the UKA Challenge.
The series is still constantly producing an average of just under a 30% PB rate. Outside of the GP series the PB rate is higher.

	Venue	*Races*	*Finishers*	*PB's*	*%*
GP1	***Sports City***	***26***	***320***	***102***	***32%***
GP2	***Watford***	***30***	***323***	***87***	***27%***
GP3	***Solihull***	***29***	***318***	***62***	***21%***
GP4	***Trafford***	***22***	***198***	***73***	***37%***
Final	***Crystal Palace***	***22***	***188***	***58***	***31%***
	TOTAL	***129***	***1,347***	***382***	***28%***

The 2007 Racing Program

The 2006 series produced our first 800m / 1500m Elite Standard qualifying standards with Richard Hill, Michael Rimmer and Sam Ellis in the Mens 800m and Amanda Pritchard in the Womens 800m. While 2007 didn't live up to those standards the series had, in the core 800m and 1500m events, 3 'B' standards with Michael Rimmer (800m), Andy Baddeley (800m) and Charlene Snelgrove (1500m), plus Jenny Meadows running inside the 'B' standard while setting a BMC record at Stretford.

Best Performances comparison over last 3 years.

Event	Men	Women
800m	2005 - 1:47.09 – Andy Baddeley 2006 - 1:45.10 – Richard Hill 2007 - 1:46.32 - Andy Baddeley	2005 - 2:01.98 - Rebecca Lyne 2006 - 2:00.99 - Amanda Pritchard 2007 – 2:00.61 – Jenny Meadows
1500m	2005 - 3:38.95 – Lachlan Chisholm (Aus) 2006 - 3:38.51 – Colin McCourt 2007 - 3:39.62 - Collis Birmingham (Aus)	2005 - 4:09.08 - Lisa Dobriskey 2006 - 4:05.91 - Jo Pavey 2007 - 4:08.83 – Abby Westley
Mile	2005 - 3:56.49 – Mo Farah 2006 - 4:04.60 – Paul Hamblyn (NZ) 2007 - 3:54.24 – Jon Rankin (USA)	-------
3000m	2005 - 7:56.57 – Nick McCormick 2006 - 7:53.67 – Chris Thompson 2007 – 7:59.43 – Simon Deakin	2005 - 9:09.60 – Renee Meivier (USA) 2006 – 9:28.13 – Claire Entwistle 2007 – 9:09.09 – Lisa Corrigan (AUS)
5000m	2005 - 13:21.17 – Micah Kogo (Ken) 2006 - 13:36.66 – Moses Kipsiro (Uga) 2007 – 13:48.80 – Mourmin Geele	2005 - 15:57.49 – Eleanor Baker 2006 - 15:28.58 – Mara Yamaouchi 2007 – 15:42.12 – Katrina Wootton
10000m	2005 - 28:33.74 - Barnabas Kosgei (Ken) 2006 - 28:58.29 - Vinny Mulvey (Ire) 2007 – 28:40.85 – Phil Nichols	2005 - 31:46.53 - Kathy Butler 2006 - 32:38.24 - Hayley Yelling 2007 – 31:26.94 – Jo Pavey
3000m Chase	2005 - 8:37.46 - Luke Gunn 2006 - 8:31.84 - Adam Bowden 2007 – 8:29.96 - Andy Lemoncello	2005 - 10:13.68 – Lizzy Hall 2006 - 9:48.51 – Lizzy Hall 2007 - 9:43.11 – Hatti Dean

While we might not have had those headline times from 2006 there was a huge step forward in terms of the overall standards that were being produced. The fact that this happened right across the board was surprising. 2006 showed that unexpected people could run the times and 2007 saw people aiming for the new higher standard that had been achieved the year before.

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	2007
Men	58	50	72	64	49	51	70	58	69	54	103
Women	34	43	45	50	50	49	63	70	103	79	111
Total	**92**	**93**	**117**	**114**	**99**	**100**	**133**	**128**	**172**	**133**	**214**

In the Womens 800m 2007 produced a 2 second improvement in the average first British time, and a BMC record.
For the Men 2007 led the way in both average first and 10th placing.

First and tenth fastest British 800m times (1997 - 2007) plus ranking

	800m					
	Male			Female		
	Best British	Av.1st British	Av.10th Place	Best British	Av.1st British	Av.10th Place
1997	1:46.87 – 04	1:48.13 – 04	1:51.04 – 07	2:03.4 – 06	2:05.21 – 08	2:13.58 – 11
1998	1:47.13 – 07	1:48.29 – 07	1:50.85 – 04	2:01.93 – 04	2:04.85 – 06	2:12.11 – 06
1999	1:48.00 - 11	1:48.27 – 06	1:50.21 – 02	2:04.57 – 09	2:05.94 – 10	2:12.74 – 08
2000	1:46.97 – 05	1:47.97 – 03	1:50.91 – 06	2:05.10 – 11	2:06.16 – 11	2:12.74 – 08
2001	1:47.67 - 10	1:48.99 – 11	1:51.64 – 09	2:04.94 – 10	2:05.80 – 09	2:12.77 – 10
2002	1:47.18 – 08	1:48.21 – 05	1:51.94 – 10	2:03.70 – 07	2:04.83 – 05	2:12.15 – 07
2003	1:46.68 – 03	1:47.72 – 01	1:50.90 – 05	2:04.55 – 08	2:05.14 – 07	2:10.20 – 03
2004	1:47.37 – 09	1:48.60 – 09	1:51.96 – 11	2:00.77 – 03	2:03.13 – 03	2:11.47 – 05
2005	1:47.09 – 06	1:48.73 – 10	1:50.66 – 03	2:01.98 – 05	2:03.05 – 02	2:08.14 – 01
2006	1:45.10 – 01	1:48.49 – 08	1:51.13 – 08	2:00.99 – 02	2:03.94 – 04	2:10.83 – 04
2007	1:46.32 – 02	1:47.72 – 01	1:49.84 - 01	2:00.61 – 01	2:01.76 – 01	2:08.76 – 02

Again in the 1500m the women led the way with a SIX second improvement in the average 1st British placing and a NINE second improvement on the average 10th place from 2006.
For the men the 1500m is still struggling to get back to 1997 standards. Two mile races within the program did not help as this spreads the resources thinner. The Emsley Carr mile at Stretford resulted in the 1500m race virtually being sacrificed to pull the mile field together and Crystal Palace was probably too late in the season to have two quality races.

First and tenth fastest British 1500m times (1997 - 2007) plus ranking

	1500m					
	Male			Female		
	Best British	Av.1st British	Av.10th Place	Best British	Av.1st British	Av.10th Place
1997	3:37.5 - 01	3:41.05 - 02	3:45.40 – 02	4:15.2 – 10	4:18.18 - 11	4:42.2 - 11
1998	3:39.5 – 05	3:42.14 – 06	3:47.01 – 05	4:14.85 – 08	4:17.80 – 08	4:28.63 – 07
1999	3:41.83 – 11	3:42.85 – 07	3:45.51 – 03	4:10.84 – 05	4:17.02 – 06	4:27.82 – 03
2000	3:39.79 – 07	3:41.89 – 04	3:49.02 – 09	4:15.28 – 11	4:17.74 – 07	4:33.02 – 09
2001	3:39.27 – 04	3:43.19 – 09	3:47.62 – 06	4:13.02 – 07	4:16.23 – 03	4:32.03 – 10
2002	3:41.06 – 10	3:43.16 – 08	3:47.90 – 07	4:11.24 – 06	4:17.93 – 10	4:28.60 – 06
2003	3:39.72 – 06	3:41.62 – 03	3:48.85 – 08	4:14.82 – 09	4:16.81 – 04	4:25.95 – 02
2004	3:40.11 – 09	3:43.59 - 11	3:50.46 - 11	4:10.56 – 04	4:15.49 – 02	4:31.72 – 08
2005	3:38.49* - 02	3:41.92 – 05	3:46.91 – 04	4:09.08 – 03	4:16.82 – 05	4:28.44 – 05
2006	3:38.51 – 03	3:43.27 – 10	3:49.93 – 10	4:05.91 – 01	4:17.85 – 09	4:28.13 – 04
2007	3:39.85* - 08	3:40.28 - 01	3:44.81 - 01	4:08.83 – 02	4:11.67 – 01	4:19.09 – 01

Totalling the rankings for the three sets of criteria over the four events would give a year ranking of:-

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th
2007	2005	2003	2006	1998	1997	1999	2004	2002	2000	2001
22	51	59	64	73	77	81	85	89	91	98

Grand Prix comparison 1997 to 2007

Men's 800m

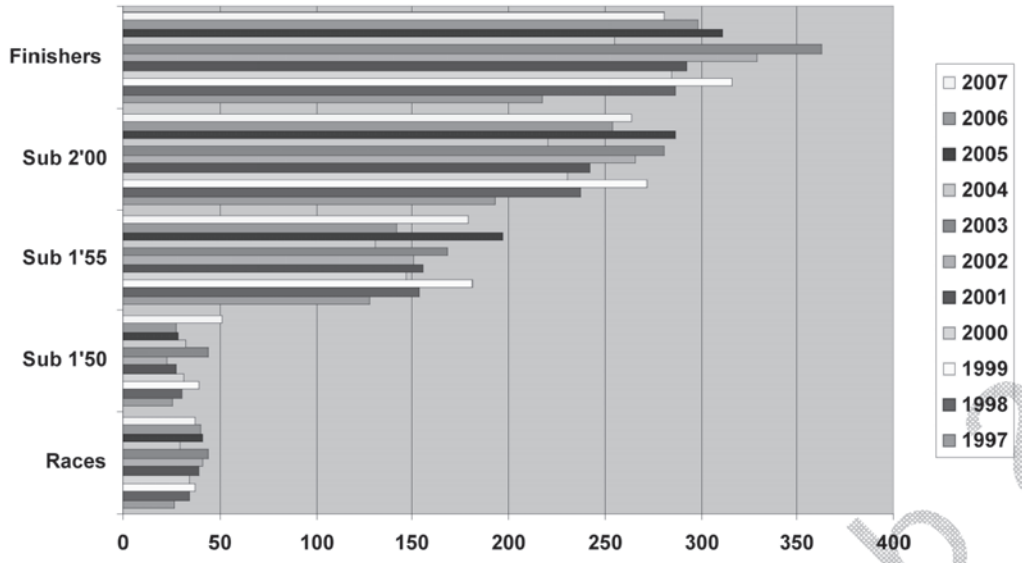
Grand Prix	No. races	Fin'd	Fastest time	First Brit. Time / Posn	10th fastest	Sub 1:48	Sub 1:50	Sub 1:55	Sub 2:00
Tots 1997	**27**	**218**	**1:48.09**	**1:48.13**	**1:51.04**	**3(2)**	**26**	**128**	**193**
Tots 1998	**34**	**287**	**1:47.87**	**1:48.29**	**1:50.85**	**4(2)**	**31**	**154**	**237**
Tots 1999	**37**	**316**	**1:48.06**	**1:48.27**	**1:50.21**	**3 (0)**	**39**	**181**	**272**
Tots 2000	**34**	**285**	**1:47.77**	**1:47.97**	**1:50.91**	**11 (6)**	**32**	**147**	**231**
Tots 2001	**39**	**293**	**1:48.62**	**1:48.99**	**1:51.64**	**2 (1)**	**28**	**156**	**242**
Tots 2002	**41**	**329**	**1:47.97**	**1:48.21**	**1:51.94**	**8 (5)**	**23**	**151**	**266**
Wythenshawe	10	96	1:47.29	1st	1:50.58	1 (1)	3	43	77
Eton	9	72	1:47.22	1st	1:51.14	1 (1)	7	31	50
Watford	10	88	1:46.68	1st	1:48.80	4 (2)	17	38	70
Solihull	10	73	1:46.79	1:48.45 / 3rd	1:49.53	1 (0)	14	44	62
Glasgow	5	34	1:48.96	1st	1:54.46	0	3	12	22
Av & Tots '03	**44**	**363**	**1:47.39**	**1:47.72**	**1:50.90**	**7 (4)**	**44**	**168**	**281**
Solihull	7	69	1:48.16	1st	1:51.20	0	7	41	60
Watford	8	81	1:48.64	1st	1:49.59	0	14	44	71
Manchester	6	43	1:49.03	1st	1:52.48	0	5	16	37
Cardiff	5	36	1:47.37	1st	1:51.93	2(2)	5	17	30
Glasgow	4	26	1:49.28	1:49.78 / 2nd	1:54.59	0	2	13	23
Av & Tots '04	**30**	**255**	**1:48.50**	**1:48.60**	**1:51.96**	**2(2)**	**33**	**131**	**221**
Manchester	7	54	1:49.49	1st	1:51.06	0	3	26	49
Watford	8	67	1:48.25	1st	1:49.89	0	11	48	64
Solihull	9	62	1:49.64	1:49.69 / 2nd	1:50.56	0	3	44	56
Cardiff	7	57	1:49.13	1st	1:51.77	0	3	34	54
Crystal Palace	10	71	1:47.09	1st	1:50.03	1(1)	9	45	64
Av & Tots '05	**41**	**311**	**1:48.72**	**1:48.73**	**1:50.66**	**1(1)**	**29**	**197**	**287**
Loughborough	8	44	1:49.57	1:50.54 / 2nd	1:52.87	0	1	18	41
Watford	8	67	1:45.10	1st	1:47.85	10	15	43	63
Solihull	8	63	1:46.62	1st	1:50.00	4(4)	9	37	57
Cardiff	7	54	1:48.77	1st	1:52.71	0	3	18	36
Manchester	9	71	1:51.29	1:51.30 / 2nd	1:52.23	0	0	26	57
Av & Tots '06	**40**	**299**	**1:48.27**	**1:48.49**	**1:51.13**	**14**	**28**	**142**	**254**
Sports City	7	66	1:46.47	1st	1:49.35	4(4)	15	48	60
Watford	9	67	1:46.32	1st	1:49.67	5(5)	12	38	65
Solihull	8	63	1:49.59	1st	1:50.40	0	6	40	61
Trafford	8	49	1:48.16	1st	1:49.72	0	10	30	44
Crystal Palace	5	36	1:48.06	1st	1:50.04	0	8	23	34
Av & Tots '07	**37**	**281**	**1:47.72**	**1:47.72**	**1:49.84**	**9(9)**	**51**	**179**	**264**

Men's 1500m

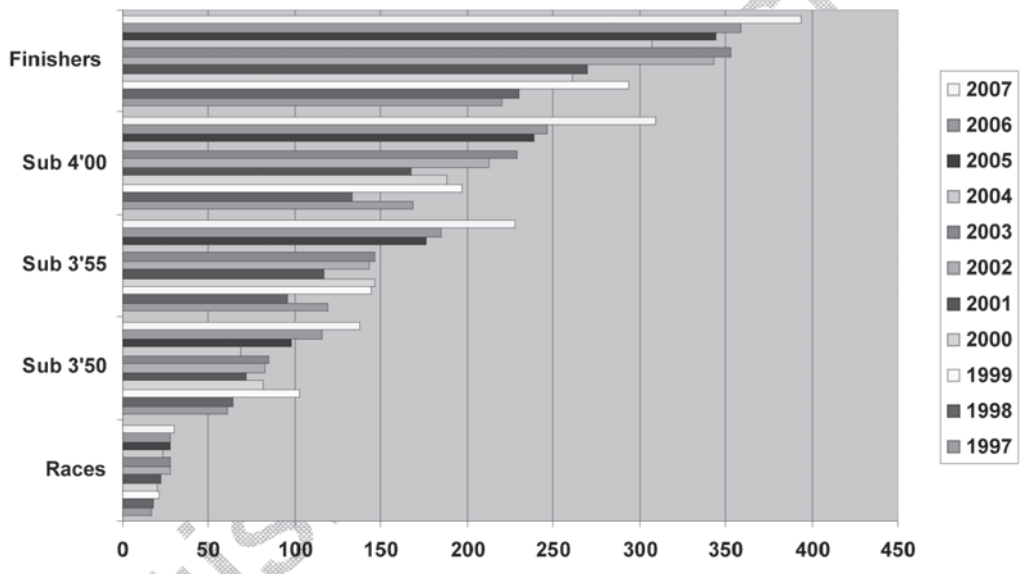
Grand Prix	No races	Fin'd	Fastest time	First Brit. Time/Posn	10th fastest	Sub 3:45	Sub 3:50	Sub 3:55	Sub 4:00
Tots 1997	**17**	**220**	**3:41.05**	**3:41.05**	**3:45.4**	**32**	**61**	**119**	**168**
Tots 1998	**18**	**230**	**3:41.35**	**3:42.14**	**3:47.01**	**19**	**64**	**96**	**133**
Tots 1999	**21**	**294**	**3:42.03**	**3:42.85**	**3:45.51**	**33**	**102**	**144**	**197**
Tots 2000	**20**	**261**	**3:41.80**	**3:41.89**	**3:49.02**	**32**	**81**	**146**	**188**
Tots 2001	**22**	**270**	**3:43.06**	**3:43.19**	**3:47.62**	**21**	**72**	**117**	**167**
Tots 2002	**28**	**343**	**3:43.16**	**3:43.16**	**3:47.90**	**28(24)**	**83**	**143**	**212**
Wythenshawe	6	93	3:40.99	3:41.49 / 2	3:45.55	8 (7)	19	35	53
Eton	6	80	3:39.72	1st	3:46.00	4 (4)	22	36	64
Watford	7	81	3:42.26	1st	3:46.25	8 (5)	22	39	52
Solihull	6	80	3:40.78	3:42.53 / 2	3:47.28	4 (2)	16	28	50
Glasgow	3	19	3:42.00	1st	3:59.19	2(1)	6	8	10
Ave & Tots '03	**28**	**353**	**3:41.15**	**3:41.62**	**3:48.85**	**26(19)**	**85**	**146**	**229**
Solihull	5	89	3:42.11	1st	3:44.75	11(11)	21	27+c	42+c
Watford	7	113	3:39.96	3:40.11 / 2	3:45.01	9(8)	29	57	83
Manchester	4	42	3:40.14	3:44.16 / 2	3:52.70	2(1)	6	13	18
Cardiff	4	41	3:44.19	3:44.36 / 2	3:52.14	3(2)	8	14	23
Glasgow	3	22	3:47.22	1st	3:57.68	0	4	7	11
Ave & Tots '04	**23**	**307**	**3:42.72**	**3:43.59**	**3:50.46**	**25(22)**	**68**	**118**	**177**
Manchester	4	54	3:46.04	3:46.02 / 2	3:51.85	0	3	18	27
Watford	7	100	3:39.15	3:39.50 / 2	3:42.57	17(11)	34	61	79
Solihull	6	74	3:38.95	3:39.93 / 2	3:44.29	12(8)	23	40	55
Cardiff	4	44	3:45.23	3:45.65 / 2	3:48.52	0	11	18	28
Crystal Palace *	6	72	3:38.49*	1st	3:44.30*	11(7)	27	39	50
Ave & Tots '05	**27**	**344**	**3:41.57**	**3:41.92**	**3:46.91**	**40(26)**	**98**	**176**	**239**
Loughborough	4	54	3:45.27	3:46.14 / 2	3:52.11	0	7	26	37
Watford	7	94	3:38.51	1st	3:43.05	15(15)	48	59	80
Solihull	7	92	3:39.27	1st	3:43.88	11(8)	39	59	72
Cardiff	4	43	3:45.50	1st	3:52.70	0	7	14	21
Manchester	6	76	3:47.58	1st	3:47.89*	0	15	27	37
Ave & Tots '06	**28**	**359**	**3:43.27**	**3:43.40**	**3:47.93**	**26**	**116**	**185**	**247**
Sports City	6	93	3:39.62	3:39.85 / 2	3:43.08	13(9)	29	49	76
Watford	7	96	3:39.80	3:40.65 / 2	3:44.16	11(9)	34	66	86
Solihull *	7	91	3:39.70	3:40.43 / 2	3:44.19	11(9)	26	45	61
Trafford *	5	58	3:36.24*	3:40.44*/5	3:46.78*	9(4)	24	31	42
Crystal Palace *	5	56	3:39.66*	3:40.03*/2	3:45.85*	8(5)	25	37	44
Av & Tots '07	**30**	**394**	**3:39.00**	**3:40.28**	**3:44.81**	**52**	**138**	**228**	**309**

* Include mile

Men's 800m



Men's 1500m



Women's 800m

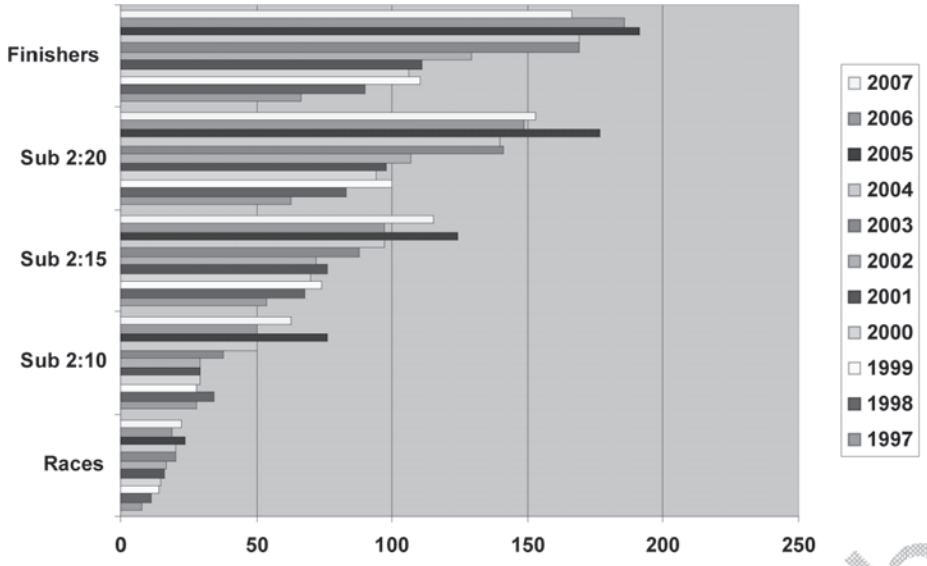
Grand Prix	No races	Fin'd	Fastest time	First Brit. Time / Posn	10th fastest	Sub 2:05	Sub 2:10	Sub 2:15	Sub 2:20
Tots 1997	**8**	**66**	**2:05.21**	**2:05.21**	**2:13.58**	**3(3)**	**28**	**54**	**63**
Tots 1998	**11**	**90**	**2:04.85**	**2:04.85**	**2:12.11**	**6(6)**	**34**	**68**	**83**
Tots 1999	**14**	**110**	**2:05.94**	**2:05.94**	**2:12.74**	**1(1)**	**28**	**74**	**100**
Tots 2000	**15**	**106**	**2:05.92**	**2:06.16**	**2:12.74**	**0**	**29**	**70**	**94**
Tots 2001	**16**	**111**	**2:05.80**	**2:05.80**	**2:12.77**	**2(2)**	**29**	**76**	**98**
Tots 2002	**17**	**129**	**2:04.22**	**2:04.83**	**2:12.15**	**9(6)**	**29**	**72**	**107**
Wythenshawe	4	34	2:04.76	1st	2:08.65	1 (1)	10	25	32
Eton	5	39	2:05.26	1st	2:11.06	0	9	19	31
Watford	4	36	2:04.48	2:04.55 / 2nd	2:09.02	4 (2)	12	21	34
Solihull	6	53	2:05.08	1st	2:12.05	0	4	16	37
Glasgow	1	7	2:06.07	1st	N/A	0	3	7	7
Ave & Tots '03	**20**	**169**	**2:05.13**	**2:05.14**	**2:10.20**	**6(3)**	**38**	**88**	**141**
Solihull	5	43	2:03.13	1st	2:07.38	3(1)	15	29	40
Watford	6	58	2:00.77	1st	2:07.55	4(3)	19	35	52
Manchester	4	27	2:03.79	1st	2:12.93	2(2)	7	13	21
Cardiff	4	25	2:01.70	1st	2:13.07	3(2)	6	14	17
Glasgow	2	16	2:06.26	1st	2:16.42	0	3	6	10
Av & Tots '04	**21**	**169**	**2:03.13**	**2:03.13**	**2:11.47**	**12(8**	**50**	**97**	**140**
Manchester	4	29	2:02.52	1st	2:08.45	5(5)	13	21	27
Watford	5	37	2:01.98	1st	2:06.40	5(5)	19	26	37
Solihull	6	50	2:03.29	1st	2:07.58	6(6)	17	33	48
Cardiff	4	30	2:03.88	1st	2:12.34	3(3)	7	14	23
Crystal Palace	5	45	2:03.56	1st	2:05.94	4(4)	20	30	42
Ave & Tots '05	**24**	**191**	**2:03.05**	**2:03.05**	**2:08.14**	**23**	**76**	**124**	**177**
Loughborough	4	21	2:06.77	1st	2:16.94	0	3	6	13
Watford	5	42	2:02.58	1st	2:06.87	5(5)	21	33	38
Solihull	6	49	2:00.99	1st	2:06.00	5(5)	13	28	44
Cardiff	4	29	2:04.73	1st	2:13.30	2(2)	5	11	23
Manchester	6	45	2:04.64	1st	2:11.06	1(1)	8	19	31
Ave & Tots '06	**25**	**186**	**2:03.94**	**2:03.94**	**2:10.83**	**13**	**50**	**97**	**149**
Sports City	4	37	2:01.66	1st	2:06.92	7(7)	15	28	35
Watford	5	41	2:03.29	1st	2:09.73	3(3)	10	27	37
Solihull	6	44	2:01.73	1st	2:07.71	7(7)	16	29	40
Trafford	3	18	2:00.61	1st	2:11.19	3(3)	8	14	17
Crystal Palace	4	26	2:01.49	1st	2:08.25	4(4)	14	17	24
Av & Tots '07	**22**	**166**	**2:01.76**	**2:01.76**	**2:08.76**	**24**	**63**	**115**	**153**

Women's 1500m

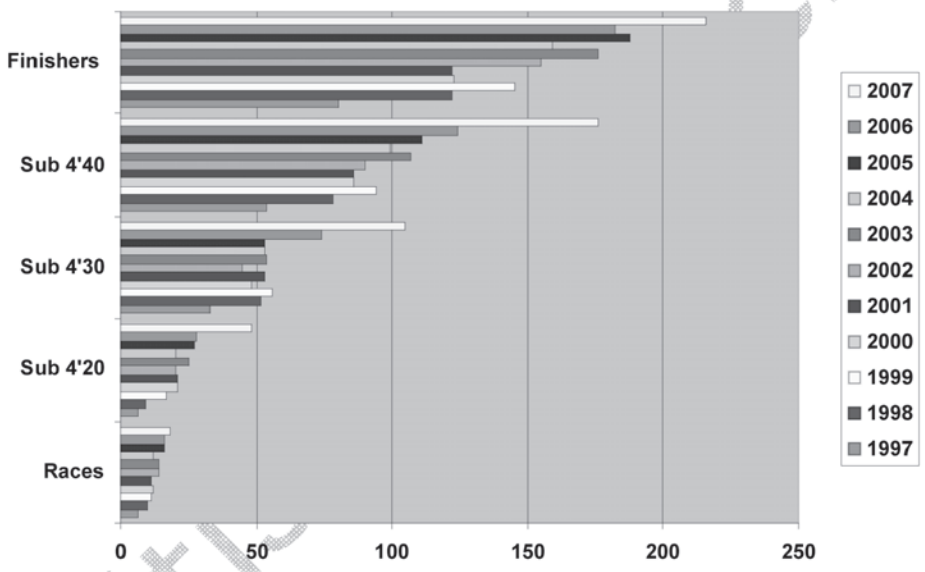
Grand Prix	No races	Fin'd	Fastest time	First Brit. Time / Posn	10th fastest	Sub 4:15	Sub 4:20	Sub 4:30	Sub 4:40
Tots 1997	**6**	**80**	**4:18.18**	**4:18.18**	**4:42.2**	**0**	**6**	**33**	**54**
Tots 1998	**10**	**122**	**4:17.80**	**4:17.80**	**4:28.63**	**1(1)**	**9**	**52**	**78**
Tots 1999	**11**	**145**	**4:13.12**	**4:17.02**	**4:27.82**	**8(4)**	**17**	**56**	**94**
Tots 2000	**12**	**123**	**4:15.27**	**4:17.74**	**4:33.02**	**3 (0)**	**21**	**48**	**86**
Tots 2001	**11**	**122**	**4:15.99**	**4:16.23**	**4:32.03**	**5 (3)**	**21**	**53**	**86**
Tots 2002	**14**	**155**	**4:16.33**	**4:17.93**	**4:28.60**	**9(5)**	**20**	**45**	**90**
Wythenshawe	3	40	4:15.00	1st	4:28.11	0	7	11	27
Eton	3	35	4:17.53	1st	4:32.51	0	4	9	21
Watford	3	37	4:14.82	1st	4:20.41	1(1)	8	20	30
Solihull	4	53	4:12.91	4:19.59 / 4th	4:25.75	2 (0)	5	12	25
Glasgow	1	11	4:17.09	1st	N/A	0	1	2	4
Ave & Tots '03	**14**	**176**	**4:15.47**	**4:16.81**	**4:25.95**	**3(1)**	**25**	**54**	**107**
Solihull	4	61	4:10.28	4:10.56 / 2nd	4:24.86	2(1)	5	20	40
Watford	3	47	4:14.47	1st	4:23.55	1(1)	7	22	35
Manchester	2	28	4:13.72	4:15.70 / 2nd	4:33.56	1(0)	5	7	13
Cardiff	2	15	4:18.27	1st	4:44.89	0	2	3	8
Glasgow	1	8	4:18.45	1st	N/A	0	1	1	3
Ave & Tots '04	**12**	**159**	**4:15.04**	**4:15.49**	**4:31.72**	**4(2)**	**20**	**53**	**99**
Manchester	3	29	4:15.58	4:16.21 / 2nd	4:33.60	0	2	3	14
Watford	3	35	4:17.3	1st	4:22.5	0	7	18	26
Solihull	4	58	4:14.41	1st	4:24.57	2(2)	8	12	36
Cardiff	2	19	4:16.34	4:27.08 / 4th	4:40.50	0	1	4	9
Crystal Palace	4	47	4:09.08	1st	4:21.06	3(2)	8	16	26
Ave & Tots '05	**16**	**188**	**4:14.54**	**4:16.82**	**4:28.44**	**5(4)**	**27**	**53**	**111**
Loughborough	3	30	4:13.70	1st	4:33.91	1(1)	3	7	22
Watford	4	50	4:16.23	1st	4:20.10	0	9	23	34
Solihull	4	58	4:05.91	1st	4:19.53	3(3)	11	29	43
Cardiff	2	16	4:23.81	4:35.83 / 4th	4:41.81	0	0	2	8
Manchester	3	28	4:16.41	4:17.58 / 2nd	4:25.32	0	5	13	17
Ave & Tots '06	**16**	**182**	**4:15.21**	**4:17.85**	**4:28.13**	**4(4)**	**28**	**74**	**124**
Sports City	3	40	4:10.08	1st	4:21.97	6(6)	8	20	33
Watford	5	70	4:09.64	1st	4:17.67	3(3)	14	31	60
Solihull *	4	45	4:18.50	1st	4:24.38	0	2	16	27
Trafford	3	35	4:08.83	1st	4:16.24	5(4)	12	21	34
Crystal Palace	3	26	4:11.29	1st	4:15.19	9(7)	12	17	22
Av & Tots '07	**18**	**216**	**4:11.67**	**4:11.67**	**4:19.09**	**23**	**48**	**105**	**176**

* Includes Mile

Women's 800m



Women's 1500m



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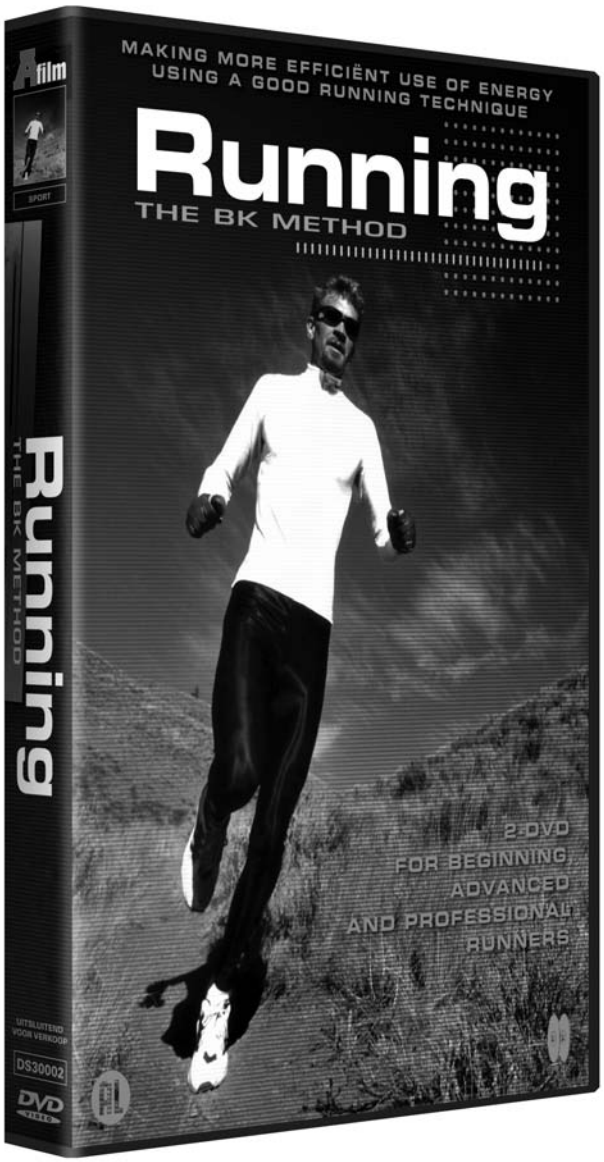


Authors: Frans Bosch and Ronald Klomp
Available from all good DVD stockists and websites.

Irish milers club bamboozle ban

The IMC applied to the Dublin County Athletic Board for a permit to put on some races in Dublin. The Board refused to grant a permit on the grounds that a meeting must include three field event competitions. The IMC applied again stating that the required field events would be included. Once the middle-distance races were over the runners each threw an implement once and were amazed at their shot success. They were using the female shot!

Stung by the Board's rigidity for rule enforcement, the IMC contacted its members in the Dublin area who belonged to different clubs to attend the Board's monthly meetings to represent their first claim club and so out vote the Board's regular cronies in attendance. Where there is a will there is a way as the BMC have discovered when dealing with hostile governing bodies, a total of three British governing bodies have collapsed during the BMC's 44 year reign. They employed well-paid officials while the BMC soldiered on with a band of dedicated volunteers.

Delusions of grandeur

by Frank Horwill

About 15 years ago a man phoned me and blurted out immediately, "I want to run a 4-minute mile." He was just 40 years old. At that time I was conducting a correspondence course in running. One of the requirements before starting the tuition was a self-testing procedure to ascertain a pupil's current fitness levels and included the Balke Test, speed test, flexibility test, muscular endurance test, muscular power test and elastic leg strength tests. He declined to take these tests as a preliminary to being advised and instead kept harping on about me coming to watch him run "to examine his technique". Now, if at the age of 40 an athlete runs like an elephant or Charlie Chaplin there isn't much one can do about it, so I declined to see him run. He later turned up at my house unannounced while I was out shopping and on my return I noticed a man peering through my kitchen window, it was our Mad Miler.

An athlete of just 40 rather foolishly announced to all and sundry in AW in 2007 his intention of running a sub 4 mile. A somewhat cynical letter appeared in AW from three leading veterans who invited the aspirant to train with them.

A 40 year old American after perusing the Serpentine RC website and noting my fifty articles on it, decided to send me a long e-mail to the effect that he had time to spare and had always been a runner and would like to run a sub 4 mile. I simply wrote back with a target schedule stating that the times for reps. would not be achieved for a long time and he just had to keep pegging away at the schedule aiming to improve the cycle each time around.

Here is the regime I used to get five runners under 4 mins and is on the same lines as adopted by Coe in 1975.

Day 1 - Endurance – 4 x 16 in 4:16 with 200 jog in 90secs.
Day 2 - Recovery – a.m. 35mins run. p.m. 12 hours later 35mins run
Day 3 - 1500 metres pace – Race pace familiarisation – 2 x 900 in 1:56 with 400 jog in 90secs or static rest Repeat after 5mins rest.
Day 4 - Repeat Day 2
Day 5 - Endurance – 4 x 1k in 2mins30secs with 2mins rest
Day 6 - REST
Day 7 - 800 metres speed – 4 x 400 in 56secs with 400 jog/3mins.
Day 8 - Repeat Day 2
Day 9 - Full out sprinting – 1 x 350. 1 x 300. 1 x 250. 1 x 200. Walk 400 after each rep.
Day 10 - Repeat Day 2
Day 11 - 3 x 2k in 5mins 20secs jog 300 in 2mins
Day 12 - Repeat Day 2
Day 13 - 1 x 1200 in 2:57, jog 600 in 4.5mins, 2 x 600 in sub 90 secs, jog 300 in 2mins, 4 x 300 in sub 45secs, walk 100 in 60secs

Watford, 30.6.07. CHARLENE THOMAS (330) leads from SUSAN SCOTT (332) and KATRINA WOOTTON (333) in the women's 1500m. 'A' race. photograph by Mark Shearman.

Day 14 - REST
Day 15 - 16 x 400 in 60secs jog 100 in 45 secs
Day 16 - Repeat Day 2
Day 17 - 1 x 600 in minus 84 secs, jog 300 in 2mins. 1 x 200 in 26secs. Repeat three times with 5mins rest after each set
Day 18 - Repeat Day 2
Day 19 - REST
Day 20 - Run up 20m fast and sprint 30 metres adding 10 metres per run, i.e. 30,40,50 to 80m, repeat three times.
Day 21 - Start cycle again

In the winter the 3k, 5k and sprint sessions are retained plus running up and down a long hill and recovery runs are extended to 45mins.

Needless to say that none of the dreamers have reached their goal. Here are a few reasons why only ONE man has broken 4mins at forty:

1. The evidence is that at an earlier age the athlete should have already run a sub 4 mile.
2. While it is possible for newcomers to marathoning to run world class times at 40, for instance, Foster of NZ who had a RW booklet devoted to him called THE TALE OF THE ANCIENT MARATHONER, newcomers to middle-distance at 40 will do very well if they run sub 4mins for 1500 metres. Some vets who have never stopped running from boyhood have done well to run sub 4:15 miles.
3. Indications are that in order to run sub 4 one needs to have an 800 metres time of at least 1:52 and a 3k time of minus 8 mins. In fact, the declarations of intent expressed by some sub 4 dreamers is actually insulting to full time athletes under 30 who have been struggling to that end. Not only are t hey insulting they also possess a colossal conceit and would do better to go for a very long run of twice the marathon distance to regain sanity. When you realise that Dave Moorcroft broke the 5k world record in 1983 and could only manage 4:02 for the mile at 40, 15 years later one needs to remind aspirants that only sixty athletes in Britain have broken 4 in 54 years and in the rest of the world the figure is 3,000 out of a running following of about 10 million.

Familiar story

Quote from the LTA head of coaching relations and competition,a message sent to his coaches. "If we can get the fittest,fastest and strongest into our game and keep them there, Britain will enjoy unprecedented success.How do we do this? We need to make competition accessible and allow our most promising athletes access immediately into competitions. Athletes, no matter how young, want to compete and so allow them the weekly intoxicating buzz of battle and deeper passions will develop. In five years time, we will not be measured by how well our players hit the ball. It will be, and should be, all about our match results. As coaches, if we do our part in attracting and then keeping the best athletes in Britain on the tennis courts, our international success will be as good, or greater, than any country in the world".

Hengelo, 20.7.07. EMILY PIDGEON with the bronze medal she won in the 5,000m. photo by Mark Shearman.

Food for thought? It is not difficult , by changing a few words, to use this missive as a template to track and field. It underlines the evident tug-of-war betwixt all sports for the "cream".

Pedal power principles

by Mark Mitchell

About 35 years ago, Costill and Cooper estimated that 4 miles of cycling equalled one mile of running. So, if you went for a hundred mile spin on a Sunday morning this was the equivalent of running 25 miles. The big difference being your feet and legs were given a rest from pounding the road. The latest information on cycling and its equivalent to running is that 3k of cycling is worth 1k of running, so that if you cycle 16k at a good clip this is worth 5.3k of running or to use the old measure, 4 miles of cycling is worth just over a mile and a quarter, so the old figures weren't too far off the mark.

Last June 2006 at the USA Track Nationals, Lauren Fleshman won the women's 5k title with a training schedule typical of world-class runners: long efforts, intervals and hills. But half the time Fleshman's feet never touched the ground. Instead, they were clipped into her bike. Fleshman started alternating riding and running when she contracted tendonitis in her right ankle in the autumn of 2005. The unexpected result was that it proved to be more than a way to stay fit while injured: the bike improved her running. "No doubt, cycling has made me stronger and more explosive," says Fleshman, 25. Today, Fleshman is fit, but she still hops on her cycle twice a week as part of her training routine For Fleshman, fast times on wheels translate to fast times on the track and road, and cycling can do the same for you, a long as you do the right sessions.

Here is Fleshman's routine:
General plan is to record 80 to 90% of maximum heart rate for intense workouts. All cycling starts with 10 minutes of easy work.

Week 1
Day 1 - 5 x 800 metre hills hard followed by a 10k gradual hill climb.
Day 4 - Ride hard for 30 minutes in the middle of an hour workout.

Week 2
Day 1 - 6 x 10 minute hard riding with 60secs slow riding recovery as part of one hour cycling.
Day 4 - 8 x 4 minute spells with a 2-minute recovery. Out for an hour.

Week 3
Day 1 - Sprint cycling for 15, 30 or 60secs with 30 secs rest repeated many times.
Day 4 - 8 x 15 second sprints with 15secs recovery followed by 10 x 90 second hard intervals with 30secs rest and 10mins easy

Week 4
Day 1 - 2 hour cycle attempting 60 miles distance.
Day 5 - As for Week 2.

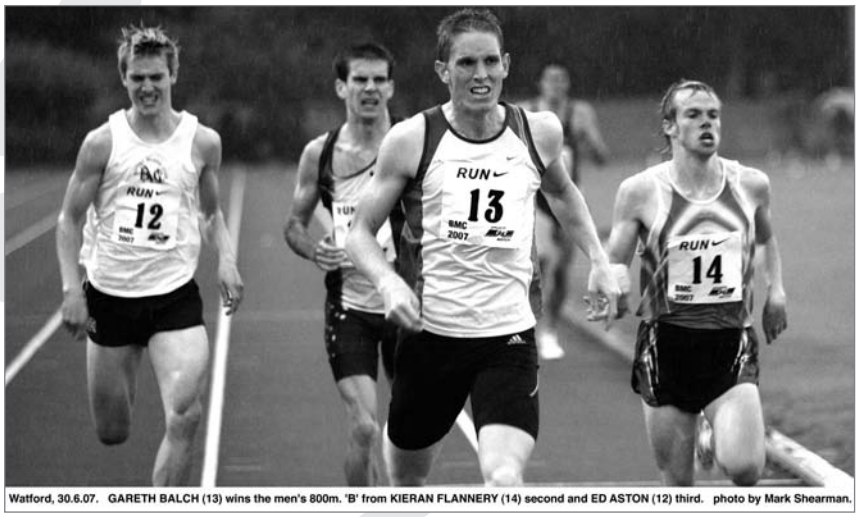
Fleshman sums up her running excursions, "cycling opened my eyes to something outside of running. It's nice to see the world fly by at a different pace."

Watford, 30.6.07. PAUL KORIR (Kenya, 217) leads in the men's 1500m. 'A' race from NEIL SPEAIGHT (20), STEPHEN DAVIES (214) and LACHLAN CHISHOLM (203). photograph by Mark Shearman.

Quiz - brush up your basis

History

1. Who has broken the most world records in distance running history?
2. Who was the first British miler to run a sub 4-minute mile on two successive days?
3. Who was the first man to break 13-minutes for 3 miles?
4. Who was the first British woman to break 2-minutes for 800 metres?
5. Who was the British female athlete who won an Olympic gold medal for the 800 metres on only her fifth attempt at the distance?



Watford, 30.6.07. GARETH BALCH (13) wins the men's 800m. 'B' from KIERAN FLANNERY (14) second and ED ASTON (12) third. photo by Mark Shearman.

Nutrition

6. What is the most important meal of the day?
7. Taking a certain vitamin while training and racing at altitude (2000m) is said to improve the VO2 max?
8. What vitamin greatly assists the absorption of iron in the blood?
9. What vitamin, responsible for building new red blood cells, is NOT found in any fruit or vegetable, thus must be taken as a supplement by strict vegetarians?
10. What is meant by the description "antioxidant"?

Training

11. How does a morning run assist in weight reduction?
12. How long can a well-trained runner go without training before endurance begins to decline?
13. To get the training effect on a steady run of 70% max, heart rate, physiologists suggest a minimum period of running. What is it?
14. World- class male distance runners have a VO2 reading within a certain range. What is it?
15. If a male athlete ran the distance of 5,600 metres in 15-,minutes (The Balke Test) what is his predicted VO2 max?

Tactics

16. What is considered the safest and most efficient tactic to win most races?
17. What are the rules regarding bends in a race?
18. The most difficult tactic to oppose in a race is what?
19. With about 400 metres to go to the end of a race and assuming you are in contact with the leaders, what precaution should you take?
20. What is the racing threshold for a 1500m/mile i.e. the maximum possible speed at 800m and still be able to win?

Answers on page 51

Strange bit of 5K research

Some new research conducted by the University of New Hampshire suggests that the accepted practice of running a 5k conservatively i.e. at level pace, might not suit a lot of athletes.

The problem with the research is that the subjects asked to execute the trials were from a school's cross-country team doing 55km of training per week. Eleven females were selected and this was the test format:-

1. All were asked to run two 5k times trials a week apart to establish a baseline pace.

2. All were required to run three more 5ks at weekly intervals but at differing speeds for the first mile: on the first 5k they ran level pace for the first mile. On the second they ran 6% faster than average on the third, 3% faster. We'll stop here and estimate what these speeds are for a 15mins male and a 16:40 female. The first is 72secs/400 and the second is 80secs/400. 6% faster for both is around 68secs/400 for the male and 75secs/400 female. 3% faster will by 69secs/400 male and 77secs/400 female.

Having covered the first mile at the specified pace the athletes were asked to continue competitively. Eight of the 11 runners did personal best 5ks when they hit the first mile 6% faster and the other 3% also did personal bests. The even paced runners did not improve. They could not make up time lost in a slower start. However, the fast starters did slow down more percentage wise towards the end.

Is there an explanation? At the end of the first mile the slower runners were at only 78% of their VO2max, about 84% maximum heart rate, almost sub marathon speed. The faster runners registered 82 and 83% of VO2max after the first mile, that's about 90% of MHR.

It's also known that on average the 4th kilometre of a 5k tends to be the slowest. A good tactic is to train to make that kilometre the fastest!

All athletes should be able to run a 5k not slower than 4 seconds per 400 off their best 3k time. Given a best of 72/400 in the 3k, the 5k should be run in under 76secs/400. A 3k in 10mins which is 80secs/400 is worth 17mins 30secs.

News from here and there...

Mo Jennings, coach to Kelly Holmes and Maria Mutola, after giving her lecture to the UKA/BMC symposium at Stratford on Avon in 2006, walked up to an old man sitting by the exit and shaking his hand said "It is an honour and privilege to meet you. I read all your articles in America." The old man was Frank Horwill, BMC founder.

Some readers expressed surprise at the mineral content of the banana published in the last BMC NEWS issue Winter – 2006. The figures were correct but a decimal point before them was omitted so that the iron content should read .80mg, niacin .80mg.

An athlete recently expressed surprise that on the Serpentine RC website there are some fifty articles on running subjects taken from various periodicals around the world, including the BMC NEWS, which receive 3,000 hits a month. If you want to improve your running knowledge or are taking a Level 1,2,3 or 4 coaching exam, swot up by using this website.

Past issues of the BMC NEWS are on sale at every Grand Prix for £1. They sell like hot cakes we are informed.

Trafford, 11.8.07. LEWIS MOSES (204) wins the men's 1500m. 'A' race from JONATHAN TAYLOR. photo by Mark Shearman.

A bitter memory

It was around 1974 when the national BMC committee decided to have a super middle-distance conference at the Crystal Palace and to invite the former Prime Minister to attend together with the former Minister of Sport, Harold Wilson and Denis Howell respectively. Both accepted the invitation to attend the dinner on the Friday night of the weekend. When the BAAB got to hear of it they wished to take it over.

In the lounge before the dinner, Harold Wilson was introduced to the guests and when it came to meeting the BMC founder, a BAAB official referred to him as, "This is Frank Horwill, one of our coaches."

There was considerable delay before the dinner due to the absence of Denis Howell who eventually rushed in and went up to Harold Wilson and said, "Sorry I'm late, Harold. There was a hell of a hold up at the roundabout at the top of the hill. When we come to power again, we must dig a tunnel from the roundabout straight into the stadium!" To which Wilson replied, "Good idea, Denis." As everyone trooped in to dinner it became clear that no place had been reserved for the BMC founder who then retired to the lounge.

The weekend, ostensibly something special, was a disaster. After Wilson's after-dinner speech, which was a good one recollecting his days as a 400 metre runner, it seemed that the organisers felt that what followed was of minor importance, International athletes were not issued with a programme other than to be told that a training session would take place on Saturday and Sunday morning at 11am. An interview with Peter Snell from New Zealand, double Olympic gold medallist and mile/half mile record holder, was poorly attended and interrupted halfway through by a WAAA official bursting in and announcing, "Come and get your free samples of Kraft cheese." Kraft sponsored the WAAA.

Osaka, 25.8.07. HELEN CLITHEROE. photo by Mark Shearman.

The same official, worse for drink, told a leading BMC official that, "You are the biggest shit in athletics." She didn't know the man described. He systematically plotted her downfall even though the then editor of AW seemed to think she was fit to be Queen of England. She was disgracefully knighted a few years on. A lecture on nutrition had to be cancelled because no one knew about it. All the people responsible for this shameful episode are dead. This included the two BMC officials who instigated the weekend and allowed it to be taken over by the BAAB, and the three BAAB officials present. Such an outrageous weekend will never occur again under BMC supervision.

Later, the BMC obtained permission to hold a race at Wembley Stadium before the Cup Final between Leeds and Sunderland, which was repeated the following year. Cecil Smith was the organiser and as soon as it became known pressure was put on him by the BAAB for their officials to attend. Cecil told them to go for a long run.

When Cecil organised a football match in Harlow between a BMC X1 and Tottenham Hotspur Old Stars X1 with entry by programme and a lucky number on each for a prize draw later, the Police contacted him to say a BAAB official had phoned to say the draw was illegal! Three thousand watched the game, which was a draw, 2-2. We apologise to the Senior AAA coach who protested to our Administrator over criticisms published in the BMC NEWS of some arrogant governing body officials. We hope this little snippet of what the BMC had to contend with years ago is not too displeasing to him.

Book review

by Nevern Russell

High Performance Middle Distance Running
by David Sunderland,
published by the Crowood Press Ltd.
Cost £12.99.

It is refreshing to read a book about running written by a successful coach with over 35 years' experience. The first chapter introduces the reader to different training systems and mentions all their inventors with the strange exception o the 5-pace system whose name is omitted (Frank Horwill). Later when this system is discussed it gives the impression that track work is done every other day and nothing else, when, infact, the day after track-work there is a recovery run of not less than 35 minutes. Also, in the winter the paces predominanantly used are 5k, 3k, hill running and steady running.

The sections on strength training and mobility work are copiously illustrated. The energy requirements for each event are discussed at length and the training needed to improve them.

Nutrition is dealt with cursorily and the importance of low glycaemic carbohydrates in preference to high glycaemic is not stressed. Also, the frequency of iron deficiency in runners is not discussed. The specimen schedules at the end omit the 5k and 10k events.

It's customary for certain findings by others to be acknowledged if used in a book. The Russian Kosmin Test had its formula computed by the late Ray Williams in 1979 at the request of the BMC. It was first published in 1990 in OBSESSION FOR RUNNING by Frank Horwill. The tables are BMC copyright.

Peter Thompson, I.A.A.F. lecturer and development officer, claims that extracts of his work in LEVEL11 ADVANCES COACHING THEORY TESTBOOK (2003) have been quoted without due acknowledgement.

While periodisation is discussed fully, it is not revealed that in the last issue of THE TRACK AND FIELD NEWS MANUAL ON MIDDLE DISTANCE RUNNING, the editor states, "Periodisation has lost its appeal to world class runners and is no longer used in its original form". The simple reason for this is that athletes compete all-year round for money and train pretty well much the same all-year round.

Given a rating out of ten the book scores six.

Notes from the editor

Articles in this magazine do not necessarily reflect the views of the BMC.

The BMC welcome items from all its members for inclusion in the magazine. From its many members there must a number who have views, comments or whatever they would like to present to the membership. They can be forwarded to the editor by e-mail or by post.. Comments on current articles are especially welcome.

Hengelo, 21.7.07. STEPHANIE TWELL (481) and EMMA PALLANT (470). photo by Mark Shearman.

Cross country - facts, fallacies and fetish

by Frank Horwill

When it comes to cross-country training and racing we are not short of forthcoming opinion. Here are a few pearls of wisdom that have been stated with some force:

It's impossible to be a great cross-country runner on less than a hundred miles a week. Track training in the winter from cross-country is useless. There is no real benefit for serious middle-distance runners.

Calculating mileage is a bit of a hit and miss affair. I recall one athlete telling me years ago that he did a 20-mile run every Sunday morning. Since his fitness remained static I asked him one day how he knew for sure that his Sunday outing was accurate. He replied, "A chap I know who has lived here before me told me it was a definite 20-miler." The clue that made the route suspect was the time taken for the run-sub 2 hours. Now, his best 3k time was 8:30, which is about 4:34 a mile, which meant that his lactate response run for 4 miles would be about 5:04 a mile. I couldn't envisage him running 20 miles comfortable in sub 2 hours. When measured on the map using dividers it came to 18.5 miles. The moral of the story is to forget about volume and concentrate on TIME. If you want to hoik up your VO2 max starting in October start with five runs a week for 35 minutes' duration and one run of 70 minutes. Each week add 5-minutes to the shorter runs and 10-minutes to the longer one until the original starting point is doubled. For example – 1st week – 5 x 35mins runs, 1 x 70mins. 2nd week – 5 x 40 mins, 1 x 80mins. 34d week – 5 x 45mins, 1 x 90mins. 4th week – 5 x 50mins, 1 x 100mins. After the eighth consecutive week you will be doing 5 x 70mins and 1 x 140mins. This is all done comfortable and not a mile has been mentioned. However, your total running time per week will be just over 8 hours.

Now, don't forget the cross-country season is six months and we should aim to peak in March when the WCCC is held. So, once we have reached our target of 70mins daily and a long run of 140mins we can start getting a bit more specific. We need to make adjustments by studying conditions and past history. Some things to consider are:

All races are on grass and sometimes there is little grass and more mud. We need to ensure that half of our total training time is spent on grass.

We may find uphill running on the road is tough but its tougher still as our spikes disappear into the mud over an undulating course. Tim Hutchings, double WCCC silver medallist, used to do his WARM UP before track session by running up and down the 1 in 10 800 metres long hill outside the Crystal Palace track. This developed in him contempt for hills and in races he actually increased speed up hills. Get used to a routine of running up a hill steadily, running back down and ascending it again full out. For a change and to instil toughness carry a partner piggyback uphill and alternate positions every 60-seconds.

Times for 10k cross-country courses are meaningless since the terrain varies so much with each venue. One thing is clear; irrespective of the course conditions the speed of running is analogous to road running speed and sometimes even track speed. One year way back in the 1970s I timed the first half mile of the National at 1min.58secs, a good time for the first half of a sub 4 mile! In the WCCC in 1984 in New York over a flattish course the first 5k was reached in 14-minutes. Since Hutchings for six months before that race once a week did a 5k pace session at 64secs per 400m the pace did not bother him. It worried the rest of the field though; three runners had broken away at this juncture.

Watford, 30.6.07. LUCY MAYHO (377) wins the women's 1500m. 'D' race from KATIE KNOWLES (383) with STACEY JOHNSON (385) finishing third. photograph by Mark Shearman.

Here are some 5k pace sessions in rotational order for senior athletes. The second figures quoted are for senior women.

Week 1 – 16 x 400 in 64-74 secs with 20secs rest.
Week 2 – 7 x 800 in 2:08/2:28 with 45secs rest.
Week 3 – 5 x 1200 in 3:12/3:42 with 60secs rest.
Week 4 – 4 x 1600 in 4:16/4:56 with 90-secs rest

There are coaches who advocate none use of the track all winter. Bannister, Brasher and Chataway would have been disappointed with such a regime since they trained on the track practically every lunch hour during the winter.

We have to ask what all-weather tracks are for? While Messrs. Hagg and Anderson in Sweden reached world-class performances from 1500 to 5,000 metres doing fartlek through forests they didn't have much choice to do otherwise. It is difficult to judge speed when doing fartlek; one has to use an arbitrary measure out of five for effort. A score of five would be total exhaustion and a score of one would amount to jogging throughout. There is also the question of assessing distance of fast efforts, which will have to be duration judged instead. For instance, most of the world's leading physiologists advocate 3 to 5 minute efforts between 80 and 100% of the VO2 max which is 88 to 100% of maximum heart rate.

One of Peter Coe's great sayings is, "If speed is the name of the game never get far away from it." We don't really have much time to speed up when the track season arrives if we have totally forsaken speed work in the winter. The month of May sees the county championships and four weeks later there is a barrage of important meetings and the tendency is to reduce the training load the week before a big race.

Some supervisors wearing England Sports Institute vests at a Level 3 examination venue ventured the opinion that cross-country running was useless for middle-distance runners. Well, first of all a competent cross-country runner can make money out of the sport a fact not to be dismissed lightly if running is one's main occupation. If a runner does not intend to compete indoors a cross-country race once a month helps to provide an incentive to judge fitness. On a personal note, two of my female athletes won their county 1500 metres and 3k titles on the same day. Both competed in all their club cross-county league fixtures and won their county races to boot over the country.

The icing on the cake for success is to introduce 3k pace sessions six weeks before the WCCC in addition to the 5k pace sessions outlined in this article.

Good sessions are:
Week 1 – 4 x 1500 jog 400 in 3mins. Week 2 – 4 x 1k walk 100 jog 100 in 60secs. Week 3 – 5 x 800 jog 200 in 90secs. Week 4 – 16 x 400 jog 100 in 45secs. Target times for senior man should be 60secs per 400 for all sessions and 70secs for senior women.

Efforts have been made by statisticians to calculate when athletes peak at cross-country. One study revealed that a peak occurred around the sixth race in the season which works out at one race a month. Another study estimated that the peak arrived with the twelfth race! Which is a race a fortnight. Hutchings fitted in with the first finding. If we take an average of the findings the eighth race might be the magic figure. Athletes need to do their own research by checking back on results for the past five years.

Infections are a nuisance in the winter and a high vitamin C and zinc intake will reduce the likelihood of their occurrence.

Watford, 30.6.07. JAMES SENIOR (64) wins the men's 800m. 'H' race with CHARLIE EASTAUGH finishing second.
photograph by Mark Shearman.

800 women

In 2007 this event was again the jewel in the British middle-distance crown (IMO)

The Russians had some 34 people in the top 100 Of the European list and GB had a dozen. This level of excellence was reflected in the sterling performances in Osaka at this distance. We had ten women in the top 60 in Europe ,Russia 20, so that the two countries could be said to dominate the event. From the number of Brits pressing two minutes we are, hopefully, only a winter away from seeing an avalanche of sub two minute performers.

Quiz answers

1. Paavo Nurmi, 22 world records.
2. Alan Simpson (Rotherham).
3. Ron Clarke (Australia).
4. Christina Boxer (Aldershot).
5. Ann Packer (Tokyo 1964).
6. Breakfast.
7. Vitamin E 30mg. Does not work at sea-level.
8. Vitamin C.
9. Vitamin B12.
10. We require oxygen for all tissues as does a car engine requires petrol, however, the "exhaust" after usage is damaging. In humans it creates harmful LDL in arteries. Vitamin C, vitamin E and selenium are good antioxidants.
11. The metabolic rate is elevated for several hours afterwards i.e. more calories are burnt while at rest than normal.
12. Five days.
13. 35 to 37 minutes duration.
14. 75 to 85mls.kg.min
15. The distance run of 5,600 metres predicts a V02 max of 74.5mls.kg.min.
16. If conditions are good, ignore the other runners and run at level pace for a personal best. Example – Best 1500/3:45(60/400) – Run laps of 59-1:58-2:57 – 3:41.1.
17. Don't overtake on bends unless the athlete in front is "dying". Overtake immediately before or after a bend and overtake fast. Resist those wishing to pass you on a bend; increase speed and move a little wide.
18. When the leader makes each lap faster, e.g. Jim Ryun v Marti Liquori. 1st lap – 60; 2nd lap – 59; 3rd lap – 58; 4th lap – 57. Liquori led all the way to nullify Ryun's fast finish.
19. Don't run immediately behind the leader, move out so that your left shoulder is in line with his right shoulder.
20. Four seconds a lap slower than per lap in your best 800 metres. Best 800/2:08(64/800). Time at 800 in 1500 not faster than 2:16 (68/400).

1500 women

In the 2007 Europe lists Russia has 22 names but GB has 21 in the top 100. Not quite as exciting as it may be. They have 9 in 11 the balance is spread thinly after that. Our best is in the middle teens but has 9 in 40. These figures are encouraging but it is only Europe and give no cause for complacency.

Ultra marathon cycle triumph

Les Pittwood, a BMC coach resident in Devon, who frequently served on the staff of the young athletes' camps at Ardingly and Merthyr Mawr, completed the 876 miles cycle trip from John O'Groats to Lands End in nine days. Les is in his mid-fifties. Well done!

Watford, 30.6.07. KATIE KNOWLES (383) leads from LUCY MAYHO (377) during the women's 1500m. 'D' race. photograph by Mark Shearman.

BMC rankings 2007

(performances in BMC races only)

Compiled by Tim Grose
timgrose@britishmilersclub.com

For full UK rankings, please visit www.athleticsdata.com

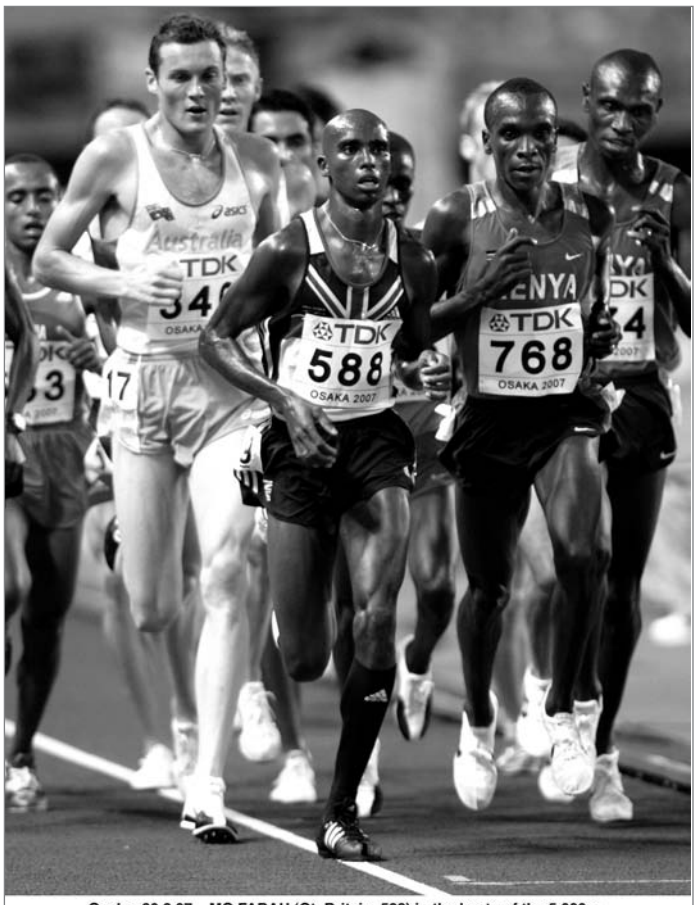
Men 800

1:46.32 Andy Baddeley
1:46.47 Michael Rimmer U23
1:46.69 James McIlroy
1:47.04 Michael Coltherd
1:47.30 James Brewer U20
1:47.43 Richard Hill U23
1:47.69 Andrew Osagie U20
1:47.77 Graeme Oudney U23
1:48.06 Gareth Balch
1:48.16 Tom Lancashire U23
1:48.18 Will Fitts
1:48.47 Darren St. Clair U23
1:48.60 Colin McCourt
1:48.71 James Nasrat
1:48.82 Joe Thomas U20
1:48.86 Stephen Davies
1:48.86 Tommy Granlund
1:48.91 Ben Green U23
1:48.94 William Chirchir
1:49.26 Drew Graham
1:49.34 Ian Lowthian
1:49.35 Mark Mitchell U20
1:49.46 David McCarthy
1:49.48 Nick McCormick
1:49.49 Garry Bristow U23
1:49.54 Liam Reale
1:49.55 Fredrik Karlsson
1:49.56 Kieran Flannery U23
1:49.59 Chris Gowell U23
1:49.72 Neil Dougal
1:49.87 Ben Wiffen
1:49.88 Ed Aston U20
1:50.01 Joe Durrant U20
1:50.04 Johan Klinteskog
1:50.12 Oliver Blake U20
1:50.17 Chris Reynolds U23
1:50.45 Gavin Massingham
1:50.54 Kevin Kane
1:50.59 James Mills U23
1:50.63 Phil Sakala
1:50.68 Matthew Bowser
1:50.70 Jacob Carstenen U23
1:50.70 David Proctor U23
1:50.91 Chris Warburton
1:50.93 Matt Carlisle
1:50.94 Frank Baddick U23
1:50.95 Rick Ward U20
1:50.99 Tom Carter
1:51.0 Andrew Brown
1:51.08 Michael Cole U20
1:51.13 Neil Speaight
1:51.16 Chris Bryant
1:51.27 Chris Brown U23
1:51.34 Christopher Harvey U20
1:51.4 Tim Alexander
1:51.42 Corey Tucker
1:51.42 Steve Evison
1:51.43 James Shane U20
1:51.44 Andy Whetstone U23
1:51.48 Joe Van Der Toorn U23
1:51.49 Ben Scarlett U23
1:51.50 Paskar Owor
1:51.6 Lewis Moses U23
1:51.7 Jonathan Taylor U23
1:51.75 Dave Ragan
1:51.76 Michael Dyer
1:51.77 Neil Burnside
1:51.84 Matthew Barnes
1:51.91 Martyn Gibbons U23
1:52.01 Thomas Minshull U23
1:52.01 Matt Warley U23
1:52.02 Lachlan Chisholm
1:52.03 Robert Rotkirch
1:52.07 Eoin Everard U23
1:52.1 Shaun Moralee U23
1:52.1 Myles Barrett U23
1:52.25 Conor Healy U23
1:52.25 Tim Dalton U23
1:52.26 Kevin McCloy U23
1:52.40 Lee Emanuel U23
1:52.4 Andrew Stanton U20
1:52.57 Matt Furber
1:52.6 Andy Teate
1:52.6 Chris Smith U20
1:52.78 Bruce Raeside
1:52.80 Tom Holden
1:52.80 Simon Wray
1:52.8 Richard Warburton U23
1:52.87 Tom Humphries
1:52.9 Ricky Stevenson U20
1:52.9 Fintan Mc Gee
1:52.94 Dan Samuels
1:52.95 David Bishop U23
1:52.98 Andrew de-Camps U23
1:52.99 Paige Haines U20
1:53.03 David Forrester U20
1:53.08 Gareth Allott U20
1:53.08 Carl Goose U23
1:53.1 Ryan Stephenson U23
1:53.1 Nick Samuels
1:53.22 Douglas Selman U20
1:53.31 Terry Feasey
1:53.34 Paul Richardson
1:53.40 Oliver Teasel
1:53.45 Robert Hodges U23
1:53.46 Joe Warne U23
1:53.49 Paul Lipman U23
1:53.61 Mitch Goose U20
1:53.66 Tom Penfold
1:53.69 Sam Evans U20
1:53.70 Ben Craddock U23
1:53.72 Alan Wales U23
1:53.79 Chris Parr
1:53.82 Adam Mole
1:53.83 Shukri Omar
1:53.85 Ashley Mildenhall
1:53.87 Mark Burgess U23
1:53.88 Mukhtar Mohammed U17
1:53.88 Jorge Thomas
1:53.9 Richard Morrell U23
1:53.94 Gareth Hill
1:53.97 Curtis Robb V35
1:54.0 Ross Murray U17
1:54.0 Rob Whittle
1:54.03 Mike Thiele
1:54.05 Martin Reid
1:54.06 Chris Haines U20
1:54.06 Lee Taylor U23
1:54.2 Paul Miles
1:54.21 Toby Griffiths U17
1:54.23 Sam Walsh U23
1:54.27 Dave McKinlay
1:54.28 Michael Salter U20
1:54.3 Andrew Maguire U20
1:54.35 James McCully U20
1:54.36 Robbie Schofield U17
1:54.4 Rory Fraser U23
1:54.4 Ryan McLeod U23
1:54.50 James Hood U20
1:54.5 Phil Norman U20
1:54.5 Dean Lacy
1:54.51 Tom Doe
1:54.52 Harry Harper U20
1:54.52 Simon Rusbridge
1:54.53 James Russell U20
1:54.55 Steven Morrow U23
1:54.55 Jonathan Cook U23
1:54.57 Danny Crates
1:54.61 Eoin Flynn
1:54.62 Tom Marley U23
1:54.64 Stephen Cavey U17
1:54.64 Ben Styles U23
1:54.64 Alex Budd
1:54.67 Ian Williamson
1:54.68 Nick Lyster U20
1:54.7 Richard Mace
1:54.7 Davey Platt U17
1:54.80 Andy Prophett
1:54.8 Tom Causebrook
1:54.81 Gavin Wilcox U23
1:54.85 Dean Clark
1:54.86 Jonathan Butler U20
1:54.9 Thomas Meakin
1:54.9 Tim Wallis

Hengelo, 20.7.07. EMILY PIDGEON (Gt. Britain, 472) leads in the women's 5,000m. followed by eventual winner NATALYA POPKOVA (Russia, 842) and INGUNN OPSAL (Norway, 673) who finished third. photograph by Mark Shearman.

1:54.91 Louis Forbes U20
1:54.91 James Poole U23
1:54.99 Tim Burt U20
1:55.00 Neil Brennan
1:55.0 Chris Johnson U20
1:55.08 Brian Markham U20
1:55.08 Daniel Ryan
1:55.10 Eoin Cummins
1:55.1 Philip Almond U20
1:55.13 Daniel Treacy U20
1:55.22 Joshua Moody U17
1:55.26 Nathan Bibby U20
1:55.3 Michael Hobson U20
1:55.3 Kojo Kyereme
1:55.37 Paul Rockliffe
1:55.40 Mark Fallaize U23
1:55.40 Thomas Atkinson U17
1:55.4 Matthew De'Ath
1:55.41 Paul Whitelam
1:55.43 Michael Schmidt U23
1:55.50 Chris Hearn
1:55.5 Royston Green
1:55.51 Stuart Morland U23
1:55.52 James Senior U17
1:55.56 Gary Vickers V35
1:55.6 Patrick Hambly U20
1:55.61 Stephen Lisgo U23
1:55.63 Jamie Fenaroli U20
1:55.67 Michael Di Laura U17
1:55.69 Carl Shubotham U23
1:55.7 Nick Hurren
1:55.72 Jamie Smith U17
1:55.78 Charlie Eastaugh U17
1:55.80 Ian Rawlinson
1:55.85 James Griffiths U20
1:55.90 Stuart King U20
1:55.95 Richard Menzies
1:55.97 Stephen Broadhurst U17
1:55.97 Nick Howard U23
1:56.0 Joe Brocklehurst U23
1:56.10 Jacob Harman U20
1:56.1 Lewis Tatt U20
1:56.13 Gavin Keight
1:56.16 Dominic Henry U20
1:56.16 Marcus Bridger-Wilkinson U17
1:56.17 Tim Egerton
1:56.2 Andy Wiles U20
1:56.23 Sean Dirrane U23
1:56.30 Jack Hallas U17
1:56.36 Jordan Donnelly U23
1:56.38 Ciaran O'Connell
1:56.4 Nathan Elliott U20
1:56.41 Ross Clarke U20
1:56.41 Tim Harris
1:56.45 Fabian Downs U23
1:56.56 David Keogh U20
1:56.6 Robert Dennes
1:56.66 Mikkel Marker U23
1:56.69 Steven Phillips
1:56.70 Robert Heaney U20
1:56.80 James Miller U23
1:56.8 Andrew Ingle
1:56.8 Ben Warren
1:56.83 Tom Marsden U17
1:56.84 Mark Burchett U20
1:56.89 Bobby Whittaker U20
1:56.9 Jeremy Bradley
1:56.9 Huw Adams U20
1:56.91 Gareth Klepacz
1:57.0 Lewis Robson U20
1:57.1 Richard Spooner U17
1:57.13 Liam McCully U20
1:57.15 Andy Knight V35
1:57.16 Jeremy Gilmour U17
1:57.17 Daniel Griffiths U20
1:57.2 Tom Patton U23
1:57.22 Chris Davies
1:57.24 Martin Airey V35
1:57.28 Michael McKillop U20
1:57.29 Richard O'Donnell U17
1:57.29 Udobi Nzelu U23
1:57.3 Paul Clarke
1:57.3 Harvey Speed U23
1:57.35 Tom Smith U17
1:57.36 Robert Ridley U20
1:57.4 Sam Bradley U20
1:57.48 Anthony Gray U20
1:57.49 Andrew Renfree
1:57.50 Paul Key
1:57.5 Carl Smith U20
1:57.5 Marc Turner
1:57.5 Aidan Reid U20
1:57.53 John McCole
1:57.58 Adam Ree U20
1:57.60 David Reader
1:57.62 Anthony Bird U20
1:57.62 Tom Warrender
1:57.69 Tom Comerford U23
1:57.69 Mike Toal V35
1:57.7 Michael Goodwin U17
1:57.79 James Teuten U20
1:57.8 Rich Airey
1:57.8 Stephen Long
1:57.82 Adam Grice U23
1:57.85 Tom Bell U20
1:57.87 Tim Shakespeare U20
1:57.88 David Rigby U20
1:57.9 Jonathan Pearson U20
1:57.9 Richard Felton U17
1:57.9 Andrew Mapstone U20
1:57.92 Paul Bristow V35
1:57.94 Nick Bradley U20
1:58.0 Owen Walpole U20
1:58.02 Graham Hogg U20
1:58.07 Ciaran Acford U20
1:58.07 Adam Morrell U17
1:58.13 Joe Townsend U20
1:58.15 Andrew Gibson U20
1:58.17 David Boyce
1:58.24 Alexander Swift U23
1:58.3 Lee Coogan U20
1:58.3 Simon King U20
1:58.3 Chris Kiely U20
1:58.3 Stephen Emery U23
1:58.32 Josh Fairclough U20
1:58.39 Hussain Jama U23

Watford, 30.6.07. TINA BROWN on her way to winning the women's 3,000m. steeplechase. photograph by Mark Shearman.



Oaska, 30.8.07. MO FARAH (Gt. Britain, 588) in the heats of the 5,000m. photograph by Mark Shearman.

1:58.4	Lewis Gamble-Thompson U23	1:59.17	Nico Constanti U20
1:58.4	Daniel Cotterill U20	1:59.17	Dominic Baxter U20
1:58.4	Adam Smith U17	1:59.2	Martin Flook
1:58.48	James Mee U20	1:59.2	Chawan Coulsting U23
1:58.49	Luke Evans	1:59.21	Dan Bartlett U20
1:58.5	Lewis Timmins U23	1:59.21	Peter Matthews U20
1:58.5	Liam Baister U17	1:59.3	Mark McLeod
1:58.5	Steve Waldron U23	1:59.3	Frederic Tremblay
1:58.5	Andrew Burles V35	1:59.3	Matthew Dumigan U23
1:58.56	Ryan Faulkner U20	1:59.38	Michael Quinn
1:58.59	Bryan Brett	1:59.38	Tom Bowerman U17
1:58.6	Tom Collins U23	1:59.38	Stephen Matthews U23
1:58.6	Sam Petty U17	1:59.39	John Mannion U23
1:58.64	Adam Elliott U23	1:59.4	Mathew Proctor U20
1:58.67	George Martin U20	1:59.4	Neil Broadbent U20
1:58.73	Joel Taylor U17	1:59.4	Gavin Hanrahan U20
1:58.80	Luke Harreld U23	1:59.42	Christopher Rainsford U20
1:58.8	Jarryd Dunn U17	1:59.5	Jean Charles Roghi
1:58.8	Dan Garbutt U20	1:59.5	Afan Humphries U23
1:58.87	Chris Taylor	1:59.60	Charles Gunning U17
1:58.87	David Mutton U17	1:59.6	Zak Benzerroune U20
1:58.90	Ashley Reece U20	1:59.6	Matt Barrie U20
1:58.9	Russell Best U17	1:59.64	Joe Holden U23
1:58.9	Matthew Grant U17	1:59.66	Andrew Heyes U20
1:58.91	Nick Hearn U20	1:59.70	James Budd
1:58.97	Rikkie Letch U15	1:59.7	Oliver Heeks U20
1:58.98	Dan Lester U20	1:59.75	Jagraj Shergill U20
1:59.00	Peter Street U20	1:59.9	Marc Docherty U20
1:59.04	Matthew Lloyd U17	1:59.9	David Cooper U20
1:59.04	James Johnson U20	1:59.9	Adam Stainsby U20
1:59.08	Callum Cullen U20	1:59.91	Matthew Allott U17
1:59.1	Dominic Shaw U20	1:59.96	Martyn Boner U20
1:59.1	Andy Nixon U20		
1:59.1	Michael Kershaw U17	**Men 1500**	
1:59.11	Jordan Neil U20	3:38.37	Paul Korir
3:38.58	William Chirchir	3:48.49	Peter Bridger
3:39.62	Collis Birmingham	3:48.65	Alan Wales U23
3:39.70	Adrian Blincoe	3:48.77	Mark Burgess U23
3:39.85	Jermaine Mays	3:48.85	Dave Ragan
3:40.10	Michael Coltherd	3:48.87	Ryan McLeod U23
3:40.43	Neil Speaight	3:48.90	Dan Samuels
3:40.63	Tom Lancashire U23	3:48.94	Jacob Gustavsson
3:41.03	Brad Woods U23	3:49.00	Drew Graham
3:41.12	Ross Toole U23	3:49.01	Andy Vernon U23
3:41.40	Chris Moss	3:49.13	Ken Pihlblad
3:41.94	Gareth Price	3:49.20	Jonathan Mellor U23
3:41.98	Mitch Kealey	3:49.30	Chris Parr
3:42.10	Tom Carter	3:49.47	Ross Millington U20
3:42.15	Nick McCormick	3:49.62	James Williams
3:42.27	Corey Tucker	3:49.69	Aidan Bailey
3:42.41	Matthew Barnes	3:49.78	Ben Lindsay U20
3:42.44	David Campbell	3:49.80	Gregg Taylor
3:42.75	James Thie	3:49.85	Matthew Ashton
3:42.89	Bruce Raeside	3:49.86	Steve Slattery
3:43.08	Jeremy Roff	3:49.87	James Mills U23
3:43.12	Michael Skinner	3:50.0	Samson Kiplagat U23
3:43.13	Colm Rooney	3:50.10	James Poole U23
3:43.73	Paskar Owor	3:50.27	Tom Penfold
3:43.98	Darren Gauson	3:50.35	Andy Whetstone U23
3:44.29	Tom Settle U23	3:50.36	John Millington
3:44.81	Matthew Bowser	3:50.44	Andrew Baker U23
3:44.83	Lee Emanuel U23	3:50.46	Nick Bromley
3:45.00	Moumin Geele U23	3:50.49	Emmett Dunleavy
3:45.05	Gavin Massingham	3:50.55	Mitch Goose U20
3:45.25	Phil Sakala	3:50.65	Phil Wicks
3:45.57	Morten Velde	3:50.66	Simon Deakin
3:45.67	Adam Bowden	3:50.67	Simon Horsfield U20
3:45.84	Robert Connelly	3:50.69	John McCole
3:45.85	Niclas Sandells	3:50.76	Mark Sanford
3:45.9	Michael Rimmer U23	3:51.21	Gary O'Hanlon
3:46.04	Tom Humphries	3:51.25	Ben Scarlett U23
3:46.10	Lewis Moses U23	3:51.46	Martin Conroy
3:46.33	Jonathan Taylor U23	3:51.75	Ross Murray U17
3:46.58	Erik Emilsson	3:51.84	Steve Vernon
3:46.72	Thomas Minshull U23	3:52.00	Chris Thompson
3:46.74	Johan Wallerstein	3:52.10	James Bailey
3:46.77	James Brewer U20	3:52.18	Tom Doe
3:47.10	Gary Davenport U23	3:52.20	Jeremy Bradley
3:47.11	Christian Clement	3:52.3	Frank Baddick U23
3:47.25	Ricky Stevenson U20	3:52.32	Philip Aagaard
3:47.27	David McCarthy U20	3:52.37	Paul Fleming
3:47.44	Samson Negetich U23	3:52.47	Gareth Hill
3:47.45	Daniel Pettit U23	3:52.58	Christopher Harvey U20
3:47.50	Alastair Hay U23	3:52.6	Simon Wurr
3:47.64	Jonathan Blackledge	3:52.67	Matt Carlisle
3:47.71	Richard Weir	3:52.74	Tom Payn
3:47.83	Rob Whittle	3:52.78	James Shane U20
3:47.87	Ben Wiffen	3:52.79	Alex Felce U23
3:47.88	Chris Mackay	3:52.86	Robert Hodges U23
3:47.90	Steve Sharp	3:52.88	Conor Healy U23
3:47.92	Kevin Kane	3:52.98	Ian Williamson
3:47.96	David Forrester U20	3:52.99	Jonathan Young U23
3:47.99	Rory Fraser U23	3:53.00	Owain Matthews
3:48.01	Tom Holden	3:53.02	Ben Moreau
3:48.02	Jeppe Thomsen	3:53.09	Angus Maclean
3:48.14	David Bishop U23	3:53.10	Brian Markham U20
3:48.25	Mikaek Bergdahl	3:53.12	Kevin Moriarty U23
3:48.32	Shaun Moralee U23	3:53.16	Dean Lacy
3:48.34	Fintan Mc Gee	3:53.23	Stephane Charnet
3:48.35	Jakob Hannibal	3:53.24	Mike Tallis U20
3:48.38	Jorge Thomas	3:53.32	Feidhlim Kelly

3:53.43 James Ellis U23
3:53.55 Chris Powner
3:53.64 Nick Ashton
3:53.68 Cathal Dennehy U23
3:53.69 Richard Peters U20
3:53.7 Antony Ford
3:53.81 Gearoid O'Connor
3:53.88 Gavin O'Sullivan U23
3:53.89 Kojo Kyereme
3:53.92 Steve Ablitt
3:53.93 Joe Durrant U20
3:53.99 Søren Molbech
3:54.0 Royston Green
3:54.08 Craig Ruddy U20
3:54.22 Steve Waldron U23
3:54.33 Neil Addison
3:54.38 Henry Hammond
3:54.39 Alexander Smith U23
3:54.4 Lee Carey U20
3:54.5 Ashley Rymer U20
3:54.55 Martin Reid
3:54.6 Tim Wallis
3:54.61 Colin Miles
3:54.63 Andrew Ingle
3:54.66 Paul Whitelam
3:54.75 Nick Lyster U20
3:54.77 Adam Grice U23
3:54.81 Tim Prendergast
3:54.84 Patrick McCartan
3:55.10 John Hutchins
3:55.18 John Beattie U23
3:55.25 Mike Buntin
3:55.29 Ewen North
3:55.37 Tom Warrender
3:55.38 Nathan Elliott U20
3:55.4 Patrick Hambly U20
3:55.42 Dan Dalmedo
3:55.45 Stephen Lisgo U23
3:55.64 Ben Warren
3:55.65 Michael Morris
3:55.69 Martyn Gibbons U23
3:55.71 Kelvin Hardy U23
3:55.74 Ian Munro
3:55.81 Nicholas Goolab U20
3:55.89 Samater Farah U23
3:55.93 Ian May U20
3:55.98 James Wilkinson U20
3:56.03 Gary Bradbury U20
3:56.10 Gareth Raven
3:56.1 Anthony Wilson U23
3:56.12 Ian Rawlinson
3:56.18 Kim Barbe
3:56.20 James Robinson U17
3:56.27 Andrew Stanton U20
3:56.45 Ross Clarke U20
3:56.5 Michael Wilsmore U23
3:56.60 Russell Osborn
3:57.04 Gavin Keight
3:57.05 Steven Phillips
3:57.21 Paddy Hamilton
3:57.24 Tom Erik Lukkedal
3:57.28 Andy Wiles U20
3:57.34 Andrew Welch U23
3:57.37 Ronnie Sparke U17
3:57.39 Nick Hooker U20
3:57.44 Andrew Renfree
3:57.58 Andrew Pickett
3:57.66 Andrew Heyes U20
3:57.68 Stuart King U20
3:57.72 Richard Mace
3:57.75 Ieuan Thomas U20
3:57.8 Simon Rusbridge
3:57.89 Douglas Selman U20
3:57.95 Benjamin Wolthers
3:58.00 Michael Dyer
3:58.02 Ander Russell U20
3:58.14 Edward Lumley
3:58.23 Stephen Broadhurst U17
3:58.27 Gavin Wilcox U23
3:58.30 Harry Harper U20
3:58.34 Rob Mullett U23
3:58.40 Sean Dirrane U23
3:58.42 James Houghton U23
3:58.49 Stephen Mitchell U20
3:58.61 Gareth Klepacz
3:58.62 Armand Bush
3:58.68 Andy Nixon U20
3:58.70 Pat Davoren V35
3:58.8 John Wills
3:58.83 Peter Street U20
3:58.86 Fergus Meade
3:58.87 Mark McIntosh
3:58.90 Michael Salter U20
3:58.9 Oliver Holden U23
3:58.92 Dáire Bermingham U23
3:58.93 Tom Madden U20
3:59.05 Luke Cragg U23
3:59.12 Tom Carroll U20
3:59.14 Tom Marley U23
3:59.18 Craig Gundersen U20
3:59.19 James Russell U20
3:59.2 Oliver Shilston
3:59.3 Phil Norman U20
3:59.3 Peter Grist
3:59.32 Lewis Gamble-Thompson U23
3:59.38 Craig Murphy U20
3:59.39 Ben Paviour
3:59.4 James Connor
3:59.42 Rich Airey
3:59.68 Sam Walsh U23
3:59.72 Nathan Bibby U20
3:59.74 Rhys Glastonbury U17
3:59.81 Abdirisak Ahmed U17
3:59.95 Robert Heaney U20
4:00.06 Neil Phillips
4:00.07 Jonathan Cook U23
4:00.1 Ashley Allen U23
4:00.16 Peter Matthews U20
4:00.20 Tom Wade U20
4:00.29 Chris Rooke U20
4:00.29 Chris Hearn
4:00.3 Adrian Holliday U23
4:00.32 Jordan Neil U20
4:00.32 Peter Norris
4:00.40 Matthew Dumigan U23
4:00.48 Dominic Easter U20
4:00.54 James Horman
4:00.55 John Coghlan U20
4:00.59 James Trapmore
4:00.60 Thomas Phillips U20
4:00.64 Richard Warburton U23
4:00.69 Sam Bradley U20
4:00.7 Joe Townsend U20
4:00.7 Ben Fish
4:00.71 Derek Hawkins U20
4:00.73 Ben Craddock U23
4:00.80 Graeme Hyett
4:00.81 Garrett Coughlan
4:00.86 Lee Reynolds
4:00.96 William Hughes U23
4:01.00 Egil Reidar Osnes
4:01.10 Michael Goodwin U17
4:01.30 Alec Duffield U20
4:01.3 James Boxell
4:01.33 Hussain Jama U23
4:01.35 Michael Williams U20
4:01.57 Callum Cullen U20
4:01.66 Conor McGee
4:01.69 Simon Lawson U20
4:01.7 Jeremy Gilmour U17
4:01.7 Alex Cornwell U17
4:01.75 Hywel Care
4:01.77 Daniel Clorley U17
4:01.79 Adam Elliott U23
4:01.83 Dominic Shaw U20
4:01.85 Joe Wade U20
4:01.89 Jon Brown
4:01.92 Daniel Evans U23
4:01.93 Joshua Moody U17
4:02.1 Philip Almond U20
4:02.13 Seán Gearoid Hehir U23
4:02.16 Daniel Griffiths U20
4:02.19 Tim Burt U20
4:02.24 Ashley Harrell U20
4:02.27 Nathan Riding U20
4:02.29 James Douglas V35
4:02.29 Nick Howard U23
4:02.35 Geraint Davies U20
4:02.36 Adam Thomas
4:02.4 James Mee U20
4:02.50 Alex Bruce-Littlewood U20
4:02.52 James Hood U20
4:02.6 Daniel Cotterill U20
4:02.7 Nathan Young U17
4:02.71 Jamie Nunn
4:02.80 Jonathan Holt U23
4:02.86 Cameron Scott U17
4:02.90 Kim Critchley
4:02.93 Jack Cutsforth U20
4:03.13 Alasdair Russell U23
4:03.20 Dan Cliffe U17
4:03.2 Tom Woodhouse U20
4:03.3 Davey Platt U17
4:03.3 Michael Cole U20
4:03.42 Mark Burchett U20
4:03.5 Tom Jenkins
4:03.56 Adam Moore U17
4:03.58 Joe Gratton U17
4:03.60 Andy Hilton
4:03.68 Stephen Scullion U20
4:03.68 Ryan Parker U17
4:03.7 John Cooke U20
4:03.79 Benjamin Harrison
4:04.03 Fabian Downs U23
4:04.09 Harry Jones U20
4:04.39 David Reader
4:04.65 Andy Parker
4:04.80 Adrian Gilbane U20
4:04.9 Simon Coombes V35
4:04.9 Craig Peters U20
4:04.9 Dave McKinlay
4:05.0 Mike Coleman
4:05.0 Carl Smith U20
4:05.1 Sebastian Duffy U23
4:05.24 Edward Womersley U20
4:05.27 Matthew Dewhirst
4:05.40 Aidan Reid U20
4:05.41 Andrew Rooke U20
4:05.50 Andy Prophett
4:05.5 Chris Carter U17
4:05.5 Alexander Gibbins
4:05.96 Josh Gorecki U17
4:06.00 Oliver Ziff U20
4:06.08 Brendan O'Shea
4:06.30 Robert Cole
4:06.37 Owen Carleton U23
4:06.4 Alistair Smith U20
4:06.59 Rob Dewhurst
4:06.60 Russell Best U17
4:06.69 Matt Willmott U20
4:06.70 Lawrence Walker U20
4:06.7 Simon Anderson V40
4:06.73 Oliver Aitchison U17
4:06.78 Tom Bailey
4:06.80 Matthew Bond
4:06.8 Richard Munn
4:06.87 Stephen Bennett U20
4:07.0 Scott Hazell
4:07.01 James Budd
4:07.16 Dave Norman
4:07.25 Thomas Farrell U17
4:07.55 Alex Tovey U20
4:07.57 Darrell Bellinger U23
4:07.58 Damian Nevins
4:07.6 Josh Painter
4:07.81 David Forrester U17
4:07.81 Gary Hynes
4:07.9 Christian Booker U20
4:07.94 Richard Burney

Men Mile

3:54.24 Jon Rankin
3:57.82 Moumin Geele U23
3:57.95 Lachlan Chisholm
3:58.03 Tom Lancashire U23
3:58.32 Bernard Kiptum U23
3:58.44 Chris Warburton
3:59.18 Stephen Davies
3:59.25 Michael Coltherd
3:59.57 Matthew Barnes
3:59.64 Jermaine Mays
4:00.10 Paul Hoffman
4:00.78 Liam Reale
4:01.55 Bruce Raeside
4:01.84 Jonathan Blackledge
4:04.78 Tom Carter
4:06.59 Mark Buckingham U23
4:12.53 Chris Parr
4:19.60 Daniel Clorley U17
4:23.9 Chris Brown U23
4:24.7 Stuart King U20
4:25.47 Nathan Young U17
4:26.17 Josh Gorecki U17
4:26.91 Stephen Cavey U17

Men 3000

7:59.43 Simon Deakin
8:00.17 Luke Gunn U23
8:00.53 Frank Tickner
8:00.56 Moumin Geele U23
8:02.00 Lee Merrien
8:02.88 Steve Sharp
8:04.26 Samson Negetich U23
8:04.55 Nick Goodliffe
8:04.89 Ian Hudspith V35
8:06.76 Ryan McLeod U23
8:06.85 Antony Ford
8:07.99 Phil Nicholls
8:08.15 Stephen Hepples
8:08.38 Chris Thompson
8:10.06 Dan Samuels
8:12.05 Lee Carey U20
8:13.13 Tom Payn
8:15.24 Chris Powner
8:15.27 Brett Smith U23
8:16.42 Dave Webb
8:20.22 John McCole
8:21.86 Simon Horsfield U20
8:22.38 John Beattie U23
8:22.48 Brian Farrell
8:22.52 Neil Addison
8:22.63 Dale Summerville
8:22.97 Adam Grice U23
8:23.12 John Wills
8:24.12 Carl Hardman
8:25.59 James Bailey
8:25.96 Hywel Care
8:26.07 John Hutchins
8:26.46 Ander Russell U20
8:26.80 Tom Doe
8:27.79 Steve Vernon
8:27.91 Jan Christian Kaltenborn
8:28.14 Dan Dalmedo
8:29.2 Tom Russell U23
8:29.47 Craig Gundersen U20
8:30.06 Ewen North
8:30.42 Stephen Lisgo U23
8:30.73 Craig Murphy U20
8:31.01 James Ellis U23
8:32.31 Tim Prendergast
8:32.68 Andrew Ingle
8:32.71 Richard Burney
8:33.68 James Wilkinson U20
8:33.73 Fergus Meade
8:36.39 Adam Thomas
8:37.15 Luke Cragg U23
8:37.17 Craig Peters U20
8:37.51 Adrian Marriott
8:38.18 Paolo Natali
8:38.5 Josh Lilly U23
8:39.66 Adrian Holliday U23
8:39.93 Martin Gostling
8:41.86 Simon Lawson U20
8:42.31 Martin Mashford U23
8:43.10 Steven Marriott
8:43.50 Nicholas Vinther Skov
8:43.6 Sebastian Duffy U23
8:44.27 Ben Paviour
8:44.85 Dewi Griffiths U17
8:45.5 Ryan Parker U17
8:45.7 Matthew Carey U23
8:46.26 Chris Rooke U20
8:47.69 James Mee U20
8:48.68 Phillip Berntsen U20
8:48.81 Stuart King U20
8:49.9 Abdirisak Ahmed U17
8:50.2 Andrew Ridley U17
8:52.07 Simon Lewis
8:53.17 Geraint Davies U20
8:53.36 Simon Rusbridge
8:53.48 Matthew Bond
8:54.64 Phil Norman U20
8:54.99 James Robinson U17

Osaka, 25.8.07. HATTI DEAN. photo by Mark Shearman.

8:56.94 Conor Flannigan U23
8:57.26 Andrew Rooke U20
8:58.85 Sam Dalgleish U20
8:59.20 Steve McGuigan
8:59.79 Chris Dobson U20

Men 5000

13:48.80 Moumin Geele U23
13:50.27 Gary Murray
13:52.05 Mark Christie U23
13:53.84 Michael Skinner
13:56.17 Phil Nicholls
13:56.50 Phil Wicks
13:58.20 Antony Ford
14:02.55 Jonathan Mellor U23
14:03.35 Andy Vernon U23
14:03.47 Steve Sharp
14:04.32 Joseph Sweeney U23
14:07.13 Lee Merrien
14:07.99 Adam Bowden
14:08.89 Jonathan Thewlis U23
14:11.60 Fredrik Uhrbom
14:14.31 Brian Maher
14:15.24 Gary Thornton
14:15.58 Dan Robinson
14:16.43 John Beattie U23
14:16.60 Mark Hanrahan U23
14:17.36 Alan Buckley
14:17.44 Ben Fish
14:17.62 Chris Powner
14:19.30 Henrik Ahnstrom
14:19.59 Dale Summerville
14:20.76 Jon Pepper U20
14:21.16 Chris Mackay
14:21.78 Owain Jones
14:21.94 Dave Norman
14:24.23 Josh Lilly U23
14:24.94 Jon André Preststulen
14:25.80 Mark Hood
14:25.82 Stephen Hepples
14:26.21 Ben Moreau
14:27.07 Matthew Ashton
14:27.26 Adrian Marriott
14:28.48 Kojo Kyereme
14:28.66 Ryan McLeod U23
14:28.79 Martin Williams
14:30.05 Iain Donnan U23
14:30.83 Neil Addison
14:31.07 Dave Webb
14:33.62 Russel Dessiax-Chin
14:34.12 Hywel Care
14:35.18 Gary O'Hanlon
14:37.09 Phil Hinch
14:40.00 Lee Carey U20
14:41.17 Kelvin Hardy U23
14:43.69 Brian MacMahon
14:46.49 John Newsom
14:46.58 Chris Sampson
14:48.23 John Hutchins
14:50.04 Martin Gostling
14:51.26 Keith Gerrard U23
14:52.11 Mitch Goose U20
14:54.29 Richard Yeates U23
14:56.00 Matt Janes
14:56.74 Mick Clohisey U23
15:01.88 Dan Dalmedo
15:05.11 John Wills
15:06.24 Neil Phillips
15:07.33 James Ellis U23
15:12.82 Tim Prendergast
15:16.48 Kevin Skinner
15:20.30 Matthew Bond
15:21.68 James McMullan
15:31.86 Thomas Maunsell
15:34.22 Pat Davoren V35
15:42.88 Robert Palmer V35
15:58.29 Jamal Mohammed

Men 10000

28:40.85 Phil Nicholls
28:44.27 Antony Ford
29:03.97 Gary Thornton
29:17.64 Ian Hudspith V35
29:36.56 Jason Ward
29:37.88 Dave Webb
29:40.28 Ben Moreau
29:44.64 Matthew Ashton
29:47.50 David Wardle
30:02.89 Dave Norman
30:02.91 John Beattie U23
30:03.09 Josh Lilly U23
30:03.93 Phil Hinch
30:15.58 Stuart Moran
30:18.13 Gareth Raven
30:21.72 Keith Gerrard U23
30:22.62 Jonny Gilby
30:28.66 James Ellis U23
30:31.28 Orphan van Faassen
30:39.70 Russel Dessiax-Chin
30:48.73 Ben Fish
31:05.05 Mark Powell
31:10.13 Robert Russell
31:34.08 Dan Dalmedo
32:06.47 Carl Ryde

Men 3000SC

8:29.96 Andrew Lemoncello
8:34.92 Glen Comish
8:38.06 Per Jacobsen
8:39.09 Jermaine Mays
8:40.06 Frank Tickner
8:46.65 Stuart Stokes

8:51.06 Tom Payn
8:53.88 Daniel Lundgren U23
8:54.77 Mark Kirwan U23
8:56.79 Andrew Hennessy
8:58.34 Chris Hart U23
8:59.50 Mark Draper
9:03.76 Jon Pepper U20
9:09.11 Chris Sampson
9:11.25 Alex Pilcher U23
9:16.12 Mark Buckingham U23
9:18.36 James Bailey
9:18.87 Pat Davoren V35
9:22.98 Adrian Whitwam
9:23.33 Phil Norman U20
9:26.94 Fintan Mc Gee

Men Road Mile

4:06 James Thie
4:08 Jonathan Blackledge
4:09 Phil Wicks
4:11 Ieuan Thomas U20
4:24 Jon Brown
4:24 Sam Walsh U23
4:28 Tom Kingsnorth

Women 800

2:00.61 Jennifer Meadows
2:01.49 Victoria Griffiths
2:01.56 Celia Brown
2:01.66 Charlotte Best U23
2:01.73 Laura Finucane U23
2:01.78 Liz Brathwaite U23
2:01.95 Emma Jackson U20
2:03.24 Abby Westley U23
2:03.64 Claire Gibson
2:03.85 Joanna Ross
2:04.00 Rachael Ogden
2:04.29 Katrina Wootton U23
2:04.48 Hannah England U23
2:04.78 Hayley Beard U23
2:04.86 Alison Leonard U20
2:04.86 Michaela Hutchison
2:04.86 Hannah Whitmore
2:05.12 Rachael Thompson U23
2:05.44 Nicola Gauld
2:05.49 Linzi Snow U23
2:05.68 Kelly Reid
2:05.81 Hannah Brooks U20
2:05.84 Karen Johns
2:05.88 Ruth Watson
2:06.15 Stephanie Twell U20
2:06.16 Claire Nichols
2:06.46 Harriet Scott U23
2:06.89 Tara Bird U23
2:06.92 Lynsey Sharp U20
2:06.99 Ingvill Makestad
2:07.06 Roseline Agboke (was Addo)
2:07.34 Amy Campbell
2:07.55 Kate Buchan
2:07.85 Danielle Christmas U23
2:08.15 Sarah Hopkinson U17
2:08.19 Maura Prendiville
2:08.25 Carolyn Plateau U20
2:08.39 Nina Anderson V35
2:08.46 Rachel Stringer U20
2:08.61 Emma Pallant U20
2:08.98 Alexa Joel
2:09.18 Lucy Dowsett U20
2:09.32 Clementine Adams
2:09.68 Jenna Hill U23
2:09.76 Minna Jarvenpaa
2:09.77 Anna Simmonds U23
2:09.95 Alvilde Ossum
2:09.98 Nicola Maddick U23
2:10.14 Claire Tarplee U20
2:10.25 Phillippa Aukett
2:10.28 Victoria Barcello U23
2:10.3 Genevieve Graff-Ermeling V35
2:10.8 Stevie Stockton U20
2:10.86 Lucy Yates U20
2:10.87 Ceri Mitchell
2:10.88 Helen Singleton
2:11.19 Kelly Johnson U23
2:11.30 Helen Parsons
2:11.35 Kerry Harty
2:11.4 Nisha Desai
2:11.80 Cara Sloss U23
2:12.06 Georgia Peel U15
2:12.07 Freya Murray
2:12.1 Sarah Tomlins
2:12.18 Ciara Everard U20
2:12.20 Calli Thackery U15
2:12.30 Katie Parkes U20
2:12.36 Ellie Stevens
2:12.51 Rebecca Craigie U17
2:12.59 Emma Waterhouse
2:12.65 Laura Siddall
2:12.70 Bella Clayton
2:12.75 Bea Swords U17
2:12.79 Ashley Gibson U23
2:12.81 Suzanne Huet U20
2:12.81 Sarah Burgin U17
2:13.01 Charlotte Browning U23
2:13.22 Sarah Hood
2:13.32 Joanne Dawes
2:13.33 Jordan Kinney U20
2:13.4 Jessica Burns U17
2:13.49 Suzi Boast U20
2:13.5 Kirsty Legg U20
2:13.6 Lucy Jones
2:13.76 Alex Turner U17
2:13.83 Louise Webb U17
2:13.96 Sally Read-Cayton V40
2:14.03 Sara Dobler U20
2:14.04 Jo Hunter U17
2:14.12 Monique Powell U17
2:14.19 Sarah Bell
2:14.23 Charlotte Moore U23
2:14.3 Sigourney Bell U15
2:14.34 Christine Long
2:14.4 Jade Allen U20
2:14.44 Kathrine Foy U17
2:14.49 Cerian Lancaster U17
2:14.6 Frederica Foster U15
2:14.74 Dani Cocking U17
2:14.82 Bethan Strange U23
2:14.9 Rebecca Newton U17
2:14.92 Grace Nicholls U17
2:14.97 Hannah Jeanes U20
2:15.18 India Lee U20
2:15.2 Sarah Simmons U17
2:15.25 Elaine Murty U23
2:15.28 Sarah Gailey
2:15.36 Natalie Shaw U23
2:15.39 Katie Trewhella U17
2:15.4 Emily Weeks U17
2:15.4 Natalie Young U17
2:15.4 Sally Evans
2:15.49 Hayley Stibbs U23
2:15.5 Charlotte Roach U20
2:15.5 Sam Hart U23
2:15.5 Emily Fitzhugh U15
2:15.6 Emma Toogood U17
2:15.6 Sarah Hopcroft U17
2:15.7 Kate Avery U17
2:15.7 Benytta Doman U17
2:15.78 Anna Sharrock U17
2:15.79 Sinead Denny U17
2:15.8 Loulou Rowlands U17
2:15.93 Lucy McLoughlin U17
2:15.95 Abigail Marriott U17
2:16.1 Alex Snook U23
2:16.1 Katherine Humphreys U23
2:16.2 Helen Garnham
2:16.34 Helen Hadjam
2:16.51 Leigh Lennon U17
2:16.52 Georgia Bell U15
2:16.6 Melissa Courtney U15
2:16.69 Rachel Gibson U17
2:16.86 Rosy Cooper U20
2:17.1 Jessica Russon U17
2:17.19 Nicole Roberts U17
2:17.20 Joanne Safe
2:17.34 Natasha Doel U20
2:17.42 Becky Townsend U23

Osaka, 1.9.07. JO PAVEY (Gt. Britain, 47) leads from ELVAN ABEYLEGESSE (Turkey, 904) in the 5,000m. final. photograph by Mark Shearman.

2:17.47 Alexandra Firth U20
2:17.5 Zoe Armstrong U17
2:17.6 Angharad Owen U23
2:17.7 Rebecca Ferguson U15
2:17.8 Kathryn Maunder U20
2:17.83 Stacey Johnson U23
2:17.84 Sophie Fletcher U17
2:17.85 Gemma Coe U17
2:17.86 Natalie Grant U20
2:18.07 Lara Thomas U17
2:18.07 Davina Cole U17
2:18.25 Alex Wheatman U17
2:18.4 Kathryn Waugh

2:20.41 Isabella King U15
2:20.48 Victoria Currie U20
2:20.5 Lauren Roche U20
2:20.57 Jessica Fawcett U20
2:20.6 Emma Williams U17
2:20.7 Miranda Parry U20
2:20.8 Kyra Hawkins U20
2:20.88 Joanne Mills U17
2:20.90 Zofia Okuniewska U20
2:20.99 Jessica Judd U13
2:21.0 Chloe Anderson U20
2:21.1 Scarlett Gray U20
2:21.1 Sally Youden

2:22.98 Tracey Hinton V35
2:23.00 Hannah Shelley U20
2:23.0 Helen Patton V45
2:23.0 Cloe Campbell U17
2:23.03 Aisling Fegan U17
2:23.1 Aimee Booth U23
2:23.1 Natalie Hills U20
2:23.39 Holly Archer U15
2:23.5 Megan Andrew U15
2:23.6 Sally Olorenshaw
2:23.6 Amanda Evans U23
2:23.7 Stephanie Allison U15
2:23.8 Hannah Seddon U17

4:11.18 Stephanie Twell U20
4:11.22 Katrina Wootton U23
4:11.96 Liz Brathwaite U23
4:12.34 Faye Fullerton
4:12.44 Hannah England U23
4:12.72 Nicola Gauld
4:12.99 Kajsa Haglund
4:13.12 Lisa Dobriskey
4:13.19 Rachel Felton
4:13.55 Kate Reed
4:13.72 Hannah Whitmore
4:14.01 Rachael Ogden
4:14.08 Kelly Reid
4:14.45 Laura Kenney U23
4:15.19 Flo Jonsson
4:15.33 Barbara Parker
4:15.58 Emma Jackson U20
4:15.97 Harriet Scott U23
4:16.07 Jessica Sparke U23
4:16.24 Emma Pallant U20
4:16.57 Charlotte Best U23
4:16.95 Celia Brown
4:17.86 Linda Byrne U23
4:18.50 Michaela Hutchison
4:18.66 Alexa Joel
4:18.75 Jess Coulson U20
4:19.56 Hannah Brooks U20
4:20.01 Jennifer Meadows
4:20.55 Freya Murray
4:20.80 Sarah Hopkinson U17
4:20.86 Sophie Morris
4:21.04 Orla Drumm
4:21.08 Emily Pidgeon U20
4:21.15 Joanne Harvey U20
4:21.70 Hayley Beard U23
4:21.86 Tina Brown
4:21.97 Debbie Jones
4:22.06 Claire Entwistle
4:22.65 Stevie Stockton U20
4:23.25 Vicky Gill
4:23.26 Susie Hignett U23
4:23.34 Gemma Turtle U23
4:23.70 Roseline Agboke (was Addo)
4:23.87 Jenna Hill U23
4:24.35 Genevieve Graff-Ermeling V35
4:24.61 Emily Adams U23
4:24.72 Ellie Stevens
4:25.24 Louise Small U17
4:25.35 Charlotte Ffrench-O'Carroll U17
4:25.6 Hazel Murphy
4:25.88 Charlotte Purdue U17
4:26.04 Hanne Lyngstad
4:26.09 Eleanor Sherrard-Smith
4:26.25 Fionnuala Britton
4:26.31 Linzi Snow U23
4:26.33 Catherine Bryson
4:26.72 Klachen Cheshire U20
4:27.01 Claire Tarplee U20
4:27.69 Kerry Harty
4:27.76 Lauren Deadman
4:27.87 Stacey Johnson U23
4:28.12 Marlin Brown
4:28.32 Heather Timmins U20
4:28.32 Rose-Anne Galligan U23
4:28.49 Charlotte Roach U20
4:28.89 Jessica Burns U17

Hengelo, 22.7.07. JAMES BREWER with his 800m. silver medal. photo by Mark Shearman.

2:18.57 Dea-Anna Davey U15
2:18.69 Sarah Barker U15
2:18.7 Catherine Blew U17
2:18.78 Cerys Morgan U15
2:18.84 Erin Mcilveen U23
2:18.9 Katie Knowles U20
2:19.02 Emma Grant U17
2:19.04 Amy Talbot U17
2:19.09 Charlotte Gaughan U20
2:19.17 Laura Condron U17
2:19.19 Courtney Birch
2:19.22 Katie Sandford U17
2:19.27 Lauren Downing U15
2:19.3 Emma Gilmore U15
2:19.31 Kaye Kirkham
2:19.49 Carly Scott
2:19.5 Hannah Doherty U15
2:19.7 Kirsty Milner U20
2:19.77 Emma Grant
2:19.8 Danielle Walker U20
2:19.94 Siobhan Harrison U15
2:20.01 Frances Briscoe
2:20.31 Naomi Speake U15
2:20.36 Bex Myers U15

2:21.1 Liz Austen
2:21.13 Catriona Witcombe U20
2:21.2 Samantha Duffy U20
2:21.27 Nicki Gooderham
2:21.3 Jo Adams U20
2:21.5 Hannah Alderson U17
2:21.60 Vicky Tester
2:21.6 Kathy Stringer U17
2:21.7 Tracy Laws
2:21.79 Sasha Hooks U17
2:21.81 Rochelle Harrison U17
2:21.82 Siobhan Svendsen U20
2:21.9 Amy Bridgeman U17
2:21.96 Sarah Neary U20
2:22.0 Rebecca Oldham U15
2:22.1 Catherine Samuelson U15
2:22.2 Annabel Gummow U15
2:22.3 Nicola George U17
2:22.3 Robyn Keane U17
2:22.3 Laura Parker U20
2:22.56 Katherine Deal U17
2:22.7 Heather Roberts U20
2:22.7 Emma Satterly
2:22.9 Lauren Potter U15

2:23.95 Beth Anderson U17
2:23.98 Rebecca Dobson U17
2:24.02 Catherine Appleby U17
2:24.14 Candy Hawkins V35
2:24.14 Billie Attard U17
2:24.15 Kate Anderson U17
2:24.3 Laura James U17
2:24.32 Sarah Davey U17
2:24.4 Caroline Ford U15
2:24.5 Isla Ness U15
2:24.6 Lizzy Durman
2:24.69 Katy Wilkinson U15
2:24.7 Harriet Field U15
2:24.73 Jennifer Davies U17
2:24.8 Rose Penfold U17
2:24.95 Chloe Cook U15

Women 1500

4:08.83 Abby Westley U23
4:09.64 Charlene Thomas (Snelgrove)
4:09.68 Lisa Corrigan
4:10.08 Jemma Simpson
4:10.26 Susan Scott
4:10.33 Mari Jarvenpaa

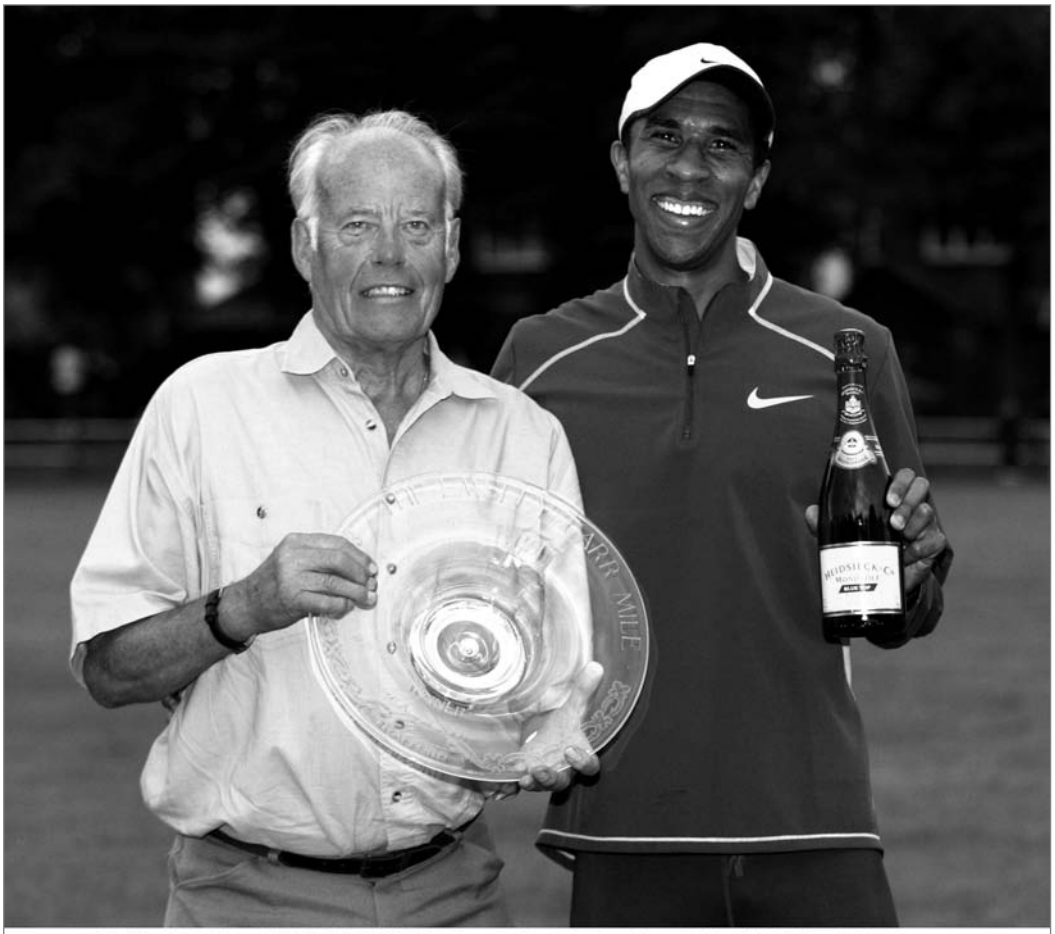
4:28.98 Sonia Thomas
4:29.00 Rachael Thompson U23
4:29.26 Emma Reed U20
4:29.40 Lucy Mayho U23
4:29.62 Rebecca Guyette
4:29.67 Katie Knowles U20
4:29.67 Lucy O'Gorman U23
4:29.86 Olivia Kenney U20
4:29.88 Lucy Dowsett U20
4:30.16 Ashley Gibson U23
4:30.62 Ceri Mitchell
4:30.64 Stephanie Barnes U20
4:31.01 Julia Russell
4:31.12 Louise Webb U17
4:31.46 Magdalena Ottersten U23
4:31.60 Charlotte Moore U23
4:32.03 Sarah Waldron U20
4:32.14 Amber Watson U15
4:32.15 Frances Briscoe
4:32.24 Katherine Sparke U23
4:32.50 Helen Singleton
4:33.49 Kathryn Waugh
4:33.54 Rosie Edwards U20
4:33.73 Dani Nimmock U20
4:33.86 Carolyn Boosey
4:33.87 Courtney Birch
4:34.0 Juliet Potter
4:34.13 Jordan Kinney U20
4:34.16 Beth Carter U17
4:34.29 Aoife Brady
4:34.57 Rebecca Ffrench-O'Carroll U20
4:34.7 Charlie Coffey
4:34.90 Natalie Grant U20
4:34.98 Emelia Gorecka U15
4:35.07 Pamela Nicholson
4:35.35 Melissa Courtney U15
4:35.55 Bryony Proctor U20
4:35.59 Blue Haywood U17
4:35.92 Marbeth Shiell U23
4:35.94 Rebecca Gough U20
4:36.04 Grace Nicholls U17
4:36.17 Sian Davies
4:36.28 Camilla Freeman U15
4:36.36 Josephine Rhodes U23
4:36.38 Adrienne Jordan
4:36.4 Phillippa Aukett
4:36.78 Lucy Yates U20
4:36.80 Monique Powell U17
4:36.85 Louise Durman U23
4:37.06 Julia Leventon
4:37.50 Emma Langdell U20
4:37.63 Susie Bush
4:37.7 Natasha Peters U20
4:37.86 Catriona McGranaghan
4:37.86 Olivia Larcombe U20
4:37.94 Cara Sloss U23
4:38.01 Joanne Maddick U23
4:38.61 Suzi Boast U20
4:38.94 Sophie Connor U15
4:38.99 Rachel Robinson U17
4:39.20 Ruth Hetherington
4:40.30 Emily Fitzhugh U15
4:40.54 Tamara Armoush U17
4:40.56 Gemma Hillier U20
4:40.70 Elinor Kirk U20
4:41.0 Catherine Blew U17
4:41.17 Ellen Diskin U23
4:41.72 Susan Byrne
4:41.73 Emma Waterhouse
4:41.75 Bernadine Pritchett V40
4:41.80 Georgia Peel U15
4:42.25 Ellen Butler U23
4:42.3 Annabel Gummow U15
4:42.34 Rosy Cooper U20
4:42.55 Laura Parker U20
4:42.6 Calli Thackery U15
4:43.1 India Lee U20
4:43.1 Hannah Alderson U17
4:43.13 Naomi Taschimowitz U20
4:43.64 Abbie Vernon U17
4:44.2 Emma Whittaker U23
4:44.76 Melissa Hawtin U15
4:45.0 Clare Elms V40
4:45.2 Melanie Wood U15
4:45.3 Lucy Farnell U15
4:45.53 Jessica Judd U13
4:45.63 Sara Ponsford U23
4:45.73 Ciara Dullaghan U15
4:45.73 Martha Reynolds U17
4:46.24 Cat Foley U23
4:46.5 Bea Swords U17
4:46.5 Gemma Coe U17
4:46.5 Bethan Strange U23
4:46.6 Georgie Bruinvels U20
4:46.64 Nicole Roberts U17
4:46.9 Leanne Fitzgerald U17
4:47.3 Alison Lavender U20
4:47.3 Elaine Murty U23
4:47.4 Laura Condron U17
4:47.8 Laura Riches U15
4:48.5 Delyth James U20
4:48.82 Rebecca Oatham U17
4:49.00 Nicola Morgan U17
4:49.05 Hannah Patmore U20
4:49.1 Katherine Humphreys U23
4:49.27 Niamh MacCaoilte U17
4:49.37 Leonie Stewart U17
4:50.38 Beth Hubbard U15
4:50.4 Emma Toogood U17
4:50.5 Bella Clayton
4:50.85 Vicky Tester
4:51.4 Jessica Fawcett U20
4:51.6 Hannah Jones U20
4:51.62 Beth Swords U15
4:52.39 Kaye Kirkham
4:52.84 Emily Connolly U17
4:53.4 Joanna Emery
4:53.7 Michelle Fewster U15
4:54.0 Emily Weeks U17
4:54.99 Charlotte Benning U20
4:55.2 Jade Llewellyn U17
4:55.3 Alison Patrick U20
4:55.35 Melissa Newbery U17
4:55.6 Dea-Anna Davey U15
4:55.8 Chloe Anderson U20
4:56.16 Leah Dixon U17
4:56.5 Michelle Jenkins
4:56.52 Ruth Haynes U15
4:56.9 Louise Sullivan U17
4:57.4 Cerian Lancaster U17
4:57.68 Megan Andrew U15
4:57.76 Teresa McGloin
4:57.8 Isla Ness U15
4:57.9 Aiya Abe U17
4:58.0 Lucy Atkins U15
4:58.18 Emma Gilmore U15
4:58.4 Suzanne Richards U23
4:59.0 Zoe Armstrong U17
4:59.7 Danielle Johnson U15
4:59.8 Leighanna Chappell U17

Women Mile

4:52.11 Melissa Courtney U15
4:52.56 Louise Webb U17
4:52.8 Juliet Potter
4:55.68 Calli Thackery U15
4:56.49 Monique Powell U17
4:59.9 Jane Potter
5:00.41 Sarah Burgin U17
5:00.7 Stephanie Ashmore U23
5:03.57 Melissa Hawtin U15
5:07.08 Melanie Wood U15
5:07.92 Georgia Bell U15
5:10.2 Nicola Bamford U23
5:27.15 Laura Riches U15
5:29.08 Dea-Anna Davey U15

Women 3000

9:09.09 Lisa Corrigan
9:16.55 Alexa Joel
9:23.59 Eloise Wellings
9:24.39 Faye Fullerton
9:26.53 Jane Potter
9:26.87 Vicky Gill
9:28.82 Jessica Sparke U23
9:30.11 Katie Knowles U20
9:32.86 Hannah Whitmore
9:34.96 Gemma Turtle U23



Trafford, 11.8.07. JON RANKIN (USA), winner of the 'Emsley Carr mile' with British middle distance legend DEREK IBBOTSON. photograph by Mark Shearman.

Watford, 30.6.07. COLM ROONEY (234, Ireland) wins the men's 1500m. 'B' race from MATT BARNES (225). photo by Mark Shearman.

9:35.33 Stephanie Barnes U20
9:36.26 Emily Adams U23
9:40.11 Juliet Potter
9:40.27 Alyson Dixon
9:40.28 Louise Damen
9:44.29 Claire Martin
9:46.71 Leonora Joy
9:49.43 Carolyn Boosey
9:50.22 Bryony Proctor U20
9:50.97 Sarah Waldron U20
9:51.17 Emma Reed U20
9:51.40 Charlie Coffey
9:54.55 Rebecca Gough U20
9:58.31 Hollie Knight U20
9:59.49 Nicola Bamford U23
10:03.99 Cathy Ansell U23
10:06.9 Emma Langdell U20
10:07.59 Claire Tarplee U20
10:07.64 Anja Lindberg
10:13.83 Dani Nimmock U20
10:17.67 Olivia Larcombe U20
10:23.71 Brittany Saville U17
10:24.73 Karen Buckley V35
10:30.11 Claire Conway U20
10:31.0 Hannah Weedall U20
10:31.39 Zara Farnell U17
10:31.7 Charlotte Arter U17
10:36.52 Martha Reynolds U17
10:39.02 Sara Ponsford U23
10:45.86 Alice Murray-Gourlay U17
10:49.4 Danielle Johnson U15
10:50.4 Jenny Reed U20

Women 5000

15:42.12 Katrina Wootton U23
15:51.9 Jo Pavey
15:56.89 Laura Kenney U23
16:06.68 Michelle Ross-Cope V35
16:06.90 Selma Borst
16:07.0 Hayley Yelling
16:07.72 Vicky Gill
16:09.24 Sophie Morris
16:09.44 Charlotte Purdue U17
16:10.70 Susie Hignett U23
16:11.71 Alexa Joel
16:14.9 Hayley Haining V35
16:16.68 Lisa Blommé U20
16:19.49 Emily Pidgeon U20
16:24.38 Gemma Miles (was Phillips)
16:25.51 Anneli Fransson
16:28.23 Louise Damen
16:30.40 Leonora Joy
16:34.8 Jo Wilkinson
16:46.60 Katherine Sparke U23
16:47.87 Danielle Sale U20
16:50.09 Genevieve Graff-Ermeling V35
16:51.56 Juliet Potter
16:52.75 Courtney Birch
16:53.53 Susie Bush
16:56.32 Stephanie Barnes U20
16:58.38 Blue Haywood U17
16:58.9 Alyson Dixon
16:59.85 Gemma Turtle U23
17:01.73 Emily Adams U23
17:08.04 Nicola Bamford U23
17:16.61 Sarah Maude
17:17.93 Brigit Cooke
17:18.24 Andrea Woodvine
17:52.87 Louise Perrio

Women 10000

31:26.94 Jo Pavey
32:47.96 Hayley Haining V35
33:15.44 Michelle Ross-Cope V35
33:18.91 Jo Wilkinson
33:46.05 Gemma Miles (was Phillips)
34:15.54 Vicky Gill
34:36.57 Alyson Dixon

Women 3000SC

9:43.11 Hatti Dean
9:50.23 Helen Clitheroe
10:01.28 Tina Brown
10:03.54 Claire Entwistle
10:07.41 Jo Ankier
10:23.80 Jessica Sparke U23
10:26.52 Sonia Thomas
10:31.89 Ruth Senior U23
10:36.91 Allison Simpson V35
10:52.70 Maria McCambridge
10:56.70 Shavaun Henry U23
11:09.76 Dani Nimmock U20

Women Road Mile

4:48 Rachel Felton
4:56 Kerry Harty
5:00 Frances Briscoe
5:09 Rosy Cooper U20

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TOYOTA
689
TOYOTA
476
OSAKA 2007
TOYOTA
856
OSAKA 2007
TOYOTA
478
OSAKA 2007